



The Rideau Trail NEWSLETTER

SPRING 1990

ISSUE No. 75



Ready To Go!

The Rideau Trail Newsletter is published quarterly in December, March, June and September by the Rideau Trail Association. The editor of this issue is Chris Barker with computer work done by Johanna Koeslag for the Kingston Rideau Trail Club.

Submissions for the next newsletter are encouraged and should be sent by May 1st, 1990 to Bill Wright, Box 89 Limoges, Ontario, K0A 2M0. Articles and pictures, preferably black and white are welcome.

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

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Wanted! Kingston Newsletter Editor(s)

The team of Johanna Koeslag and Chris Barker, Kingston's newsletter editors are planning to retire with this issue. Here then, is the opportunity someone has been waiting for! The fall issue of the newsletter is produced in August and the Spring newsletter in February. Chris and Johanna would offer whatever assistance is required for the next issue in August with the hopes that the new editor would take over completely with next spring's issue. Access to a computer makes the job much easier. If you would like the job, please call Johanna Koeslag or Chris Barker.

Cover Credit: Thanks to Tony Barker for his photo idea "Ready To Go".

Camping on the Rideau Trail

by Jeff Colgan - 3rd Prize Essay Contest Winner

Several years ago, my father took my brother and me on a camping trip up the Rideau Trail. It was late August and the leaves were just turning to their golds and oranges and scarlet reds. The air was amazingly warm and it looked like blue skies for the whole weekend.

We got up early the first morning and packed our final things up. I was dying to go, full of excitement. It was the first time I had been out there, so it was definitely a new experience. Finally, we drove out to the beginning of the trail and began hiking.

Walking along the trail is one of the most pleasurable memories of my childhood. The gentle breeze washed against our faces, and the fading leaves were falling all around us. The flowers and wildlife together were already beginning to pack it in for the winter months ahead. I think that was the most alive time of the year, with the preparation of food and burrows alike. Squirrels and other small woodland creatures were gathering their nuts at a furious pace!

We soon reached a place covered by a giant maple tree and we decided that this would be our camping area. It was perfect. The sun could warm the place in the morning, but it could be shaded in the afternoon. It even had a trickling stream nearby. What more could a camper ask for?

We set up our tent that afternoon and by three o'clock we had everything ready for our stay. We found a small lake nearby and swam in its warm waters. Minnows and other small fish darted in and out of our arms and legs, cautious yet playful. My brother and I found some shells and thought them the most valuable in the world. In a sense they were.

By nightfall we had had our dinner and sat out enjoying the stars. At nine-thirty we were all tired and were fast asleep, as we had had a long day. We wanted a "spooky" story but our dad just said, "Tomorrow."

We woke early the next morning and had breakfast by dawn's early morning light. We were happy then, swimming and splashing in the chilly waters. It was so relaxing, so peaceful. Have you ever completely been overcome by relaxation? If not, try this sometime.

After lunch we had to go back to the city, so we made

the most of our morning. Yes, it was OUR morning because we were completely free, with no agenda or schedule, no routine and no one to tell us whether or not we could do something as we pleased. And at that time, it pleased us to go for a hike along the boardwalks.

That hike was beautiful. All the leaves were turning and the small animals were preparing for winter. We walked for what I thought was miles, yet my father assured me was only about one or two kilometres. I guess you could soak in everything so fast that it didn't take long before you thought it was never-ending. I, along with many others, wish it was. My schooling prevents me from going out there very often, but when I do, the magic is there every time. I won't ramble on now, but instead let you discover and enjoy the experience for yourself...

We were soon packing up again, preparing to leave. I was begging to bring my "walking stick" just so I could bring a piece of that beautiful memory with me. I had never quite so badly wanted to stay exactly where I was, as I did right then. It was a terrible shock to learn that I had to go back. Each time I go back there I feel the same way, so rooted to where I am right then, because of that utterly peaceful sensation. It is lessened now, but it is definitely still there. Before that ride into the city, and all the obligations that awaited us back there, we were free.

Jeff was in Grade 8 at Winston Churchill Public School when he wrote this essay. Congratulations!

A Himalayan Experience

Bill Peruniak, an experienced canoeist and trekker, will be guest speaker at Kingston's Annual General Meeting on April 21st. Bill is leading a 25-day trekking experience in Nepal beginning May 1st, visiting the capital city of Kathmandu, and then flying to the remote Khumba to trek in the vicinity of Mt. Everest. Mr. Peruniak works at the Faculty of Education, Queen's University. Don't miss this opportunity to hear of Bill's adventures. Be sure to come out to the AGM.

Hiking in Britain

by Cathy Cutts

We always enjoy reading about holidays involving walking that appear in the newsletter from time to time. They give us ideas for future trips. For example, Bill Grant's information about Manitoulin Island and member's experiences with Skyline Hikers. Maybe the following might help someone think about distant horizons.

We (Cathy and Donald Cutts) spent a week last September walking in the Cotswolds in England. The walks were about 10 miles each day with the opportunity to walk shorter distances if desired. There was time to visit Ancient Monuments, National Trust properties or stroll the streets of picturesque villages. Bus transportation was provided as were all meals and comfortable accommodation in a large guest house on the edge of the village of Bourton-on-the-Water. Total cost per person was less than 200 pounds for one week, organized by:

Holiday Fellowship Ltd.
142-144 Great North Way
London, NW4 1EG

This group has other guest houses in equally fine locations and has been established for over 75 years.



Comfortable accommodation in a large guest house

Further north at Hope in Derbyshire we participated with another friendly group completing the 43 mile "River's Way" walk. This walk links 5 river systems and was devised by British marathon walker John Merrill (he walked the Rideau Trail in 1988 and the Bruce Trail in 1989). The terrain was more rugged, the fields divided by stone walls instead of hedges and the views were fantastic. Again bus transportation, meals etc. were provided for under 200 pounds per week, per person by:

Countrywide Holidays Association
Birch Heyes, Cromwell Range
Manchester, M14 6HV

This group was established in 1893 for "the enjoyment and appreciation of the countryside." Guest houses in other locations too.



Cathy by a stone wall that divides fields

Both groups offer Long Distance Footpath Walks and special interest holidays like dancing, painting, history and nature subjects.

Blue Mountains End-To-End

The Blue Mountains Bruce Trail Club is sponsoring a 2-day end-to-end event on May 26 and 27. Pre-registration is required. The fee of \$10 covers the cost of a shuttle bus, refreshments and the NEW end-to-end badge. Please send your name, address, phone number and registration fee to:

Blue Mountains Bruce Trail Club
P.O. Box 91

Collingwood, Ont. L9Y 2Y9

Call Keith McAllister at (705)444-1456 from 7-9 p.m. for more information. Registration is limited to 48 hikers.

More Hiking in Britain

by Patricia Selkirk

In September and October I took 3 wonderful walking tours with English Wanderer. This company has been operating for 20 years now and has hikes ranging from 3 to 7 days between March and October in all parts of the U.K. Because it uses hotels and group size is considerably smaller (the maximum is 20), the tours appear to be more expensive than the ones Cathy and Donald took. However, I had a wonderful time and have no hesitation in recommending them. In fact, I'm going hiking with them again this year.

The first 2 tours were back to back in my beloved home county of Yorkshire. The first at Goathland were normally hikes of about 12 miles each on the Yorkshire moors and coast. One day we walked into the seaside resort of Whitby (a good opportunity to eat locally caught fish and chips with one's fingers while meandering through the town - we had 3 hours fish there) and one day we returned by steam railway.

Accommodation was at a small family-run hotel that had recently changed hands. The new owners were most amenable but the food was pretty dull. However, my room looked out over the moors, so I was happy. Most of the group went on to Wensleydale (transportation provided) to a hotel that was much more posh. The food was wonderful, especially the bread and there was more choice.

One morning we went to the sheep auction at Hawes. We walked on part of the Pennine Way, an old Roman road and watched sheep being dipped. On the first day I had discovered a lovely cafe at Hawes and soon everyone was addicted to cream teas. The fastest walk of the day was always the last mile so we could get to the cafe before closing time. After tea, we returned to the hotel for dinner.

On the first night a retired mayor, ex-British army in India, showed us local slides interspersed with poetry and memories of India before W.W. II. On the last night we had a competition in pool (billiards) or snooker (I don't know the difference) at which I managed to reach the semi-finals due to the coaching of Birmingham Bob. This, in spite of the fact he showed little confidence in my ability (quite rightly) prefacing all his instruction to me with the remark, "Do you think you could possibly hit the ball with this one?" On other nights we staggered through the fields with one torch between us to go pub crawling in Hawes.

Most people returned home after this - to Australia, Holland, San Francisco, Saltspring Island, B.C. as well as parts of the U.K. It was like losing old friends. I went on to Dartmoor via London, Salisbury and Exeter to join another group there. We stayed at a hotel which dates back to the 18th century and is almost in the middle of Dartmoor. Here I had a luxurious room with a huge bathroom. The breakfasts were not good - no hot cereal - but there was a choice of fish or meat for dinner and the most incredible desserts I have ever eaten outside of Holland.

Dartmoor is very varied in terrain and although all the walks were graded the same, Grade C, I thought this was the easiest. As we left the pub about 2 o'clock the last afternoon and began a 3 hour walk across open moor with no shelter of any kind, it began to rain quite steadily. I was delighted! How could I say I walked in the U.K. if I hadn't got wet? No one else was amused, in fact they got downright hostile as the rain ran down our hair onto our noses, down our trouser legs and into our boots. Their question to me "Are you wet enough yet?" only brought a reply about what fun it all was. We arrived at the hotel about half five and I was sodden and blissfully happy.

English Wanderer
6 George St.
Ferryhill Station
County Durham, DL7 0DT

Pamphlets on hiking opportunities on other trails in Ontario are available from Patricia.

Ganaraska Trail Complete!

The Ganaraska Trail Association recently erected a new stone cairn in Port Hope in celebration of the completion of their trail. The final gap in the trail was completed in October, 1989 with the last blaze being painted in the village of Burnt River. Built almost entirely by volunteer effort, the trail now extends about 400 km from Port Hope in the south to Glen Huron in the north. Congratulations for a job well done!

Water loss May Result in Dizziness or Collapse

submitted by Keith Bull

Water is probably the most important nutrient to the physically active person.

During exercise, 25% of the energy is used for mechanical work, while the remaining 75% is turned into heat. To avoid dangerous increases in body temperature, heat must be dissipated from the body. Water cools the body. Water, in the form of sweat, dissipates the heat to the surface of the body.

Although sweat may vary from individual to individual, it is primarily water with a low concentration of electrolytes. The major electrolytes in sweat are sodium and calcium.

Significant water loss in physical activity can not only affect performance, but can also be detrimental to one's health. Vigorous exercise in a hot environment may cause water losses of more than 2 litres an hour. Extreme water loss without replenishment can cause dizziness, nausea, cramping, weakness and collapse.

During the 1960's, a high rate of heat stroke was found in football athletes. This led to further research into the need for replacing body fluids and electrolytes during physical activity.

Based on the electrolyte lost in sweating and the concentration remaining in the blood after exercise, an electrolyte replacement drink originated. Gatorade was developed and used by the University of Florida football team, the Gators.

Since then, a number of commercial preparations have been marketed. They claim to replace sweat loss with fluids of the same composition. Common brands include ERG, Quickick and Exceed. The major ingredients are water, carbohydrates (glucose or glucose polymers) and electrolytes (sodium, chloride, potassium and phosphorus). Some brands also include Vitamin C and magnesium.

Sports drinks aim at rapidly replacing fluids lost during exercise to prevent dehydration. As cold fluids empty much faster from the stomach than body temperature fluids, the drinks should be cold.

Large volumes of fluids consumed over a short period of time create a feeling of fullness and may impair performance in the activity. Three to six ounces of

fluid given in 10 to 15 minute intervals should be appropriate.

The amount of sugar and/or salt in the drinks affects how fast water will leave the stomach. High glucose content fluids will slow down the absorption of water from the stomach. Drinks should contain less than 2.5 g (1.5 tbs) of glucose in 100 ml of water.

The drinks should also contain little, if any electrolytes (0.2 g of sodium chloride and 0.2 g of potassium).

So are sports drinks necessary to replace water and electrolytes?

During strenuous activity fluid loss must be replaced. The most important component of sports drinks is water. The minimum electrolyte loss can normally be replaced by diet. Sports drinks are valuable as a fluid replacement as long as the solutions do not exceed the recommended concentrations of glucose and salts. As a performance enhancer, they do not seem to increase capacity. When environmental or strenuous conditions are present, a sports drink may be warranted. The glucose is an energy source for the endurance marathoner. A fruit juice diluted with five parts water may be given in hot weather.

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As hikers, we particularly need to remember to take along enough fluids when on a strenuous all-day hike.



Kingston Club Hikers at Lindsay Lake

Spring Outings Schedule

Kingston Club Outings

Spring at last! However, be prepared for wet sections and bring your own insect repellent, particularly during May. Car pooling is encouraged to facilitate parking, however, drivers would appreciate a contribution towards gas. Happy hiking!

Hike leaders are reminded to send the lists of those attending hikes to Shirley Harmer, 549-4852.

Sunday, March 11. Perth Road Village Area

Hike west of Perth Road on the abandoned CNR railway tracks. Bring a lunch. Meet at Sears north door at 9:30 a.m. Leader: Norm McLeod, 546-9440.

Wednesday, March 14. Little Cataraqui Creek

A variety of trails over relatively flat terrain. Bring a lunch. Meet at Sears north door at 10:00 a.m. Leader: Patricia Selkirk, 546-3993.

Saturday, March 17. Rideau Trail

Hike the section from Bullen Road to wards Elginburg Road through fields (Map 1). Bring a lunch. Meet at Sears north door at 12:30 p.m. Leader: Betty McIvor, 549-8028.

Sunday, March 25. Rideau Trail

Hike on the Maple Leaf Road towards the south bay of Buck Lake. Bring a lunch. Meet at Sears north door at 9:30 a.m. Leader: Bernie Gates, 389-1835.

Saturday, March 31. Opinicon Loop

Hike in the Mount Marvin area of the Opinicon Loop (Map3). Bring a lunch. Meet at Sears north door at 9:30 a.m. Leader: Harry Gardner, 389-9639.

Saturday, March 31. Pot Luck Supper

Come on out and get together for this pot-luck supper from 5 - 8 p.m. after the hike. Come on out even if you didn't go on the hike. Call Lynn Nolan, 389-8747 for details. Please confirm with her whether you are coming by Thursday, March 29. There will be a \$1.50 per person charge for use of the facilities

Sunday, April 8. Charleston Lake Park

Hike the scenic Peninsula and White Hills trails with its lookouts onto Duck Bay, Running's Bay and Tallow Rock Bay. Sturdy boots recommended. Bring a lunch. Meet at Sears north door at 9:00 a.m.

Leader: Johanna Koeslag, 384-5534.

Wednesday, April 11. Gould Lake West Side

Hike in the Gould Lake Conservation Area. Bring a lunch. Meet at Sears north door at 10:00 a.m. Leader: Harry Gardner, 389-9639.

Saturday, April 14. Mine Loop

Hike in the Gould Lake Conservation Area. Bring a lunch. Meet at Sears north door at 10:00 a.m. Leader: Arne Henrikson, 544-0465.

Saturday, April 21. Annual General Meeting

The Kingston Club AGM will be held this year at Little Cataraqui Creek Conservation area interpretation centre. See the notice on page 12. Anyone who needs a ride meet at Sears north door at 9.30 a.m. For information call Lynn Nolan, 389-8747.

Saturday, April 28. Trail Maintenance Day

Help us to maintain our trail. Bring tools and a lunch. Meet at Sears north door at 9:00 a.m. Maintainers, please give reports of your sections to Don Green, 389-5458, by April 20th.

Weekend, May 5 & 6. Frontenac Park Overnight

Enjoy the scenery and spring flowers on this backpacking trip in Frontenac Park. Register with the leader by the night of May 2nd. There will be a camping charge. Bring your own food and gear and meet at Sears north door at 8:30 a.m. Day hikers are welcome but must arrange their own return transportation to Kingston. Leader: Su Nag, 546-6041.

Wednesday, May 9. Rideau Trail

Hike along the shore of Big Rideau Lake in the region of the Rideau Lake Campgrounds. Bring a lunch. Meet at Sears north door at 10:00 a.m. Leader: Arch Mason, 544-5690.

Saturday, May 12. Frontenac Park

Hike across Frontenac Park through scenic terrain (Map 3). Wear sturdy boots. Bring a lunch. Meet at Sears north door at 9:00 a.m. Leader: Stan Douglas, 389-2563.

Sunday, May 20. Opinicon Loop

Hike from Upper Rock Lake towards Lindsay Lake (Map 3). Bring a lunch. Meet at Sears north door at 9:30 a.m. Leader: Ray Forester, 542-4385.

Saturday, May 26. Ottawa Section of Rideau Trail

Hike in the Ottawa section of the trail from Rosedale to Dwyer Hill Road (Maps 8 & 9). Bring a lunch. Meet at Sears north door at 8:30 a.m.

Leader: Donald Cutts, 542-5414.

Compass & Map Reading. Those interested in attending a Compass and Map-Reading Workshop after the hike, see the Ottawa Club notice on page 10.

Weekend, June 2 & 3. Hosting the Ottawa Club

The Ottawa Club End-to-Enders will be in town. Those who can provide billets for these Ottawa Club members for Saturday night, please contact Lynn Nolan, 389-8747, by the evening of May 27th.

Saturday, June 2. Dinner at General Wolfe Hotel
Please register with Lynn Nolan by May 27th if you plan to attend.

Sunday, June 3. Elevator Bay

Hike with the members of the Ottawa Club. Bring a lunch. Meet at Sears north door at 10:45 a.m. or at Elevator Bay at 11:00 a.m.

Leader: Alberta Edgar, 542-9662.

Sunday, June 10. Walkathon

Help raise money for the new Outdoor Centre at Cataragui Conservation Centre. Hike 5, 10 or 15 km. Meet at the Conservation area parking lot at 9:30 a.m. and bring a lunch if you plan to hike 15 km. For more information and pledge sheets, call Jean Thompson, 544-0340.

Wednesday, June 13. Foley Mountain Area

Hike in this scenic conservation area. Bring a lunch. Meet at Sears north door at 10:00 a.m.

Leader: Jen A'Court, 548-7588.

Help Wanted

The Central Club needs a maintenance co-ordinator. This person will co-ordinate trail maintenance, ensuring that each section of the trail receives regular attention. Volunteer your services by contacting Ron Beacock, 267-4204.

Central Club Outings

The hike is on! We generally meet at Conlon Farm. Take the fourth turn to the right off Scotch Line travelling west from Gore Street in Perth. Information on outings can be obtained from the contact person listed, or by calling John Miller, 267-1493 or 264-8338. Also contact John if you need transportation.

Sunday, March 4. Perth Wildlife Sanctuary

A relaxed stroll to observe the birds and wildlife. The Sanctuary is located about 2 miles from the town boundary, off the Rideau Ferry Road (Map 6). Meet at 1:00 p.m. at the Sanctuary.

Leader: Ron Beacock, 267-4204.

Sunday, April 1. Mill Pond

A joint "Fooling" with the Ottawa Club. Visit the Mill Pond Conservation Area to watch maple syrup being made. We will hike about 6 km. Bring a lunch and good footwear. Meet at Conlon Farm at 10:00 a.m. Leader: Marg Lafrance, 739-1121

Sunday, April 29. Foley Mountain

A spring stroll to see the returning birds, wildlife and budding trees as well as some good exercise. Bring good hiking boots and pack a lunch. Meet at Conlon Farm at 9:30 a.m. Leader: John Miller, 267-1493.

Saturday, May 26. Mica Mine

Our popular outing from Narrows Lock Road, via Mica Mines, McLaren Lake and Old Ski Club to Burgess Wood off Otty Lake Road (Map 6). About 10 km of pleasant walking. Bring a lunch and good footwear. Meet at Conlon Farm at 9:30 a.m.

Leader: John Miller, 267-1493.

Sunday, June 17. Fathers Day Canoe Trip

Explore Tay Marsh to see nesting birds. Bring your own canoe or come along. Please phone Ron Beacock by June 3rd so that equipment can be arranged. Bring a lunch, insect repellent and appropriate clothing. Meet at Conlon Farm at 9:00 a.m.

Leader: Ron Beacock, 267-4204.

Ottawa Club Outings

Hikes normally take place regardless of the weather. The rendezvous point is at the corner of Booth and Albert Streets at the times indicated below. There is no charge except a few dollars gas money, since private cars are used for transportation to the trail head. Some outings are followed by a visit to a place of refreshment, but this is usually decided on the day.

As indicated below, the spring program provides a variety of outings for all tastes and includes end-to-end hikes not necessarily sequential geographically. Please take note of the descriptive details so you will not be disappointed. Information on specific hikes can be obtained by phoning the hike leader indicated, or by calling Bill Grant, 820-0697.

Hike leaders are asked to collect names and phone numbers of participants and give them to Bill Grant.

The end-to-end hikes will be complete by the end of June as indicated below. To facilitate planning of future hikes on the Trail itself, end-to-enders who have missed major sections of the trail and would like to hike on those sections should advise Bill Grant. Some end-to-end hikes will be repeated in any event, and end-to-enders should watch for these if they wish to fill in a missing section.

Wednesday Walkers. They continue their Gatineau hikes every Wednesday at 9:30 a.m. meeting at Booth and Albert. When circumstances permit, there will be both an easier walk and a more vigorous one. Bring a lunch. Call Dorothy Belter, 523-4420 or Nanette Whitwam, 733-2118.

Sunday, April 1. Mill Pond Conservation Area

It's April Fool's Day and we are making our second visit to this Conservation Area to experience the maple syrup making and walk about 6 km. This is a joint outing with the Central Club. Bring a lunch and good footwear. Booth & Albert, 9:30 a.m.
Contact: Margaret Lafrance, 739-1121.

Sunday, April 8. Bourget Geese

A walk, (flat but rough underfoot) of about 10 km along an abandoned railway route east of Ottawa. With luck, we'll see Canada geese at one of their main feeding areas. Bring a snack and hot drink only. Booth & Albert, 1:00 p.m. Leaders: Pat Smith, 443-2241 and Chris Jones, 824-3512.

Friday, April 20. Nature Photography

A double-barrelled environmental evening! Peter Hardcastle, of the Canadian Assoc. of Nature Outdoor Photography (CANOP), will discuss techniques of nature photography. This will be followed by an entertaining slide presentation by an outdoor's specialist. An interesting evening for all hikers and photographers. Mezzanine of the National Museum of Natural Sciences, 7:30 p.m.
Contact: Bill Grant, 820-0697.

Saturday, May 5. Green's Creek

Peter de Lepper will again lead a hike in this interesting area on the eastern edge of Ottawa. See the last ice of the season. This is a vigorous hike including a bushwalk. Bring a lunch and good footwear. Booth and Albert, 11:00 a.m.
Leader: Peter de Lepper, 746-0842.

Sunday, May 6. Trail Maintenance

Help maintain the Trail. Easy work in pleasant company. Bring a lunch, good footwear and a hammer. Meet at Booth & Albert, 10:00 a.m.
Call: Pat Smith, 443-2241 or Chris Jones, 824-3512.

Saturday, May 12. Frontenac Park

A vigorous 15-20 km walk in the northern part of the park. See spring flowers. Bring a lunch, good footwear and insect protection. Booth & Albert, 8:30 a.m.
Contact: Ron Maybury, 489-2255.

Sunday, May 13. Dwyer Hill Road to Rosedale

About 15 km on an attractive section of the Trail. End-to-enders please take note. Bring a lunch, good footwear, insect repellent. Booth and Albert, 9:00 a.m.
Leader: Elizabeth Mason, 729-6596.

Monday, May 21. Holiday Outing

Celebrate the holiday with a hike on the Merrickville loop trail, about 15 km. Bring a lunch, good footwear and insect protection. Booth & Albert, 9:00 a.m.
Leader: Linda Hayes, 234-1045.

Friday, May 25. Hike Leader's Soiree

This is our second annual reunion of hike leaders, deputy hike leaders and aspiring hike leaders. Essentially a social evening, but with a short discussion session. Light refreshment will be provided.
Host: Pearl Peterkin, 2476 Sackville Ave.
Time: 7:00 p.m.
Contact re attendance: Bill Grant, 820-0697.

Saturday, May 26. Compass & Map Reading

This is a re-run of last spring's workshop for those not able to attend. It is a joint outing with the Central Club and all RTA members are welcome. Bring a lunch and orienteering compass, if possible. Booth and Albert, 9:00 a.m. or Perth Wildlife Refuge at 10:30 a.m. Leader: Ron Beacock, Central Club, 267-4204 or call Bill Grant, 820-0697.

Sunday, May 27. Bruce Pit to Fallowfield Road

A hike of about 12 km. End-to-enders please take note. Bring a lunch and good footwear (wet conditions). Booth and Albert, 900 a.m. a.m. Leader: Peter Brebner, 729-8178.

Weekend, June 2 and 3. End-to-End Double Hike

The last (or first) section of the Trail from Lake Ontario to Murton Road (south of Sydenham), a total of about 24 km. The hike will be on two successive days and it is recommended that hikers plan to stay overnight in Kingston. Bring snack food, good footwear, overnight bag, insect protection. Transportation will be provided but those planning to travel to Kingston each day should make their own arrangements. There will be a group dinner (optional) Saturday night. If possible, accommodation will be provided in the homes of members of the Kingston Club, some of whom will join us on the hike. All participants must contact Bill Grant at 820-0697 by Monday, May 28.

Saturday, June 9. Annual General Meeting

National Archives, Wellington Street at 10:00 a.m. Outings will follow the business meeting. See the notice on page 9.

Sunday, June 10. Bird Sanctuary Walk

A leisurely walk (10 to 12 km) in the bird sanctuary not far from Upper Canada Village. Bring a lunch, insect protection. Booth and Albert, 9:30 a.m. Leader: David Spector, 829-6802.

Saturday, June 16. Gatineau

A vigorous hike in the Gatineau Park. Bring a lunch, insect protection and a swim suit (just in case). Booth and Albert, 8:30 a.m. Leader: Don Mitchell, 749-9537.

Sunday, June 17. End-to-end in Frontenac Park

Ray Forester of the Kingston Club will again lead us, this time from Desert Lake Road into the park by the West Gate to the point we reached last autumn and then back out again. No car shuttle. Bring a lunch, good footwear, insect protection and a swim suit.

About 15 km. Booth and Albert, 8:30 a.m.

Leader: Ray Forester. Contact: Bill Grant, 820-0697.

Saturday, June 23. End-to-End

At last, the final hike from the south end of Gould Lake and up the west side to Desert Lake Road. About 15 km with a side trail. Car shuttle. To celebrate the completion of the series, if weather permits, we may want a swim in Gould Lake of a tea stop on the way home. Bring a lunch, good footwear, insect protection, swimsuit. Booth and Albert, 8:30 a.m. Leader: Frank Kemp, 746-6705.

Sunday, June 24. Bicycle Tour to Aylmer

About 40 km return, mainly on cycle paths along the Ottawa River. Bring a snack. Booth and Albert, 10:00 a.m. Leaders: Barri and Dennis Scully, 233-3770.

Ottawa Rideau Trail Club

Annual General Meeting

Saturday, June 9, 1990

at the

National Archives

395 Wellington Street

Ottawa, Ontario

10:00 a.m. Refreshments

10:30 a.m. Business Meeting

12:00 noon Lunch

1:00 p.m. Presentation

2:00 p.m. Hikes

Notice of Trail Closure

The Rideau trail, where it crosses private land, will be closed on Monday, March 5, 1990. This action is necessary to protect the land owners who generously allow us to cross their land the remainder of the year. Please take care not to trespass on this day.

Ski Algonquin!

Kingston Club Hits the Road to the Wilds

by Keith Bull

It was with some trepidation that thirty-six of us, including two who had driven down from Ottawa, boarded our bus in Kingston for a weekend's skiing in Algonquin Park. January 19th was the day following the great washout which removed most of our snow. Now plunging temperatures had reduced what little was left to icy boilerplate. However, the roads were bare and we made good time, arriving at Bear Trail Inn by 8:30 p.m. In the dark we could feel that the parking lot was solid ice.

Saturday dawned overcast and very cold with no sign of fresh snow. Well, we had come to ski and we would! The group broke down into roughly three parties. The Bushwackers did their own thing off trail, the Trailblazers stuck to the prepared trails and the Potterers (nothing derogatory implied) enjoyed themselves in the vicinity of the Lodge. We let the Bushwackers off the bus a few kilometres into the park as they planned to ski back to the Lodge across country.

The Trailblazers headed for the Minnesing Trail. The map showed a maximum length of 23 km, graded as suitable for intermediate skiers. Off the bus, we poked at the snow dubiously. It was very hard. Some resigned themselves to blue klister while the rest hoped and applied blue wax. Once on the trail, it was apparent that there was a small crumble of ice and snow on the surface. This was enough to prevent the worst of the back slip and to give some downhill control. Most of us completed about 17 km as the farthest loop was unskiable. It was a lovely run through mixed pine and deciduous woods. In some sections there were recent tracks of moose on the trail though we saw none. There was much bird song coming from the cedar thickets, probably evening grosbeaks of which we had seen many along the highway. The trail ended with a long roller coaster run right to the parking lot warming hut. An exhilarating finish to the day!

Back at the Lodge, there was no sign of the Bushwackers. They eventually turned up at 7:00 while we were having dinner!. The abandoned railway line they had planned to cruise home along was now overgrown with trees which had meant a tiresome detour.

As we had to leave by 3:00 on Sunday, the group skied directly from the Lodge. A short run across the

lake hooked us onto the Park trails. The Bushwackers, as it was now snowing (cheers!) decided to keep to the prepared trails and elected the David Thompson Trail. The Trailblazers followed in their footsteps as far as the warming hut on the David Thompson trail and returned the way they had come.

With the snow starting about daylight, it was now a perfect day for skiing. There was no wind and in the -15 degree Centigrade temperature, a splendid powder built up on the existing hard base. It made for excellent skiing. The Bushwackers, bless their hearts, built a good fire in the warming hut, so everything was warm and cosy when the Trailblazers arrived for their lunch break.

For most of us on our return there was still time for a soak in the whirlpool before loading our gear into the bus. The Bushwackers, true to form, cut things fine again. The last member of their party returned at a quarter to three!.

As our special activity bus (a glorified school bus) bounced its way home, there was a loud cry of assent to the suggestion that next time we should pay the extra for a regular coach. Indeed, there should be a next time. It was unanimously agreed that we had all enjoyed both the fine skiing and the comfortable ambience of Bear Trail Inn.

Gros Morne National Park

It appears we have enough interest to proceed with plans for a backbacking trip in the latter part of August, 1990.

Gros Mome is a rugged park in Newfoundland with no trails in the area we plan to visit. The trip will be about two weeks long with about 10 days actually hiking.

Extensive plans have to be made and time is a factor. If you might be interested in such a trip, please contact Ron Beacock, Box 598, Perth, Ontario, K7H 3K4, 267-4204 as soon as possible.

Ottawa Club Buildings

Regrettably, some time before Christmas, the Ottawa Club's cabin was destroyed by fire. The cabin had been the target of repeated acts of vandalism in the past and its future was a subject of discussion among the Club executive. Fortunately, the Association carries fire insurance. The well, privy, woodshed and open-air fire place remain. Those club members who participated in the construction some ten or twelve years ago, and the many others who spent time there during outings or on other occasions, will lament its passing. The cabin was an object of pride.

The cabin's end brings new importance to the Schoolhouse which is owned by the Ottawa-Carleton Region but cared for and used by the Ottawa Rideau Trail Club. Last spring, a dozen club members painted it inside and out with paint supplied by the Ministry of Natural Resources. Peter de Lepper makes regular inspection visits. More frequent use of the Schoolhouse is likely now that the cabin is no more.

The Schoolhouse is located on McKenna Road which runs north from Regional Road #6 just west of Dwyer Hill Road and before the Lanark County Line. The history of the Schoolhouse is obscure and is currently the subject of research and will be the subject of a future article. It is believed to have been built in the 1890's and closed in 1959. For information about the Schoolhouse call Peter de Lepper, 746-0842.

RTA Outstanding Service Award

Criteria: Outstanding service or significant contribution by a member of the Association. Such service or contribution could be in one or more of the following activities:

- member of the executive
- maintenance or construction
- continuing service to a club or the Association outside executive responsibilities
- contribution to special projects

Club members may submit nominations for this award to their local club. The deadline for submissions is May 1, 1990. Presentation of this award is at the AGM in the Fall. Local clubs will only make one selection from the nominations they receive. Their selection will be forwarded to the Board of Directors. Clubs are under no obligation to make an award each year. For more information, contact your local club executive.

Hiker's Plight

by Katherine Richter

You want to hike the Rideau Trail?
The markers guide you without fail.
Or so we thought, until we came
to some weird corner without name.
We looked and looked, walked here and there:
There were no markers anywhere.
At last we spied one, far ahead,
but getting closer - oh, how sad!
No marker - just an orange leaf.
Now you imagine our grief.
You want to know the foll'wing part?
Just read the story from the start.
The markers - few and far between -
were sometimes nowhere to be seen.

Katherine writes that the above poem is only one of the impressions she had of the Trail. All the others were wonderful and unforgettable. She intends to go back in the spring and hike another section.

Annual General Meeting

Kingston Rideau Trail Club

Saturday, April 21, 1990

Little Cataraqui Creek
Conservation Area

10:00 a.m. *Coffee and treats*

10:30 a.m. *Business Meeting*

12:00 noon *Lunch (Brown-Bag-It)*

1:00 p.m. *Presentation of
Essay Contest Prizes*

1:30 p.m. *"Himalayan Experience"*
By Bill Periniak, an experienced
canoeist and trekker

2:45 p.m. *Hikes*

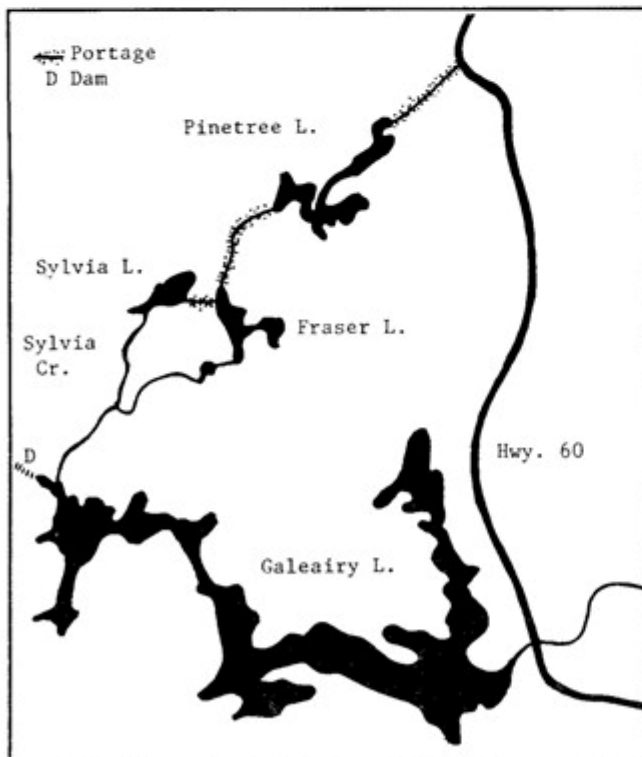
Five Experienced Skiers and Su

by Su Nag

Many of you wanted to know what sort of day I had that day in January when I set out with 5 experienced skiers for a bushwacking trip in Algonquin Park during the Rideau Trail ski weekend there. Well, here it is.

I knew they were experienced skiers and I was debating whether or not to go with them right until the bus halted at the portage into Pinetree Lake at 9:30 am. After all, I reasoned, those expeditions into the interior of Frontenac Park with Terry and Don must have taught me something. Little did I know ...

The ice crust on the surface made it slippery. Although I am no beanpole, and despite stamping down hard on the snow, I found it hard to make any sort of impression on the snow while going up hills, and often found myself sliding backwards. The best part was skiing on the inch of snow which covered the frozen expanses of Pinetree, Fraser and Sylvia lakes. We seemed to be in a bowl surrounded by cliffs with their crowns of evergreens. Having made good progress till lunch, the group decided that we should ski along Sylvia Creek till we reached the abandoned railway track on the north shore of Galeairy Lake and then ski back on the track to the David Thompson Trail, and then on to Whitney.



I love paddling on creeks and watching all the activity on the shores - the birds, muskrats and beavers. I came close to hating creeks on that trip. The dense bushes along the shore made progress slow. At one point I was hopelessly tangled in the bushes and made the mistake of taking my skis off. I disappeared in snow that came almost up to my hips and I had a terrible time extracting myself onto more manageable terrain. Also, skiing along the side of a sloping shore with open water below definitely unnerved me. My bushwacking trips with Tom and Ray had not prepared me for this. Being the last skier in the group is great because you can get an idea of the technique the people ahead used from watching their tracks. Yes, here they took their skis off, and here they side stepped down. Difficulties arise when 5 people go in 5 different directions. Also, there was one snow bridge across the creek over which the people ahead had skied, but by the time my turn came the snow bridge had collapsed and I was faced with crossing a creek a little too wide for me to jump from one shore to the other.

About 3:45 p.m. I noticed that the land mass in the far horizon had a flat profile. It was so straight that I thought it must be man-made and, sure enough, as we got closer it was the abandoned railway track at last. Now it was 4 pm. but most people in the group were unperturbed. They went off to see the dam at Rock Lake while I nibbled my oatmeal and raisin cookies and drank hot chocolate while chatting with Orla. Someone had mentioned that we were 11 km from Whitney, but I figured we could make time on the flat track and reach the lodge about 6 pm. This turned out to be impossible. The track was overgrown with spruce and it was hard enough work getting through it without the added roughness of the path created by moose tracks. Their legs sink deep into the snow and by the time the snow thaws and freezes the ground is full of pits which resemble elephant tracks.

Finally three of us decided to descend onto Galeairy Lake and ski across it. I looked down the steep snow covered embankment and thought I did not want to climb down this, but I did not have much choice. "It's not as bad as it looks," one member of the group shouted. He was right. But going across the Lake was easier said than done. I knew from paddling Galeairy that it was a long distance. The lake surface was glare ice and I had to double pole keeping my knees bent slightly inwards so that I did not do the splits and fall

flat on my face on the ice. As I went along I was thankful to Ray for showing me this technique during a previous Rideau Trail overnight trip to Gould Lake. On that occasion, meagre overnight flurries had made the surface too rough for skating. "We'll ski," Ray said. I looked at him in disbelief. I could not walk on this ice let alone ski, I thought. I did it with klister and coaching from Ray.

The landscape was now grey - lined by the black shadows of trees. It was getting steadily greyer as darkness approached. I thought of that bright and sunny summer day in July when I had paddled Gale-airry Lake. It was another Rideau trail outing, which had started from the group campsite on Whitefish Lake with 5 canoes and ended with one, the others having turned back. I had been determined to reach Whitney. For once my obsession for going from point A to point B stood me in good stead because as it became darker I was not afraid. I remembered the island at which one had to make a right angle turn to see Whitney. I could see this island in the distance.

Around the point and there were the lights of Whitney in the distance. I knew it was still quite far because it had taken me about 1 1/2 hours to paddle to Whitney from that point even though the wind had been behind me. The shadowy figures in front of me were no longer visible as darkness set in. In the warmth of my home I had never noticed how suddenly twilight plunges into darkness. At 5:45 pm there was still some light but at 6 pm it was pitch black.

Although I was familiar with the region I was grateful to Eric for keeping me in sight. The weather had been mild all day and perfect for an adventure such as this one. Now, as we skied across Mud Bay a cruelly cold wind had come up. We passed the huts of ice-fishermen and I saw the shadowy outlines of snowmobiles and the thought of asking for a ride did cross my mind, as it had that time on Buck Lake when we were hauling our gear on toboggans en route to Slide Lake cabin. We reached the last point and I expected to see the Inn there, but no, it was a private cottage. A little further and the Inn at last! It was 6:40 p.m.

I was most impressed with our leader Dale, an excellent skier. His love of life and the wilderness was obvious. He exuded warmth and friendliness which helped to dispel the feeling evoked by one member of the group that I should not be there.

Did I enjoy the trip? I would not have missed it for

anything in the world. Being the person I am, I have a feeling that I am going to look back on that day as one of the easier bushwacking trips in Algonquin Park.

Bridging Devil's Gorge

by Ray Forester

On Saturday, October 21, 1989 twenty Ottawa end-to-enders walked the eastern section of Frontenac Park crossing the "Devil's Gorge" which is an adventure in itself.



Ottawa end-to-enders descending "Devil's Gorge"

On November 2nd, the assistant superintendent of the park and three park rangers together with six trail maintainers of the Kingston Club constructed a bridge over the gorge. Five healthy trees were felled, pulled across the gorge and bolted together to form a primitive but effective crossing. The bridge will now provide easy passage over what was once an extremely difficult crossing, particularly in the spring of the year when water levels are at their highest.



"Devil's Gorge" bridge under construction

Did You Know?

- * There are cottages available to rent by the week very close to the Rideau Trail (2.5 miles from Chaffey's Lock). Write to:

"Sun on the Brow"

R.R. #1, Elgin, Ontario
(613)359-5977

- * Woodrow Farm Bed and Breakfast welcomes RTA members to stay with them on their journey along the Trail. Enjoy the warm comforts of home at the end of the day. They are happy to transport you to and from Last Duel Park, the point at which the Trail passes through Perth. Partake of hearty hiker breakfasts and dinners that satisfy the appetites that walking promotes. Rates: from \$45 double and \$35 single occupancy. Dinners on request. Their season opens June 1st.

As a change from Shanks Pony (walking) you can enjoy a Horselovers Breakaway weekend which includes comfortable accommodation, home cooking and pleasure riding.

Ann Miller

R.R. #1, Balderson, Ontario, K0A 1A0
(613)267-1493

Please Take Note!

The annual Naturalists Workshop is on again this year at Queen's Biology Station, Lake Opinicon, from May 19-26, 1990. Those who have taken this week-long workshop in the past have thoroughly enjoyed it. Two scholarships are available for selected participants: one through the Kingston Field Naturalists (contact Anne Robertson, 389-6742) and one through Biology Station for a student or senior (contact Frank Phelan, 359-5629). For details of the program write:

Queen's Biology Station

P.O. Box 31,

R.R. #1 Elgin, Ontario K0G 1E0

20 Years Old

How will we celebrate the 20th Anniversary of the RTA in 1991? It is not too early to start planning now! Suggestions submitted to members of the Board of Directors will be gratefully received and considered when plans are drawn up. Suggestion: Should we aim for 200 end-to-enders?

Newsletter Delivery

Thank you to the volunteers who delivered the winter newsletter in the Ottawa area. Volunteers included Marie Andrews, Bev Armstrong, Keith Arnold, Alex Bissett, Peter Brebner, John Cottee, Johanna Ede, Lauri Anne Glenn, Bill Grant, Derek Hasler, Henry Heald, Grace Hyam, Chris Jones, Grace Kanwisher, Frank Kemp, Peter de Lepper, Elizabeth Mason, Peter Mason, Don Mitchell, Patricia Narraway, Dorothy Shaw, Dave Stinson, Aileen Wade and Nanette Whitwam.

We need more volunteers. Help with postal codes K1T, K2C and K2G is especially needed. To volunteer your time, about 2 hours in June and December, call Elizabeth Mason, 729-6596 or leave a message at 596-0572.

Membership Fees Increase

The good news is that, as we fondly remember our hiking memories of the past year, a new year of hiking fun looms ahead. The bad news is that first we must renew our memberships and the cost has increased to \$15 this year. Check the date on your address label. If it is 1990, you need to renew. Please send your \$15 fee with the enclosed renewal card in the envelope provided as soon as possible. Note that Life memberships to the RTA now cost \$200 (income tax deductible) but if you purchase one, renewal time will pass you by unnoticed forever more!



If undeliverable, please return to:

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

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.....	\$ 15.00
() Patron (Life Membership).....	200.00*
() Guide Book Members.....	12.00
() Non-Members.....	17.00
(Includes Postage & Handling)	
() Car sticker(FREE to New Members).....	1.00
() Crest.....	2.00
() Enamelled Pin.....	3.00
() Donation to RTA.....	_____*
() Donation to Corridor Fun.....	_____*
Prices subject to change.	TOTAL _____

PLEASE CHECK New () Renewal ()

Name.....

Address.....

.....

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

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