



The Rideau Trail NEWSLETTER

SPRING 1993

ISSUE No. 87



"SPRINGTIME ON THE RIDEAU TRAIL"

Moira '93

The Rideau Trail Newsletter is published quarterly in December, March, June and September by the Rideau Trail Association. The editor of this issue is Patricia Hardy assisted by Lynn Nolan of the Kingston Rideau Trail Club.

Submissions for the next newsletter are encouraged. Pictures to accompany articles are desirable. Black and white are preferred as they print more clearly, but colour with good definition are acceptable. These are to be sent to the following person by **May 1 1993**.

Frank W. Kemp,
701-1705 Playfair Drive,
Ottawa, Ontario, K1H 8P6

Phone (613) 736-9939

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

ISSN 0703-7085

THE RIDEAU TRAIL ASSOCIATION BOARD OF DIRECTORS FOR 1992-93

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Ottawa Representative	Peter Brebner	Ottawa	729-8178
Central Representative	Don Sherwin	Balderson	268-2447

COVER CREDIT - Moira Drummond

OTTAWA RIDEAU TRAIL CLUB ANNUAL GENERAL MEETING

Friday, April 2, 1993 at 7:00 p.m. at the Jack Purcell Community Centre, 320 Jack Purcell Lane, Room 3738.

(Parking at Elgin St. Public School (obtain parking permit from JPCC)

Program

7:00 p.m. Coffee and Tea
7:30 p.m. Business Meeting
9:00 p.m. Guest Speaker - **Mac Younger**, Wildlife Biologist, on his Research with Wolves

SPRING MAINTENANCE - Norm McLeod



NOTES FROM THE BOARD

By Ron Maybury

Meetings of the Rideau Trail Association Board of Directors were held on November 14th, 1992 and January 16th, 1993 at McMartin House in Perth. The usual number of housekeeping items were dealt with, including updates on membership, financial affairs, the new edition of the guidebook and reports from the clubs.

Landowners' list. At each meeting there has been further discussion regarding the status of the list of landowners over whose property the Rideau Trail passes. With the passage of time, the records have, for some sections of the Trail, become more and more unreliable. Property can change hands, owners or tenants may be hard to trace.

There have been occasions when landowners are not aware of the Rideau Trail and will question a hiker about the significance of the orange markers which pass over their property. The existence of the Trail depends upon the goodwill of landowners, since there is no binding legal agreement between them and the RTA. Some are concerned about their liability for injury to hikers while on their property. When reassured about such concerns and told about the activities and nature of the Rideau Trail Association, most landowners are only too willing to allow the Trail to pass over their land.

During 1993, a lot of leg work will be done by the three clubs to bring the list of owners up to date and it is hoped to complete this before the end of the year.

Computer services. A study group will be formed to consider plans for the most effective use of computers by the Association, especially with regard to membership and mailing lists. The transmission of information from club to club will be a critical aspect of this study.

The next meeting of the Board will be held in Perth on Sunday, April 16th, 1993.

WHEREABOUTS?

Does anyone know the whereabouts of Mr. Henri Lemelin, Ottawa. He is a life member of the RTA whose mail is being returned. If you know where Mr. Lemelin is, please contact the membership directors or club representative.

INCOME TAX DEDUCTIONS

Members may not be aware that donations to the Rideau Trail Association are eligible for an income tax deduction. Mail your donation with a return address or add it to your 1993 membership fee, and send to:

Membership Secretary
P.O. Box 15
Kingston, Ontario
K7L 4V6

An income tax receipt will be sent to you.

NEWSLETTER RETURNS

It is not always possible for the newsletter editors to return pictures and articles. We do our best to get them back to you, but we do not always get them back from the printers. Therefore, will you please send us duplicate pictures and make sure that you have copies of your articles.

MEMBERSHIP RENEWALS

Memberships are due by the end of March. Please use the enclosed card to renew yours as soon as possible.

ORIENTEERING MAPS

An Orienteering map of Gould Lake is available from North Ridge Wilderness at 80 Queen Street in Kingston. Another similar map of Frontenac Park should be available in the spring.

FRONTENAC PROVINCIAL PARK 1993 WILDERNESS SKILLS PROGRAMME

<u>DATE</u>	<u>PROGRAMME</u>	<u>PRESENTER</u>
Sunday March 7 9:30 a.m. - 3:30 p.m.	Winter Photography Workshop	Wm. Reynolds, Kingston
Monday March 15 1:00 p.m. - 3:30 pm.	Smokey the Bear Fire Prevention	Fire Management Centre, Tweed
Wednesday March 17 1:00 p.m. - 3:30 p.m.	Lost in the Woods, Wilderness Survival	Frontenac Provincial Park
Saturday March 20 10:00 a.m. - 3:00 p.m.	Family Cross-Country Ski and Snowshoe Day	Canadian Ski Patrol System, Nordic Patrol
Sunday March 28 10:00 a.m. - 3:30 p.m.	Canoe, Paddle and Tripping Workshop	The Kijik Canoe Company, Pt. Hope
Saturday May 8 10:00 a.m. - 4:00 p.m.	Fishing Demonstration	Paul Davey and Bob Neglia
Sunday May 9 1:00 p.m. - 4:00 p.m.	Mother's Day Nature Walk	Anne Robertson, Kingston
Sunday May 16 9:30 a.m. - 3:30 p.m.	Spring Photography Workshop	William Reynolds, Kingston
Friday May 21 (7:00 p.m.) Monday May 24 (4:30 p.m.)	Canoe Trip Weekend and Certification Weekend, Level I & II	Harbourfront Canoe School, Toronto
Saturday May 29 (9:30 a.m.) Sunday May 30 (4:30 p.m.)	Lakewater Canoe Certification Weekend	Harbourfront Canoe School, Toronto
Sunday June 13 10:00 a.m. - 4:00 p.m.	Kayak Clinic	Paul Copland, North Ridge Wilderness, Kingston
Sunday June 20 10:00 a.m. - 4:00 p.m.	Father's Day Canoe Trip	The Friends of Frontenac Cooperating Association
Sunday June 27 10:00 a.m. - 4:00 p.m.	Canoe Clinic	Cataraqui Canoe Club, Kingston

For further information please call Frontenac Provincial Park, (613) 376-3489

REMINDER April 22 is **Earth Day**. Check for local activities and participate.

RIDEAU TRAIL KINGSTON CLUB OUTINGS

The meeting place for all our outings is the northwest corner of Sears parking lot, unless stated otherwise. Don't forget insect repellent now that Spring is here. When a hike is not listed on Wednesday, meet for a walk at 1:30 p.m. Always come prepared for rugged hiking, bring a lunch and respect the hike leaders' decisions. Ill-equipped hikers will be discouraged from starting on rugged hikes. Call the leader in advance if in doubt about your ability to handle the outing. There will be car pooling organized, with passengers contributing towards the gas. Fires should be laid only in designated sites. Leaders are reminded to send their attendance to Peggy Harding 546-7202. Hike suggestions and offers of leadership can be made to Jean Thompson 544-0340.

Sunday, March 7, Rideau Trail

Hike the Maple Leaf Rd., between Cottage and Perth Rd. 11 km. Map 10. Bring lunch. Meet at Sears north parking lot 9:30 a.m.
LEADER: Tom Newton 542-9253

Wednesday, March 10, Little Cataraqui.

Hike the various trails in this area. Bring a lunch and meet at Sears north parking lot 10:00 a.m.
LEADER: Jean Thompson 544-0340

Saturday, March 13, Rideau Trail

Hike the Bullen Road to Elginberg Road and return. Waterproof footwear advised. Bring a lunch and meet at Sears north parking lot at 10:00 a.m.
LEADER: Betty McIver 549-8028

Saturday, March 20, Pot Luck Dinner

There will be a pot luck dinner at 5:30 p.m. Please call Lynn Nolan 389-8747 (after 6 p.m.) for details.

Sunday, March 21, Brewers Mills

Hike on a farm over the rolling hills of Brewers Mills. Bring lunch and meet at Sears north parking lot at 10:00 a.m.
LEADER: Sam Heusel 542-2201

Sunday, March 27, Rideau Trail

Hike from Gully Road to Gould Lake Conservation Area. 13 km. Map 2. Bring lunch and meet at Sears north parking lot at 9:00 a.m.
LEADER: Ed Luce 549-5300

Sunday, April 4 Skycroft

Choice of trails available for hiking. Bring a lunch and meet at Sears northwest parking lot at 9:30 a.m.
LEADER: Bernie Gates 389-1835

Saturday, April 10 Lemoine Pt. C. Area

An early Spring hike in this scenic park. Bring lunch and meet at Sears Northwest parking lot at 10: a.m.
LEADER: Alberta Edgar 542-9662

Wednesday, April 14 Rails to Trails

Hike the abandoned railway tracks from Perth Road to Chaffey's Locks. Bring a lunch, and meet at Sears Northwest parking lot at 10:00 a.m.
LEADER : Patricia Lynn 546-3993

Saturday, April 17

TRAIL MAINTENANCE DAY

This is the day we give the trail a clean up. Would trail maintainers please report on their sections to Bernie Gates 389-1835, prior to this date. Bring a lunch and cutters, if you have them. All assistance in this task is greatly appreciated. Meet at Sears northwest parking lot at 9 a.m.

Saturday, April 24 Kingston A.G.M.

Our annual general meeting will be held in the new building at Little Cataraqui Conservation area. Bring your own lunch. Following the morning business meeting, and during lunch Chris Barbour will give a presentation on the history of Frontenac Park. A hike in the conservation area will follow. Anyone in need of transportation meet at Sears at 9:30 a.m.

Sunday, April 25 Tour of Frontenac Park

Anyone wishing to join Chris Barbour on a tour in Frontenac Park is invited to do so at the Interpretive Centre parking lot in the park at 10:15 a.m. There will be a charge for admittance to the Park. If a ride is needed phone the Rideau trail line 545-0823

Sunday, May 2 Frontenac Park

Hike the ridge between Black and Bear Lakes and the Little Clear Lake Loop. About 15 km. Bring a lunch. Meet at Sears northwest parking lot at 9:30 a.m.
LEADER: Allan Tattersall 549-4080

Saturday, May 8 Rideau Trail

Hike the west side of Gould Lake from Desert Lake Road to the Barn and back, about 12 km. Rugged terrain, good boots required. Bring lunch and meet at Sears northwest parking lot at 9:30 a.m.
LEADER: Stan Douglas 389-2563

Wednesday May 12 Historical Tour

Chris Barbour will take us into another part of Frontenac Park not already covered. Bring a lunch and insect repellent. Meet at Sears northwest parking lot at 9:30 a.m.

LEADER: Jean Thompson 544-0340.

Sunday, May 16 Opinicon Loop

Hike from Upper Rock Lake to railroad tracks. Bring lunch and meet at Sears northwest parking lot at 9:00 a.m.

LEADER: Ray Forester 542-4385.

Saturday, May 22 Slide Lake Loop

Hike the Slide Lake Loop in Frontenac Park. This is a 12 km. hike over rugged terrain. Strong footwear is recommended. Bring a lunch and insect repellent. Meet at Sears northwest parking lot at 9:00 a.m.

LEADER: Klaus Stegeman 542-5375

Sunday, May 30 Rideau Trail

Hike Bedford Mills to Westport Lions Club Beach, about 13 km. Bring a lunch and insect repellent. Meet at Sears northwest parking lot at 9:30 a.m.

LEADER: David Pratt 389-7714

Wednesday, June 9 Charleston Lake

Hike the short trails east of Running's Bay. Bring a lunch and meet at Sears northwest parking lot at 10:00 a.m.

LEADERS: Cathy and Donald Cutts 542-5414

Sunday, June 13 Rideau Trail

Hike the trail between the entrance to Murphy's Point Park and the Mica Mine Conservation Area, Map #5, 10 km. Bring a lunch and meet at Sears northwest parking lot at 9:30 a.m.

LEADER: Tom Newton 542-9253.

Sunday, June 20 Orienteering

Learn navigation on foot with a map, in Gould Lake area. Morning clinic will be followed by an event at 11 a.m. Bring lunch and meet at Sears northwest parking lot at 9:00 a.m.

LEADER: Gabrielle Savard 545-1079

KINGSTON TRAIL MAINTAINERS

Would all Kingston Trail Maintainers please make a note on their trail report of any stiles that need repair or replacing. Trail reports should be returned to Bernie Gates by Thursday, April 15th.

RIDEAU TRAIL OUTINGS CENTRAL CLUB

Our outings normally start at Conlon Farm which is located on the trail just outside of Perth on County Road 10 (Commonly known as Scotch Line). When travelling towards Westport, Conlon Farm is the third turn off on the right. If in doubt about outings please call our hot line at 264-8338

Sunday, March 14 Surprise Ski

As weather plays an unusual tune at this time of year we will decide on the venue just prior to the hike-ski. Bring a lunch and meet at Conlon Farm at 9:30 a.m.

LEADER: John Miller 264-8338

Saturday, April 17 Foley Mountain

Our first hike of the season will be held in the Foley Mountain Conservation Area overlooking Westport. We should be able to see the returning birds from this vantage point. Bring a lunch and meet at Conlon Farm at 9:00 a.m.

LEADER: John Miller 264-8338

Sunday, May 16 Mica Mine

This hike is without doubt the most interesting and scenic of the trail passing the old mine workings as well as unspoiled pastures, lakes and woodlands. Bring a lunch and meet at Conlon Farm at 9:00 a.m.

LEADER: Don Sherwin 268-2447

Sunday, June 27 Purdon Conservation Area

Join us for a joint outing with the Ottawa Club to view the display of the beautiful wild lady slipper orchids. This hike will be followed by tea at Sylvania Lodge beside Dalhousie Lake. Bring a lunch and meet at Conlon Farm at 9:00 a.m. or Sylvania Lodge at 10:00 a.m.

LEADER: John Miller 264-8338

TRAIL CLOSURE NOTICE

All sections of the Rideau Trail will be closed Tuesday, March 9, 1993

Rideau Trail Association Outings Ottawa Club Activities

Now that the END-TO-END series of hikes has been completed, the spring hikes will concentrate on all loop and spur trails forming part of the Rideau trail system or connected to it, including NCC, provincial park and conservation authority trails. **THE RENDEZVOUS POINT FOR HIKES IS ALWAYS AT THE CORNER OF BOOTH AND ALBERT STREETS IN OTTAWA.** The times indicated below are **departure times**, so please be on time! Hikers are requested to bring a lunch, wear appropriate footwear and clothing and are recommended to provide themselves with sun and insect protection in season. Private cars are used for transportation to the trail head and hikers are asked to contribute to the cost of gas.

For specific information on individual events, phone the leader indicated, and for more general information, or if the leader is not available, phone Bill Grant at 820-0697. Please read the descriptive details. Our thanks to those club members who volunteer to lead these activities.

Wednesday Walkers. Every Wednesday, there are hikes in the Gatineau Park, which are usually vigorous and definitely not for beginners or for persons not in good physical condition. Good footwear is strongly recommended and hikers should bring lunch and water. The meeting time and place is always 9:30 a.m. at the corner of Booth and Albert. Call Dorothy Belter 523-4420 or Nanette Whitwam 730-5417 for information.

Sat., Mar. 20 Slide Show Evening 7:00 p.m. The Simpsons will again host a slide show at 1206 Placid St. (west end, north of Baseline Rd.). Bring slides of hikes on the Rideau Trail or hikes by Rideau Trail members in other places. Numbers limited, so phone by Mar. 17.
CONTACTS: Bill Grant 820-0697 or Ed Simpson 828-1679

Sat., Mar. 27 Ottawa River Parkway (Map 12) A walk (one-way) of about 13 km on the northernmost section of the Trail. See the Ottawa River in early spring. Of interest to members who wish to start or complete hiking the entire trail.
DEPARTURE TIME: 10:00 a.m.
LEADER: Johanna Ede 731-1541

OTTAWA CLUB AGM
FRIDAY, APRIL 2 AT 7:30 p.m.
at Jack Purcell Community Centre
(Elgin St. near Gladstone)
All members welcome. See notice elsewhere in this newsletter for details.

Sat., Apr. 17 Pakenham Area An early spring hike in this beautiful area of Lanark County. Length to be determined by conditions; some walking on country roads. Gas - \$4.00.
DEPARTURE TIME: 9:00 a.m.
LEADER: Caroline Whaley 726-0237

Sun., Apr. 18 Opeongo Rd. A first-time hike on 13 km of this famous pioneer road, ending with a visit to the best-known "ghost town" in Eastern Ontario. Car shuttle. Refreshments afterwards. Gas - \$5.00.
DEPARTURE TIME: 9:00 a.m.
LEADER: David Spector 829-6802

Sat. Apr. 24 Gatineau Park A moderately difficult hike, location and distance to be determined on the day by ground conditions.
DEPARTURE TIME: 9:30 a.m.
LEADER: Ann Bolster 521-6354

Sun., Apr. 25 Shaw Woods Once again we visit these interesting woods for a circular hike of about 10 km. Golden Lake Village afterwards. Gas - \$5.00.
DEPARTURE TIME: 9:30 a.m.
LEADER: Bill Grant 820-0697

Fri., Apr. 30 - Sun., May 2
Backpacking in Frontenac Park by reservation only. Phone Pearl Peterkin by April 24 747-2985.

Sat., May 1 Murphy's Point Loop Hike (Map 5) An interesting hike on the Park trails and a short section of the Rideau Trail. About 12 km. Gas - \$4.00.
DEPARTURE TIME: 8:00 a.m.
LEADER: Peter Brebner 729-8178

Sun., May 2 Foley Mountain (Map 4) Hike the Conservation Area loops and the adjoining section of the Rideau Trail, totalling about 12 km. Gas - \$5.00.
DEPARTURE TIME: 10:00 a.m.
LEADER: Elizabeth Mason 729-6596

Sat., May 8 Gould Lake West Side Loops (Map 2 and Gould Lake map) These loops and spurs, plus access to them on the main trail, total at least 12 km. Gas - \$6.00.
DEPARTURE TIME: 9:00 a.m.
LEADER: Bob Bennett 749-7440

Sun., May 9 Merrickville Loop (Maps 8 and 9) A walk (not fast!) of about 20 km., partly on road, through historic countryside. Interpretive information. Refreshments afterwards. Gas - \$4.00.
DEPARTURE TIME: 9:30 a.m.
LEADER: David Spector 829-6802

Sat., May 15 Slide Lake Loop (Map 3) A vigorous 8 km on this rugged loop, plus 7 km of main trail in Frontenac Park. Some rock-scrambling. Beautiful spring flowers. Gas - \$6.00.
DEPARTURE TIME: 8:30 a.m.
LEADER: Alex Bissett 828-4363

Sun., May 16 Gatineau Park A good hike in the western part of the Park, including some bushwhacking. Insect protection strongly advised. Gas - \$4.00.
DEPARTURE TIME: 9:30 a.m.
LEADER: Graham Creedy 233-1657

Sun., May 16 Marlborough Forest (Map 9) An alternative hike. An easy stroll in the O'Neill Side Rd. area, including the Spur from Dwyer Hill Rd. to the cabin site and a visit to the secret cemetery. About 12 km. Gas - \$3.00.
DEPARTURE TIME: 9:30 a.m.
LEADER: Bill Grant 820-0697

Victoria Day Weekend

No official hikes are planned, but contact the Activities Coordinator before the weekend for information on possible ad hoc hikes.

Sat., May 29 Gould Lake East Side Loops (Map 2) Rugged trails, totalling about 10 km, in beautiful hill country, with views of the lake. No shuttle. Gas - \$6.00.
DEPARTURE TIME: 8:30 a.m.
LEADER: Barbara Krieger 235-0604

Sun., May 30 Marlborough Forest (Map 9) An easy stroll to look at the trees and other aspects of the forest with a forester from MNR. Not for vigorous hikers. Gas - \$3.00.
DEPARTURE TIME: 10:00 a.m.
LEADER: Bill Grant 820-0697

Sat., June 5 Opinicon Loop (Maps 3 and 4) The longest loop, a vigorous 25 km hike for experienced hikers only. Be prepared for a long day. Restaurant stop afterwards. Gas - \$6.00.
DEPARTURE TIME: 8:00 a.m.
LEADER: John Haley 225-0590

Sun., June 6 Marlborough Forest Earth Star and Violet Loops (Map 9) Approximately 14 km of good hiking with lunch at the shelter. Gas - \$3.00.
DEPARTURE TIME: 10:00 a.m.
LEADERS: Geoff Berry and Margaret Lafrance 731-4832

Sat., June 12 Narrows Locks This section of the trail has a short side trail and a short spur trail leading through rugged countryside to some abandoned buildings. (Map 5 and p.73 in Guide). Total distance about 15 km. Gas - \$4.00.
DEPARTURE TIME: 9:00 a.m.
LEADER: Marion Dunning 232-8304

Sun., June 13 Mer Bleue An easy afternoon hike in this interesting NCC area on the eastern edge of Ottawa. Bring snack and insect repellent. Gas - \$2.00.
DEPARTURE TIME: 1:00 p.m.
LEADER: Linda Hayes 749-9537

Sat., June 19 Stony Swamp (Map 11) An easy hike on the various NCC trails on the western edge of Ottawa. About 12 km. Gas - \$2.00.
DEPARTURE TIME: 10:00 a.m.
LEADER: Jean Sunter 828-6077

Sun., June 20 Schoolhouse Loops (Map 9) Visit the famous schoolhouse and walk the ski loops; an easy hike, but there may be some wet areas. Gas - \$4.00.
DEPARTURE TIME: 10:00 a.m.
LEADER: Andrew Oakes 225-8982

Sat., June 26 see summer newsletter for possible hike on this date.

Sun., June 27 Purdon Bog Once again we visit this famous ladyslipper bog on a joint outing with the Central club. 18 km of good hiking in the Lanark countryside. Be prepared for a long day. Gas - \$4.00.
DEPARTURE TIME: 8:30 a.m.
LEADERS: Bill Grant 820-0697
John Miller 1-264-8338



Hiking beside the River Tay
Near Perth, Ontario.
Photo by Norm McLeod.

BEING GOOD NEIGHBOURS ON THE RIDEAU

Rideau Valley Conservation Authority

Up until about 1950, the water quality in Eastern Ontario's Rideau River remained very good, mainly because there were still relatively few people around. In the last forty years, however, the human population in the Rideau Valley has skyrocketed with no adequate increase in care, concern and protection for our river.

Population increase triggered many of our river troubles, and the end is not in sight. The number of people living in the watershed is expected to double to almost one million people in the next twenty years.

Boat traffic on the Rideau system has increased 50% since 1977 and now over 90,000 boats per summer go through the locks. Vacant land, farms and open space along the water are being eaten up for subdivisions at a fast rate. Experts say that within 20 years, the Ottawa-Carleton population outside the Greenbelt will equal that inside the Greenbelt.

Landowners on many parts of the Rideau are still tempted to install vertical seawalls of steel, concrete, or old railways ties full of creosote. There are easier, less expensive, and more environmentally friendly ways to do the same thing.

Sewage systems in the towns and cities have not been upgraded as population increased. Smith Falls and Kemptville are now in the process of enlarging and improving their sewage treatment facilities. The Merrickville facility is operating at capacity. A tentative plan for enlargement of the Westport treatment plant is undergoing public scrutiny and improvements are foreseen in the near future.

Individuals too create problems when they try to bring the city to the country. Newcomers to the rural scene often push degradation of the natural world into high gear: things like increasing the number of boats on the water, water use conflicts, dumping boat holding tanks into the water when no one is watching, cutting out the bush and deforestation, inappropriate shoreline development, filling in that little wet spot in the corner of the property and general "hardening" of the shore. If only one or two individuals made these changes to the environment, it would not make much difference. But when multiplied by lots of people over forty years, you can start to see when we are having water quality problems. Those same individuals - you and I - can

also start to reverse the trend if we want to. It's all just a matter of attitude.

This has happened before in many parts of the world and we still don't seem to be clear on the concept. People discover an area of peaceful beauty and relaxation. They then proceed to transform it into a unnatural private suburb complete with mansions, filled and bulldozed lots and stunning chemical-dependent lawns and landscaping right to the water's edge. Such cultured fairy tale settings do look nice. Out of place, but nice.

In all these situations, the ribbon of life...that delicate and vibrant area where the water meets the shore...takes a beating and is often simply ripped to shreds. The first mistake new waterfront lot owners often make is to clear-cut the natural vegetation along the shore and even into the water. Without the buffering effect of shoreline vegetation, water quality goes down, wildlife goes with the plants and open natural woodlands and marsh areas disappear fast. The minnows, bullfrogs and herons pack up, the bottom becomes a barren expanse, and the natural world quickly abandons it--the latest nail in the coffin of a once healthy shoreline. Sadly, people destroy the very features for which they bought the property in the first place.

The good news about humans and the Rideau is that all our emerging problems can be fixed. Shoreline development doesn't have to be ecologically disastrous. All it takes is a modest attitude adjustment (and maybe some municipal and provincial guidelines to get us started) to understand that people are part of the environment. And a big part at that.

We can choose to turn our own lovely lakes into sewers, or we can choose to keep water quality at a high level. Our choice is the latter: to take a more "biocentric" point of view, to learn about the environment and how it works, to learn to live with nature rather than beating it into submission, to share the Rideau with other creatures including our children and grandchildren.

One of the most encouraging signs is that many people in the valley are becoming aware of conservation and what it really means. Many are asking for environmentally-friendly advice about land use and shoreline improvements. There is a growing sense of responsibility towards the environment, a sense that the old ways are depriving us of the things we most value about lake and river settings.

It doesn't take a lot of money to work with nature.

In fact individuals will save money simply by not doing, or constructing, or filling, or cutting those cont'd from page 9...

things many people used to take for granted. Generally, what's required is a little more "hands-off" experience. **Leave** the natural vegetation along the shore both in the water and on the land. **Avoid** using fertilizers and insecticides near the water. **Watch** your wake to avoid erosion along the waterway. **Check** that your septic system is up to standard. **Build floating** docks or a small, sturdy dock on metal stilts that intrude very little into the ribbon. **Remember that wildflowers**--formerly called "weeds"--in your lawn are proof of a poison-free, diverse, and blushing robust ecosystem in action. In other words, **relax**, do very little and simply enjoy the big wide world of water and shorelines.

The payoff is enormous. We'll see improved personal health, recreation opportunities, water quality, and healthy waterways with diverse and vibrant ribbon of life.

Now isn't that a nice gift for future generations?

MURPHY'S LAWS OF HIKING

Submitted by Peck Peckover

The weight of your pack increases in direct proportion to the amount of food you take out of it. If you run out of food, the weight of the pack goes on increasing anyway.

The local density of mosquitoes increases as the amount of your remaining repellent decreases.

The difficulty of finding any trail marker is directly proportional to the importance of the consequences of failing to find it.

When eliminating unnecessary equipment before a hike, the first thing you decide not to take will be the first thing you find later that you need.

CANADIAN GEOGRAPHIC

If you have not already read the article about the Rideau Trail, Take a Hike, by Alec Ross and photos by John Butterill, in the November/December 1992 Canadian Geographic magazine, it would be well worth your while to either obtain a copy or borrow one to read. (It features Kingston's own Ray Forester)

There is another article in The Complete Guide to walking in Canada.

ADDRESSES FOR PORT ALBERNI

See the article on page 11

Alberni Valley Chamber of Commerce,
Site 215 - C10, Port Alberni, B.C.,
V9Y 7L6.
Phone (604) 724-6535

Forestry Visitors Centre,
MacMillan Bloedel Ltd.,
Alberni Region Woodlands,
#15-5440 Argyle St.,
Port Alberni, B.C.
V9Y 1T7
Phone (604) 724-7890 (5721)

Long Beach, Pacific Rim Park, West Coast Trail.
Superintendent
Pacific Rim Park
Box 280 Ucluelet, B.C.
VoR 3A0
Phone (604) 726-7721

Elderhostel, Canada,
308 Wellington Street,
Kingston, Ontario.
K7K 7A7

TRAIL REROUTING NOTICE

Map 2. After leaving Murton Road the Trail continues until it crosses Railton Road. THE TRAIL PROCEEDS STRAIGHT AHEAD (NORTH), ACROSS A FARMER'S FIELD AND THEN BENDS APPROXIMATELY 35 DEGREES EAST UNTIL IT JOINS THE OLD TRAIL. (DISTANCE 0.3 KM.). The Trail change is well marked.

PORT ALBERNI HIKING OPPORTUNITIES

By Pat Hardy

This past summer I had the opportunity to participate in a Elder Hostel program in Port Alberni. It opened my eyes to the hiking possibilities of the Port Alberni Region. Not all our time was taken up by the courses in Lumbering, Museums and Art. We had plenty of time to spare and trips in the region were planned for us. Some of the participants became so enamoured with the region that they did not attend many of the course sessions, but went off exploring on their own.

The first stop on getting to Port Alberni is the Visitors' Centre located at the fork in the roads leading to the two sections of town. There you can get information about the hikes in the area. The centre has a book of maps of some forty hikes around the town. This book can be purchased, or photocopies of the trails in which one is interested can be obtained for a nominal price. The hikes vary in difficulty. Some are well groomed and others are just trails in the bush. A group of us explored one very close to the Visitors' Centre. It wound along one of the small rivers. The trees were magnificent. The one trail not to be missed, even though it is short and very well tramped by the public, is in the Cathedral Grove. In the park are some of the most majestic trees to be viewed anywhere.

The main part of our course was concerned with lumbering in the area. The field trips in connection with this gave us great opportunities to view the area. The lumbering course was under the direction of the MacMillan Bloedel Forestry Visitor Centre supervisor, Joseph (Neil) Malbon (His lectures were the only ones people did **not** skip) I mention this because one of the things one should do in Port Alberni is take advantage of the tours of the lumbering in the area. Information about these can be secured at the Forestry Visitor Centre. I would highly recommend them, although they are definitely not for the faint in heart. Logging roads to the cutting areas can be really scary. Most logging roads are open to the public except where crews are working. Use is at your own risk! However, they do take one to some very interesting places. Maps of these, including camp sites, are available at the Visitors' Centre. Try the balancing act at the centre and you will get an idea of just how difficult it is to make sure that every interest in the forests receives a fair shake.

A boat tour down the Alberni Inlet is almost a must. The Lady Rose is the more famous of the two supply boats that make the trip. However, we went on the Frances Barkley which is a larger ship as a large group of kayakers was stopping off at the Broken Group of Islands. If this is your bag, be sure that you have all your supplies including water with you, as there is no place to acquire them once you are left on the floating dock by the boat. The trip ends at the port of Ucluelet. There is an hour or so of shore leave and then the boat returns to Port Alberni.

We, however, returned by mini-van. This gave us a chance to see the same route by land. Our first stop was Long Beach in the Pacific Rim National Park. There are 11 miles of sandy beach and eight hiking trails, the longest of which is 5 km. We did the Shoreline Bog Trail. It had many very fascinating plants quite different from the surrounding rainforest. Collect your trail guides and instructions from the park centre. The trip back to Port Alberni was full of interesting and scenic places to stop and look. Some were off the beaten track so if you are driving it behooves you to take your time and explore many of the roads that leave the main road.

Of course every hiker has heard about the West Coast Trail and many would like to add it to their conquests. Be sure you know what you are about before you tackle it. We had a slide lecture from one of the guides on the trail. Those 30 foot ladders and swinging bridges certainly can be daunting. Also the tales of the early days when many of the sailors lost their lives trying to make it up the coast to safety let one know that this is a trail one must be well prepared to undertake. So many hikers want to walk the trail that the park management has had to limit the numbers. If you plan to try it be sure you have a reservation. The address for applications is on page 10. It is recommended that you hike the trail from the south to the north as the more difficult part is to the south. The Elder Hostel director in Pt. Alberni is considering a week program at the north end of the trail.

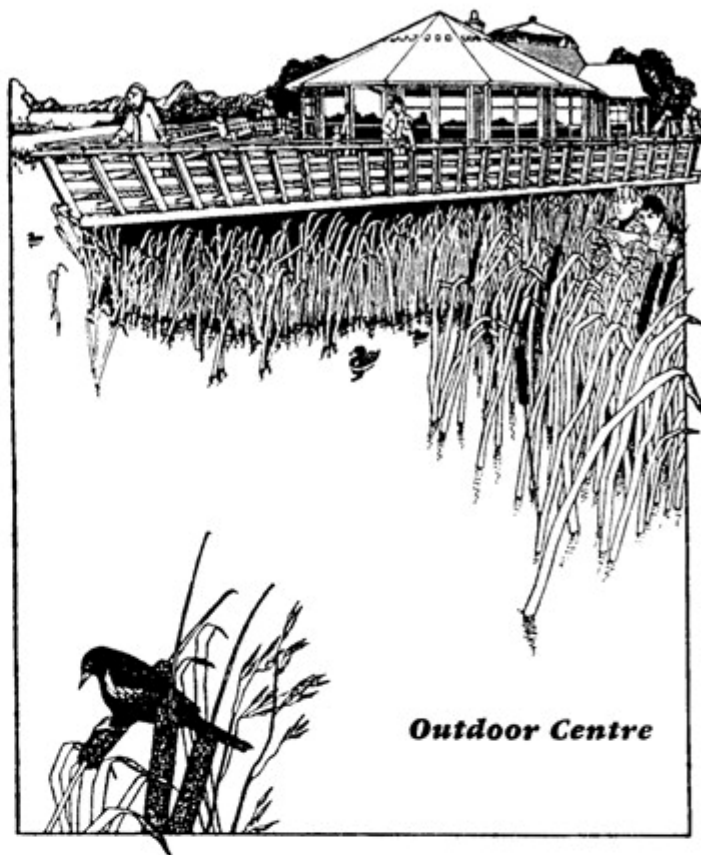
Port Alberni claims to be the Salmon capital of the world although Campbell River disputes this. So if you like exciting fishing you can try your hand. Competitions are held. We saw the start of one with all its fanfare and fireworks. However, if fishing is not your interest then the fish ladder just outside of town is a really exciting sight.

I would highly recommend a trip to Port Alberni to any hiker. At the same time you could explore many of the other great sites on Vancouver Island.

KINGSTON RIDEAU TRAIL CLUB ANNUAL GENERAL MEETING

Saturday April 24, 1993 at Little Cataraqui Creek Conservation Area, Interpretative Centre. As there is a parking charge, please meet at Sears north parking lot at 9:30 a.m. to car pool.

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|------------|-------------------------------------|
| 10:00 a.m. | Coffee and snacks |
| 10:30 a.m. | Business Meeting |
| 12:00 noon | Brown Bag Lunch |
| | Guest Speaker: Chris Barbour |
| | "History of Frontenac Park" |
| 1:30 p.m. | Hikes to follow |



SUBSCRIPTION APPLICATION: Membership year is from April 1st to March 31st. Your membership in the Rideau Trail Association provides 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 the local club and association activities. **To join or renew complete the form below, place it in an envelope and mail to:**

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

Ottawa Phone Number 613-567-2229
Kingston Phone Number 613-545-0823
Central Phone Number 613-264-8338

- | | |
|--------------------------------------|---------|
| () Annual Family Membership | \$15.00 |
| () Patron (Life Membership) | 200.00* |
| () Guide Book Members | 15.00 |
| () Non-members | 20.00 |
| (plus \$2.00 postage and handling) | |
| () Car Sticker (Free to members) | 1.00 |
| () Crest | 2.00 |
| () Enamelled pin | 3.00 |
| () Rideau Trail Wall Map | 10.00 |
| (Includes \$4.00 postage & handling) | |
| () Donation to RTA | _____* |
| () Donation to the Corridor fund | _____* |

Prices are subject to change

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

PLEASE CHECK New () Renewal ()

Name _____

Address _____

City _____

Postal Code _____

Telephone _____