



The Rideau Trail NEWSLETTER

FALL 1994

ISSUE No. 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. John would like the material to be typed or printed legibly, if possible, as he has scanner and text recognition software. These are to be sent to the following person by:

November 1, 1994.

R. John Haley 433 Viewmount Dr., Nepean, Ontario, K2E 7P1 Phone (613) 225-0590

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 1993 - 1994.

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Photo Credits

Front cover: The start of the End to End hikes at the plaque at Elevator Bay, Kingston. Courtesy: John Barron

Back Cover: Hiking the Arkon Lake Trail in Frontenac Park. It is a shame that this is not in colour because it shows the fall colours waiting for those who would accept the Frontenac Challenge. Courtesy: Jean Thompson

Thanks!

Thanks should be extended to the committee, which planned the end to end hikes, for a job well done: Nanette Whitwam, Bill Grant, John Barron, Don Taylor and Jean Thompson.

Cultural Landscapes of the Rideau Corridor

Exerpts from a letter written to the Rideau Canal Office (June 15 / 94) by Helen Henrikson.

In response to your invitation for input to the Cultural Landscapes of the Rideau Corridor I am making this submission on behalf of the Rideau Trail Association, Kingston Branch. We are fully in support of the joint study of the heritage of the Rideau Corridor and its subsequent implementation. We are requesting that the Rideau Trails be included as a cultural heritage feature in your study and proposal.(Bit of Trail History)....

We are also concerned that the natural heritage be preserved by clear procedures and legislation to prevent alterations of the shoreline and adjacent water. These should show municipalities, developers and individuals that this is under federal jurisdiction and that, if changes are made without its approval, the area will have to be restored. We trust that the Rideau Trail meets your definition of a cultural landscape and will be included in your study. (For further information call Helen 544-0465)

1994 END TO END SERIES

Christine Banfill

The photograph shows the impressive group that started the cooperative end to end hike series with a two day weekend in May, at the start of the trail, Elevator Bay Kingston. As one of the participants so far (we have reached #10), I have really enjoyed the opportunity to hike the complete trail in one year, and enjoyed the company, too.

Conditions so far have been good. The trail is dryer this year than it is sometimes although there are some notoriously wet patches still to come. The weather has also cooperated, reserving the hottest days for the middle of the week.

We may have the record holder for the youngest end to ender as a result of the series--I hope so. We have a number of youngsters participating: Sarah and Anya Brebner, and 4 boys from Kingston. Participants have been coming out in record numbers (the record is 75 people on one hike), making logistics of car shuffles and counting noses impressively difficult. The leaders have handled this with patience and responsibility. I don't think we have lost anyone yet. The number of hikers is getting smaller now, perhaps because it is summer, or because we are reaching stretches of the trail more people have done.

What is for me the Rideau Trail car rally, hike and dining out event is really going very well, and my thanks to those who have volunteered to make it possible for the rest of us.

Christopher Coyle

Hi! My name is Christopher Coyle. I'm 11 years old. This year my Father and I decided to hike the End to End with the Rideau Trail. The Rideau Trail is a trail from Kingston to Ottawa. The hike is 294.6 km. long. The End to End is hiked in sections from around 15 to 20 Kilometres each. All of the End to End hikes are on Saturday and Sunday. On hike number 10 we hiked from McLaren Lake to Last Duel park in Perth. During that hike we built a bridge across a stream with two logs. I was the first person to cross. When I was crossing I fell in the water. Then Al Tattersall crossed right behind me. He fell in also. For some reason the rest of the group decided to find an easier place to cross. That was the WICKEDEST hike so far.

THE FRONTENAC CHALLENGE

Now that one challenge has been completed another looms before us: The Frontenac Challenge.

From September 1 - October 31 the Friends of Frontenac are challenging hikers to hike all the park trails. Are you and your hiking boots ready for the Frontenac Challenge? The Frontenac Challenge involves hiking all 160 km. of the park trail network between September 1 and October 31. To meet the challenge you pick up your registration form at the Trail Centre and set out to hike through the autumn splendor in Frontenac Provincial Park.

Participants will receive a commemorative certificate at an awards banquet in November. Those who complete the entire challenge will be acknowledged on a honorary plaque in the Trail Centre.

Come out and challenge Frontenac Park at its autumn best.

Editor's note: The Kingston Club has arranged 5 activities in this time period to take place in the Park. Perhaps some hikers will accept the challenge to complete the rest on their own. Unfortunately one overlaps with the end to end hike #18. and a 6th hike is in early November.

You may also like to go back and read the article written by Hilary Girt (Her name was inadvertently left off the article at the time for which we are sorry) in the spring newsletter.

FIRST AID / CPR COURSE.

**Saturday & Sunday
November 19 - 20, 1994**

Cost : \$40.00 per person
Location: Ottawa General Hospital
Certification: St John Ambulance / Heart & Stroke

Space is limited, contact Sandy Benoit at 568-3154 by **November 12** for information and reservation.

IN MEMORIAL

Robert Ferguson Legget C.C. 1904 - 1994

By Linda Hayes

Dr. Robert F. Legget, noted Canadian engineer, geologist and historian, died in Ottawa, April 17, 1994, at the age of 89. Few people make an impact on their profession and personal relationships as deep and lasting as that of Robert Ferguson Legget. He was an outstanding practitioner and teacher of engineering, a dedicated servant of the public and enthusiastic author and historian. He was a long time member of the Rideau Trail Association and contributed the chapter on The History of the Rideau Trail Area to the first Rideau Trail Guidebook.

In 1947 Robert Legget was invited by the National Research Council to form and direct a Division of Building Research. Legget ensured that special attention was given to problems of construction in cold weather, particularly in the Canadian North. By the time he retired in 1969, the Division had a skilled staff and major facilities for testing and research.

Robert Legget was an avid reader, a keen observer and an accomplished writer. He contributed regularly to technical and other publications on topics of interest to the engineer and others. Many of these were based on serendipitous discoveries in old records and journals. This respect for the past is reflected in his books on railways and canals of Canada, and especially his study of the Rideau Waterway.

Robert Legget was the author of twelve books and the editor of several more. He had just submitted for publication, the manuscript of his thirteenth book, this one giving the history of development on the Mackenzie River, another of his long term interests. He wrote many papers, lectured widely and was presented with twelve honorary degrees and fifteen special awards from professional and learned societies. Among the awards he cherished most were his appointment as officer in the Order of Canada in 1967, elevation to a Companion in the Order (C.C.) in 1989, and as Honorary Fellow of the Royal Society of Edinburgh in 1983.

ACCOUNTS REVIEWER

The Rideau Trail Association is looking for a person to review the accounts of the Association. Anyone interested or anyone who knows someone who might be interested please contact Ron Maybury 489-2255.

ANNUAL GENERAL MEETING RIDEAU TRAIL ASSOCIATION

The Annual General Meeting of the Rideau Trail Association will be held on:

Saturday, September 24, 1994.

at

The Smiths Falls Curling Club

Old Slys Road

(beside the Heritage House Museum)

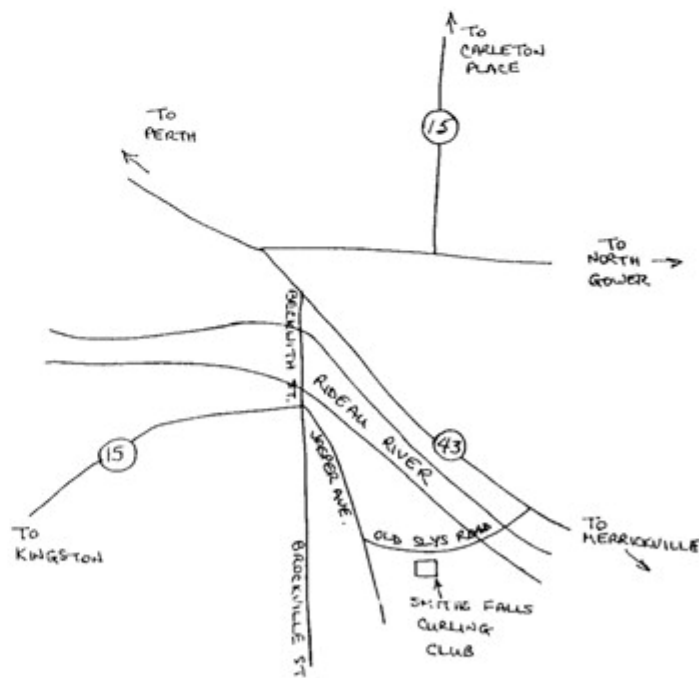
AGENDA:

10:00a.m.	Refreshments
10:30a.m.	Business
12:00p.m.	Lunch (bring your own)
1:00p.m.	Afternoon Activities
5:30p.m.	Dinner

Dinner is by reservation only and will cost \$10.50. A hot turkey dinner will be served. Reservations are required by September 11.

To reserve dinner call:

Kingston - Dale Ross - 549-5253 (days) 384-2959 (evenings)
Perth - John Miller - 264-8338
Ottawa - Caroline Whaley - 726 - 0237



RIDEAU TRAIL ASSOCIATION OTTAWA CLUB ACTIVITIES FALL

The activities described below take place as scheduled regardless of the weather. The **RENDEZVOUS POINT FOR THE HIKES IS AT THE CORNER OF BOOTH AND ALBERT STREETS IN OTTAWA UNLESS OTHERWISE STATED.** at the departure time indicated. Transportation is by pooling 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. Warm clothing and rain wear are required for all hikes at this time of the year. Leaders, please give or send sign up sheets to Nanette Whitwam, 3 - 151 Glen Ave., Ottawa, Ontario, K1S 3A1

For more information about a particular event, call the leader at the number listed below. If you have trouble reaching a leader, or for general information about the overall hike schedule 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.

Saturday, September 17 Merrickville

A nostalgic trip to a one-time Merrickville bakery. 12 km loop hike, easy. Gas \$4. Starts about 10:45 at the Blockhouse in Merrickville; participants are encouraged to organize their own car pools at Booth and Albert at 09:30. For how to get to Merrickville, or other questions, call the leader or John Barron 828-2296

LEADER: Peter de Lepper 1-269-4700

Sunday, September 18 End to End #16

Franktown Rd. and Conley Rd., near Richmond to Fallowfield Rd. Gas \$3. Departs 09:30.

LEADER: Margaret LaFrance 731-4832

Saturday, September 24 RTA AGM

RTA Annual General Meeting (Details elsewhere in Newsletter). Car pool will be arranged at Booth and Albert at 09:00. For more information call Caroline Whaley 726-0237.

Sunday, September 25 Lusk Caves

Lac Philippe to Lusk Lake, side trip to Lusk Caves. Easy walking, medium length. Gas \$4. Departs 09:30. LEADER: Bev Armstrong 738-0310

Bushwhacking somewhere in Gatineau Park. Long pants and sleeves recommended, be prepared for plenty of exertion and a long day. Gas \$4. Departs 09:30 LEADER: Graham Creedy 789-1657.

Saturday, October 1 End to End #17

Fallowfield Road to Baseline Rd. (Bell High School) Gas \$3 Departs 09:30.

LEADER: Marian Dunning 232-8304.

Lac la Blanch

7-10 km. of easy hiking on well groomed trails at an educational centre of Quebec Forestry Department. Gas \$4. Departs 10:00

LEADER: Dave Davis 281-5137

Sunday, October 2 End to End #18

Baseline Rd. (Bell High School) to Richmond Landing. Easy - follows Ottawa River Bike Path. Gas \$2. Departs 09:30

LEADER: David Spector 829-6802

Upper Canada Bird Sanctuary near Morrisburg.

Easy walking. Gas \$5. Departs 09:30

LEADER: David Spector 829-6802

Saturday, October 8 - Monday October 10

Backpacking in Frontenac Park. Excellent trails and scenery. Leaves Saturday AM. Numbers limited; call the leader before September 24 to register and for more information.

LEADER: Dave Farrington 226-1244

Sunday, October 9 Gatineau Park

Vigorous bushwhacking. Experience and good conditioning required, Departs 09:30.

LEADER: Don Mitchell 749 9537

Saturday, October 15 N. Frontenac Park.

Vigorous hike of 18km, not suitable for beginners. Gas \$6. Departs 08:00.

LEADER: John Haley 225-0590

Gatineau Park Easy 1/2 day hike. Bring a snack. Departs 12:30.

LEADERS: Barri and Dennis Scully 565-7710

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Sunday, October 16 Mainenance Day

Join a work party for a day of trail maintenance. There might be a short hike in conjunction. Gas to depend on location. Departs 09:00.

ORGANIZER: Peter Andrews 728-3016

Wednesday, October 19 Moonlight Hike

Short walk and supper at the Schoolhouse. Bring a food contribution. Meet at Booth and Albert at 18:00

LEADER: Erl Cassells 820-8157

Saturday, October 22 Slide Lake Loop
(Frontenac Park) Challenging 15 km on-trail hike; rocky terrain, many short, steep sections. Experience is recommended. Gas \$6. Departs 08:00
LEADER: Sandy Benoit 568-3154

Gatineau Park Easy 1/2 day hike. Departs 09:00, returns 13:00
LEADER: Roger McCullough 731-7596

Sunday, October 23 Gatineau Park
Full day's loop hike on trails, about 15km. Not too difficult. Lunch at a ski hut. Departs 09:30.
LEADER: Alec Bissett 828-4363

Saturday, October 29 Central Gatineau Park
Full day hiking on good trails, interesting route with several possible scenic high points. Departs 09:30
LEADER: Ann Bolster 521-6354

Sunday, October 30 Hay Knob & Finger L.
Gatineau Park. Part trail, part easy bushwhacking. Somewhat challenging, but not arduous. Gas \$4. Departs 09:00
LEADER: Pat Clarkin 729-2737

Hull to Gatineau Park
Easy, scenic route close to town. Departs 09:30
LEADERS: Christine Banfill & Andrew MacDonald 235-8569

Saturday, November 5 Gatineau Park
Medium length (12km) on trails. Lunch at a ski hut. Departs 09:30. If you cannot reach the leader call John Barron 828-2296
LEADER: Barbara Krieger 235-0604

Sunday, November 6 Raisin River Valley
Historic walking tour of Williamstown. Pub at end. Gas \$5 Departs 09:00
LEADER: David Spector 829-6802

Gatineau Park. Vigorous hike on-trail, appropriate for experienced hikers. Departs 09:30.
LEADER: Dorothy Belter 523-4420

Friday, November 11 Remembrance Day
Gatineau Park. Bushwhacking on a high ridge between Taylor lake and Lac Philippe. Steep climbs and descents, boots and experience required. Gas \$4. Departs 09:30
LEADER: John Barron 828-2296

Saturday, November 12 Gatineau Park
Medium length on-trail. Departs 09:30
LEADER: Bill Armstrong 737-3567

Pine Rd. to Herridge Lodge. Short easy hike to a Gatineau Park ski lodge. Depart 09:30
LEADER: Kay Methot 443-3941.

Sunday, November 13 K & P Railway
Kingston and Pembroke Railway line. Easy 15 km walk between Lavant Station and Mississippi Station (South of last spring's trip on the K & P). Gas \$5 Departs 08:30
LEADERS: Jim & Elfriede Ronson 835-2838

Weekend November 19-20 First Aid Course
Given by the St., John Ambulance especially for the Rideau Trail Association. Location Ottawa General Hospital. Cost \$40. Contact Sandy Benoit by November 12 for information and reservation.
ORGANIZERS: Peter Brebner
Sandy Benoit 568-3154

Saturday, November 19 Gatineau Park
O'Brien's Beach to Herridge Lodge. A full day of varied, on-trail hiking in Gatineau Park. Departs 09:30
LEADER: Johanna Ede 731-1541

Saturday, November 20 Triangle
Ben Lake - Lac Lapech triangle. A full day of hiking on old logging trails, including some moderately strenuous bushwhacking. Gas \$4 Departs 09:00
LEADER: Peter Roberts 230 2393

Saturday, November 26 Rideau Trail
Details to depend on weather and ground conditions. Departs 08:30
LEADER: Nanette Whitwam 730-5417

Sunday, November 27 Brunch & Short Hike
Brunch followed by a short hike. Call the leader by November 20 for reservations and more information.
LEADER: Caroline Whaley 726-0237

Sunday, December 4 Dim Sum
Dim Sum at the Fuliwa, followed by a short urban walk. Cost about \$15. Departs 10:00.
LEADER: John Barron 828-2296

ANOTHER END TO END NOTE

Helga Wennerstrand

My most memorable moment on the end to end hikes was of a marshy area. Purple Loosetrife is not the most popular plant, but it does make the marsh wetlands look so beautiful. That day the bull rushes were also very lush. Rotting logs added interest and beauty to the lovely scene.

RIDEAU TRAIL KINGSTON CLUB FALL ACTIVITIES

The meeting place for all our outings is in the northwest corner of Sears parking lot, unless stated otherwise. When a hike is not listed on Wednesday, meet for a walk at 1:30 p.m. Always come prepared for rugged hiking. Strong footwear and rain gear are a necessity for a day's hiking. When there is enough snow, cross-country skiers should appear with their skis. If in doubt about your ability to cope with the outing, call the leader in advance. Bring a lunch, water and extra clothing. Car pooling organized, with passengers contributing towards the gas, the dollar rate to match the map # Where park fees are applicable \$1 is added to the gas. **LEADERS ARE REMINDED TO SEND THEIR ATTENDANCE LISTS TO PEGGY HARDING, 301-14 GREENVIEW DRIVE, KINGSTON, ON., K7M 7T5.**

September 14 - 16 B&B at Pakenham

Limited to 12 people, \$50.00 deposit. Phone Cathy or Donald Cutts at 542-5414. See details P.9.

Wednesday, September 14 Foley Mountain

Hike the trails in this Conservation Area, Map 2. Wear sturdy footwear. Bring lunch, water and meet in Sears northwest parking lot at 09:00. Gas \$4.
LEADER: Shirley Conkie 544-2832

(Please note the following change)

Saturday, September 17 Rideau Trail

Beveridge Locks to Last Duel Park, Perth, Maps 6 & 7. 16 km. Bring lunch, water and meet in Sears northwest parking lot at 08:30. Gas \$6
LEADER: Hugh Pratt 353-6631

Sunday, September 18 End to End hike #16

Franktown Road and Conley Road, near Richmond, to Fallowfield Road. Maps 10 & 11. Meet at 08:00. Gas \$10
KINGSTON ORGANIZER: Betty Melver 549-8028
OTTAWA LEADER: Margaret LaFrance 731-4832

Friday, September 23 New Members Night

All new members are invited to attend an information evening at 07:00 at St. Lawrence Place, 181 Ontario Street, East (Corner of Johnson) See P.11
CONTACT: Dale Ross 549-5253 or 384-2959

Saturday, September 24 Association AGM

See the notice elsewhere in the Newsletter P. 4

Saturday, October 1 Little Cat. Conservation Area
Little Cat. Conservation Area celebrates Hike Ontario Day a day early. Bring a lunch & water. Meet at Sears northwest parking lot at 10:00. Gas \$1

LEADER: Cathy Cutts 542-5414

October 1-2 End to Enders Ottawa Week-end

Limited reservations at Travelodge in Ottawa. Two nights lodging at \$60.00 per night (including tax). Register by calling R.T.A. - Kingston 545-0823. Box lunches are available nearby. Meet **Friday, Sept. 30 at 05:30.** Sears N. W. Parking lot.

Saturday, October 1 End to End Hike #17

Fallowfield Road to Baseline Road (Bell High School). Meet the Ottawa group at the corner of Booth and Albert Streets at 09:30.
KINGSTON ORGANIZER: Dale Ross 549-5253 am
OTTAWA LEADER: Marian Dunning 232-8304

Sunday, October 2 End to End Hike # 18

(Hike Ontario Day) Baseline Road (Bell High School) to Richmond Landing. Easy walk as it follows Ottawa River Bike Path. Meet the Ottawa group at 09:30.
KINGSTON ORGANIZER: Dale Ross 384-2959 pm
OTTAWA LEADER: Jean Sunter 828-6077

Sunday, October 2 Frontenac Park

(Hike Ontario Day.) Arkon and Salmon Lake areas. Rugged terrain, wear sturdy footwear. Vehicle charge. Bring a lunch & water and meet at Sears northwest parking lot at 10:00. Gas \$4
LEADER: Alan Nicholls 389-4026

Saturday, October 8 Slide Lake Loop

Scenic Frontenac Park but rugged terrain, wear sturdy footwear. Map 3, 11km. Vehicle entrance charge. Bring lunch & water and meet at Sears northwest parking lot at 10:00. Gas \$4
LEADERS: Klaus & Helga Stegeman 542-5375

Monday, October 10 Thanksgiving Day

Climb to the Summit of Dunder Rock for a spectacular view. Short but rugged. Wear sturdy footwear. Bring lunch & water and meet in Sears Northwest parking lot at 10:00. Gas \$3
LEADER: Peck Peckover 544-9190

Wednesday, October 12 Napanee Valley

Drive and walk this area, seeing and visiting old mills and other places of interest. Bring lunch & water and meet at Sears northwest parking lot at 10:00. Gas \$3
LEADER: Cathy Cutts 542-5414

Saturday, October 15 Frontenac Park

Arkon Lake (East) to Birch Lake. Wear sturdy footwear. Vehicle entrance charge. Bring lunch & water and meet in Sears northwest parking lot at 09:00. Gas \$4
LEADER: Jim Blain 359-6282.

Saturday, October 15 Safety Clinic

The clinic will be conducted by Betty Melver and Ray Forrester. Location: District Health Council Office, 544 Princess St., corner of Alfred, 09:00 to 12:00. Parking at the rear
CONTACT: Dale Ross 549-5253 or 384-2959

Sat. & Sun., October 22 & 23

Backpacking Weekend

Camping and hiking in Frontenac Park. Bring overnight camping requirements. Park fees are applicable. Call the leader if you plan to participate. Meet in Sears northwest parking lot at 09:00.

LEADERS: Dale & Orla Myrfield 389-4407

Saturday, October 22 Maintenance Day

Let's all get out to help Bernie keep our Trail in super shape. If you have your own equipment, bring it along. This is a very important day, and member participation is needed and appreciated. Section managers are reminded to send their reports to Bernie to facilitate planning the day. Bring lunch & water and meet in Sears northwest parking lot at 09:00.

MAINTENANCE COORDINATOR:

Bernie Gates, RR#3 Bath, On., K0H 1G0. 389-1835

Sunday, October 30 Frontenac Park

Arab Lake parking lot to Mink Lake lookout hill and return, approximately 16 km. Bring lunch & water. Meet in Sears northwest parking lot at 09:00. Gas \$4

LEADER: Murray Henderson 546-9906

Saturday, November 5 Gould Lake

Hike along the Tom Dixon and Mica Trail. Bring Lunch & water and meet in Sears northwest parking lot at 10:00. Gas \$2

LEADERS: Caroline & Jim Gartenburg 542-8942

Wednesday, November 9 Rideau Trail

Elginburg Road to Railton Road, approx. 11 km. Bring lunch & water. Meet in Sears northwest parking lot at 10:00. Gas \$1

LEADER: Bob Good 544-2205

Sunday, November 13 Gould Lake

Desert Lake Road to Gould Lake Barn and back 13 km. Wear sturdy footwear. Bring lunch & water and meet in Sears northwest parking lot at 09:00. Gas \$2

LEADER: Stan Douglas 389-2563

Saturday, November 19 Frontenac Park

Hike the north end area in the park. Vehicle entrance charge. Wear sturdy footwear. Bring lunch & water. Meet in Sears northwest parking lot at 09:00. Gas \$4

LEADER: Allan Tattersall 549-4080

Sunday, November 27 Rideau Trail

Westport Lions Club Beach to Bedford Mills, 13km., Map 4. Bring lunch & water and meet in Sears northwest parking lot at 09:30. Gas \$4

LEADER: Betty Melver 549-8028

Saturday, December 3 Opinicon Loop

Hike / ski in the Skycroft area Map 3. Bring lunch & water and meet in Sears northwest parking lot at 09:00. Gas \$3

LEADER: Dugald Carmicheal 542-8528

Saturday, December 10, Dessert Party

Bring your favourite dessert. Landmark Condo, 165 Ontario Street. Time 19:00. Buzz Peckover.

FOR INFO: Pat Hardy 548-1268 or Peck Peckover 544-9190.

Sunday, December 11, Charleston Lake

Hike / ski the Westside Trail, 12km. Entrance charge. Bring lunch & water. Meet in Sears northwest parking lot at 09:00.

Gas \$5 LEADER: David Pratt 545-9138

Wednesday, December 14 Rideau Trail

Hike / ski between Billy Greene Road and Massasauga Road. Bring lunch & water. Meet in Sears northwest parking lot at 10:00. Gas \$3 LEADER: Peck Peckover 544-9190

Saturday, December 17 Rideau Trail

Hike / ski Elginburg to Orser Road area. Bring lunch & water and meet in Sears northwest parking lot at 09:30. Gas \$1

LEADER: Rick Biese 389-1333

R.T.A. CENTRAL CLUB OUTINGS

For outings information please phone the person named as the contact person or leave a message on the cold/hot line 264-8338. For end to end hikes see Ottawa or Kingston.

Saturday, September 17 Stump Lake

Join us for this canoe/hike experience at Wanda's. Pot luck supper following. Bring canoe or phone well in advance to see if space is available, also bring lunch and a contribution to pot luck supper together with your favourite beverage. Meet at Conlon Farm at 09:00.

HOSTS POUR LE JOUR: Wanda and Bob Pelletier 278-2157

Sunday, October 2 Ragged Chutes

Hike Ragged Chutes too Kings Dam. the scenery on this hike is magnificent so bring a camera, lunch and footwear with firm gripping soles. There is some bushwhacking but the underlying scenery is well worth the while. Meet at Conlon Farm at 09:00.

TRACKER: John Miller 264-8338

Sunday, October 23 Frontenac Pk. Kingsford Dam

A good fall hike though the northern trails of Frontenac Park. Bring a lunch and swimming costume - as this will be your last chance. Meet at Conlon Farm at 09:00.

TRAIL BOSS: Don Sherwin 268-2447

Sunday, November 13 K&P Trail From Flower Station to Barryvale.

Flat but very scenic hike on the old rail bed of the Kick and Push railway line. Bring a lunch and meet at Conlon Farm at 09:00

CHIEF ENGINEER: Wanda Pelletier 278-2157

Sunday, December 4 Murphy's Point Provincial Pk

Back to our base camp for the late fall and winter. Bring a lunch and meet at Conlon Farm at 09:00

HOMING BIRD: John Miller 264-8338

KINGSTON CLUB WINTER SKI WEEKEND

Peck Peckover

The Kingston Club had a most successful ski weekend last winter in the Ottawa-Gatineau Park area. A follow-up is planned this winter - same ski trails, same lodging, same excellent meals! Once again, ski arrangements will be made by Arne Henrikson and other details by Peck Peckover with Lynn Nolan capably assisting. Details are:

Time and travel: Leave Friday, 17 February at 09:30, return Sunday evening, 19 February, in washroom equipped bus.

Accommodation: Travelodge Hotel in downtown Ottawa with generous rooms, restaurant and lounge, whirlpool and exercise room, all within walking distance from skating (and Winterlude!) on the Rideau Canal. Rooms are for two or more persons with two queen-size beds.

Skiing: 200 km of crosscountry trails, mostly groomed and track set, in Gatineau Park. Our bus will provide transportation.

Cost: \$175 per person for two nights' lodging, two breakfasts, three dinners and all transportation, taxes and gratuities. Trail passes and lunches are extra.

Payment: Deposit of \$50 is required by 30 September with balance of \$125 due by 10 January. The latter may be sent by postdated check at the same time as the deposit. Checks should be made out to F.L. Peckover, in trust and sent to 904 - 165 Ontario Street, Kingston, Ontario K7L 2Y6. Please indicate any special requirements such as vegetarian meals, or more than two people wishing to share a room. Payments are fully refundable if a substitute is available.

For further information call Peck at 544-9190. Places will be reserved in order of receipt of deposits and a waiting list will be kept. The Kingston Club hopes that members of the other Clubs will join us on the trails.

TO MY FRIENDS FROM LAST YEAR'S SKI WEEKEND

Elsa Kirchenhofer

The Spring Issue of the Newsletter was already in print and for this reason I was unable to get my "Thank you" note in on time. Sorry for the delay, but I thought better late than never.

In the meantime winter has changed to summer and many of you have probably forgotten our ski weekend in Ottawa.

It was a total surprise to be congratulated by all of you singing the traditional birthday song. Please accept my "Thank You!" I will always remember my "39th" birthday because you all made it very special.

As for the ski trip itself - it was great!

I got worried a week ahead as the temperature climbed and I saw water running down the slopes in the back of my mind. However, at just the right time, snow was sent from heaven above and I was glad we didn't have to do without.

The Gatineau Hills were dressed in white and a Winter Wonderland greeted us at the site. As we skied over the hills and dales, the trees bowed their snow covered heads along the way and seemed to say: "We are happy you made it today." The beautiful scenery lifted our spirits high, as we skied under a lovely, sunny blue sky.

With Konrad our driver at the big wheel, we all got there and back safely without any "spills". Thanks to Arne and Peck who looked after their flock well and at the end of the weekend no sheep had been lost.

Before long, gone will be summer and fall and the winter season will approach after all. When it does will you again be so kind and spend your time to look after us again? If I may speak for the rest, I'm sure they would agree, you did your very best.

Thank you for a wonderful ski weekend!

BED AND BREAKFAST OUTING

Where? North of Highway #7 to explore the Mississippi Valley Conservation Areas at Almonte, Pakenham, etc.

When? September 14, 15, 16 (Note the date change from what was in Summer Newsletter.)

How? Numbers are limited to 12 persons. A deposit of \$50 is required. Call Cathy or Don Cutts 542-5414 as soon as possible to reserve a place and get further information.

BOARD OF DIRECTORS MEETING JULY 23, 1994

Graham Creedy, the new chairman of the Ottawa Club, was welcomed to his first Board Meeting.

Dedication for the Ken Prior Bridge has been set for September 18th at around 11:30 am. This is the time that the End-to-End hike #16 is expected to arrive at the bridge site.

Rideau Trail Association has renewed its observer member classification in Hike Ontario.

Membership in the association presently stands at 935 including 125 new members. There are 390 non-renewals at this time. These are urged to complete their annual membership as soon as possible.

The Ottawa Club's First Aid/CPR course is set for November 19-29 at Ottawa General Hospital. Capacity 16 people. For information contact Sandy Benoit at 568-3154 or Peter Brebner 729-8178.

As a follow up to action at the April Board Meeting, Cataraqui Region Conservation Authority has finalized the purchase of 45 acres on the west side of Gould Lake.

In response to an issue identified in the Long Range Planning at the 1993 Annual General Meeting the Board has adopted the following for the administration of the Corridor Preservation Fund:

1. The Corridor Preservation Fund be re-named the "Rideau Trail Preservation Fund".
2. The general purpose of the funds read as follows:
"To ensure the protection, preservation and enhancement of the Trail."
3. The Specific Objectives of the fund read as follows:
 - i) To enable the Association to purchase or lease, where necessary, lands, or to obtain rights of way or access along the route which might otherwise be endangered or alienated.
 - ii) To enable the Association to provide financial assistance to other organizations in order to facilitate their purchase or lease of lands adjacent to the trail or through which the Trail passes when this will ensure an appropriate environment for the Trail.
 - iii) To carry out physical improvements to the Trail which involve major expenditures.
 - iv) To establish structures and facilities which

provide for overnight use of the Trail and provide protection in inclement weather.

v) To facilitate major Trail re-routing which enhances or preserves the trail.

vi) To permit the construction of additions to the Trail in the form of loops and side trails.

Donations for this fund are always welcome.

Editor's note: The following article was requested by the last newsletter editor. It goes with the picture on page 3 of the Summer Newsletter.

ALGONQUIN REVISITED

Pamela Griffin

With three small boys and a large tent my family camped at Algonquin Park for many summers during the 70's. It was always such a wonderful place to be, full of things to be discovered, lectures, slide shows, and guided nature walks. Last fall I had the opportunity to join Bill Grant's excursion to the park, but this time with the added luxury of a lodge. This trip, for me was partly nostalgic as I travelled the familiar corridor. Not too much had changed in nearly 25 years except the addition of a very exciting new trail and the beautiful new Visitors' Centre.

The name of the trail which is full of history is the Track and Tower Trail, and if you use your imagination you can "watch the trains go by" Two wooden trestles which belonged to the Arnprior and Parry Sound Railway, are still there and can be seen very clearly across the bay at Cashe Lake. The guide book told us that during the First World War, grain, logs and troops went by every 20 minutes. It is hard to imagine that as you look across the tranquility of the lake today. Remains of the old Skymount Fire Tower can still be seen. These towers were built in the 20's and finally taken down in the 50's. Remains of wooden trestles, that spanned the Madawaska River, can still be seen. These were later replaced by steel trestles as the fear of sparks and fire was all too prevalent. As our hike continued we stopped for photographs at Grant Lakea must for Bill! I can thoroughly recommend this trail for an exciting look back at history in Algonquin Park.

The new Visitors' Centre is well worth a long visit. On top of a rocky ridge, it commands a magnificent view of forests, bog, lakes and river. The exhibits are three dimensional, displaying animals and plants in a

natural setting. There are audio-visual programmes, a wonderful gift shop and a beautiful lobby. Do visit this wonderful place if you get a chance.

Although we hiked the long Mizzy Lake Trail, we did not see a moose.... And Bill promised. It was a wonderful weekend and thank you Bill for arranging it.

LYME DISEASE IN EASTERN ONTARIO

by Allan Tattersall

Rideau Trail members have probably been aware that Lyme Disease in Ontario has heretofore been concentrated in the Long Point area of Lake Erie. Members should be aware that a recent case has been reported by the Leeds Grenville Lanark District Health Unit. The young victim was successfully treated in Hotel Dieu Hospital, Kingston and has since been released.

It, therefore, behooves us to be aware of the facts about Lyme Disease and take appropriate precautions.

Lyme Disease bacteria are spread by bites of infected deer ticks. The Ministry of Health describes the ticks as about the size of sesame seeds. these ticks cannot fly, however, after feeding on deer or field mice. The infected ticks settle on tall grasses or bushes in the woods until they can attach themselves to another passerby - the exposed hiker perhaps. The hungry ticks attach themselves by burrowing into the skin; then feeding on blood. They can swell to the size of a raisin.

The bites do not hurt or itch and so must be found by careful inspection of the skin. The ticks should be removed within 24 to 48 hours to prevent infection. The Ministry warns us not to squeeze or use tweezers on the ticks. That could spread the infection. Grasp the tick and pull it straight out and disinfect the bite. You should save the tick by placing it in a bottle and taking either to a doctor or the local health unit for identification as not all ticks carry the disease.

If you are infected with Lyme Disease, the Ministry says that a red rash or, more usually, a big red spot like a ring or bull's eye could appear within three days to a month. The rash or spot could slowly expand to about two inches in diameter. There might be a fever, headache, stiff neck, sore and aching muscles or joint, and fatigue. If left untreated Lyme Disease may cause severe problems to the heart and nervous system. There is a blood test for Lyme Disease and as indicated by the release of the previously reported "seriously ill"

youngster, the disease is treatable.

TO AVOID TICKS

Wear long sleeved shirts and tuck trousers into long socks

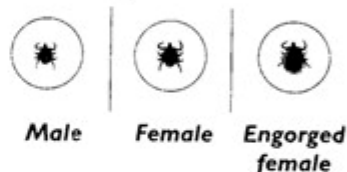
Wear light colours to more easily spot ticks

Ticks are frequently found on the arms, underarms, legs and thigh.

Use insect repellent containing Deet or 0.5% permethrin.

As a final note, while there have been few cases reported in the recent past from Eastern Ontario, Lyme Disease bacteria have been moving north on deer in the New England States for years, and deer do not pay much attention to arbitrary borders. A word to the wise.....

*Approximate actual size
of deer tick*



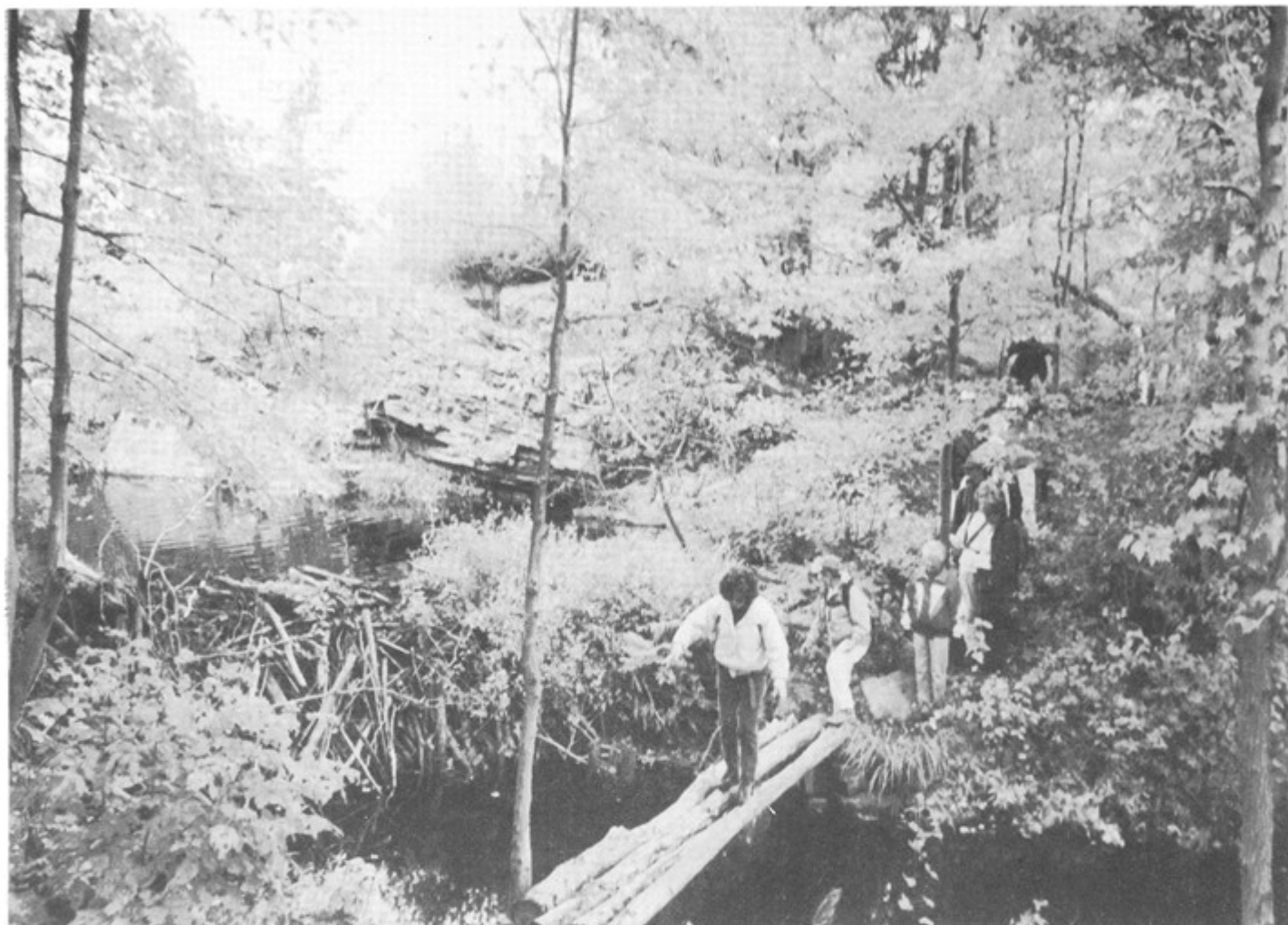
SAFETY CLINIC

Saturday, October 15

Where? District Health Council Office
544 Princess Street at Alfred (Park at the rear
of the building)
Time? 09:00 to 12:00
Who? Betty McIver and Ray Forrester
Cost? \$0 for these experts on hike safety
Info? Call Dale Ross 549-5253 (D) 384-2959 (N)

NEW MEMBERS PARTY

Date: Friday, September 23
Time: 07:00
Place: St Lawrence Place (Second Floor)
181 Ontario Street, at Johnson.
Info? Dale Ross 549-5253 (D) 284-2959 (N)
Come and meet the executive members. Learn what the Rideau Trail can offer you. And just enjoy a pleasant social evening.



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

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

Membership year, April 1st to March 31st 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	\$20.0	PLEASE CHECK New () Renewal ()
() Patron (lifemembership)	300.00*	
() Guidebook - Members	15.00	Name _____
Non-members	20.00	Address _____
(plus \$2.00 postage & handling)		City _____
() Car Sticker (FREE to members)	1.00	Postal Code _____
() Crest	2.00	Telephone _____
() Enamelled pin	3.00	
() Rideau Trail Wall Map (\$4.00 Post, etc included)	10.00	
() Donation to RTA	_____*	
() Donation to the Rideau Trail Preservation Fund	_____*	

Prices subject to change

TOTAL _____

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

**Trail Reroutes Update
for inclusion with Fall 1994 Newsletter**

There have been a number of extensive reroutings this late spring and summer in the Ottawa area. The first is on Map #12 from the Ottawa River to Cedarview Road. The next on Map #10 and 11 is Steeplehill Crescent to Eagleson Road. The third is from Kettles Road to O'Neil Sideroad on Map #9 and 10.

In the Kingston area the Opinicon Loop has been rerouted due to logging in the area for the next two years.

Finally, beavers have moved into a small creek east of the Ken Pryor Bridge along the unused road allowance that crosses Joy Road on Map # 10, giving hikers an over the knee aquatic experience for about 150 to 200 metres. Rerouting would be both extensive and difficult in this area so eliminating the beavers is being pursued. Officials at Goulbourn Township and the Ministry of Natural Resources have been contacted about this problem. The proposed course of action is to locate the dam and install a beaver baffler and trap out the existing beavers in the fall.

Those wishing to report corrections or new information about the trail and or wishing to assist in dealing with problems on the trail can contact Peter Brebner at 729-8178.

Cedarview to Ottawa River Reroute

From the parking lot cross Cedarview Road and proceed east along the N.C.C. bicycle pathway. This pathway trends in a southerly direction to follow the hydro right of way, crossing McClellan Road and Graham Creek then turn left passing through a pin wood and a sports field and schools to the north before reaching Greenbank Road.(2.55 Km)

The trail continues across Greenbank Road and follows the hydro right of way until you turn left at Conover Street. Follow this residential street to Craig Henry Drive where you turn left again (west). Follow Craig Henry Drive until you reach Craig Henry Park where you turn right passing the tennis courts and follow the foot/bicycle path that wends its way through the park and descends under the railway tracks. (1.5 Km)

North of the railway underpass the trail continues along the path crossing Centrepointe Drive twice before passing north of Nepean Civic Square.

The trail then heads north following the bicycle pathway beside the Bus Transitway. The route will take you under Baseline Road, crossing Iris Street and under the 417 (Queensway), Carling Ave and Richmond Road to reach the Ottawa River where you turn right following the foot/bicycle pathway that goes alongside the Ottawa River.(5.26 Km)

Eagleson Road to Steeplehill Crescent Reroute

The trail turns right on Eagleson Road crosses a creek and turns left onto Barnsdale Road. The trail follows this road and turns left onto Twin Elm Road. The trail continues on this road, past the Twin Elm Road Bridge and Cambrian Road. A Blue loop trail goes over the Twin Elm Road Bridge and proceeds along Richmond Road past the Duke of Richmond Monument and right onto Steeplehill Crescent. (5 Km)

The main trail continues on the gravel road extension of Twin Elm Road, passing through farm fields and crossing the Jock River on a farm bridge. (1.3 Km)

Please Note: This bridge is taken out in the Spring during the flooding of the Jock River. Signs are posted to indicate that the Bridge is out and to use the Blue loop alternative route.

O'Neil Sideroad to Kettles Road Reroute

The Trail continues from the Cabin site in a westerly direction along the road until a T intersection. Turn right and follow this road which eventually joins the O'Neil Sideroad. Continue along O'Neil until just before a railway crossing where the trail turns right, crosses the railway tracks and enters a hydro right of way. Follow the right of way up to Kettles Road.

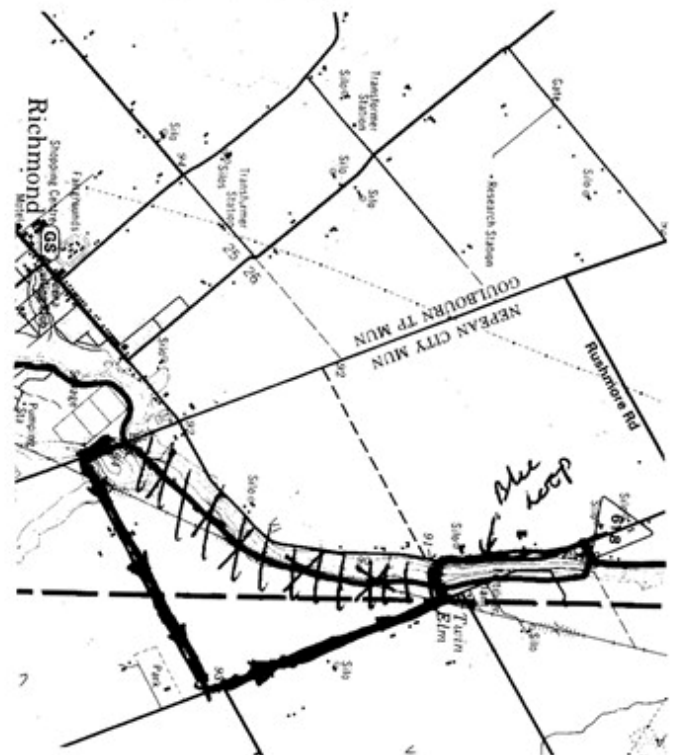
Opinicon Loop Reroute

The Opinicon Loop has been rerouted onto the Skycroft Bridge Trail. This trail to the west of a small pond just north of the Opinicon Loop near the South Crosby/Bedford Township line. The reroute trends northwest until reaching an abandoned railway line. The trail then follows this railway line to reconnect to the original route of the Opinicon Loop.

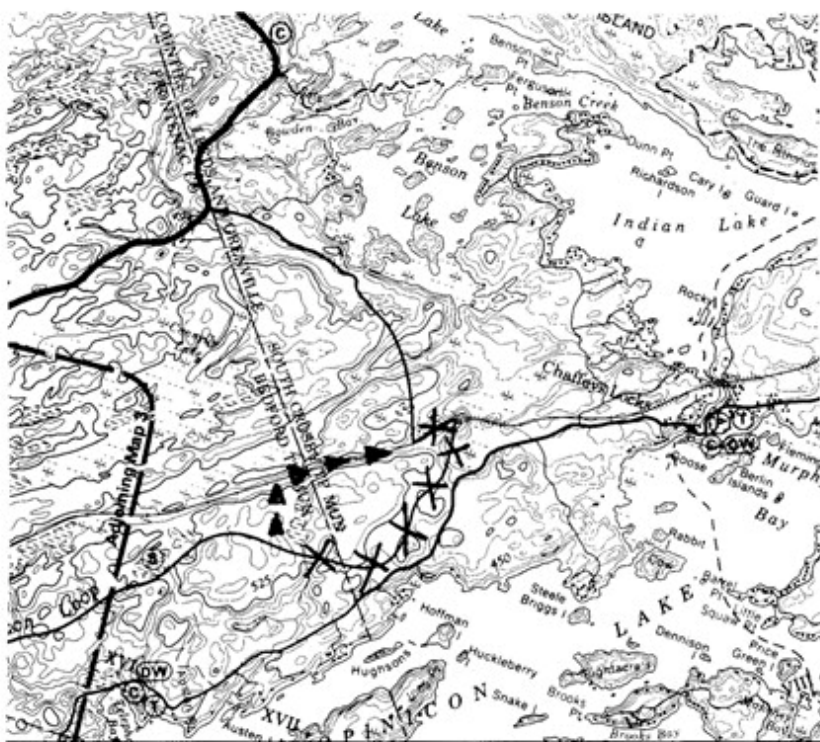
MAP # 12



MAP # 10 & 11



MAP # 4



MAP # 9

