



The Rideau Trail NEWSLETTER

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The Rideau Trail Newsletter is published quarterly in December, March, June and September by the Rideau Trail Association. The Editor of this issue is Julie Webb for the Kingston Rideau Trail Club. Julie is expecting to be transferred; anyone interested in training as Editor please call 549-0593 for further information.

Submissions for the next Newsletter are encouraged and should be sent by Nov 1, 1987, to Elizabeth Mason, 283 Avondale Avenue, Ottawa, Ontario, K1Z 7G7, (729-6596). Articles and black and white photos are welcomed.

Unless otherwise stated, the opinions expressed in items in this Newsletter are not necessarily those of the Rideau Trail Association.

The Rideau Trail Association is a member of Hike Ontario (F.O.H.T.A.)

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COVER CREDIT Su Nag's view of the Slide Lake Loop from the rocky ridge on the west side. Those who have not yet used this trail will still be able to as this trail will remain open under the auspices of the Ministry of Natural Resources and the Rideau Trails Association.

RIDEAU TRAIL WALKS

By Dorothy Shaw

(Over the last year, Mike and Dorothy Shaw have walked the entire Rideau Trail, and thus join the ranks of our "END TO ENDERS". These are the final articles which Dorothy has sent us about the Trail, from Stapleton to Kingston. Dorothy's first two articles on the Ottawa end of the Trail were published in the Spring 1987 issue - Ed.)

May 3, 1986

We arose in the morning to find ice on the birdbath, it's cold and windy, but no rain. Lynda dropped us off near Stapleton. It was fortunate we were heading south with the wind at our backs; here too, the water in the ditches was frozen over. The ground was dry and the Marlborough Forest is beautiful to walk through, with its cedar lined trail. We lost our pedometer Nichols Creek, and were unable to locate it, so pressed on to the cabin for lunch. Lighting the stove, we got nice and warm.

Proceeding on, we were surprised to see a CF 101 parked in a field; we understand D.N.D. uses it for helicopter training to carry loads. We had expected to find wet areas on the Trail through the swamp, but it was great, never even needed to don our hiking boots. We made it to Dwyer Hill Road at 5:30 and our ride home arrived only ten minutes later to end another day.

May 31, 1986

Today we plan to trek for four days, weather permitting, so we are carrying tent and camping supplies for some of the nights. This is the most we have carried so far. Our daughter dropped us on Dwyer Hill Road where the Trail crosses it at 9:00 a.m. Lovely and sunny, but wet underfoot after the last

week's rain, and lots of blackflies and mosquitoes around. We stopped for a break at an abandoned farm; one wonders at the hardy people who tried to make a living on such rocky land years ago.

From here on a wide trail we walked many miles and it was after passing a sign, The Jones Farm, and crossing a creek, that we met Mr and Mrs Jones on the Trail. They were heading by car along this section, and stopped to talk. They kindly invited us for tea, but being on a pretty tight schedule we declined, although accepting their invitation to drop in later in the summer. We stopped for lunch at the second junction with the blue Merrickville loop. A red tailed hawk kept an eye on us while we ate. We came to the road at Rosedale and continued on to Smiths Falls, staying overnight in a hotel.

June 1, 1986

Well we can forget this, it's pouring down and thunderstorms, with no let up in sight, so called home for our ride back to Ottawa.

June 2, 1986

We decided to start out again, this time we set out walking from Smiths Falls. It was good weather for walking, no bugs, and we made good time to Beveridge Lock, where

we ate lunch. From here we walked across the Tay Marsh and alongside the Tay River. It was most enjoyable. Mike's axe came in handy when we had to trim a dead tree and let it fall across the dike at one point to get across dry. Pressing on, we saw the first Indigo Bunting of the year, and walked into Perth at 5:00 p.m. We then had an extra trek to Highway 7 and a motel for the night.

June 3, 1986

Again bright and sunny, but with less wind. We left Perth, crossing the airport. It was here we ran into swampy terrain, but got across dry, although losing our second pedometer.

On leaving the dry ground we ran into water two to three feet deep, backed up by a beaver dam. We had to detour about one kilometer to the road and another kilometer or so to get back on trail, now well behind schedule. This was our wettest day. Part of the notes said "You may have to wade 200 meters"; we are very thankful for the people who had signed the trail so well; how important that is. We thank you all.

We made it to Long Lake by 5:00 p.m. and found a friend-of-a-friend's cottage, who gave us refreshments and filled our water bottles.

It was still a good hike to Murphy's Point Park, and it was 7:30 when we reached it, both of us tired tonight. On inquiring where to put up our tent we were told the Park was closed due to spraying for gypsy moth. For me this was the last straw. I could walk no more today. To our rescue came Jeff, on the staff of the Ministry, who offered to drive us to Rideau Lakes Campground. We gratefully accepted and so will return to walk this piece of the Trail another day.

June 4, 1986

Our walk along the Big Rideau Lake was very scenic and very quiet. We encountered no problems, and were happy to have a little paddle in the lake near Westport. It refreshed us for the coming climb over Foley Mountain. We went down into Westport for a jug of beer (quickly consumed) and a good club sandwich at Del's Restaurant.

June 14, 1986

This was a make up day for the stretch from Murphy's Point Park to Rideau View Campground that we had previously covered by truck. Today was warm and sunny; with only light packs walking seemed easy. We found many more dams to cross here than our notes indicated - crossing five in all. After covering the distance we had to retrace our steps back to the car, and here met a member of the Kingston Club with a friend, taking a break from trail clearing. Again we thank all those who keep the trail cleared and well marked - it's so important.

Mike injured his ankle badly in August, so we decided that continuing to hike carrying heavy packs would be foolish. We plan to complete our hike to Kingston in early Spring [1987].

Saturday June 13, 1987

We arose to a wet and foggy morning, but the forecast was good, so we left home at 6:30 a.m., this time with our camping gear and high hopes to complete our walk to Kingston. Driving two cars this time we stopped briefly in Westport for a coffee, then filled our water container at the spring by the lake. Pressing on to Cataragui campground at the south end of Gould Lake, we

left one car here, and drove the second car back to Perth Road, just north of the Perth Road Village.

Carrying only a change of footwear and some fluids, it was 10:00 a.m. when we finally got started. No rain now, very warm and humid, with wet grass. We found we had to be careful as even our hiking boots would slip on the damp logs and rocks. This improved as the weather cleared and the trail dried up.

We soon came to the sign post in the field (the junction with south Slide Lake Loop). On leaving this spot markers were difficult to find due to the heavy greenery. We walked some time before finding the right route. Just past here, in a swamp, I saw my first of three heronaries. In this one I counted 23 nests, each with three or four large baby herons in them. They looked almost ready to leave, and there was quite a racket as their parents flew in with food!

We seemed to walk farther than indicated on our maps and became worried we had missed the junction with West Slide Loop. None of the markers had yellow tips; we stopped, sat on a rock, and decided to go to the top of the next hill to see if we could get our bearings. Thank goodness there was a sign saying West Slide Loop was closed, and - the main trail to the left - we pressed on.

Feeling much easier now, we made better time and stopped for lunch on a flat rocky section. It was now hot and humid - a breeze would have been nice. We passed two more heronaries; one in a dead tree had four nests in it, all filled with young. Their position looked very precarious. At this point we had not yet met anyone or crossed any roads. It was very quiet.

We passed Doe Lake, and on to Otter Lake; here we paused to soak our feet in the lake and have a snack. A sign at the Trail Center

told us the park would be closed at 10:00 p.m. tomorrow for spraying. That had caused us a heartache last year; well, at least by tomorrow we'd be gone. This was a nice spot; there was a road in to it, so we could have left the car there. It was now 4:30 p.m. and we still had a good hike down the west side of Gould Lake to do.

When we were about half way down, going over rough terrain, we spotted two helicopters heading our way. One was pouring out spray, and the other was guiding it. We'd seen no signs about this and were quite worried about being doused with some awful chemical. Fortunately they didn't go directly over us, but curled off down the other side of the lake, and after short stops somewhere repeated this three more times. I guess it was a good night for them - no wind.

By now it was 7:00 p.m., and we were quickly fading when at last we came out of the bush into a campground - not a soul around, but a nice beach, a barn, and a pump, but - where was our car? This should have been the right place - but wasn't - so we took a long drink and sat down. Well, soon it would be dusk and this wasn't the right place, so we had best keep walking. Back to the corner where the markers headed up a hill in the bush, and at the top - behold! - another campground, and oh what a welcome sight, our car. I never thought I would be so glad to see a car. We quickly set up tent and made a fire and dinner. The park attendant told us the spray was harmless (they always say that). Our car had certainly been well sprayed. We had a visit from a friendly raccoon before settling down for the night.

Sunday June 14

We decided to make a shorter walk today...[from] the campground we donned our knapsacks as pressed on, through some bush, then onto the road from the camping area. We passed the helicopters, grounded today because of high winds (thank goodness). We went off down a gravel road, and somewhere before Gully Road we went through a very swampy area. Going from log-to-log along a fence line were many markers - pale yellow and very hard to see. The latter part of the walk to Sydenham was easy and enjoyable.

We stopped by the lake for lunch, then on to the ice-cream store for dessert. It was a pleasant walk through the countryside to Murton Road and our car, then a quick trip back to the campground for a swim.

Monday, June 15

We broke camp and by 8:00 a.m. were off to Kingston along the Old Sydenham Road. At the junction with Highway 2, on the trail is the Royal Motel, where we booked in for the night.

We headed back to Murton Road, and wearing our sneakers, we headed off down a gravel road in good spirits - soon dashed when we arrived at the swamp. Changing to boots we managed the greater part of the hike to Orser Road along a raised area with reeds, but about 50 yards from the road we ran out of land. Thankfully, Mike always carries his axe, and there are lots of dead trees which, strategically placed, got us across. It took 40 minutes to go 50 yards - me with dry feet, Mike with one foot wet.

Again we changed footwear, and walked to the old railway route. At this point we lost markers. Going a little east we found a stile with a marker on it going into a field to the north. Checking our map we knew this was wrong and continued to look for markers to the south, finally spotting one - our binoculars coming in handy this time. A few yellow tips would help, direction-wise. It was a nice walk to Van Order Road, where a kind resident (whose back yard we passed through) gave us a glass of iced water). Then followed a very nice walk, round the swamp, past an old sugar shack. Then we had lunch with a friendly herd of cows, and on to Elginburg Road. We walked along the road for a while, then off onto a good cart track till we came to Jackson Mills Road. A marker here would help; maybe we missed it.

As the trail leaves Jackson Mills Road through a farm yard we were stopped in our tracks, by a loose, snarling, big farm dog. Neither of us dared turn around so we backed slowly down the hill, Mike's axe at the ready and me glad I had at least a stick. The dog stopped at the road, and I went to a nearby home to ask if it could be trusted - and getting no reassurance. They kindly directed us on how to get around that point and onto the Trail farther on. This we did, continuing over the hill and down to Bullen Road. Stopping for a popsicle at the first store we saw the temperature in the upper 70's and full sun.

We made the interesting walk though the Cataraqui Cemetery, pausing to take a photo of Sir John A. MacDonald resting place, and noted his mother's name was Helen SHAW. We arrived at the motel at 5:00 p.m. It was great to have a cold shower, and this motel also furnishes a small fridge and kettle with coffee in each room - we found this very handy. We decided to get a good night's sleep and finish our walk tomorrow.

JUNE WEEKEND BIKE TRIP

by D. Mitchell

June 6, 1987, eight members of the Ottawa Club gathered at Mooney's Bay for a weekend bike trip to Ed and Georgette Berube's bed and breakfast farm in South Gower. The trip was planned and charted with contingency plans prepared for all possible misfortunes by the ever cheerful Elizabeth Mason. It was only required of the others to provide bikes - and the muscles to propel them - to their destination some fifty kilometers south as the crow flies or Air Canada on a clear day.

The trip south was conducted at a leisurely pace, as all southern vacations should be. The first "official" stop was at Manotick to pick up two of our more senior members, and to add our numbers to the crowd there for the local "Dickinson Days" wing-ding. One of our group got so carried away with the festivities that when he emerged, he was in Indian war paint. For the next few hours we tried, without much success, to pretend that he wasn't one of us. At this time we discovered that the muscles of one of our members were fueled by coffee, and that the fuel tank was undersize, resulting in frequent refuelling.

The next stop was Kars to explore an 1850's cemetery. Then it was off to lunch at the Baxter Conservation Area, which is on the Rideau River. Lunch was noteworthy for four reasons: first, the picnic tables had been taken to Manotick for the party there, leaving us to sit in the sand. Second, the local dog owner's club was using the park for their purposes. Third, the unique double hole design of the "sanitary facilities" almost guaranteed embarrassing encounters.

And finally, the adjacent flying club provided good demonstrations of the art of towing gliders aloft, and the speed with which the gliders can gain altitude on a sunny, nearly calm day.

After lunch the group continued on to Kemptville for a dessert of ice cream, and then to the Agricultural College to check its heritage. This side trip was not on the official route, which left our leader lost. This did not fluster our leader. She quickly came up with Plan B. "Head south to the first concession road and turn east." This plan found us on a few gravel roads for which we were most pleased, as it gave us an opportunity to examine the roadside flowers more closely. Eventually our leader gave up and asked a local where we were with respect to where we wanted to be. His answer, "You are in the middle of it, lady!" solved all our problems. The next stop was to check out another cemetery in South Gower, from which we proceeded to our night's accommodation. Distance travelled was 67 kilometres, at an average speed of 12 miles per hour.

The Berube's operate a modern bed and breakfast facility in their home. They met us at the door and quickly made us feel like old friends, plying us with cold lemonade and inquiring about our trip "home" as if we were some of their nine children returning for a visit. As soon as we were all settled in, supper was served. It appeared that we had arrived for Thanksgiving dinner - there was lots of food, most of it "home grown", including a large, succulent chicken and desserts, desserts, desserts. No one lost weight that day!

That evening we watched the sun set from the Berube's front steps and taught our hosts a new card game - Cut Throat. The game was won by one of our members, who claimed to have never played anything more serious than Rummy as little girl, and to have a complete lack of card sense. (Be advised not to play poker with another member of the Rideau Trail Ottawa Club until they have positively identified this member.)

We nearly missed breakfast in the morning as our hosts stayed up all night playing their new game. (This time they could win.) Again breakfast was designed to prevent weight loss, and we obliged. After breakfast we packed up, said our good-bye's and headed back to Ottawa. As the sky threatened rain, we hurried straight back, no short cuts down gravel roads, no cemeteries, and no ice cream parlours. After a short lunch at the Manotick Locks, we arrived back at Mooney's Bay, having done 51 kilometres at 19 kilometers per hour - and nearly dry.

Rideau Trail Walks (continued)

Tuesday, June 16

Up at 7:00 a.m., we were able to have juice and instant porridge in our room before starting off down Highway 2 at 8:00 a.m. We didn't find a marker for the turn-off, but followed our maps and luckily took the right turn, finding a marker half way down, and on into the bush at the end. It was an easy, leisurely walk, with some amusement as Mike strode out across the boardwalk before realizing it was a wreck, half fallen down. He gingerly retreated, and we made a detour. Our step lightened after we crossed Highway 33; we saw lots of birds in this final piece of brush alongside the golf course and out to the end. I crossed the road and dipped my foot in the St Lawrence [actually Lake Ontario -Ed.] as I had in the Ottawa River over a year ago. A challenge completed! A great feeling of satisfaction, and some help from a passerby, who snapped a picture of us under the sign, so we can remember. It was still only 10:00 a.m. Now for breakfast and a leisurely ride home.

FIRST AID TIP



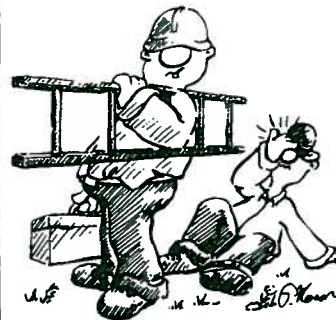
WOUNDS AND BLEEDING

- Direct Pressure to stop blood flow
- Elevation to reduce blood flow
- Rest to slow the circulation. Apply direct pressure with the hand over a dressing if available. If the dressing becomes blood-soaked, do not remove it; add another and continue pressure. When bleeding is controlled, maintain pressure and secure dressings with bandages. Maintain elevation and immobilize the injured limb.



St. John Ambulance

FIRST AID TIP



EYE INJURIES

Do not attempt to remove particles on the pupil or stuck to the eyeball. Other loose particles should be removed with care • Remove with a moistened corner of a tissue. • If this fails, cover the eye lightly with a dressing, cover the other eye to prevent movement and transport to medical aid.



St. John Ambulance

RIDEAU TRAIL ASSOCIATION

KINGSTON CLUB OUTINGS

We hope that many members will join the hikes to enjoy nature during the fall season. There may be a charge for some hikes so contact leaders prior to the event. Suggestions for future events may be made to Alberta Edgar, 542-9662.

Wednesday, September 9 Lake Ontario Park
Walk along the shores of Lake Ontario through the park and the KPH grounds. Meet at Sears north door at 1.30 pm.
Leader: Alberta Edgar, 542-9662

Saturday, September 12 Gould Lake
Hike the Tom Dixon and Mica trails at Gould lake conservation area. Bring a lunch and meet at Sears north door at 9.30 am.
Leader: Jim Gartenburg, 542-8942

Sunday, September 20 Charlston Lake
Hike the scenic Peninsula and White Hills trails with its lookouts onto Duck Bay, Running's Bay and Tallow Rock Bay. Wear sturdy boots. Bring a lunch and meet at Sears north door at 9.30 am.
Leader: Gaetan Lessard, 389-4513

Saturday, September 26 Annual General Meeting, Hotel Kenny - Jones Falls
See notice on pg. . If you require transportation contact Mary Jane Bowes, 544-2753

Sunday, October 4 Hike Ontario Day
Introduce your friends to the joys of hiking. Three hikes are planned:

Hike # 1 Narrows Locks
Hike from Narrows Locks to Rideau Lake Campground crossing beaver dams en route (Map 8, about 7.5 km). Wear sturdy shoes. Bring a lunch and meet at 9 am.
Leader: Arch Mason, 544-5690

Hike # 2 Field Naturalists Area
Join the field naturalists for a hike. Meet at Sears north door at 1 pm.
Contact: Larry McCurdy, 389-6427

Hike # 3 Little Cataraqui Conservation Area
Enjoy a leisurely walk through fields and woods. Meet at Sears north door at

1.30 pm.
Leader: Moira Drummond, 544-9529

Wednesday, October 7 Bell's Island
Enjoy a fall hike along the Rideau river. Meet at Sears north door at 1 pm.
Leader: Bird Sampson, 549-5986

Sunday, October 11 Wellesley Island, Dinner at Caiger's Lodge
Explore some of the varied trails at Nature Centre Sanctuary on Wellesley Island. Scenic vistas, granite knobs and other interesting features. There is a bridge toll and an entrance charge. Bring a lunch and meet at Sears north door at 11 am.
Following the hike, stop at Caiger's Lodge on the 1000 Island Parkway for dinner. Reserve by October 6.
Leader: Cathy and Don Cutts, 542-541

Saturday, October 17 Opinicon Loop
Hike from Lindsay lake to the boundary of Leeds and Frontenac counties (Map 9). Bring a lunch and meet at Sears north door at 9 am.
Leader: Erwin Wendholt, 542-5789

Weekend, October 24/25 Bon Echo Park
Our annual backpacking trip is on Abes and Essens trail. Register with leader by October 21. Bring your own gear and food and meet at Sears north door at 8.30 am.
Leaders: Arne Henrickson, 544-0465
Su Nag, 546-6041

Sunday, November 1 Craig Trails
Rugged but scenic terrain. Wear sturdy boots. Meet at Sears north door at 10 am. Bring a lunch or buy homemade soup. There is an entrance charge.
Leader: Nancy Young, 549-8856

Wednesday, November 4 Lemoines Point
A popular place to hike in any season.
Meet at Sears north door at 1.30 pm.
Leader: Jen A'Court, 548-7588

Saturday, November 7 Trail Maintenance Day
Help maintain our trails in Frontenac Park. Bring tools and a lunch and meet at Sears north door at 9.30 am.
Maintenance Co-ordinator: Don Green, 389-5458

Sunday, November 15 Opinicon Loop
Hike from Massassauga road to the boundary of Leeds and Frontenac counties (Map 9). Bring a lunch and meet at Sears north door at 9.30 am.
Leader: Keith Bull, 546-9693

Saturday, November 21 Skycroft
Hike through varied and picturesque terrain. Bring a lunch and meet at Sears north door at 10 am. There will be an entrance charge.
Leader: Tom Newton, 542-9253

Sunday November 29 Bedford Mills
Hike from Bedford Mills to Wesport along varied terrain (Map 9). Bring a lunch and meet at Sears north door at 9 am.
Leader: Norm McLeod, 546-9440

Saturday, December 5 Rideau Trail, Coffee and Dessert
Hike the first section of the trail from Elevator Bay along Cataraqui creek to Cataraqui Cemetery (Map 12). Meet at Sears north door at 1 pm.
Leader: Cathy Cutts, 542-541
Get together for coffee and dessert at 8 pm. at Peter and Libby Skelton's house.
Contact Mary Jane Bowes, 544-2753 for information.

Sunday, December 13 Sydenham Area
Hike through fields from Railton road to Sydenham (Map 11). Meet at Sears north door at 1 pm.
Leader Mary Jane Bowes, 544-2753

CENTRAL CLUB OUTINGS

Sunday, September 6 Frizzell Rd
Hike the Frizzell Road to the town of Perth. This is an easy hike. Meet at the Ontario Ministry of Agriculture and Food parking lot at 1:00 p.m.
Contact: Jean Riddell, 267-1451

Sunday October 4 Hike Ontario Day
Bring your friends for an off-trail hike to Ragged Chutes on the Mississippi River. Meet at the Ontario Ministry of Agriculture and Food parking lot at 10:00 a.m. Bring a lunch.
Contact: Jean Riddell, 267-1451

Sunday November 8 Murphy's Point
Enjoy an easy hike in the popular Murphy's Point area. Meet at the Ontario Ministry of Agriculture and Food parking lot at 1:00 p.m.
Contact: Jean Riddell, 267-1451

DID YOU KNOW...

ELIZABETH COWAN of Pembroke organizes "Breakaway" weekends for women and couples. They are in the area of Big Rideau Lake. This fall two weekends are planned:

Sept 25-27 - hiking for women
Oct 02-04 - hiking for couples

For more information, contact
Elizabeth Cowan at (613)735-0400

OTTAWA CLUB OUTINGS

Hikes leave from the corner of Booth and Albert regardless of weather. There is no charge except for gas if you are a passenger in someone else's car. Non-drivers should when possible phone the hike leader a day or two before the hike. If the leader can't be reached or for general information on the outings phone Pearl Peterkin at 829-3062 or Bill Grant at 820-0697. Hike leaders are asked to collect names and phone numbers of participants and send them to the Ottawa Club Human Resource Co-Ordinator, Linda Hayes, Rideau Trail Club, P.O. Box 4616, Station E, Ottawa, Ontario, K1S 5H8. Hike leaders are also reminded to recommend a reasonable charge for gas to be paid by passengers, based on distance travelled and number of passengers.

For the first time, the Ottawa Club has scheduled an outing for every week except Thanksgiving week-end. This is an experiment suggested by the growing popularity of these outings in recent months. The Outings Organizer would like to thank those willing volunteers who have agreed to lead hikes this fall, or in the future.

WEDNESDAY WALKERS

The Wednesday walkers meet every Wednesday at Booth and Albert at 10:00 a.m.

Contact: Dorothy Belter 523-4420

SATURDAY Sept 12 Mer Bleue

A leisurely walk around the Mer Bleue including the Marsh Boardwalk. Bring a lunch. Meet at Booth and Albert at 10:00 a.m.

Leader: Linda Hayes 234-1045

SATURDAY Sept 19 Gatineau Park

A 12km hike in the Hay Lake area of the Gatineau. There are a few steep climbs so wear sturdy footwear. Bring a lunch and binoculars, if you have any, as Colin is sure to help identify all birdlife thereabouts. Meet at Booth and Albert at 9:30 a.m.

Leader: Colin Gaskell 728-7217

SATURDAY Sept 26 AGM

Association Annual General Meeting see Notice elsewhere in this newsletter. If transportation required telephone 596-0572.

SUNDAY Oct 4 Ontario Hiking Day

Join us on an easy hike of approx. 10km from Burritts Rapids to Merrickville. This hike features a ghost town, an old cemetery, many

historic houses, and of course the Canal itself. 1:00 p.m. at Booth and Albert. Bring a snack.

Leader: Pearl Peterkin 829-3062

SUNDAY Oct 18 Joint Outing with OFN

The tenth annual joint outing with the Ottawa Field Naturalists. A two-part hike: the Perth Wildlife Reserve on the Tay River (a wildlife management demonstration area) and the Mill Pond Conservation Area near Portland. The pace will be leisurely. Note for this outing only, meet at Sears, Carlingwood, corner of Woodroffe and Carling southside of Sears 9:00 a.m. For information phone Eileen Evans 741-0789.

SUNDAY Oct 25 Marlborough Forest

Dwyer Hill Rd. to the Manning Cabin via the Earthstar loop. A good hike on relatively easy ground but good boots recommended. Bring lunch. 10:00 a.m. at Booth and Albert.

Leader: Andrew Oakes 232-2755

SUNDAY Nov 1 Work Party

Work parties to construct a small bridge and do minor cabin maintenance. Bring lunch and a hammer (if possible). Meet at Booth and Albert at 10:00 a.m. For information phone Tom Bach 748-6266.

SATURDAY Nov 7 Big Rideau Lake
Narrows Locks (Rideau Canal) to
Murphy's Point Prov. Park. A good
section of the trail about 15km,
some rough ground. Bring lunch,
wear good boots and rain-wear if
appropriate. Booth and Albert
8:30 a.m.
Leader: Peter Brebner 729-8178

WEDNESDAY Nov 11 Wednesday Walkers
A chance for public servants and
others who have the day off to join
the WEDNESDAY WALKERS in Gatineau Park.
Booth and Albert 10:00 a.m., bring a
lunch. Information: Dorothy Belter
523-4420.

SATURDAY Nov 14 Limerick Forest
An exploratory walk in this planta-
tion forest (south of Kemptville).
No leaves, no flowers but good
walking; a first time in this
area. Refreshment stop on the way
home. Bring good boots if wet
weather, and lunch. Booth and Albert
10:00 a.m.
Leader: Bill Grant 820-0697.

DUTIES AND RESPONSIBILITIES

Please observe the following while
using the Rideau Trail in Frontenac
Park:

* Pay the day charge for parking your
vehicle in the park. Frequent users may
wish to obtain an annual permit which
can be used in all provincial parks.

* Should you decide to use the park
campsites you must obtain a permit.

* Members may camp at a designated site
along Caldwell creek for one night free
of charge. Inform the park of your
intent. You may be asked to show your
membership card so carry it with you or
be prepared to pay a camping charge.

SUNDAY Nov 22 Marlborough Forest
A vigorous hike of 10 to 15km. Bring
lunch, good boots. Booth and Albert
9:45 a.m.
Leader: Eliz Mason 729-6596.

SUNDAY Nov 29 BRUNCH HIKE
Brunch followed by last chance mystery
hike. Booth and Albert 10:00 a.m.
Leader: Margaret Lafrance 692-4650

WEDNESDAY Dec 9 SLIDE SHOW
Join us at Ken Prior's, 44 Farnham
Cres., Manor Park (No. 4 bus) at
8:00 p.m. Bring your best slides
on nature subjects. Refreshments.
Call: K. Prior - 745-1777

FRIDAY Dec 18 CHRISTMAS CAROLS
Annual Carol Singing at 1890 Wembley
Ave. (Carlingwood - Maitland area) at
8:00 p.m. Bring along your
favourite Christmas music.
Refreshments.
Call: Marie Andrews - 728-3016.

* The Slide lake cabin is for use during
winter, early spring or late fall during
inclement weather conditions. Cabin
availability is on a first-come, first-
serve basis. Contact Doug Knapp - 542-
2039

* Those unfamiliar with the trail in the
park are advised to obtain information
and maps prior to the trip.

Su Nag,
Chairman, Kingston Club

FIRST LEG OF NATIONAL HIKING TRAIL INAUGURATED

by Henry Heald

OTTAWA--World-renowned environmentalist Maurice Strong, accompanied by House of Commons Speaker John Fraser, nailed a green and yellow marker on a tree near Parliament Hill June 5th to formally inaugurate a 10,000 kilometer, coast-to-coast hiking trail.

The "NTA" marker--the official logo for the National Trail Association of Canada--was put up near the start of the Rideau Trail, part of which will be incorporated into the national trail.

Mr. Strong, in Ottawa to deliver the third annual Barbara Ward Memorial Lecture at World Environment Day celebrations, was secretary-general of the historic Stockholm Conference on the Human Environment and the first executive-director of the United Nations Environment Program.

"Hikers are conservationists by nature and are a powerful force in the preservation of our world environment," Mr. Strong said. "Those who work to bring about the dream of a footpath from Newfoundland to Vancouver Island can be counted on to support measures to protect the lifeblood of spaceship Earth."

Mr. Fraser emphasized the close relationship between physical fitness and a clean environment.

"How much nicer to be able to keep fit in a healthy, sound environment, and what better time to inaugurate this dream of a national trail than during Canadian Environment Week."

He also congratulated the National Trail Association members for taking personal responsibility for the future of the country.

"This dream of a footpath from sea to sea has come up from the grassroots. The future of Canada is in good hands when individual Canadians are free to dream and to bring their dreams to fruition," he said.

Messages of congratulations and support were also received from Prime Minister Mulroney and from Fitness and Amateur Sport Minister Otto Jelinek.

The National Trail Association was formed in 1977 to research the idea of a recreational trail from the Atlantic to the Pacific and to organize support across the country. Three years ago a truly national agency was formed with a board of directors representing hiking trail organizations in all provinces.

Doug Campbell of Calgary, initiator of the idea and President of the NTA for the first ten years, attended the inauguration ceremony and presided at the Annual General Meeting of the Association.

"Existing trail systems will be used and connected where possible, and parkland authorities are expected to cooperate in this effort of coordinating the work of volunteer organizations," Mr. Campbell explained.

Fitness Canada provided funds to support national meetings and pay for promotional materials.

Members of the Rideau Trail Association, including President Pearl Peterkin, attended the inauguration ceremony.

Parks Canada has also maintained a keen interest and offered assistance. Most outdoor national associations, such as the Boy Scouts of Canada and the Canadian Hostelling Association, welcomed the scheme with enthusiasm.

Hike Ontario, the Federation of Ontario Hiking Trail Associations, represents Ontario on the board of directors. Quebec is represented by La Federation Quebecois de la Marche. Similar organizations in other provinces are represented. The

Rideau Trail Association, which manages the 300 kilometer trail between Ottawa and Kingston, offered its route as part of the National Trail.

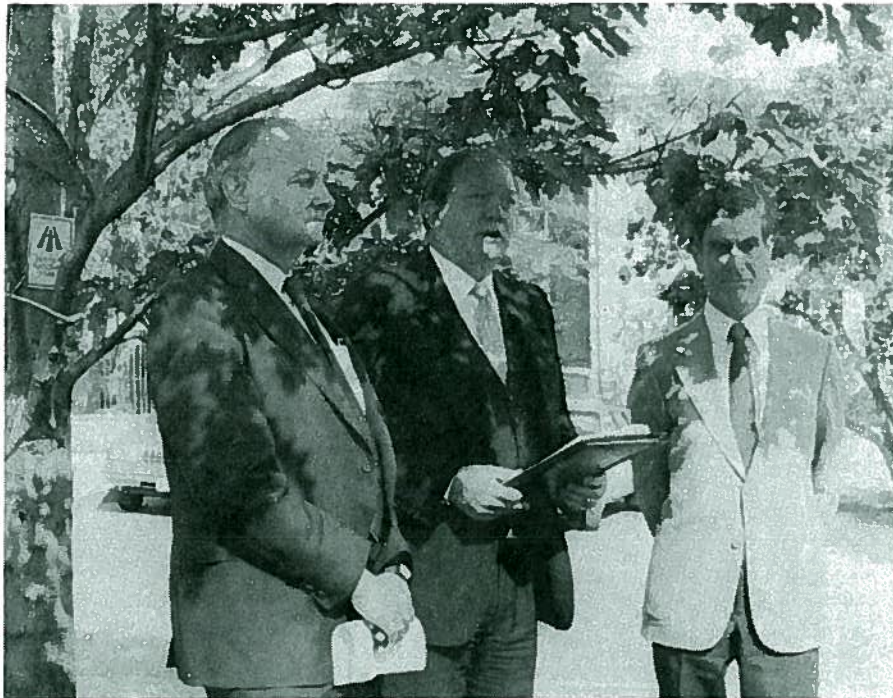
"This massive voluntary effort will call upon the cooperative spirit of all Canadians in adding a new dimension to our country--a corridor which will contribute significantly to environmental awareness, physical fitness, youth development and preservation of our natural landscapes," Mr. Campbell said.

He stressed that an immense task lies ahead in routing the trail, presenting a challenge for volunteers working in small groups.

At the Annual General Meeting of the NTA on June 6, Jim Rutter, Executive Director of the Federation of Mountain Clubs of British Columbia, was elected President to succeed Mr. Campbell. Luc Larose of La Federation Quebecoise de la Marche, was elected Vice President. Henry Heald of Nepean, one of the two Ontario delegates, was elected Secretary-Treasurer to succeed Mike Fedak of Manitoba.

For more information on the National Trail, contact:

Henry Heald, Secretary-Treasurer
(613)224-4471 or (819)994-3818



Maurice Strong, (former head of the U.N Environment Program); The Hon. John Fraser (Speaker of the House of Commons) and Doug Campbell of Calgary (founding Chairman of the National Trail Association). The first National Trail marker shares a tree with Rideau Trail blazes in front of the Old Mill Restaurant in Ottawa.

Photo by Henry Heald

1987 APPALACHIAN TRAIL CONFERENCE

by Cathy Cutts

The Conference was hosted by the maintaining clubs of Central and Southwestern Virginia, and the theme was "The Next 50 Years". The setting was Lynchburg College, with its stately Georgian Colonial buildings, set in over 200 acres within the City of Lynchburg. It is but a short drive to the spectacular Blue Ridge Mountains and areas of great historical interest.

Meetings, panel discussions, hikes, barbecues, workshops, excursions, exhibits, concerts, slide shows and other entertainment filled our days and evenings. The dining hall was a great place to chat with participants. The campus pub was named "Sneakers" for the week (we instructed them on how to make a Shandy!) and we really appreciated the cold drinks provided in the dorms and after the hikes. The weather was very hot, hazy and humid all week long.

With such a large group of people and the scope of activities the planning committee deserve bouquets for their efforts - imagine the logistics needed to get several hundred people assembled, checked off, assigned to cars and sent off in convoy. Some days there were as many as 10 hikes and four excursions departing from designated areas.

One quarter of the Appalachian Trail's 2100 miles are in the state of Virginia. The names alone are fascinating: Pedlar Lake, Thunder Hill, Little Rocky Row, Dragon's Tooth and Big Timber Cliffs. Close your eyes and try to imagine Falling Water Cascades, Apple Orchard Falls, Wintergreen and Raven's Roost. During a one week stay it's only possible to sample a

few hikes, a few excursions, learn some history of the area, and start plans for another visit!

The Rideau Trail members from Kingston were the Waldrons, the Pages, the Hughes, Moira Drummond, Elizabeth Palmer, and yours truly, the Cutts. There were Bruce Trail members from Toronto and people from New Zealand, the United Kingdom and of course many of the American states. When looking after the booth set up to promote Ontario's trails it was not uncommon to find that people only knew of the Bruce Trail and Algonquin Park. The display area was a "hot spot" - no air conditioning!

Great people, great memories!
Happy to meet,
Sorry to part,
Happy to meet again!
'See you in East Stroudsburg,
Pennsylvania, 1989



Hike Ontario!



Hike Ontario, Box 651, Terminal K, Toronto M4P 2H1

Ontario Hiking Day Sunday October 4th, 1987

Walking is the healthiest form of exercise, doctors say, and the fastest growing sport in North America. It involves the whole body in gentle activity in the fresh air, relaxing muscles and releasing tension.

Hike Ontario is the umbrella group for Ontario's long-distance hiking trails: the Bruce Trail, Rideau, Voyageur, Ganaraska, Avon, Grand Valley, Thames Valley and Guelph Trails. It sponsors Ontario Hiking Day as an occasion when all Ontarians can learn the simple and healthy pleasure of hiking.

On Ontario Hiking Day there will be easy and enjoyable hikes across the province, organised by trail clubs, provincial parks, recreation authorities and by other volunteer groups. For details of a hike near you contact your nearest trail club or call Anne Black, President of Hike Ontario, at 1-705-728-0931.

For more information call:

Anne Black, President
Hike Ontario!
Box 651 Station K,
Toronto M4P 2H1

1-705-728-0931

Or call your local trail club:

Avon Trail Association, Box 384, Stratford, N5A 6T3,	519-634-8790
Bruce Trail Association, Box 857, Hamilton, L8N 3N9,	416-529-6821
Grand Valley T.A., Box 1233, Kitchener, N2G 4G8,	519-886-5022
Ganaraska Trail Assoc., Box 1136, Barrie, L4M 5E2,	705-728-0931
Guelph Trail Club, Box 1, Guelph, N1H 6J6,	519-822-3420
Rideau Trail Association, Box 15, Kingston, K7L 4V6,	613-542-5414
Thames Valley T.A., Box 821, Term B, London, N6A 4Z3,	519-472-9993
Voyageur T.A., Box 66, Sault Ste Marie, P6A 5L2,	705-856-4270

Federation of Ontario Hiking Trail Associations

EXCERPTS FROM MY DIARY

June 20, 1987

We could not have chosen a better day for the opening of the Marian Webb boardwalk at Gould lake conservation area. The sun was shining, the sky was an intense blue contrasting with the greens of the foliage. The woods never looked better.

This boardwalk, the brain-child of Harry Gardner was built with a bequest to the RTA from Marian Webb, a resident of Kingston. During the latter years of her life Marian spent a great deal of time at this location observing nature. The boardwalk is 130 ft. long with an observation platform in the centre. Volunteers spent a total of 280 hours on its construction.

Many remembered Marian at the opening - Pearl Peterkin, Craig Ferguson, an executor of Marian's estate and friend, and Moira Drummond. Despite an extremely busy schedule the Honorable Flora MacDonald, who had known Marian, attended the ceremony and recounted some anecdotes before she declared the boardwalk open.



The Honorable Flora MacDonald and Pearl Peterkin, President of the R.T.A.

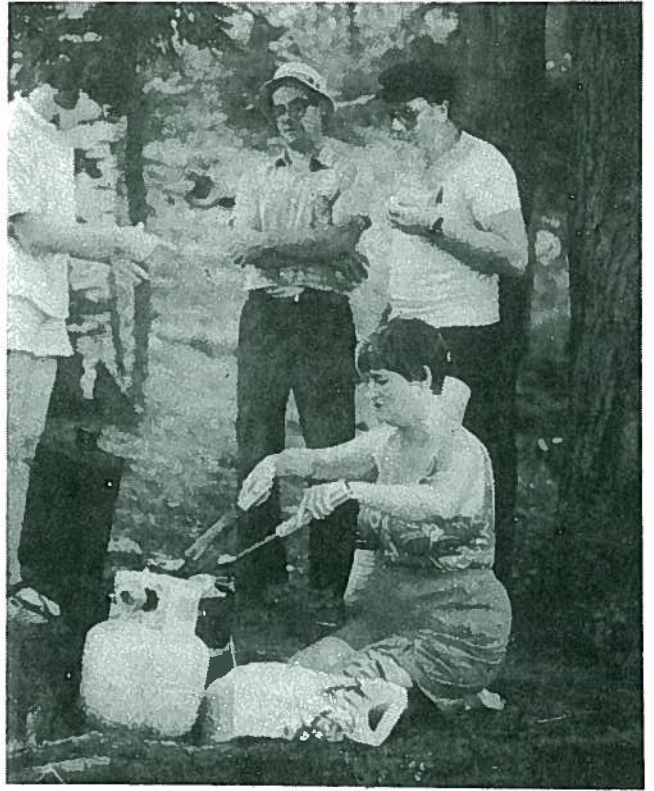


The Honorable Flora MacDonald opens the Marian Webb boardwalk.

July 18, 1987

It was windy, hot and a storm was impending. The loon calls were muffled by thunder. This did not deter the canoeists who led by Tom Kaddits, valiantly paddled against the wind to reach the site of the barbecue. The hikers arrived later in great humour despite the heat. We made elaborate arrangements including importing a cook from Ottawa whom you see in the picture. The hamburgers made by Dorothy Forester and Helen Kaddits were delicious. All in all, the members of the Kingston and Ottawa Clubs present there thought this outing was an unqualified success.

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OTTAWA CLUB EXECUTIVE 1987-88

by Elizabeth Mason

The Ottawa Club had their Annual General Meeting on May 31st. The Executive for the coming year are:

Chairperson - Ron Hunt, 830-1592
Secretary - vacant - volunteer accepted
Treasurer - Aileen Wade, 733-8952
Routes and Negotiations - Peter Brebner, 729-8178
Trail Maintenance - Tom Bach
Lot and Building Maintenance - Dave Stinson, 825-1327
Human Resources Coordinator - Linda Hayes, 234-2045
Outings - Bill Grant, 820-0697
Newsletter Editor (Ottawa) - Elizabeth Mason, 729-6596
Hike Ontario Representative - Jim Fish, 839-2262
Publicity - Mary Breig, 236-0042
Hike Publicity - Eileen Evans, 741-0789

NEW SHORT TRAILS IN ALGONQUIN PARK

By Bill Grant

Most hikers are familiar with the back-packing, day hiking and short walking trails running off Highway 60 in Algonquin Park. Except for canoeists, the northern and north-eastern sides of the park have offered nothing to walkers and hikers until now.

The Friends of Algonquin Park (P.O. Box 248, Whitney, Ontario, K0J 2M0) have now printed guides to the two new walking trails outside the Highway 60 corridor. From a hiker's standpoint, these two new trails are too short, and there is along drive in to each one. However, they are new and different, as each takes advantage of a distinctive geological feature. In my view, they are both worth a visit on any trip to the Algonquin Park area.

The Barron Canyon Trail on the east side of the park, 11 kilometers west of the Sand Lake gate, is a one-and-a-half kilometer loop which leads to the rim of the 100 metre deep Barron River Canyon, well known to canoeists. The view is, of course, spectacular, and the exposed rock a good example of the Canadian Shield. The Barron River was used for log drives until the 1830's and is therefore of interest to the history buff. Finally, the high cliffs forming the sides of the canyon are nesting places for many birds, and bald eagles appear in the winter. Bird lovers will find many species in the canyon, although most are not seen on the trail itself.

The second trail leads to the Brent Crater and is two kilometers long. The access road leads off the Brent Road, 32 kilometers south of Deux Rivieres on the Ottawa River. The Brent Crater was discovered in 1951 as the result of

aerial surveys. It is right on the northern boundary of the park. It is a fossil meteorite crater, and three lakes form its rim. The trail allows the visitor to see across the crater (four kilometers in diameter) and to walk from one side to the other on its floor. The interpretative booklet provided by the Friends of Algonquin tells the story of the crater. It is enough to say that the force of the impact of the meteorite is estimated as at least four times as large as the largest thermo-nuclear device ever detonated and that it created a hole four kilometers wide and 600 meters deep.

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*      RIDEAU TRAIL ASSOCIATION - ANNUAL GENERAL MEETING      *
*                                                                 *
*      Saturday September 26, 1987                             *
*                                                                 *
*      HOTEL KENNEY, JONES FALLS                                *
*****
* AGENDA:                                                         *
*      10:00 am  COFFEE                                           *
*                                                                 *
*      10:30     BUSINESS MEETING                                 *
*                                                                 *
*      PRESENTATION OF BADGES AND CERTIFICATES                  *
*                                                                 *
*      Noon      LUNCH (bring your own)                          *
*                                                                 *
*      1:00 pm   "TRAVELS OF AN ASTRONOMER" - Victor Hughes     *
*                                                                 *
*      1:45      "THE JAMES AULD PROVINCIAL WATERWAY PARK" -    *
*                                                                 *
*      Alan Dolan, Ministry of Natural Resources                *
*                                                                 *
*      2:30      HIKERS - Rock Dunder                            *
*                - Jones Falls Locks Area (Parks Canada)        *
*                                                                 *
*      5:30      DINNER ($12-13, tax & gratuity extra)          *
*                                                                 *
*      Make dinner reservations by 23rd September; contacts:   *
*      Ottawa    Patricia Narraway  596-0572                    *
*      Perth     Jean Riddell      267-1451                      *
*      Kingston  Mary Jane Bowes   544-2753                     *
*                                                                 *
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If undeliverable, please return to:

Rideau Trail Association
P.O. Box 15
Kingston, Ontario
K7L 4V6
Canada



Ottawa Phone Number:
613-596-0572

APPLICATION FOR MEMBERSHIP
Effective April 1st, 1987

Rideau Trail Association
P.O. Box 15,
Kingston, Ontario K7L 4V6

Membership year, April 1st to March 31st

Your membership in the Rideau Trail Association provides the financial support essential for the continuous maintenance, improvement, extension and protection of the Rideau Trail network. As a member you will receive the quarterly newsletter and special mailings, as well as voting rights in Club and Association activities.

() Annual Family Membership.....	\$ 10.00
() Patron (Life Membership).....	150.00*
() Map Kit (13 maps) Members only.....	4.00
() Trail Notes Members.....	5.00
Non-members.....	8.00
() Car sticker (FREE to New Members).....	.50
() Crest.....	2.00
() Enamelled Pin.....	3.00
() Donation to RTA.....	_____*
() Donation to Corridor Preservation Fund.....	_____*

PLEASE CHECK New () Renewal ()

Name.....

Address.....

Postal Code.....Telephone.....

Prices subject to change. TOTAL _____

* Qualify for income tax deduction. Charitable Registration No. 0041733-56-11