



The Rideau Trail NEWSLETTER

SPRING 1994

ISSUE No. 91



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, 1994**.

Peter Roberts 57 McNaughton Ave., Ottawa, Ont., K1S 0J1.

Phone (613) 230-2393

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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COVER PHOTO CREDIT : Linda Rook

Cathy Cutts of the Kingston Club organizes the Wednesday walks for the Club. The photo was taken on one of the sequential trail hikes near Kingston which Cathy arranged this fall. The following is an excerpt from a longer article which Cathy is writing on the Wednesday Hikes.

When I planned the November and December 1993 walks I took into consideration that we had several new members out regularly so I decided to do a series of sequential walks. By using abandoned RR corridors, unopened road allowances and country roads in various configurations we completed the area from the 401 to the outskirts of Sydenham.

The attendance and the weather were good. One day we had a soft gentle rain which was good for the complexion. The final hike in December was a Winter Wonderland. The snow had bent the Queen Anne's lace and other wild flowers and grasses into graceful arches. The trail signs in one direction were covered with ice and snow. The air was still, the woods were quiet, nothing stirred except the hikers.

There was a sense of achievement on completion. New members became familiar with the access points and saw the diversity of the terrain.

UNFORTUNATE OVERSIGHT

It has been brought to the attention of the editors that the articles about the receivers of the Outstanding Service Awards were not included in the Winter Newsletter as is customary. The present editors do not have the information to include in this newsletter. We hope that this will be rectified in the Summer Edition.

However, we would like to acknowledge these persons at this time. The Ottawa Club nominated Bill Grant. The Kingston Club nominated Moira Drummond. Their service has been much appreciated by both the Board and the local clubs. Please accept our apologies for this oversight.

Would the persons who made the presentations at the AGM please send write-ups to Peter in time for the next newsletter. Pictures of the recipients would be appreciated. Also 1994 nominees are due to the Executive April 1, 1994.

REPORT OF BOARD OF DIRECTORS MEETING HELD JANUARY 15, 1994

Responding to a number of promotions by tour groups of hikes on sections of the Rideau Trail the Board decided: "Commercial use of the trail cannot be endorsed by the Association. Any member associated with such commercial ventures must not do so as a representative of the Association."

New brochures have been printed and distributed to each club, any members wishing copies may secure them from the corresponding secretary Jean Thompson.

A very successful meeting was held of Trail Maintenance Chairpersons and Landowner Co-ordinators from each of the clubs. As a result of the discussions the Board decided: "That Peter Brebner be appointed as the Board member responsible as "trail Co-ordinator," for the purpose of over-all co-ordination of Routes and Negotiations and Trail Maintenance issues and activities. Responsibilities of this position to be defined at the next Board Meeting."

Jean Thompson reported a very successful meeting of Club representatives was held to establish a schedule of sequential hikes starting May 14th and concluding on October 2, 1994. (see schedule of hikes in this bulletin)

Paul Smith reported that membership in the Rideau Trail Association now stands at 1196 including 125 life members. The Board reminds all hikers that on all hikes they should not proceed in advance of the hike leaders!

Submitted by: Jim Blain

FROM THE GANARASKA TRAIL ASSN.

To: All Ontario Hiking Club Presidents

1) Due to land misuse by non-hiking trespassers, supposedly led to the area by Ganaraska trail guide pages, the landowners have closed the access to the Wilderness Section at Sadowa.

I sympathize with their difficulties, and, as president, have agreed to honor their closure for a two year trial period, and access will only be through private arrangement.

2) In response to complaints from area landowners about large parties (principally bus groups of 50+) from outside the local area, not following the blazes and/or signs, thus trespassing with irresponsible disregard for land crops, I am enacting an emergency ruling that there be no hikes of more than 12 persons unless the hike leader is a local club member, familiar with the land owners and the relations with them.

As an Association, we have been proud to share our Minimum Impact trail with our fellow hikers from other areas. However, the privilege of hiking on private land, across grain fields and wooded lots, beside beaver ponds and rocky trails, has been abused. Both hikers and non-hikers from outside the local area have placed us in an embarrassing situation and jeopardized our relationship with the local landowners, causing one part of the Wilderness Section to be closed and another jeopardized.

(Please remember: while it is our responsibility to make the necessary changes to blazes, it is the hiker's responsibility to follow those blazes, and if the trail DIFFERS from the maps, to follow the blazes! Our map changes are only published in December.)

Dorothy Burrus, President

GATINEAU PARK EMERGENCY PHONE NUMBERS

Hiking or skiing in Gatineau Park? The following information, provided by the National Capital Commission (NCC), on their communication system may be useful.

Administrative Line: 827-2711

Information: 827-2020, give useful recorded messages, and a live body during working hours.

However, if you wish to provide information to Gatineau Park, such as in an emergency HELP!, then phone 733-0117. An alternate number is 239-5252. These are for all NCC properties; therefore identify your location, for example, Gatineau Park; the numbers are manned 24 hours a day, 7 days a week.

There is an emergency radio system inside the park manned 24 hours a day, 7 days a week. Radio phones are located in 7 shelters - Western, Keogan, McKinstry, Lusk Lake, Huron, Lac Phillippe, Herridge. (Not in Shilly Sahlley).

Submitted by: Art Campbell, Ottawa Club

HIKING THE "KICK AND PUSH" RAILROAD

The Kingston and Pembroke Railway was completed in 1884, but not as intended. The section from Renfrew to Pembroke was never built. This ambitious venture was pushed through Canadian Shield for 168 km.

The most famous cargo was the deceased body of Prime Minister Sir John A. Macdonald in June, 1891. Minerals and squared timber were the main focus, although lots of farm produce and people were also carried.

The families who built the K and P, Lavant, Folger, and Flower, live today in the names of hamlets passed on our May 8 hike (Ottawa).

One party of hikers will head north from Lavant Station, exchanging car keys with the second group going south from Flower Station. About three km south of Lavant Station are the open pit workings of Wilbur. At one time, Wilbur had hundreds of people. Today, the site is almost abandoned.

This 15 km hike follows the roadbed of the railway. The track was lifted long ago. On a topographic map, look west of Almonte and south of Calabogie. The route follows the south branch of the Clyde River and the shore of Widow Lake. We will be on the "K and P Trail Conservation Area", managed by the Mississippi Valley Conservation Authority.

We will not be isolated entirely. Besides the communities, stretched far apart, there may be the occasional vehicle of a fisherman or a bicycle.

Services: Poland (assembly point) - The Red Eagle Guest House and General Store; Flower Station - Phone, gas, food; Lavant Station - Phone, gas.

Submitted by: Jim Ronson

END TO END SERIES - THIRD EDITION

This year, the Rideau Trail Association will again offer a series of hikes covering the entire Trail from Kingston to Ottawa. It will be the third time the series has been run; this year's sequence starts in Kingston in May, and ends in Ottawa in October.

All the hikes are co-operative ventures of the Ottawa, Central, and Kingston Clubs; the official leader for

each hike will be appointed by the Club responsible for the area of the Rideau Trail that the hike covers. The other two clubs will generally appoint a co-ordinator who will make the transportation arrangements from the customary rendezvous point of the Club in question. The local arrangements for each hike will be listed in each club's calendar.

It is not necessary to intend to complete the series to take part in any individual hike; rather, each one can be considered a stand-alone hike. The hikes are fairly long and quite strenuous, and should be attempted only by people in good physical condition. Furthermore, the nature of the series necessitates long drives and long car shuttles, so participants should expect a late return.

There are eighteen hikes in all, starting in Kingston in May and ending in Ottawa in October. The Ottawa Club will organize a weekend trip to Kingston on May 14-15 so that participants can do the first two segments without having to make the long drive twice each day. For the hikes in Ottawa, the Kingston Club will reciprocate.

If you have questions about the overall organization of the series, call the hiking/activity co-ordinator for the Rideau Trail Club of your own region. For details about a particular hike, call the leader as listed in the Newsletter.
Submitted by: John Barron

DONATIONS TO THE RIDEAU TRAIL

A Rideau Trail member sent a interesting donation - \$67.00 to cover the postage for 100 mailings of the Newsletter. Would other members like to send a donation for Newsletter postage, or for some other targetted purpose? You will receive an income tax receipt.
Pear Peterkin, Treasurer

WELCOME WAGON

WELCOME WAGON has agreed to distribute Rideau Trail brochures to interested individuals as part of their community service. Do you know of anyone who has a new baby, is getting married, is moving or is planning their retirement? If you do, call WELCOME WAGON with their name and telephone number. WELCOME WAGON has gifts and information, all at no cost or obligation, for them. WELCOME WAGON's number: Ottawa - 236-8115
Kingston - 541-3288

RIDEAU TRAIL OUTINGS KINGSTON CLUB

The meeting place for all our outings is the northwest parking lot at Sears, unless stated otherwise. When a hike is not listed for Wednesday, meet for a walk at 1:30 p.m. Always come prepared with suitable footwear for rugged hiking. If in doubt about your ability to cope with the outing, call the Hike Leader in advance. Bring a lunch, water, and sun and insect protection and respect the Leaders' directions and decisions. Car pooling will be organized, with passengers contributing towards the gas. The Spring hike schedule includes sequential hikes with Ottawa and Central club members. (See the article elsewhere in newsletter for details). Those who wish to obtain their End to End badges have an opportunity to do so each weekend from May 14 to October 2. Any offers of accommodation for out of town members on May 13 & 14 would be most appreciated, and may be made by calling 545-0823. Leaders are reminded to send their attendance lists to Peggy Harding at 301-14 Greenview Drive, Kingston, On. K7M 7T5. Members willing to lead Summer outings are invited to contact Don Taylor at 384-0603 before the end of March.

Sat., Mar 12 Rideau Trail

Hike the Trail from Cataraqui Cemetery to Elginburg Road, 9km. Be prepared for wet areas. Bring a lunch & water and meet at Sears northwest parking lot at 9:30 a.m.

LEADER: Alberta Edgar 549-9662

Sun., Mar. 20 Kingsford Dam Trail

Hike or ski in northern area of Frontenac Park. Bring lunch, water and meet in Sears northwest parking lot at 9:00 a.m.

LEADER: Harry Burgstaller 549-4832

Sat., Mar. 26 Rideau Trail

Hike Bullen Road to Elginburg Road and return. Waterproof footwear is advised. 8.6 km. Bring lunch, water and meet in Sears northwest parking lot at 10:00 a.m.

LEADER: Betty Melver 549-8028

Sat., Mar. 26 Pot Luck Supper

Our annual pot luck supper will be held at the home of Marg Page at 5:00 p.m. Call Dale Ross: Days 549-5253 Evenings 384-2959.

Sun., Apr. 3 Charleston Lake

Hike the rugged but scenic Westside Trail in this Provincial Park. Be prepared for some wet areas. Strong footwear is necessary. One hour plus to the Park and there is a vehicle entrance fee. Hike is 12 km. Bring lunch & water. Meet in Sears northwest parking lot at 9:00 a.m.

LEADER: Johanna Koeslag 388-2446

Sat. Apr. 9 Slide Lake

Hike the Slide Lake Loop, 13.4 km. Map #3. Scenic but rugged terrain, so durable footwear recommended. Bring lunch & water. Meet at Sears northwest parking lot at 9:30 a.m.

LEADER: Al Tattersall 549-4080

Wed. Apr. 13 Gould Lake

Hike along the East side of Gould Lake, Map #2. Bring lunch, water and insect repellent. Meet at Sears northwest parking lot at 10:00 a.m.

LEADER: Alan Nicholls 389-4026

Sun., Apr. 17 Opinicon Loop

Hike from Lindsay Lake to Skycroft, 9.5 km., Maps #3 & 4. Bring lunch, water and insect repellent. Meet at Sears northwest parking lot at 9:00 a.m.

LEADER: Erwin Wendholt 384-7582

Sat., Apr. 23. Kingston Club AGM.

Our Annual General Meeting will be held at the Little Cataraqui Conservation Area Outdoor Centre at 10:00 a.m. Bring a lunch and meet at Sears northwest parking lot at 9:30 a.m. See the notice elsewhere in the newsletter for more details.

Sat., Apr. 30 Trail Maintenance Day

This is the day to do the required maintenance on the various sections of the Trail. Trail Maintainers are requested to report on their sections to Bernie Gates at 389-1835 prior to the scheduled date. Bring lunch, water, & insect repellent and any maintenance implements you have. All assistance in this chore is greatly appreciated. Meet in Sears northwest parking lot at 9:00 a.m.

Sun. May 1 Frontenac Park

Hike the Arkon Lake Trail, 13km. This is rugged terrain, so sturdy footwear is recommended. There is a vehicle entrance fee to the Park. Bring lunch, water and insect repellent. Meet in Sears northwest parking lot at 9:00 a.m.

LEADER: Patricia Lynn 546-3993

Sat., May 7 Rideau Trail

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

LEADER: Betty Melver 549-8028

Wed. May 11 Second Depot Lake

Hike the trails in this Conservation Area. Bring lunch, water and insect repellent. Meet in Sears northwest parking lot at 10:00 a.m.

LEADER: Margaret Page 389-7840

Sat., May 14 End to End Hike #1

This is a combined hike with Ottawa and Central club members. Hike is from Elevator Bay to Van Order Rd., Map #1. 18 km.

Bring lunch, water and insect repellent. Waterproof footwear is recommended. Meet in Sears northwest parking lot at 9:00 a.m.
LEADER: Ed Luce 549-5300

Sun., May 15 End to End Hike # 2

Combined hike with Ottawa and Central Club members. Hike is from Van Order Rd. to Gould Lake parking area, 18.5km., Maps #1&2. Waterproof footwear is recommended. Bring lunch, water and insect repellent. Meet in Sears northwest parking lot at 9:00 a.m.
LEADER: Bob Chadwick 352-1052

Sun., May 22 Rideau Trail.

Hike the Trail in the Foley Mountain Conservation Area to road which overlooks Upper Rideau Lake and return, map # 4, 10 km. of rugged terrain. Bring lunch, water and insect repellent. Meet in Sears northwest parking lot at 9:00 a.m.
LEADER: Sam Huesel 542-2201

Sat., May 28 End to End Hike # 3

Combined hike with Ottawa and Central Club members. Hike is from Gould Lake to Desert Lake Rd., 15 km., Map # 2 Durable footwear is recommended. Bring lunch, water and insect repellent. Meet in Sears northwest parking lot at 9:30 a.m.
KINGSTON ORGANIZER: Bob Tolley 542-9626

Sun., June 5 End To End Hike #4

Combined hike with Ottawa and Central Club members. Hike is from Desert Lake Rd. to Perth Rd., 15 km., Map #3. Bring lunch, water, durable footwear and insect repellent. Meet in Sears northwest parking lot at 9:00 a.m.
KINGSTON ORGANIZER: Murray Henderson 546-9906

Sat., June 11 End to End Hike #5

Combined hike with Ottawa and Central Club members. Hike is from Perth Rd. to north end of Opinicon Loop, 17 km. Maps #3&4. Bring lunch, water and insect repellent. Meet in Sears northwest parking lot at 9:00 a.m.
KINGSTON ORGANIZER: Larry Dyke 389-6692

Wed., June 15 Charleston Lake Provincial Park

Hike two trails on the east side, Sandstone and Centennial, with scenic viewpoints. Durable footwear is recommended. Vehicle fee to the park. Bring lunch, water, insect repellent and swimsuit. Meet in Sears northwest parking lot at 10:00 a.m.
LEADER: Cathy Cutts 542-5414

Sun., June 19 End to End Hike #6

Combined hike with Ottawa and Central club members. Hike is from north end of Opinicon Loop to Westport Lions Club Beach, 18 km. Map #4. Bring lunch, water, insect repellent and swimsuit. Meet in Sears northwest parking lot at 9:00 a.m.
KINGSTON ORGANIZER: Dugald Carmicheal 542-8628

RIDEAU TRAIL OUTINGS CENTRAL CLUB

Our spring outings will be varied due to the changing weather conditions, with most hikes commencing at Conlon Farm which is located on the trail just outside of Perth on County Road 10 (commonly known as Scotch Line). The Location is the third turn off to right off the Westport Road travelling out of Perth. If in doubt call the hotline at 264-8338.

Central Club members are also invited to join Ottawa and Kingston Club members on their End to End series this spring and summer. See the listings in Ottawa or Kingston activities.

Sat., Apr. 9. Foley Mountain

Visit this favourite spot at this time of year to set up signs for the returning birds as well as seeing that the conditions are suitable for spring flowers. In addition we will carry out our annual inspection of the Trail Plaque. At least we will have a clear view of Westport from this vantage point so bring a lunch, water and meet at Conlon Farm at 9:00a.m.

LEADER: John Miller 264-8338

Sun., May 8. Mica Mine

Join us for this very special hike as this is without doubt the most interesting and scenic of hikes on the whole trail. At this time of year there will be an abundance of wild flowers and a wonderful feeling of Spring. Bring a lunch, water and a fly swat to catch or discourage the charming insects. Meet at Conlon Farm at 9:00 a.m.

HOST FOR THE DAY: Don Sherwin 268-2447

Sun., May 29 Moulton Gorge

A fairly long day is planned to travel from Kingsford Dam to Moulton Gorge in Frontenac Park and return via a different route. Bring a lunch, water, swimsuit and meet at Conlon Farm at 9:00 a.m.

CONTACT: John Miller 264-8338

Weekend June 17,18,19 Frontenac Pk. Canoe/Camp

Reservations are available for this popular outing. Bring canoe, camping gear, catering will be on a group basis. Meet at the main Park entrance at 4:00p.m.

TASKMASTER: Don Sherwin 268-2447

Sun., Jun. 26 Purdon Conservation Area

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

CARETAKER: John Miller 264-8338.

RIDEAU TRAIL ASSOCIATION OUTINGS OTTAWA CLUB SPRING ACTIVITIES

The activities described below take place as scheduled regardless of the weather. The **RENDEZVOUS POINT FOR HIKES IS AT THE CORNER OF BOOTH AND ALBERT STREETS IN OTTAWA UNLESS OTHERWISE STATED** at the departure time indicated. Transportation is by pooling of private cars, and passengers are asked to contribute to the driver's gas cost in the amount indicated below (\$3 if not indicated). Hikers should bring a lunch, drinking water, sun and insect protection and should wear appropriate footwear and clothing. Leaders, please give or send sign up sheet to Nanette Whitwam, 3-151 Glen Ave, Ottawa, Ont., K1S 3A1. For more information about a particular event, call the leader listed, or for general information about overall hike schedules for this season, call John Barron at 828-2296.

Wednesday Walkers

Every Wednesday there are hikes in the Gatineau Park. They tend to be quite vigorous and are definitely not for beginners or for persons not in good physical condition. Good footwear is essential, and hikers should bring a lunch and water. The meeting time is 09:30 at the corner of Booth and Albert. Call Dorothy Belter (523-4420) or Nanette Whitwam (730-5417) for more information.

Sat., Mar. 19 Spring Skiing

Easy, destination will depend on snow conditions. If no snow there will be an easy hike. Departs 09:30
LEADERS: Geoff Berry and Margaret Lafrance (731-4832)

Sun., Mar. 20 Spring Skiing in Gatineau Park

Blue and some red trails. Will be modified for snow conditions to be safe and enjoyable for experienced skiers. Departs 09:30.
LEADERS: Inge Gullon (738-0712)
Mary Lefebvre (727-0754).

Sat., Mar 26 Spring Skiing at Kingsmere

Starts at NCC Parking lot 7 shortly after 10:00. Participants may go there directly, or may arrange their own car pool at Booth and Albert at 09:30. Easy.
LEADER: Roslyn Bern (827-3845)

Sat., Apr. 2 Duhamel Quebec

Easy walking or cross country skiing, view the celebrated deer herd. Possible supper stop on the return. Gas \$6. Departs 09:30. LEADER: Nanette Whitwam (730-5417)

Sat., Apr. 9 Embrun to Russell

Easy hiking - follows abandoned rail line. Tea room at the mid point, but bring a lunch too. Gas \$4. Departs 09:30.
LEADER: Kay Methot (443-3941)

Sun., Apr. 10 Sugar Bush

Breakfast at Fulton's Pancake House in Pakenham followed by a walk through the maple groves. Easy, children welcome. Bring money to buy breakfast and/or maple syrup. Gas \$4. Departs 09:30.

LEADERS: John Barron and Jean Gibling (828-2296)

Sat., Apr. 16 Gatineau Park

Long (6-7 hours) hike on trails. Destination will depend on snow conditions and water levels. Departs 09:30.

LEADER: Bill Armstrong (737-3567)

Sun., Apr. 17 Opeongo Rd.

Mount St. Patrick to Balaclava, about 12 km. Visit historic ghost town. Gas \$4. Departs 09:30.

LEADER: David Spector (829-6802)

Sat., Apr. 23 Moonlight walk in Gatineau Park

About 10 km. Bring a flashlight, food, beverage and candles for supper at a ski lodge. Departs 18:30. This event is to celebrate the upcoming marriage of the leaders Ann Bolster (521-6354) and John Jury (729-5134).

Sun., Apr. 24 Curley Lake and Lac Lapeche

Moderately rigorous, partly off trail. Gas \$4. Departs 09:30

LEADER: Patrick Clarkin (729-2737).

Gatineau Park

Short but challenging 1/2 day hike in Gatineau, partly off trail. Departs 13:00

LEADER: Elizabeth Mason (729-6596)

Sat., Apr. 30 Bushwhacking in Gatineau Park

Twin Lakes - Clear Lake - Taylor Lake Rd. Strenuous off trail hiking in rough terrain. Gas \$4. Departs 09:00.

LEADER: Peter Roberts (230-2393)

Plaisance

Easy walking in wildlife reserve during Canada Goose Festival (Small Charge). Impressive waterfall. Gas \$5. Departs 09:30

LEADER: Bob Bennett (749-7440)

Sun., May 1 Lusk Falls to Church Hill

A long (9 hours). Scenic, but demanding hike following a rough trail along the Fardley Escarpment. Gas \$4. Departs 08:30

LEADERS: Lance Bailey (235-1584)

Pearl Peterkin (747-2985)

Marlborough Forest

Easy. Expect wild flowers, but prepare for insects. Departs 09:30
LEADER: John Cameron (236-8591)

Tue., May 3 New Leader Evening

introduction to outdoor trip leadership. Format will be a two hour model hike illustrating common situations by example. All welcome, from people considering leading their first trip to experienced leaders with anecdotes to tell. Meet at Andrew

Hayden Park off Carling (opposite Acres) in Nepean at 19:00.
ORGANIZERS: John Barron (828-2296)
Bill Grant (820-0697)

Sat., May 7 Rideau Trail

Follow the Trail from Rosedale to Gilroy Rd. 12km. Warm up hike for the End to End series. Gas \$4. Departs 09:00
LEADER: Ron Hunt (830-1592)

Urban Hike Grounds of Rideau Hall, around McKay Lake and through Rockcliffe Park. Departs 10:00
LEADER: Marian Dunning (232-8304)

Sun., May 8 Canadian Shield S. of Calabogie

Follows line of the abandoned Kick and Push Railway between Lavant Station and Flower Station. 15 moderate km. Gas \$5. Departs 08:30. See note on P. 4.
LEADERS: Jim & Elfriede Ronson (825-2838)

Bushwhacking in Western Gatineau Park

Expect a strenuous trip in rough terrain. Previous off trail experience recommended. Gas \$4. Departs 09:30
LEADER: Graham Creedy (789-1657).

Tue., May 10 Planning Meeting

For weekend trip to Kingston on May 13-15. 19:30 at McNabb Community Centre, 180 Percy St., Ottawa.

May 13-15 Weekend Trip End to End #1 & 2

Weekend trip to Kingston to participate in End to End hikes # 1 & 2 (see Kingston section for details). Departs Friday evening, returns Sunday night. Stay at Peachtree Inn. Estimated total cost \$120. Planning meeting Tue., May 10. Reservation deposit required. For more info, call John Barron (828-2296)

Sat., May 14 Gatineau Park

Moderate, scenic, on-trail hiking in high country near Kingsmere. Departs 09:00 LEADER: Alec Bissett (828-4363)

Sun., May 15 Flower Walk

Moderate walk lasting a long 1/2 day, to view the finest spring blossoms. Departs 09:30
LEADER: Robina Bennett (829-0958)

Mon., May 23 Victoria Day

Mer Bleue. Short, easy walk in East End Ottawa's famous bog. Departs 09:30. LEADER: Linda Hayes (749-9537)

Sat., May 28 End to End #3

Gould Lake parking area to Desert Lake Rd., 15km. Departs 08:00. Gas \$6
OTTAWA ORGANIZER: Maggie Hunter (692-4903)

Champlain Lookout to the Ramparts

An easy afternoon walk with great views. Departs 12:30.
LEADER: Bev Armstrong (738-0310)

Sun., May 29 Mont Tremblant

Fine trail, great views, but a long drive and a long hard climb. Good fitness required. Supper in Papineauville. Gas \$8. Departs 08:00 LEADER: John Barron (828-2296)

Sat., Jun 4 Gatineau Park

O'Brien's Beach to Herridge Lodge. 20 km of very scenic trail, intermediate level. Departs 09:30.
LEADER: Johanna Ede (731-1541)

Sun., Jun 5 End to End #4

Desert Lake Rd., to Perth Rd. Rough hiking though Frontenac Provincial Park. Gas \$6. Departs 08:00
OTTAWA ORGANIZER: Peter Brebner (729-8178).

Sun., Jun 11 End to End #5

Perth Rd. to North End Opinicon Loop. Long and, in places, rough - a challenge. Gas \$6. Departs 08:00.
OTTAWA ORGANIZER: Ron Maybury (1-489-2255)

Half Day Hike TBA Departs 09:00 to return about 13:00

LEADER: Roger McCullough (731-7596)

Sun., Jun 12 Gatineau Park

Wolf Trail to lookouts: faint trail, some climbing, but not overly strenuous. Good swimming at Blanchet Beach. Departs 09:00 LEADER: Hillary Girt (235-5764)

Cycling Cycling on the eastern Parkway and nearby bike paths. Bring a lunch. Departs 10:00

LEADERS: Barri and Dennis Scully (565-7710).

Sat., Jun 18 Opinicon Loop

A vigorous 16km hike, with a swim at Lindsay Lake. Bring lots of water and sun and insect protection. Gas \$6. Departs 08:00, late return. LEADER: John Haley (225-0590)

Gatineau Park

Moderate Hike on trail in Gatineau Park. Departs 09:30.
LEADER: John Cottee (231-5562).

Sun., Jun 19 End to End #6

North End Opinicon Loop to Westport. Part country roads, part trails. Gas \$6. Departs 08:00.
OTTAWA ORGANIZER: Ken Buckingham (234-5543).

HIKING THE LAVA FIELDS OF HAWAII

(Editor's note: This article gives us a word picture of one of the varied terrains of the world available to ardent hikers.)

For over an hour in late afternoon, we stood in steady rain, spellbound by the bright orange arc of molten lava pouring into the ocean, giving off a great plume of steam. We were on the broken edge of a recent lava flow, Pacific waves thundering at the base of the black lava cliff we stood on. The orange arc, a few feet in diameter and 150 yards away, sometimes glowed brightly through waves splashing over it.

We were on the south coast of the big island of Hawaii in the spring of 1991 and the most recent lava flow here was only a year old. To get to our vantage point with a group of other active Elderhostellers, we left our bus where a 20-foot high lava flow blocked the road and picked our way for two miles over the around pinnacles and slabs of the of the fresh black rock. We stopped where twisted steel columns showed all that remained of a burnt-out former National Park visitor centre. Its foundations were under 15 feet of fresh lava. In another area dense steam came out of cracks in the rock. I had to take off my glasses and pick my way carefully through the warm fog.

Lava had been flowing continuously in this area for two years, minimizing the chance of an explosive eruption, we were told. The great Kilauea volcano was a few miles to the north and the source of the present lava flow was its east rift zone. The molten rock was flowing confined in a "lava tube" which had formed just below the surface of the lava field. Insulated in this way, it maintained its temperature of about 2000 degrees F. over a distance of several miles.

Now thoroughly wet in the continuous rain, we ate soggy sandwiches and still watched the changing form of the lava outflow as it gradually built up an underwater shelf. Although our film was long since used up, we were reluctant to leave, especially as the orange stream glowed even brighter in the fading light.

We finally started on the difficult hike back, using flashlights to avoid slipping on the jagged rocks. Entering the area of dense steam again, we realize with a shock that we were walking right over the active lava tube. The rain running into cracks in the hot rock was being returned as steam. We wondered how far below us the molten stream was flowing, and didn't linger!

Back on the bus and all safe, we knew we would often recall but probably never again experience such a hike.

Experienced and written by: Peck Peckover

ATTENTION LANDOWNERS

The members of the Rideau Trail Association appreciate your generous co-operation in permitting the various club activities to take place on your property. Efforts to thank you on a more personal basis over the years have met with very limited success. We would like to know you better, particularly to improve communications with a view to resolving any problems which might arise. We want you to know that you are most welcome to join us on any scheduled activity, most particularly in events taking place on your land.

KINGSTON TRAIL MAINTAINERS

Bernie Gates (389-1835) needs the support of all trail maintainers to organize a worthwhile Maintenance Day. Timely submission of your reports (by April 15th) is essential and your active participation on Maintenance Day is important so that Bernie has knowledgeable leaders to supervise work parties. Let's all give Bernie a hand to get the trail in shape for the coming season.

TRAIL CLOSURE NOTICE

Please note: All sections of the Rideau Trail will be closed Tuesday March 22, 1994.

ADDITION TO B & B LISTS

Newboro house Bed & Breakfast
31 Drummond Street
Newboro, Ontario, K0G 1P0, Canada

In addition to accommodations and full breakfasts we provide box lunches for our guests. Accommodation is also available for mini-conferences. Call (613) 272-3181 for further information.

THE OCCUPIERS' LIABILITY ACT

From "Protecting and Enjoying our Land" produced by the Ministry of the Attorney General.

... 3. IF YOU ARE A NON-PAYING, BUT PERMITTED RECREATIONAL ENTRANT ON MOST RURAL LAND...

Any non-paying entrants, including children, are responsible for their own safety when they enter rural premises for permitted recreational purposes. Rural premises include cultivated fields, orchards, pastures, woodlots and farm ponds.

Non-paying entrants are also responsible for their own safety when they enter road allowances, reasonably marked private roads and recreational trails.

The law reflects the self-reliance of most people who enjoy sports and recreation in our countryside. You accept and respect the environment as you find it. For complete copies of the Occupiers' Liability Act and the Trespass to Property Act, please telephone or write to:

The Ontario Government Bookstore
880 Bay Street, 1st Floor
Toronto, Ontario
M7A 1N8 (416) 326-5300

Additional copies of the booklet quoted from:
Communications Branch
The Ministry of the Attorney General
720 Bay Street, 3rd Floor
Toronto, Ontario
M5G 2K1 (416) 326-2200

ACCOMMODATION IN MURPHY'S POINT PROVINCIAL PARK UPDATE ON FALL '93 NEWSLETTER INFORMATION

In clarification of the superintendent's offer reported in the fall newsletter, Jim Ives advises that park buildings are **not** available to individual hikers. However, hikers are welcome to stay at registered campsites during the normal season (second Friday in May to Thanksgiving). During closed seasons Rideau Trail hikers are responsible for "low impact camping" in the park, i.e. pack in own water and firewood and pack out own garbage. Normal courtesies respecting groomed cross-country ski trails are expected.

Nevertheless special overnight group accommodations

may still be possible by prior arrangement with Jim Ives (613) 267-5060.

Rideau Trail hikers are also reminded that cars parked within the park's boundaries must display a valid day use, or camping permit, or season pass. This includes parking at two trail access points on Cottage Road. Rideau Trail members on trail maintenance duties are to contact the park office for a pass for the day and to inform staff of your activities.

OTTAWA RIDEAU TRAIL CLUB ANNUAL GENERAL MEETING

Friday, April 8, 1994
7:00 p.m.
Glebe-St. James United Church
650 Lyon Street South

Program

7:00 p.m. Coffee & Tea
7:30 p.m. Business Meeting
9:00 p.m. Slide Presentation
"Hiking the West Coast Trail"

KINGSTON RIDEAU TRAIL CLUB ANNUAL GENERAL MEETING

Saturday, April 23, 1994
10:00 a.m.
Little Cataraqui Conservation Area
For transportation meet at Sears NW
parking lot at 9:30 a.m.

Program

10:00 a.m. Coffee & Tea
10:30 a.m. Business Meeting
12:30 Brown Bag Lunch
1:30 Hike

MEMBERSHIP RENEWALS

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

FRONTENAC PARK

"Granite, juniper, bogs and lakes -- Frontenac Park has all the elements of the Canadian Shield, and I love it," says Pearl Peterkin, "and best of all it's easy to go to -- only one and three-quarter hours from Ottawa." Pearl hikes, backpacks and canoes and particularly likes the quietness: "you can really get away from the internal combustion engine in the park, as cars and motor boats are banned."

Frontenac Provincial Park lies about 30 kilometres north of Kingston and is a natural environment park almost 70 square kilometres in area. Apart from one short road from the Trail Centre to Big Salmon Lake, you can only enjoy the park by foot, canoe or, in winter, on skis, but there is an excellent network of hiking trails and portages linking the numerous lakes. A 30-kilometre section of the Rideau Trail passes through the southern area, and the park is a favourite haunt for members of all three clubs.

"It's the wildest area near to us," says Don Sherwin, a geologist, "and very accessible to Central Club members. "Geologically the park lies along the Frontenac Axis, a southern spur of the Central Canadian Shield which forms a link to the Adirondacks. This makes its geomorphology unique for this area. The flow of the land is from North-East to South-West, which you can see clearly on an aerial photo, or a topographical map."

About a billion years ago, an ancient sea covered the region and sediments deposited in it formed the original rocks. Later on an igneous intrusion pushed the rocks up into mountains, causing metamorphosis along the edges. The mountains have long been eroded, but you can still see the folded rock formations, and their influence on the soil and vegetation. The igneous intrusion, a coarse-grained rock called diorite, is found mainly in the southern part of the park between Big Salmon Lake and Buck Lake, together with linear ridges of granite and gneiss.

A good place to experience this geological formation is the West side of the Slide Lake Loop. Try it on a hot August afternoon for best effect. You will scramble, panting and sweating, up a seemingly endless series of bare rocky outcrops, pausing at the top of each one to enjoy the view and allow your racing heart to slow down a bit before you plunge down into the next valley. A few trees here give a momentary cool respite from the burning sun before the trail heads vertically up again to the next ridge.

The northern part of the park has a much gentler terrain, and is composed of folded marbles and gneisses. These have weathered to form a thicker soil which supports more vegetation. "The scenery is nicer in this part of the park, which we enter from the Kingsford Dam," says Don.

What can be more delightful than hiking these undulating trails on a sunny spring day -- before mosquito season? The maples and beeches cast a dappled light on carpets of sparkling white and red trillium, and patches of flowers such as Dutchman's Britches, Trout Lily and Wild Garlic. Glimpses of Devil Lake can be seen through the trees. "The wildflowers are similar to those found in other parts of Eastern Ontario," says Robina Bennett, Ottawa Club member and wildflower enthusiast, "but they are often found in greater profusion in the park. I particularly remember seeing a whole cliff covered with columbine -- marvellous."

Although its main focus is the natural environment, signs of human activity can be found throughout the park. Like all of Southern Ontario, the forests were extensively cut for logging, starting here in 1829 with the opening of a sawmill at Bedford Mills. There was a boom in the 1840s, when there was a big market for lumber in the USA, and logging helped the farmers earn some cash to supplement the living they received from the picturesque but desperately poor land.

By the early part of the twentieth century, the park was logged out, and mining took its place a source of cash income. There were several small mica mines in the park, and the last one did not close until 1946. However, farmers were never able to make a good living on the Canadian Shield and one by one all the farmsteads were abandoned. Don points out the "you can still see signs of early farming and mining -- abandoned farm implements and shallow mine pits -- and finding these signs along the trail makes a hike much more interesting."

Canoeing in the park is another pleasure. "The Central Club had a canoe trip round the summer of 1992 and we thoroughly enjoyed it," says Don. "The trip took us two days which is perfect for a weekend."

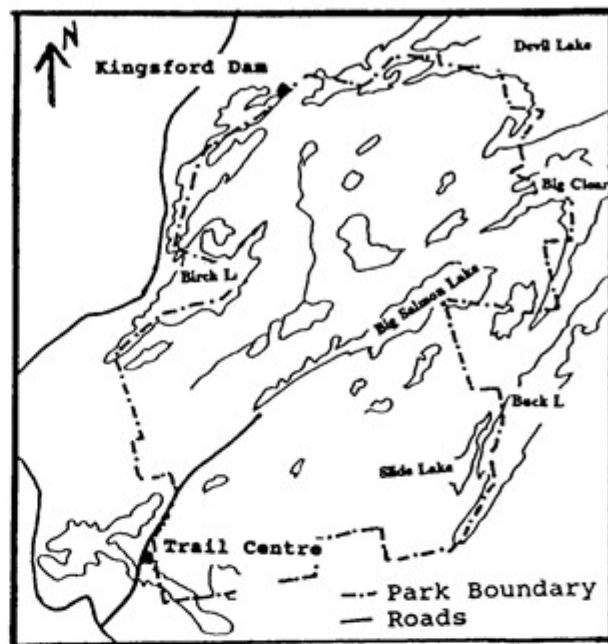
Whether you visit the park in spring or summer, and whether you hike or canoe, you will enjoy this uncrowded, accessible and very interesting wilderness area.

Frontenac Park

If you go: To reach the park's main entrance and the interpretive centre at Otter Lake, follow the signs from County Road 19 north of Sydenham. You can also reach the park from the northern end via Kingsford Dam, but you must have a valid park permit. For further information call the park at (613) 376-3489.



Canoeing in Frontenac Pk. - Richard Wickman.



Ottawa Phone Number: 613-567-2229

Kingston Phone Number: 613-545-0823

Membership year, April 1st to March 31st

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

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

() Annual Family Membership	\$20.00
Patron(lifemembership)	300.00*
() Guidebook - Members	15.00
Non-members	20.00
(plus \$2.00 postage & handling)	
() Car Sticker (FREE to members)	1.00
() Crest	2.00
() Enamelled pin	3.00
() Rideau Trail Wall Map (\$4.00 Post,etc included)	10.00
() Donation to RTA	_____*
() Donation to the Corridor Fund	_____*
Prices subject to change	
TOTAL	_____

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

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