



The Rideau Trail NEWSLETTER

SUMMER 1988

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"STRANGE, EH, HOW THEY FOLLOW EACH OTHER, JUST LIKE ... UH... "

The Rideau Trail Newsletter is published quarterly in December, March, June and September by the Rideau Trail Association. The editor of this issue is Elizabeth Mason for the Ottawa Rideau Trail Club.

Submissions for the next newsletter are encouraged and should be sent by August 1st, 1988 to Chris Barker, 40 Bonny Lane, Kingston, Ont., K7K 6E2.

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: Sketch by Jack Wilson from an idea on a postcard.

RIDEAU TRAIL GUIDEBOOK RETAILERS

Has anyone ever asked you where they can buy a Guidebook? Here is a list of book-stores and outfitters carrying the guide.

Trailhead 1341 Wellington Street Ottawa, Ontario K1Y 3B8	The Expedition Shoppe 43 York Street Ottawa, Ontario K1N 5S7	R & R Books & Sounds County Fair Mall Smiths Falls, Ontario K7A 2A7
Trailhead 126 York Street Ottawa, Ontario K1N 5T5	Fresh Air Experience 1137 Ogilvie Road Gloucester, Ontario K1J 7P7	Valley Book Shop 53 Gore Street East Perth, Ontario K7H 1H6
Trailhead 40 Wellington Street East Toronto, Ontario M5E 1C7	Nature Canada Bookshop 453 Sussex Drive Ottawa, Ontario	Bridgewater Books 165 Bridge Street Carleton Place, Ontario K7C 2V6
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RANGERS HIKE ON THE RIDEAU TRAIL

by Karin Vogel

Three Rangers, Girl Guides of Canada, Karin Vogel, Joanne Leblanc and Andrea Kidd undertook to do their Gold Expedition for the Duke of Edinburgh's Award Programme in the spring and summer of 1987. They did their practice journey in the Gatineau in June. They planned their final expedition on the Rideau Trail, from Smiths Falls to Narrows Locks. Karin is a member of the Rideau Trail. The following is from her diary.

Tuesday, August 25th: This was the first afternoon all three members of the 4-day expedition got together for a short time. All original plans were kept so there was little to worry about except packing and dividing up equipment. I took the small pup tent for storage, camp stove with fuel tank, my personal belongings and food; Joanne carried the tent and Andrea had the pots because her pack already weighed more than ours. We found out later that she had lots of snack food!

That evening, Mr. Leblanc drove us to the Smith Falls tourist park. Both Joanne and Andrea were beginning to get very nervous by this time and were wondering what they were doing here, and how they could submit themselves to the hardships to follow. We went for a short walk to clear the mind and played on the teeter-totter. We all went to bed early for wake-up was to be at 6:30 a.m.

Wednesday, August 26th: It had been a cold night and it was still chilly when I got up, shortly before our set time. The sun was just beginning to rise as I packed my bedroll, washed and got the stove going. We were ready to go by 8 o'clock. We walked close to 2 km before we hit the Trail. It was a bit tedious walking along highway 43 but finally we turned onto a country road - Poona-malie. By using the landmarks, we could determine our pace - 1 km in 10 minutes. This pace continued only as long as there was a road. We climbed over our first fence to enter a field. We now had to watch very closely for

our triangular markers. It was really fun when we hit the woods. Markers were very close together and we'd all be looking and crying out: "I see one over there" or "to the right". It was hardest through farmers' fields. We had plenty of them because we missed the proper turnoff onto a road allowance and decided to head east-northeast to highway 43. We eventually got onto it, relocated the Trail and followed the road to Beveridge Locks. By 1 o'clock, we arrived at our lunch spot, took off our boots, filled up the water bottles and ate. This was approximately the half-way mark for the day, 14 km.

We followed a clear path along the Tay canal. Crossing a concrete dam was a new experience for us all. It is not recommended to climb ladders while carrying backpacks. We were fortunate that it was a dry season because the water level reached the height of the dam ... it was quite slippery.



The girls pose in front of the Rideau Trail sign in Perth.

On we went, through some nice woods. Walking in a farmer's field again we got lost and headed back to highway 43. There was one more point on the Trail where we could not decide if we should cross the fence or keep going. We did both, then decided to head towards a nearby farmhouse where we were kindly helped with directions as well as with water for our water-bottles.

I don't know exactly when we hit the wildlife preserve, nor when we left it ... we definitely did not see any wildlife. Suddenly, a herd of cows was in front of us. We kept walking towards them since they were on the Trail, but we stopped when Mr. Bull came along! We decided to wait and let the cows lead the way.

Finally, very tired, we came to the Tay River. From this landmark, it was supposed to be 3 km more to our campsite. The mosquitoes were coming out, it was hot and late and looking back I could see how tired and frustrated Andrea and Joanne were. All we could do was to keep walking straight onwards. At last we could see the campground across the river, unfortunately, with no boat, we had to walk around. It was 7:30 p.m. on arrival. After a rest, we set up camp but decided against a campfire and used the stove instead. After washing up and calling home, we went to bed ... we deserved this sleep.

Thursday, August 23rd: Another early rising, warm this morning, we had a long day ahead of us. We were a bit slower, somewhat hampered by the aching muscles from the previous day. We left by 8:30 a.m. walking easily through the town of Perth. We stopped across from the town hall to have a group picture taken at the Rideau Trail sign. We cut across to the Scotch line and although we would have liked to follow the road, decided to walk on the Trail. The Trail did not exist as it was shown on the map and we again ended up crossing fields for the longest time, following indistinct paths. We did make it through to the road but we had obviously covered a few extra kilo-

meters. It was more relaxing to follow the Trail along the road and a road allowance. We were thankful for such small things. We crossed a beaver dam and wooden and rail fences. We saw very little wildlife other than chipmunks but were surprised by a porcupine who quickly ran away. We also saw a tiny turtle.

It was slow going. By one o'clock we were ready for a good break. We stopped near a spring with a large metal plate which is meant for feeding livestock. From here on, I found the Trail beautiful. The many turns on the wooded trail were clearly marked. We came to the site of an old mica mine, the bunk house, the bath house and a well-preserved log house still standing there. The Trail continued but we could not find our landmark. Maybe the "Danger - Cave In" sign had been taken down. But no, it came and it was late. Out of the woods, across a field and at last, in front of us, the road. We stopped the first car. A young man, about nineteen, was driving and tried to help us. Together we decided that the map was useless. He offered us a drive. I accepted since both Joanne and Andrea were dying. With our packs on our laps we sat down to talk. He dropped us off outside the park by a general store where we bought drinks and rested before hiking the last few km. We talked with two elderly ladies who were scratched up from the Trail. They were going in the other direction and gave us warnings. At the park we started to get things set up quickly. As the sun went down, we had a beautiful fire going and the food heating up, including my delicious noodle dish. After a visit from "Chappy", our co-ordinator, I put out the fire and we went to bed. We did not sleep well because the animals came. The flashlight scared them away but I do have two rips in the screen of my tent now.

Friday, August 28th: Since this was only supposed to be a 14 km day, we slept in till seven. I washed in the lake, Andrea had a shower and Joanne used the tap. After breakfast, we worked on blisters. I was shocked when

I saw the size of Joanne's blisters. It was no wonder that she had walked so slowly yesterday. I fixed her up and we left at 10 o'clock. Through the park the Trail was well marked, we left it and came to the road but we did not find our left turnoff. We ended up at the main road where we met the two elderly ladies of yesterday. They advised us to retrace our steps and search more closely. We found the Trail, the entrance indistinct, but well-marked further along.

We went through tall grass, over rocks, into woods, up and down, right and left. Then we came to a swampy area which we followed for the longest time, often through prickly bushes that scratched up the arms, then through trees, tall grass, an open area and more bushes. It never ended. I kept expecting the road but we had not even crossed the beaver dam. We came to it but it was impassable. We could see the markers on the other side. The ladies had told us to walk 300m to our right, we tried but found nothing. It seemed futile. We stopped, considered and turned back. We stayed up as high as possible and put on sweatshirts to avoid the bushes. We began to worry. The others decided that they would not go on the next day.

I remained silent for the longest time contemplating. I finally realized that it made sense since my companions were exhausted and sore. This was not the time to be selfish especially since we had not even crossed the marsh yet. I assured them that we could camp at Rideau Lake Park rather than Narrows Locks. In silence, we ate by the dam. Then we walked in the other direction and found a way over. We arrived at Rideau Lake Park one and a half hours later, shortly after five. Our hiking was over. We set up camp, had showers, phoned home and made dinner.

We talked for a while then went to bed. The rain which came at 12:30 made me feel better about stopping. By 8:30 a.m., Joanne's dad had arrived, we packed up in record time and headed for our dry homes.

Editors Note: Karin will receive her award from Prince Edward when he visits Ottawa in June.

CONSTRUCTION ON THE RIDEAU TRAIL

by Harry Gardner

What does that heading conjure up in your mind? Do you envisage exotic structures of gleaming stainless steel and reflective glass? Ornately laid-up brickwork of pleasing hues? A bubbling fountain within a framework of tailored lawns?

NO? Well then, how about these visions? Imagine ... Toting twelve foot two by sixes into a remote trail site while running a gauntlet of black-flies (or mosquitoes if you prefer) ... Struggling to sink obstinate cedar poles into the bottom ooze of a beaver pond to form the foundation for another boardwalk ... Helping to build the first of our open-faced shelters without benefit of power tools.

Maybe the latter presents a more satisfying view and also stirs your creativity. Perhaps the tangible reward of seeing something properly constructed, come hell or high water, will be incentive enough for you to pitch your hat into the construction ring.

Such a reward is too high a payment for steady work but when there is a job to be done, can you be relied upon to earn this salary for half a day, a whole day or the entire length of a project?

We don't need a resume, a cheerful reply is all it takes. Call:
Harry Gardner 389-9639 Kingston
Tom Bach 748-6266 Ottawa

DID YOU KNOW?

The Rideau Trail Association often receives information about hiking holidays and other hiking trails. This information is available by contacting Cathy Cutts in Kingston at 542-5414

SWIMMING HOLES ON THE RIDEAU TRAIL

by Bill Grant

Many hikers like a swim after a hike and somehow getting in the water is much more pleasant after the effort, sweat and fatigue of hiking on a summer's day. Unfortunately, the Trail does not offer too many locations where convenient swimming is possible. If I have missed any in this article why not write the editor concerning the omission so that all hikers may benefit?

Since the Trail now officially begins at Kingston, I'll start at that end. The first location is the municipal park in Sydenham, off Trail, but close to it. Toilet and changing facilities are primitive but do exist and refreshments are available in the village.

The next swimming hole is, in my view, the best of them all. This is the conservation area at Gould Lake, which is on the Trail (and has many side trails). This location has a beach which is a delight. Moving to the north, swimming is possible in the South Bay of Buck Lake at the campsite near the Trail, and at Doe Lake inside Frontenac Park. It is not feasible on North Bay, which the Trail passes, because of swamps and cottages. Except for the very determined, most of the other Rideau Lakes which the Trail passes do not provide swimming possibilities until Westport. The Lion's Park on Westport Sand Lake has a small beach and change facilities. Next is the small beach in Foley Mountain Conservation area (with facilities). This is a favourite, as hiking is popular in this area. Further along the shore of the lake it is possible to swim, although there are no "official" swimming sites.

Further north, the Trail passes through Murphy's Point Provincial Park which has two "official" beaches and facilities. On the route north from the park, the Trail passes MacLaren Lake, where unofficial swimming is possible. Next comes Perth, which has a small municipally owned site on the Tay

River. Smith Falls lacks an outdoor area suitable for adults and, as we approach Ottawa, the pickings are slim indeed. The Marlborough Forest holds no lakes (lots of swamps, of course). Richmond has no outdoor site, and the otherwise agreeable Stony Swamp lacks any swimming potential. On the final stretch of Trail along the Ottawa River, there are two locations, the pool at Britannia Beach, and Westboro Beach. Pollution of the river often rules out swimming, but steps are being taken to remedy this problem.

In order to end this article on an optimistic note, I will also mention some off-trail hike locations which provide good swimming. Ottawa hikers are aware of the many official and unofficial swimming holes in the Gatineau Park. Both clubs are familiar with Charleston Lake Provincial Park (two beaches). The Petawawa Forest Station has a beach and is a good location for a short hike. Last but not least, the Baxter Conservation area near Kars provides the opportunity for a short hike and swimming in the Rideau River, although not all would appreciate it because the water quality is somewhat questionable. Similar conditions prevail at Rideau River Provincial Park, in the same vicinity.

I have ended on a negative note, but at least I think I have shown that in the warmer season, at least, it is sometimes possible to finish a hike on the Rideau Trail with an exhilarating and relaxing swim

Keep cool.

CORRECTION

The address of the hostel in Kingston is 323 William Street,
Kingston, Ontario
546-7203

Open May 1 to August 31.



Outings

OTTAWA CLUB OUTINGS

Hikes take place regardless of weather. The initial meeting place is the parking lot at the corner of Booth and Albert Streets (Lebreton Flats). Because private cars are used for transportation, there is a small charge for gas.

The summer programme is designed to provide some hikes during the hot months (usually combined with a swim) and more frequent events as fall approaches. End to End hikes, very successful in the spring, resume in September. Additional information on specific hikes can be obtained by phoning the hike leader during the week preceeding the hike or Bill Grant at 820-0697.

Hike leaders are asked to send lists of hikers to RTA Human Resources Co-ordinator, 932 Winington Ave., Ottawa, Ontario, K2G 4C4.

WEDNESDAY WALKERS continue their Gatineau hikes every Wednesday, meeting at Booth and Albert at 9:30 am.
Contact: Dorothy Belter 523-4420

SATURDAY JUNE 18 FOLEY MOUNTAIN
A vigorous hike near Big Rideau Lake with a swim, if possible, and dinner in Westport. Enjoy one of the longest days of the year. Bring a lunch and swimsuit. Meet at Booth & Albert at 9:30 am.
Leader: Bev Armstrong 738-0310

SATURDAY JUNE 25 GATINEAU PARK
A vigorous hike of about 15 km in the famous park. A swim if possible. Bring a lunch and swimsuit. Meet at Booth & Albert at 9:30 am.
Leader: Don Mitchell 749-9537

SUNDAY JULY 10 LAROSE FOREST
Pat Smith who lives near the forest and her friend Chris Jones will lead a hike in this interesting plantation forest. At least 12 km, easy walking. After the hike there will be a swim in Pat Smith's pool. Meet at Booth & Albert at 9:00 am. Bring a lunch, comfortable footwear and a swimsuit.
Leaders: Chris Jones 824-3512
Pat Smith 443-2241

SUNDAY JULY 17 GATINEAU PARK
A vigorous or easy hike, and a swim depending on the weather. See the park in mid-summer. Meet at Booth & Albert at 10:00 am. Bring good footwear, lunch and a swimsuit.
Leader: Bev Armstrong 738-0310

SAT JULY 23 CANOEING ON THE OTTAWA
See the Nation's Capital from the river. Meet at Booth & Albert at 9:30 am. You must phone Don to make arrangements. Bring a lunch.
Leader: Don Mitchell 749-9537

SUNDAY AUGUST 7 CHARLESTON LAKE
Our fourth annual trip to this wonderful provincial park for a hike and a swim. This time we will explore the woodland and shorter shoreline trails (length of hike will depend on the weather). Bring a lunch, good footwear, insecticide (just in case) and a swimsuit. Meet at Booth & Albert at 9 am.
Leader: Bill Grant 820-0697

WEEKEND AUG 19-21 CANOE TRIP
A canoe trip to the Lac Poisson Blanc area of the Gatineau is planned for this weekend. The area offers good fishing and minimal portaging - 1 short portage. We will leave Friday evening, Aug 19. If interested call atleast one week ahead.
Leader: Jean Sunter 828-6077

SATURDAY AUGUST 20 PORT KIMSLEY AREA

An interesting section, not often hiked, from Poonamalie Road to Frizell Road, about 10 km (End to End hikers may want to do this hike). Bring a lunch, good footwear. Meet at Booth & Albert at 10:00 am.

Leader: Linda Hayes 234-1045

SUNDAY AUGUST 28 END TO END HIKE

This end to end hike is from Roger Stevens Road to Dwyer Hill Road with a side trip on the Earth Star Loop as a bonus, and passing through the finest part of the Marlborough forest. Easy walking, about 14 km. Bring a lunch. Meet at Booth & Albert at 9:30 am.

Leader: Ron Hunt 830-1592

SUNDAY SEPT 11 OPINICON

At long last a return to the exciting Opinicon area; about 15 km in hardwood and mixed forest. Bring a lunch, good footwear. Meet at Booth & Albert at 9:00 am.

Leader: Ron Maybury 489-2255

SATURDAY SEPT 17 ANNUAL GENERAL MEETING

Today is the AGM of the Rideau Trail Association. Meet at Booth & Albert at 8:45 am. See separate notice in this newsletter for further details.

SATURDAY SEPT 24 MYSTERY HIKE

Somewhere in the Gatineau area - you have not been there before. Bring a lunch, good footwear. Meet at Booth & Albert at 10:00 am.

Leader: Nanette Whitwam

OCT 1-2 ONTARIO HIKING DAY WEEKEND

SATURDAY OCT 1 FRONTENAC PARK

Peter Andrews, who knows this area well, will lead a long day hike. See details in the next newsletter or phone Peter at 728-3016.

SUNDAY OCT 2 AUTUMN RAMBLE

Peter Brebner will again lead a short gentle hike, suitable for families, not too far from Ottawa, to celebrate ONTARIO HIKING DAY. See the next newsletter or phone Peter at 729-8178.

SUNDAY OCT 23 JOINT OUTING WITH OFN

Keep this date reserved for our annual joint outing with the Ottawa Field Naturalists. See details in the next newsletter.

**END TO END HIKES CONTINUE IN OCTOBER.
SMITH FALLS BY CHRISTMAS!**

CENTRAL COMMITTEE OUTINGS

SATURDAY JUNE 18 FOLLY MOUNTAIN

Walk the section of the trail that passes through Foley Mountain conservation area. Meet at the agriculture office, 10 Sunset Blvd, Perth at 10 am. Bring a lunch.

Leader: Jean Riddell 267-1451

SUNDAY AUGUST 7 MURPHYS POINT

Follow the Rideau Trail through Murphys Point Provincial Park. Bring your swimsuit for a swim after the hike. Meet at the agricultural office at 1:00 pm.

Leader: Marg McLeod 267-1641

SUNDAY SEPT 4 GOULD LAKE

This is a fairly rugged hike on the west side of Gould Lake near Sydenham. Meet at 9 am. Bring a lunch.

Leader: Jean Riddell 267-1063

SCHOOL HOUSE

The School House (Map 9) with the land around it, is owned by the Ontario Ministry of Natural Resources who kindly allow the Rideau Trail Association to use it. It is located on the McKenna Side Road, 1.5 km north of Roger Stevens Road, just west of the Dwyer Hill Road.

The School House has a wood stove, a couple of picnic tables and a good wood supply in the back shed. The key to the door is also in the back shed, on the right hand wall. The combination is "RTA" (2 turns right to "R", 1 turn left to "T" then back right to "A").

Behind the School House are 12 km of trails where you can cross-country ski through cedar bush in the winter and hunt wildflowers and birds in the spring, summer and fall.

RIDEAU TRAIL ASSOCIATION

KINGSTON CLUB OUTINGS

Fewer events are scheduled during the summer since many people are out of town. Feedback regarding the programme may be made to Alberta Edgar, 542-9662.

Hike leaders are reminded to send the lists of persons attending hikes to the human resource co-ordinator, Lucille Birtch (544-9361).

Sunday June 5, Slide Lake, West side

Hike from old Perth road to rock Junction and the rugged trail on the west side of Slide lake (Map 3). Bring a lunch and meet at Sears north door at 9.00 am. Leader: Tom Kaddits, 546-0806

Wednesday June 8, Gould Lake Conservation Area

Wednesday walkers do not forget your bathing suits. Meet at Sears north door at 1.30 pm.
Leader: Emma Martin, 542-1594

Saturday June 11, Lake Opinicon

Our first paddle of the season in Opinicon and Hart Lakes. Bring your canoes, paddles, life jackets, swim suits and lunch and meet at Sears north door at 9 am. Register by the 9th evening with Ray Forester, 542-4385

Sunday June 19, Gould Lake, East Side

Hike the East, Mica and Famous trails and cool off in the lake. Bring a lunch and meet at Sears north door at 9.30 am.
Leader: Gaetan Lessard, 389-4513

Saturday June 25, Rideau Trail

Hike from the junction of Massassauga Road and Cottage Roads along the east side of the south bay of Buck Lake (Map 3). Bring a lunch and meet at Sears north door at 9 am.
Leader: Norm McLeod, 546-9440

Sunday July 3, Lemoine's Point

Hiking at this scenic conservation area followed by a swim. Meet at Sears north door at 1.30 pm.
Leader: Cathy Cutts, 542-5414

Wednesday July 6, Lemoine's Point

Meet at Sears north door at 1.30 pm.
Leader: Pauline McMichael, 544-1648

Sunday July 10, Bicycle Trip

Meet at the information booth below Fort Henry hill at 10 am. for a bicycle trip along Highway 15, Middle Road and back to Kingston via Kingston Mills. Bring a swim suit and lunch.
Leader: Jean Thompson, 544-0340

Sunday July 17, Canoeing

Meet at Sears north door at 9 am. with canoes, paddles, life jackets, lunch and swimwear. Register with leader by July 15 and get information regarding location of the trip.
Leader: Tom Kaddits, 546-0806

Sat. July 23, McCauley Mtn, Sandbanks

Hiking and swimming. Bring a lunch and meet at Sears north door at 9 am.
Leaders: Liz & Erwin Wendholt, 542-5789

Wednesday August 3, Rideau Trail

Hike the section between Bath Road and Elevator Bay followed by a swim at Lake Ontario park. Meet at Sears north door at 1.30 pm.
Leader: Dorothy Thomas, 546-0459.

Saturday August 13, Amherst Island

Bicycle tour and swim. Bring a lunch and meet at Sears north door at 9.30 am with bikes loaded onto cars ready for departure to the Amherst ferry dock. If you require transportation for bikes contact the leader (Janice Ley 542-9958) by 11th night.

Saturday August 20, Rideau trail

Hiking in the Foley Mountain Conservation Area followed by a swim. Bring a lunch and meet at Sears north door at 9.30 am.
Leader: Cathy Cutts, 542-5414

Weekend August 27/28, Frontenac Park

Backpack or paddle to Campsite # 4 for an overnight stay. Meet at Sears north door at 9 am. with your gear. Space limited so register with Stan Douglas, (389-2563) and pay the camping charge as soon as possible but definately by 24th evening.

Those wishing to join the canoe trip in the southern part of the park on the 28th, meet at campsite # 4 by 9.30 am. Leader: Eric Usherwood, 542-9958

Sunday September 4, Rock Dunder

Spectacular views of Whitefish lake and the surrounding area during this hike. Bring a lunch and meet at Sears north door at 9.30 am.

Leader: Arne Henrikson, 544-0465

Wednesday September 7, Waterfront Walk

Meet at Sears north door at 1.30 pm for a leisurely walk along the waterfront.

Leader: Jen A'Court, 548-7588

Saturday September 10, Murphys' Point Provincial Park

This is the first of a series of consecutive hikes from MPPP to Kingston. Bring a lunch and meet at Sears north door at 9 am.

Leader: Larry Dyke, 389-6692

Sunday September 18, Wellesley Island

Explore the trails at Nature Sanctuary with their scenic vistas. Bring a lunch and meet at Sears north door at 9.30 am.

Charges: Bridge toll, entrance fee.

Leader: Alberta Edgar, 542-9662

KINGSTON ANNUAL GENERAL MEETING

The Kingston Club annual general meeting was held at the Cataraqui Creek Conservation Area on April 23, 1988. Executive elected for 1988-89 are:

Chairman	Su Nag	546-6041
Vice-Chairman	Betty McIver	549-8028
Past-Chairman	Keith Bull	546-9693
Secretary	Margaret Page	389-7840
Treasurer	Peter Skelton	544-0151
Routes and		
Negotiating	Arne Henrikson	544-0465
Construction	Harry Gardner	389-9639
Maintenance	Don Green	389-5458
Publicity	Jean Thompson	544-0340
Hike Programme	Alberta Edgar	542-9662
Special Events	Shirley Harmer	549-4852
Human Resources	Lucille Birtch	544-9361
Representative to RTA	Norm McLeod	546-9440
Newsletter Editor	Johanna Koeslag	384-5534
Associate Editor	Chris Barker	544-3612

ADVANCE NOTICE

A Bed & Breakfast holiday is being planned for late September, early October, possibly in the area of Smiths Falls to Ottawa. Anyone interested in attending a planning meeting, please contact:

Cathy Cutts in Kingston at 542-5414

HIKERS' EXCHANGE

New hiking boots worn once. \$69.95
Deluxe Matterhorn Ladies size 6.
Insolated leather boots, vibram soles.
Call: W. MacDonald in Ottawa at
238-3928 (evenings) 996-8395 (days)

MARCH BREAK ON THE GRAND VALLEY TRAIL

by Cathy & Don Cutts



Previously, we had hiked the Grand Valley Trail from near Elora, south to highway 401, except for some sections in Kitchener. This March, we decided to "close the gap" by

heading west on the Grand Valley Trail.

The weather was cool enough that there was still snow in the woods but sunny enough for us to enjoy the sun's warmth in sheltered places. For the 3 days we hiked, the rain stayed away.

We enjoyed all aspects of hiking in the Grand Valley. Some of the hiking was level walking along the river's edge. Sometimes a high point of the trail afforded us a view of the wooded banks. We saw large numbers of geese on the river as well as other small birds. But our "piece de resistance" was the sighting of 2 deer and then a little further on a group of 5 more.

The skiers on Chicopee Ski Hills were busy when we passed; so were the bulldozers! Will a re-routing of the Trail be needed soon as "progress" interferes in Natchez Woods?

Just when we thought we were approaching the halfway point, we found that the length of the Grand Valley Trail has now doubled to 250 km. There are new extensions - one heading north to meet a blue side trail of the Bruce Trail at Alton, another heading south along the Grand Valley to Lake Erie at Rock Point Provincial Park.

We enjoyed this March break and will certainly be back again to continue our hikes.

For information write ...

The Grand Valley Trail
PO Box 1233
Kitchener Ont
N2G 4G8

THE LAROSE FOREST

by Bill Grant

Among the plantation forests in eastern Ontario most suitable for hiking and cross-country skiing (not to mention riding) is the Larose Forest. Little known to Ottawa residents, it is about 50 km east of Ottawa, just north of Highway 417, in the neighbourhood of the villages of Limoges (to the west of the forest) and Bourget (to the north).

Before 1928, this area was known as the "Bourget Desert", its sandy soil stripped of pines in the first timber harvests of the last century. A program of reclamation covered most of it with red and white pine and spruce, now quite tall. However there are also wetlands, particularly in the eastern portion, and hardwood areas. This mix makes possible some interesting summer hiking, and a wide variety of flowers are to be found, including some of the most attractive spring and summer flowers.

Public facilities include five picnic sites and a short nature trail. There is one historic site of interest; this is the Grant Cemetery in the southwest corner of the forest. This is all that remains of the once flourishing little logging community of Grant which disappeared with the original trees. One or two of the tombstones are shaped like logs and all the names are scottish. The forest is therefore of interest to the historian, as well as the forester, geologist and naturalist.

The Ottawa Rideau Trail Club has a hike in the forest every summer and is planning ski outings. The writer is indebted to Pat Smith, who lives near the forest, and to her side-kick Chris Jones both of whom provided comments on this article. Pat has offered to lead hikes (followed by a swim in her pool) and ski outings.

TRIALS OF AN EDITOR

by Elizabeth Mason

The preparation of this newsletter can sometimes lead to bizarre situations.

One of these occurred while this newsletter was in progress. Patricia Narraway, the general purpose gopher for the newsletter, communicates with me via my mail box. I leave articles for typing in my box; she picks them up, and returns drafts and/or disks for proof reading.

On the first Wednesday in May, I left a large, slightly decrepit, brown envelope in the box. That evening Patricia phoned to ask whether we had our wires crossed ... when she came by, early that morning, there was nothing for her in the box. Oh no! Who took the envelope! Where was it? Worse yet, what was in it?!! I feared that the mailman must have taken it. I left a note to confirm my supposition. A subsequent call to the post office on Friday morning confirmed my worst fears. The mailman, being very thoughtful, assumed that the battered envelope had been delivered incorrectly ... it wasn't addressed to me. He redirected it to the addressee. But who was it? Do you confirm the address on every old envelope you carry papers in? Would the addressee have the slightest idea what this clutter of hand-written notes, articles and recipes represented? Were they gone forever?

But Canada Post came through with flying colours! Friday morning, less than two days really, Patricia received the envelope in the regular mail complete with apologies for the condition of the envelope. The original envelope had carried some trivial government forms. Now I am wondering ... if I reuse all my envelopes, change the address and mail them as though they were misdirected, will I get free postal service?

(Just SERENDIPITY - the next mail brought Patricia a 1986 christmas card!)

THE VOYAGEUR TRAIL NEEDS YOU

Join the Thames Valley Trail Wrecking crew on its second annual work party and holiday on the Voyageur Trail. Last summer, we helped the Voyageur Trail Association by clearing a section of their lengthy trail north of Thessalon and about 100 km east of Sault Ste Marie. It's a beautiful trail, but difficult for their membership to maintain. Won't you help? You'll enjoy the rugged beauty, and have the satisfaction of helping out another hiking club. Be prepared to live out of your pack!

DATES:

leaving London - August 20/88
back to London - August 28/88

CONTACT:

Bill Savage (519)451-5013 (evenings)
174 Laurentian Drive N
London Ont
N5W 1P2

ESSAY CONTEST RESULTS

The results of the essay contest, held for 7th and 8th grade students, were as follows:

1st Prize: Tasha Schleich
Winston Churchill School
2nd Prize: Shirley Marriott
Calvin Park School
3rd Prize: Tricia Livesy
Rideau Heights School
Special Prize: Tork Sak
Rideau Heights School

Prizes were awarded by Doug Knapp. We wish to thank the following for their donations towards the prizes:

Vern Napier Camera & Audio
Londry Drugs
Mr. G.N. Northcott
Quattrocchi Foods

Thanks also to the judges:

Dr. George Parker, RMC
Mr Terry Fuchs, St Lawrence College

THE RESULTS OF VANDALISM

by Tasha Schleich

1st Prize in Essay Contest

The huge trees loomed above me like green giants and the earth smelled of late spring.

That's how I remembered the Rideau Trail Conservation Area as a young child of about three. My parents never took me far into the foliage, but the hike seemed just as long as a hike twice as long seems to me today. I loved it! Everything was so alive. Even in winter when a light carpet of snow covered the conservation area, something was always happening. Whenever I went to the conservation area I always looked forward to the boardwalks. I still do.

There's something about being in the midst of a swamp and being a part of the wildlife that has always given me a good feeling. There were a few different boardwalks, but I had never gone along all of them. I remember vividly when we did go all the way along. My grandparents had come along as well and we had gone all the way past the railroad tracks. I remember some kind of metal structure that looked sort of like a weather vane which loomed above me like the giant trees did.

There was always something new for me to explore and find. I never got tired of running along under the thick, needly branches of a clump of pine trees. It was pleasant to see other people hiking and exploring too. Both old and young came to the conservation area to breath the fresh air, smell the sweet grass, admire the pretty flowers and watch the colourful birds. But I don't think it will ever be the same as it was in those days...

Vandalism has almost destroyed the beauty of the conservation area. You can still hike along it with enjoyment, but it's not the same. Some very stupid people came and wrecked the boardwalks to a state where it was almost dangerous to walk along them. Then, the kind people who try and take care of the conservation area put forth a lot of money to restore the broken boards and foundations of the board-

walks, just to have them vandalized again not long afterwards.

I'm very upset at these people who don't really care about their environment and go around vandalizing things just for the fun of it. From my knowledge, the people who work at keeping the conservation area in good condition, aren't fixing up the boardwalks because they would probably just be wrecked again by those mindless vandals. It would just be a waste of money.

A few summers ago, my friend and I went to the conservation area for an afternoon. The trees didn't loom above me like green giants anymore, they were just average sized trees with names and hearts carved in a few of their trunks. And those boardwalks, what a sight! The last set of them were in the worst condition. There was once a small wooden bridge that crossed over the creek. It was the bridge that my mom, grandparents and I crossed way back when I was three. Well, it wasn't really a bridge anymore, just a big gap and then a very weak foundation of boards. There was also that metal weather vane sort of structure which had fallen over in a sad looking heap. Of course that didn't stop me and my friend from having a ball exploring the bridge and the other interesting but dangerous results of vandalism.

But remember, just because the boardwalks are not in very good condition, doesn't mean that the rest of the hiking trails aren't any good. I wouldn't blame the people who take care of the Rideau Trail Conservation Area, it's not their fault. No, it's the fault of the vandals. If we can prevent these people from trying to destroy their environment, then the conservation area workers can fix up the trails until they're as good as new, without the worry of them wasting their money again. That would make it more enjoyable and safer for everyone.

THINK ABOUT IT...

A PERSONAL SURVIVAL KIT

by Ray Forester

Every year one reads of hikers who have become lost and through necessity must spend an uncomfortable night in the woods. This could happen to the most experienced hiker. Most woodsmen recommend that a person carry their own personal survival kit, especially if he is hiking in unfamiliar areas, or in rugged landscapes where injuries are possible.

There are many survival kits available, commercially, at various prices. In some instances, their contents are questionable, should you have to depend on them in a critical situation. Survival kits, of course, supplement those items a hiker would normally carry, such as a first aid kit, a knife, a compass and a map of the area in which he is hiking.

The kit that I carry has been put together after much thought, as to what I would require to sustain me for a short period should I become confused in my direction. (Lost? Never!)

The entire kit is contained in a plastic food freezer box measuring 5" X 3.75" X 2.5" deep. (I still have not adjusted to metric.) Contents include a quarter, a dime and a nickle taped to the inside lid of the box ... for emergency phone calls; a whistle ... 3 blasts is a call for help; a pair of folding scissors; a "match-folder" sewing kit ... to repair torn clothing; a 35mm film container ... holding fish hooks, sinkers, fishing line, and wrapped around outside of container another 50' of fishing line; 15' of light nylon cord ... for lashings when constructing a shelter; a waterproof match box; a piece of candle; a package of fire lighting sticks; 2 OXO cubes; 2 tea bags; a package of cup-o-soup; a bottle of water purification tablets; a space blanket; a metal mirror ... for signalling on a sunny day; a pencil; an army can opener ... in case you find a can of stew; a "How to Survive in the Woods" card from the Ministry of Natural Resources ... in case you forget.

I also carry a "Sierra Cup", not only for drinking, but in an emergency, it can be used to boil a cup of water for a hot drink.

Although I have never been forced to spend a night in the woods, I have used items when I stayed longer than anticipated. Also I have used various items to assist fellow hikers who have experienced difficulties.

A personal survival kit is like an insurance policy, comforting to have, but you hope you will never have to use it.

RIDEAU TRAIL ASSOCIATION

ANNUAL GENERAL MEETING

Saturday September 17, 1988

10:00 am

MERRICKVILLE

A business meeting with election of new executive followed by lunch, a slide presentation and hikes.

EVERYONE WELCOME

BRING A LUNCH

RESERVE FOR DINNER BY CALLING:

Ottawa:	Linda Hayes	234-1045
	Aileen Wade	733-8952
Perth:	Jean Riddell	267-1451
Kingston:	Shirley Harmer	549-4852
	Jean Thompson	544-0340

END TO END HIKES A SUCCESS

The Ottawa Club, which is now attracting hikers in large numbers, finds the current series of END TO END hikes very well attended. The first two hikes, on April 10th and 30th, each attracted close to 50 people. Another is planned in June and the series will resume in the fall.

RECIPES

by Jennifer Hunt



By now, all you hikers are tired of GORP. It's spring now, and time for a change. Two of the earliest spring fruits are strawberries and rhubarb. With the muffin recipe below, you'll get a good serving of fibre as well. As for the salad, well that's a change!

STRAWBERRY-RHUBARB MUFFINS

Makes 12 muffins
Preheat oven to 400F
Oil muffin tins

In a large bowl combine:

1 c rolled oat
1 c strawberry yogurt
1/2 c oil
3/4 c brown sugar
1 egg

In a medium bowl sift:

1 c flour
1/2 tsp baking soda
1 tsp baking powder
1 tsp cinnamon

In a small bowl stir:

1 c bran
3/4 c chopped rhubarb
1/4 c sugar
1/2 c finely sliced strawberries

Combine contents of the large and medium bowls, then add contents of small bowl. Stir until just mixed. Spoon into muffin tins. Bake at 400F for 20 mins. Remove from pans after ten minutes. Cool on a rack.

GUIDEBOOK CORRECTIONS

Have you noticed any errors in the new Rideau Trail Guidebook? Is there information missing that would be useful to people hiking the Trail? Please write and tell me your ideas.

Pearl Peterkin
Ottawa Rideau Trail Club
PO Box 4616, Station E
Ottawa Ont
K1S 5H8

SPINACH AND STRAWBERRY SALAD

1/2 lb fresh spinach
2 c strawberries
2 small oranges
1/3 c pecan halves

Wash and trim spinach, spin dry.
Rinse berries, hull and halve.
Peel oranges, cut off white membrane, slice crosswise, remove seeds.
Toast pecans for 5 - 10 minutes at 350F.
Chop pecans if desired.
Combine ingredients in a large salad bowl, drizzle with dressing and toss.
Serves 6-8.

DRESSING

1/3 c oil
2 tbs white wine vinegar
1 1/2 tsp sugar
1/4 tsp salt
pinch of pepper

Whisk together or shake in a container.

GUIDEBOOKS

The new guidebook is available in both Ottawa and Kingston. You can arrange to buy your copy and save the \$2.00 postage charge by contacting ...

Ottawa	Pearl Peterkin	829-3062
	Peter Brebner	729-8178
	Ron Hunt	830-1592

Kingston	Cathy Cutts	542-5414
	Arch Mason	544-5690

Perth	Richard Cross	267-4270
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If undeliverable, please return to:

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

Peter & Diane
1055-B G¹
Ottawa
K1¹



OTTAWA PHONE NUMBER: 613 596-0572

KINGSTON PHONE NUMBER: 613 545-0823

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 local Club and Association activities.

() Annual Family Membership.....\$ 10.00
() Patron (Life Membership)..... 150.00*
() Guide Book Members..... 10.00
() Non-Members..... 15.00
() Postage & Handling..... 2.00
() Car sticker(FREE to New Members)..... 1.00
() Crest..... 2.00
() Enamelled Pin..... 3.00
() Donation to RTA..... *
() Donation to Corridor Fun..... *

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