

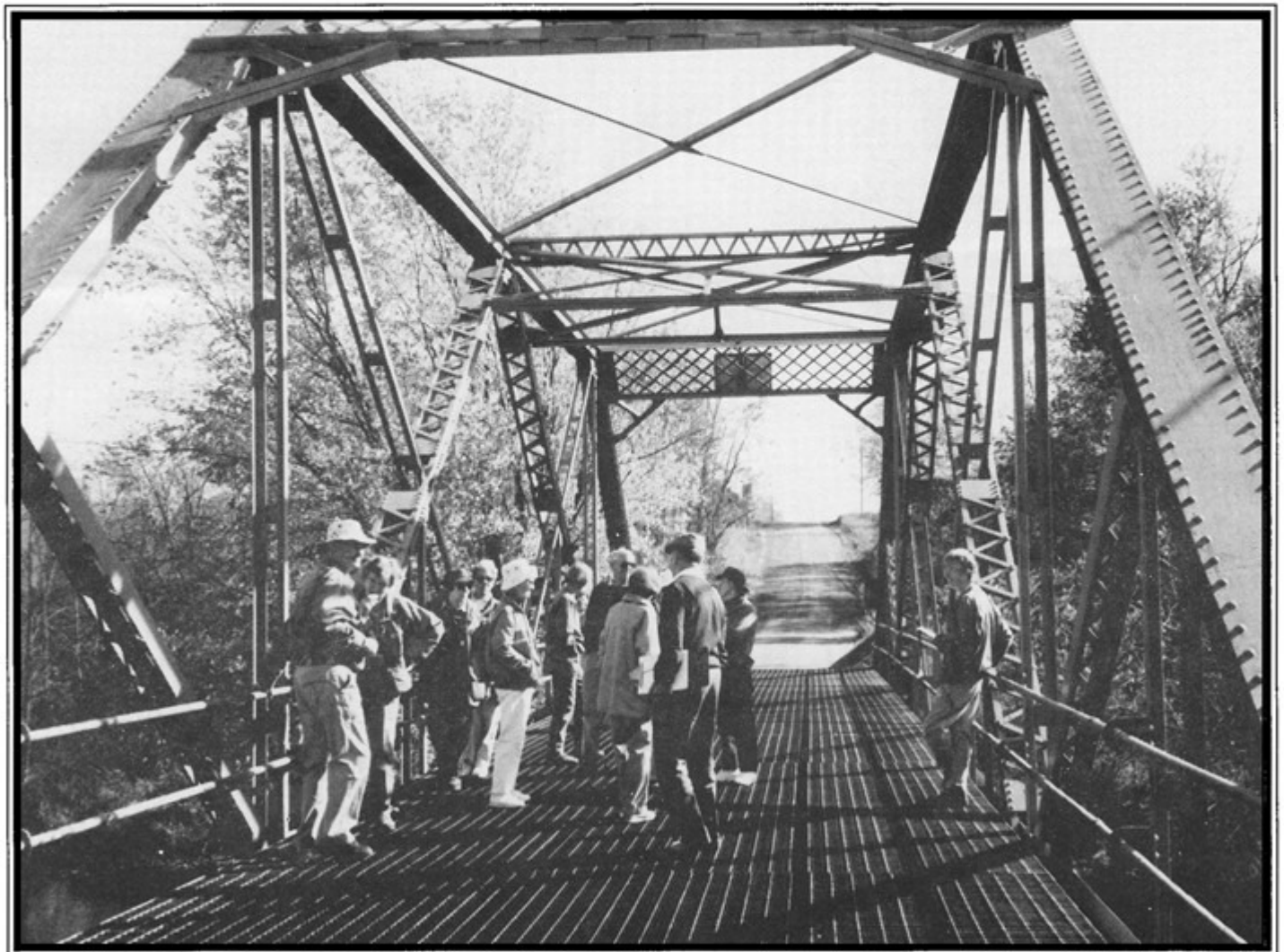


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# The Rideau Trail NEWSLETTER

SPRING 1995

ISSUE No. 95



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 and Helga Wennerstrand of the Kingston Rideau Trail Club.

Submissions for the next newsletter are encouraged. Text should be typed, but don't miss sending your ideas if this is not possible. Pictures to accompany articles are desirable. Black and white are preferred as they print more clearly, but colour with good definition are acceptable. All submissions should be received at the following address by **May 1, 1995.**

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 0709-7085

#### THE RIDEAU TRAIL ASSOCIATION BOARD OF DIRECTORS FOR 1993 - 1994.

|                          |                   |               |          |
|--------------------------|-------------------|---------------|----------|
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**CREDITS** All photographs in this issue were submitted by Lynda Rook.

Cover: The trail covers all kinds of "terrain"

Page 4: Kingston hikers enjoying the trails of Little Cat.

Page 9: Prehistory of Rideau Trail Region - Sue Johnston

### IN MEMORIAM

With deep regret the Ottawa Rideau Trail Club announces the death of Mark Watson on February 4, 1995, while skiing in Gatineau Park. Mark was 60, an active Wednesday Walker and skier, and frequent participant in weekend outings and social gatherings. He was always more than willing to assist a hike leader or help out on a work party. His warm, friendly smile and helpful spirit will be greatly missed by all his friends.

Linda Hayes



## RIDEAU TRAIL ASSOCIATION ANNUAL GENERAL MEETING

**Saturday 23 September 95**  
**10:00**  
**Hotel Kenney, Jones Falls**

## Agenda

Business meeting with election of officers  
Planning for the 25th Anniversary featured  
Lunch - Bring your own.  
Afternoon hikes : 1. Rock Dunder  
                              2. The locks area  
Dinner (Details will follow in next newsletter)

\* \* \* \* \*

# RIDEAU TRAIL KINGSTON CLUB ANNUAL GENERAL MEETING

**Saturday, 29 April 95**  
**Amherstview Community Centre**

## Agenda

|               |                                          |
|---------------|------------------------------------------|
| 10:00         | Coffee                                   |
| 10:30 - 12:30 | Business meeting<br>Election of officers |
| 12:30 - 1:30  | Brown Bag Lunch                          |
| 1:30 - 3:30   | Hike in area - Parrot Bay                |

It is hoped that we can firm up our plans for the 25th Anniversary of the Rideau Trail. Communicate your ideas to the executive.

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# OTTAWA RIDEAU TRAIL CLUB ANNUAL GENERAL MEETING

**Friday, April 7, 1995**  
**7:00 p.m.**

Glebe-St. James United Church  
650 Lyon Street South  
(overflow parking behind  
Board of Education Office)

## Program

7:00 p.m. Coffee & Tea  
7:30 p.m. Business Meeting  
9:00 p.m. Guest Speaker/Slide Show

## TRAIL CLOSURE NOTICE

The Rideau Trail, where it crosses private land will be closed on Monday, March 27, 1995. This action is necessary to protect the landowners who generously allow us to cross their land the remainder of the year. Please take care not to trespass on this day.

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## MEMBERSHIP RENEWAL

Membership renewals are due at the end of March. Please send the enclosed card with payment to the Association Address as soon as possible. Your continued support helps us to keep the trail open for your enjoyment.

\*\*\*\*\*

## 25TH ANNIVERSARY SUGGESTIONS

In 1996 we will be celebrating the Silver Anniversary of the Rideau Trail. The Board would like to make this a memorable occasion; so we are asking all members to brainstorm unique ideas for this year of celebration. e.g. One of the Kingston Club members suggested that we try to open 25 new loop trails. The Kingston Club is thinking of a modified version of this idea and will try to create 25 km. of new loop trails. Send your ideas to any member of the Board or your club executive. Anyone who would like to help on the planning committee or in any other capacity should also let the above people know.

**Let's pull together and make 1996 a really great year!!!!**

\*\*\*\*\*

**GUIDE BOOK 4TH EDITION**

The fourth edition of the Rideau Trail Guide Book will have been distributed by the time you get this newsletter. A vote of thanks is due to Jerry Hinderks and his committee for a tremendous job completed. Persons who have the old editions 1, 2 & 3 should try to buy the new one for the up-dates of trail changes. There will no trail change notes in this Newsletter. Call these people for the new Guide Book:  
Kingston - Paul Smith 542-6003  
Ottawa - Bob Bennette 749-7440

## VEHICLE PERMITS CATARAQUI REGION CONSERVATION AUTHORITY

As you know, the Cataraqui Region Conservation Authority charges a vehicle entry fee at both the Little Cataraqui Creek and Gould Lake conservation Areas. Effective January 1, 1995, the price of a Daily Vehicle Permit will rise to \$6.00 and an Annual Vehicle Permit will be \$40.00. Annual Permits are valid for one full year from the month of purchase.

Rideau Trail members are probably already familiar with the conservation areas' winter recreation programs (skiing, skating, snowshoeing), Maple Madness, and the Fall Colours Walk. They also offer a wide range of public information and interpretive programs on weekends, and their upgraded trail system is waiting to be explored by all levels of outdoor enthusiasts.

The CRCA recognizes the tremendous contribution that the Rideau Trail Association has made to the Conservation Authority over the years and, in appreciation, the CRCA wants to pass on a special benefit to RTA members. The Board of Directors is offering RTA members a 25% discount on the price of an Annual Pass. This means that the cost to RTA members will be \$30.00.

To take advantage of this special offer, a Rideau Trail Association member need only present his/her membership card at the Outdoor Centre when purchasing an Annual Vehicle Permit; he/she will then receive the discount. Members holding current passes may renew under this offer and request that the renewal be extended from their current expiry date.

Annual pass holders will receive our quarterly newsletter, Cat Tales, and updated lists of coming programs.

If you have any questions, please contact Tom Huff, Outdoor Centre Manager (613) 546-4228. He is looking forward to continuing a positive relationship with the RTA.

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## BOARD OF DIRECTORS MEETING HIGHLIGHTS

**January 28, 1995**

The fourth edition of the Trail Guidebook is now available. This includes all the up-to-date correction to the trail.

A preliminary review of the recommendations from the Rideau Trail Forum held December 3, 1994 was made by the Board under the direction of our President, Ron Maybury. Terms of Reference for a Task Force and composition of this Task Force will be drawn up at the next Board meeting in April. A detailed report will be given by Ron in the next issue of the Rideau Trail Newsletter.

The Board of Directors approved the Transfer of \$16,000 from the Publications and Merchandising Account to the Rideau Trail Preservation Fund. This brings the fund to \$35,000, well on our way to the target of \$50,000 set at the Annual General Meeting.

The Corresponding Secretary, Jean Thompson, maintains an up to date list of Bed and Breakfast facilities near the Trail. For information call Jean at (613) 545-0823.

We presently have 886 active annual members, 128 life members and 98 complimentary members (land owners, etc.)

Jim Blain - 1st Vice President





## **RIDEAU TRAIL OTTAWA CLUB SPRING ACTIVITIES**

The activities described below take place as scheduled regardless of the weather. The **RENDEVOUS POINT FOR HIKES IS AT THE CORNER OF BOOTHE 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 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, 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 overall hike schedule for this season, call John Barron at 828-2296.

Event difficulty is graded as follows:

### **Skiing**

**Level 1** - Easy. Gentle hills, wide trails. May be long.

**Level 2** - Intermediate. Narrower, steeper trails

### **Hiking**

**Level 1** -- Well defined trails, gentle inclines. Hiking boots not required, but trails may be very wet. Suitable for beginners.

**Level 2** - Generally on trail. May be hilly, light bushwhacking, some rough spots or obstacles. Boots recommended.

**Level 3** - Rough terrain. One or more extensive bushwhacking, steep sections, long climbs and descents, beaver dams or other obstacles, rock scrambling. Boots, level 2 experience, and a high level of fitness essential. Long pants and long sleeves recommended.

### **Cycling**

**Level 1** - Few hills, broad roads or bike paths, little traffic.

**Level 2** - Some hills, narrower roads, some traffic.

**Level 3** - Long hills, narrow roads, good cycling skills required.

### **Wednesday Walkers**

Every Wednesday there are Level 3 hikes in the Gatineau Park. Departure time is 09:30 at Booth and Albert. Call Dorothy Belter (523-4420) or Nanette Whitwam (730-5417) for more information.

### **Tuesday Evening Walks**

Every Tuesday evening starting May 30, there will be a short Level 1-2 hike, generally in the Gatineau Park. Departs Booth and Albert at 18:00.

LEADER / ORGANIZER: Roger McCullough (731 - 7596)

### **Saturday March 18 Skiing**

Destination to depend upon conditions. Level 2. Depart 09:00. LEADER: Inge Gullon 738-0712

### **Sunday March 19 Skiing**

Gatineau - specific destination to depend upon conditions. Level 2. Depart 09:30. LEADER: Bev Armstrong 738-0310

### **Saturday March 25 Skiing**

Gatineau - specific destination to depend upon conditions. Level 1-2. Depart 09:30. LEADER: Bud Masse 235-4670

### **Sunday March 26 Skiing**

Gatineau - specific destination to depend upon conditions. Level 2. Depart 09:30. LEADER: Mary Lefebvre 727-0754

### **Saturday April 1 Millpond Cons. Area**

Sugarbush, but no pancakes this trip. Level 1. Gas \$5.00. Departs 09:00. LEADER: David Spector 829-6802

### **Friday April 7 Ottawa A.G.M.**

Annual General Meeting at Glebe St. James United Church 650 Lyon St. Time 19:00. See announcement this newsletter. For Info Caroline Whaley 726-0237

### **Sunday April 9 Fulton's Pancake House**

Level zero to one. Pancakes! Children welcome. Gas \$4.00, food extra. Depart 09:30. LEADERS: John Barron and Jean Giblin 828-2296

### **Saturday April 15 Moonlight Walk**

Walk in Gatineau Park. Level 1. Bring flashlight, food, beverage and candles for supper at ski lodge. Depart 18:30. Celebrate the first full moon after the Vernal Equinox. LEADERS: Ann Bolster and John Jury 521-6354

### **Saturday April 22 Gatineau Park**

Level 2. Depart 09:30. LEADER: Bill Armstrong 737-3567

### **Sunday April 23 Frontenac Park**

To Gould Lake. Level 2 on the Rideau Trail. Gas \$6.00. Departs 08:30. LEADER: John Barron 828-2296

### **Saturday April 29 Plaisance Wildlife Refuge**

Level 1. Canada Goose Festival (small entry charge). Spectacular waterfall. Gas \$4.00. Departs 09:30. LEADER: Bob Bennett 749-7440

### **Sunday April 30**

**Bushwhacking** in Western Gatineau Park. Level 3. Gas \$4.00. Departs 09:30. LEADER: Graham Creedy 789-1657

**Cycling** to Bells Corners via bike paths. Departs Westgate Mall parking lot, corner Merivale and Queensway at 11:00. Level 1-2. About 40 km. LEADER: Elizabeth Mason 729-6596

### **Tuesday May 2 New Leader Evening**

Introduction to trip leadership, in the form of a two hour model hike. All welcome, novice to expert. Added this year - hints on leading off-trail hikes. Meet at 19:00 at the Sarsaparilla Trail Parking Lot on the right (west) side of Richmond Rd., about 1-2 km past Bells Corners on the way to Richmond.

ORGANIZERS: John Barron 828-2296, Graham Creed 789-1657.

### **Saturday May 6 Frontenac Park**

Kingsford Dam to Frontenac Park. Level 2. Depart 08:30. Long day. Gas \$6.00.

LEADER: Ron Maybury 836-2953

### **Merrickville Bakery Walk**

Level 1. Departs from the Merrickville Blockhouse at 10:45. Participants may arrange a car pool from Booth and Albert at 09:30. Gas \$4.00.

LEADER: Peter de Lepper 269-4700

### **Sunday May 7 Nakkertok North**

Level 2 on ski trails north of Cantley. Gas \$4.00. Departs 09:30. LEADER: Jane Buckley 745-5786

### **Saturday May 13**

**Slide Lake Loop**, Frontenac Park. Rocky, short, steep sections. Level 2+. Gas \$6.00. Depart 08:30.

LEADER: John Young 828-0369

**Mulvihill Lake to Pink Lake**. Level 2 in Gatineau Park. Departs 09:30.

LEADER: Jean Sunter 828-6077

### **Sunday May 14**

Gatineau Park. Easy 4-5 hr stroll through open forest. Level 2. Gas \$4.00. Departs 09:30, returns 17:00.

LEADER: Art Campbell 828-0426

### **Sunday May 21 O'Brien's Beach**

To Herridge Lodge - a long day of varied on-trail hiking (20 km). Level 2. Departs 09:30.

LEADER: Hendrika Excel 836-2153

### **Monday May 22 Marlborough Forest**

Roger Stevens Drive to Munster Hamlet Road. Follows last year's reroute. Level 2. Departs 09:30.

LEADER: Linda Hayes 749-9537

### **Saturday May 27**

**Russell to Embrun and return**. Level 1. Tea room at end; lunch 1/2 way (bring own). Departs 09:30. LEADER: Kay Méthot 443-3941

**Wolf Trail**. Level 2+ to good lookouts in Gatineau Park. Departs 09:30.

LEADER: Barbara Krieger 235-0604

### **Sunday May 28**

Dwyer Hill Road to Rosedale. Follows Rideau Trail, Level 2. Gas \$4.00. Departs 09:30.

LEADER: Nanette Whitwam 730-5417

### **Tuesday May 30**

**Tuesday Evening Walks**. Series starts for the summer. See note above. 18:00 at Booth and Albert. Roger McCullough 731-7596

### **Saturday June 3**

**Environmental Improvement**. Celebrate National Environment Week by helping the NCC make improvements to the Gatineau Park (task TBA; possibly clean-up or tree planting). No tools required, but expect moderately hard work. Bring lunch, bug repellent, and lots of water. Departs 09:00. ORGANIZER: John Barron 828-2296

**Western Gatineau Park**. Level 2. Gas \$4.00 Departs 09:30.

LEADER: Marian Dunning 232-8304

### **Sunday June 4**

**Beveridges Locks to Perth**. Level 2 Minus, following the Rideau Trail. Departs 09:00. Gas \$4.00 LEADER: Alec Bisset 828-4363

**Cycling** - Cumberland via Eastern Parkway. Departs 09:30 from Lees Avenue Campus of Algonquin College (West end of Hurdman bridge). Level 2. Perhaps 50-60 km.

LEADERS: Barri and Dennis Scully 565-7710

### **Saturday June 10**

**Salmon Lake Loop, Frontenac Park**. 20 km. level 2. Departs 08:00. Late return. Gas \$6.00

LEADER: John Haley 225-0590

**Cycling** - Aylmer via bike paths. Level 1. Departs 09:30. Leader Coby Fuykschot 722-6022.

### **Sunday June 11**

**Rideau Trail**. South of Perth. Level 2. Gas \$4.00. Departs 09:00.

LEADER: Barbara Sigurdson 521-7311

**Trail Riding**. Using facilities of a horse outfitter in Plaisance (about \$15). Some experience preferred. Gas \$4.00. Departs 09:30. Call by 1st June to reserve. LEADER: Dave Davis 281-5137

### **Saturday June 17**

**Golden Lake**. Two new trails in Western Renfrew Co. Level 2. Gas \$5.00. Departs 08:30. Long day.

LEADER: David Spector 829-6802

**Merrickville to Andrewsville Ghost Town**. Level 2. Departs from the Merrickville Blockhouse at 10:45. Participants may arrange a car pool from Booth and Albert at 09:30. Gas \$4.00. LEADER: Peter de Lepper 269-4700.



### **Sunday June 18**

**Ottawa to Wakefield.** Marathon level 2. Departs 06:00. Possible to join or leave the trip at O'Brien's Beach about 13:00. Supper at Earl House about 20:30. Call Lance by June 10 to arrange transport. Gas \$4.00.

LEADERS: Lance Bailey 235-1584, Jim McCullough

**Greenbelt.** Region around Bell High School. Level 1 Gas \$2.00. Departs 09:30.

LEADER: Jean Cottam 726-1596

**June 24-25 Weekend Canoe camping at Schooner Lakes.** Call leaders by June 14 to plan trip organization.

LEADERS: Jim and Elfriede Ronson 825-2838

### **Saturday June 24**

Cycling - Masson and Cumberland. Cross Ottawa River by ferry. About 80 km. Level 2. Departs 09:30.

LEADER: Bill Armstrong 737-3567

### **Sunday June 25 Purdon Bog**

Joint trip with Central Club. View the spectacular wild lady slipper orchids. Level 2. Tea at Sylvania Lodge beside Dalhousie Lake. Gas \$5.00 Departs 08:30. LEADER: John Miller 1-613-264-8338 (Ottawa organizer TBA)

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## **RIDEAU TRAIL KINGSTON CLUB SPRING ACTIVITIES**

The meeting place for all outings is the North-west corner of Sears parking lot unless stated otherwise. Bring your lunch and drinking water. Wear strong footwear, bring rain gear and be prepared for weather changes. In spring there will be wet spots and insects to contend with. If in doubt about your ability to cope with the outing call the leader in advance. Car pooling is organized with riders donating to the gas according to the map number. Where park fees are applicable there will be an additional charge. **Leaders should send their attendance lists to Peggy Harding 301-14 Greenview Drive, Kingston, K7M 7T5.** For hiking levels please see Ottawa levels on page 5.

### **WEDNESDAY WALKS**

When there is no hike listed, the Wednesday walkers depart from Sears northwest parking lot at 13:30 for pleasant afternoon walk.

#### **Wednesday March 8 Rails to Trails**

Abandoned railway tracks from Perth Road to Chaffey's Locks, Level 1. Waterproof footwear recommended. Meet at 10:00. Gas \$3.00.

LEADER: Erwin Wendholt 384-7582

#### **Saturday March 11 Charleston Lake Park**

Hike or ski the West Side Trail Level 3, 12 km. Wet areas. Meet at 09:00 Gas \$5.00

LEADER: Mike Amodco 634-1847

#### **Sunday March 12 17:00 Pot Luck Dinner**

Call Dale Ross for info. Evenings 384-2959

#### **Sunday March 19 Amherst Island**

Hike along the south shore. Level 1. Wear waterproof footwear and bring extra clothing to be ready for a windy day. Meet at 09:30 to catch the 10:30 ferry. Gas \$2

LEADER: Watson Ogilvie 530-2378

#### **Saturday March 25 Frontenac Park**

Hike the Arkon Lake Loop. Level 2. 14 km. Meet at 09:30. Gas \$3.00.

LEADERS: Brian and Lynda Rook 634-2510

#### **Sunday April 2 Opinicon Loop**

Hike from Skycroft to Indian Lake Road. Level 2. 14 km. Meet at 09:30. Gas \$3.00

LEADER: Jim Blain 359-6282

#### **Saturday April 8 Rideau Trail**

Hike from Cataraqui Cemetery to Elginburg Road and return. Level 2. 15 km. Meet at 09:30.

LEADER: Betty Melver 549-8028

#### **Wednesday April 12 Gould Lake**

Hike the Wagon Trail from Desert Lake Road to Gould Lake Barn and return. Level 1. 10 km. Meet at 10:00. Gas \$3.00.

LEADER: Ken Bowles 384-9864

#### **Sunday April 16 Gould Lake**

Hike the Gould Lake trails. Level 2. Meet at 09:30. Gas \$3.00

LEADER: Dora Hunter 546-5358

#### **Saturday April 22 Cataraqui Conservation Area**

"Earth Day" at Little Cat. Conservation Area. Two hikes in the morning, and a seminar on trail safety at 14:00 by Ray Forester, Betty Melver, and an O.P.P. Representative. These events will be open to the public. Meet at Sears at 09:30.

LEADERS: Jean Thompson 544-0340

Carolyn Burns 547-6104

#### **Saturday April 29 A.G.M.**

The Kingston Section A.G.M. at the Amherstview Community Centre Hall at 10:00. Anyone needing a ride should meet at Sears at 09:30. After lunch there will be a hike in Parrot Bay Conservation Area. See notice elsewhere in the Newsletter.

LEADER: Bernard Gates 389-1835

#### **Saturday May 6 Trail Maintenance Day**

Come out and help keep our trails in good shape. Bring cutters and hammers. Meet at 09:00.

CO-ORDINATOR: Bernard Gates 389-1835

## RIDEAU TRAIL OUTINGS CENTRAL CLUB

### **Wednesday May 10 Railroad Track**

Hike the abandoned railroad track along the north shore of Sydenham Lake and return. Level 1. 12 km. Meet at 10:00. Gas \$2:00

LEADER: Sam Heusel 542-2201

### **Sunday May 14 Charleston Lake Park**

Hike the West Side Trail of Charleston Lake Provincial Park Level 3. About 12 km. Bring bug spray. Meet at 09:00. Gas \$4.00.

LEADER: Murray Henderson 546-9906

### **Saturday May 20 Murphy's Point Park**

Hike Murphy's Pt. Prov. Pk. with the Central Section members. Level 2. Bring bug spray and swim gear. Meet at 08:30. Gas \$4.00

LEADER: Robert Janik 547-3142

### **Sunday May 28 Frontenac Park**

Hike the Arkon Lake Loop. Level 2. 14 km. Bring bug spray and swim gear. Meet at 09:30. Gas \$3.00.

LEADER: Patricia Lynn 546-3993

### **Saturday June 3 Canoe Trip**

Canoe from Lyndhurst to Red Horse Lake. Meet at Sears 09:00. Bring bug spray and swim gear. Anyone wanting a place in a canoe contact the leader by June 1. Gas \$3.00.

LEADER: Ray Forester 542-4385

### **Sunday June 11 Gould Lake**

Hike the west side of Gould Lake. Level 3. 19 km. Meet at 09:30. Bring bug spray and swim gear. Gas \$3.00.

LEADER: Stan Douglas 389-2563

### **Wednesday June 14 Foley Mountain**

Hike the Foley Mountain Conservation Area. Level 2, up to 10 km. Bring bug spray and swim gear. Meet at 10:00. Gas \$3.00

LEADER: Martin Reeve 548-4960

### **Thursday June 15 Waterfront**

An evening hike along the Kingston waterfront. Meet at Wellington and Bay Streets at 19:00. (full moon).

LEADER: Peggy Harding 546-7202

### **Saturday June 17 Slide Lake Loop**

Hike the Slide Lake Loop. Level 3. 15 km. Bring bug spray. Meet at 09:00 a.m. Gas \$3.00.

LEADER: Klaus Stegmann 542-5375

Our spring outings will be varied due to the changing weather conditions and the predictions in The Farmers' Almanac. Most hikes begin at Conlon Farm which is the Perth outdoor recreational centre, located on the trail just outside Perth on County Road 10. The location is the third turn off on the right on the Westport Road travelling out of Perth. If in doubt call 264-8338. Bring a lunch, water and insect & sun protection.

The current list of hikes contains a code of difficulty. This code is contained in the Ottawa Club notes and is general to RTA clubs.

As an opportunity for out of town members to join our outings we are going to delay our starting time to 10:00.

### **Saturday April 8 Foley Mountain**

Visit this favourite attraction at this time of year where we traditionally set up the signs for the returning birds as well as enjoy all early spring flowers. This is always an exciting hike. (Level 1) Bring a lunch. Meet at Conlon Farm at 10:00.

HORTICULTURIST: Margaret McLeod 278-2811

### **Sunday May 7 Mica Mines**

This hike at this time of year is exceptional for wild flowers and mixed terrain. (Level 1) Bring a lunch. Meet at Conlon Farm at 10:00

GEOLOGIST: Don Sherwin 264-0759

### **Saturday May 20 Murphys Point**

A joint hike with the Kingston Club at our winter home base. Bring fly swat as well as lunch and get good running shoes on as we will have to keep up with our Southern cousins. (Level 1) Meet at the Silver Queen Parking lot at 10:00.

HOMER: John Miller 264-8338

### **Weekend June 9,10,11. Frontenac Park**

Reservations will be made for this popular outing. Bring canoe, camping gear, cartering will be on a group basis. Meet at main Park entrance at 12:00 noon (Level 3). Call for resevations as soon as you read this notice.

INTREPID LEADER: Don Sherwin 264-0759

### **Sunday June 25 Purdon Conservation Area**

Join us for this joint hike with our Ottawa friends to view the display of beautiful lady slipper orchids. This hike will be followed by tea at a local hot spot and if we are lucky we may be able to attend a church supper. (Level 2). Meet at Conlon Farm at 09:00 or Sylvania Lodge at 10:00

ORCHID FANCIER FOR THE DAY: John Miller 264-8338



## PREHISTORY OF THE RIDEAU TRAIL REGION

### The First Ten Thousand Years

For at least 10,000 years, the area surrounding the Rideau Trail has been inhabited by humans. Around 96% of that time pre-dated European immigration here, which began only about 400 years ago. Seen from this perspective, the European experience and use of the land is but a postscript to its history. Earlier occupants left almost none of the permanent and major alterations to the landscape effected comparatively recently. However, they made their living through intimate knowledge of the terrain and resources and, like peoples everywhere, maintained a relationship with their part of the world in terms of belonging and spiritual connections. What do we know about these generations spanning the 10 millennia?

The first immigrants arrived soon after the last ice age during what archaeologists term the Palaeolithic period (9500 to 7000 BC). They were descendants of those who had crossed the Bering land bridge from Asia and then, when the glaciers receded, fanned out across North and Central America. By at least 8000 BC, some of them had arrived in the area around Perth, which then lay on the western shores of the Champlain Sea. This inland sea, formed by glacial melt, covered all of Ontario east of Pembroke and Perth. (This explains why ancient whale, seal and porpoise bones are occasionally dredged up in local sand pits). These first inhabitants hunted, among other species, the caribou, mammoths and mastodons then present in this area. Two of their characteristically fluted projectile points have been found locally. (Replicas of these points, as well as actual artifacts excavated or found in this area, can be seen in the Perth museum.)

By 6000 BC, the sea had drained and the rivers and lakes looked much as they do today. For the peoples of what we call the Archaic period (7000 to 1000 BC) we have much more information, both from surface finds and archaeological digs. Their tool kits also included projectile points as well as adzes, gouges, knives, scrapers and even ulus - the kind of semi-circular, hide-scraping tools usually associated with Inuit women. Bones found in campsites indicate that they hunted moose, deer, elk, bear, and beaver (with the help of dogs) as well as smaller animals such as beaver, otter, squirrels, partridge, chipmunks, groundhogs, passenger pigeons and geese. They also ate fish, and shellfish and plant foods such as lily and cattail roots, wild rice, wild onions, berries and fruits. They used beads made of copper, stone and shell for personal adornment and the presence of these and other

non-utilitarian items in their burials suggests they believed in an afterlife.

These Archaic sites are located near waterways, presumably their main means of travel and communication. At one site excavators found an image, inscribed on stone, of a six-person dugout canoe. A glance at your map will show what an ideal crossroads this area would have been for early inhabitants, with water routes extending in all directions: south to Lake Ontario and the St. Lawrence, north and east to the Ottawa and Gatineau rivers, and west along the Tay River and short portages to Dalhousie and Mazinaw lakes and those in the area of Algonquin Park. It is easy to see how copper from Lake Superior, conch shells from the Gulf of Mexico and shell beads from the Atlantic found their way, by hand-to-hand trade, to what is now Ontario.

Although it is believed that the different cultures (presented by different types of artifacts) developed in situ, rather than through successive migrations, there were some outside influences. For instance, by the end of the Archaic period, stone tools were being made of quartzite rather than flint or chert, a practice that seems to have spread up the east coast from Florida and through Pennsylvania to this region.

Pottery came into use about 1000 BC (the start of the Woodland period) and by 1000 AD, near the shores of the St. Lawrence, Lake Ontario and Georgian Bay, there were large palisaded villages of long houses with sizable populations supported in part by corn, bean, squash, sunflower and tobacco horticulture. However, in the territory crossed by our Trail, the settlement pattern remained the same - the small, seasonal campsites. These were undoubtedly home to the ancestors of the Algonkians who, like them, followed the older, non-horticultural lifestyle of regular seasonal rounds for hunting, fishing and gathering of vegetable resources. Their shelters appear to have been dome-shaped, frame wigwams covered with boughs or skins.

Many of these seasonal sites are in the same locations as (and sometimes on top of) earlier Woodland and even Archaic camp sites. Throughout the millennia, humans continued to be drawn to the same natural resources - such as large mammals, fish and migrating fowl. And they still are! The archaeologist's first task, when starting an excavation, is usually to clear away that season's tent pegs and bottle caps before starting the slow, painstaking work of uncovering the layers of prehistoric remains. Excavators on one Rideau Lake fishing site (attested to by the clusters of contemporary fishermen just offshore as well as by the fishbones in the site) discovered materials dating



practically continuously from 6000 BC to 1120 AD.

Thus, the territory you are traversing has seen almost continuous occupation and utilization of natural resources by humans for at least 10,000 years and, as evidenced by the trade goods from far afield, it has been an important hub of trade in goods and information for much of that time.

## RAILS TO TRAILS

by Guy Thorne

Rideau Trail members may be interested in the new possibilities for hiking which are opening up in Eastern Ontario, thanks to the abandonment of many railway lines in the area. Many hundreds of miles of track have been abandoned in the last few years. Some of these former railway lines are in flat country, but others run through forests, hills and other quite varied terrain. As long as the tracks and ties were in place they were not very appealing places to hike unless you cared to skip along the unevenly-spaced ties. Now, however, the railway companies have removed most of the hardware, making the right-of-way quite attractive for walking or bike riding. Once you get out on them you realize that these rail-trails can open up some unfamiliar territory away from roads and human activity. The recent clearing of a number of former railway lines in Eastern Ontario presents us with a big expansion of the trail network in this part of the province - on trails which are virtually ready to use.

There have been difficulties. For some time it was unclear what would happen to the abandoned rail lines. The biggest threat to them, as a potential recreational resource, was the possibility that they might be sold off piecemeal; indeed in some places portions of the right-of-way have been sold to neighbouring landowners, effectively preventing their use as trails. An interministerial committee established by the Province of Ontario has studied the situation for a number of years and it now appears that the provincial government is committed to the principle of preserving the remaining abandoned rights-of-way for public recreational use. This is not to say that their future is secure. In some places the rights-of-way have become overgrown. In others they are used by various types of vehicles, to the detriment of other users and the annoyance of many landowners. What is needed is an organization which can see to the maintenance of the trails, the maintaining the good relations with neighbouring landowners, and responsible behaviour by those who use the trails. Members of the Rideau Trail Association are quite familiar with these concepts.

In the Kingston area, at least, there is an organization which is prepared to take on the task. The South Eastern Ontario Rails-to-Trails Association was established some years ago to advocate the public recreation use of abandoned rights-of-way and to participate in the process overseen by the interministerial committee. The recent declaration of government policy on rail-trails was very encouraging to SEORTTA, but much remains to be done and advocacy is still the focus of the Association's activities. The government may be prepared to consider other uses for the abandoned rights-of-way for such things as roads, power lines and the like, so that their future as recreational trails cannot be assumed.

Now, however, there are developments which could result in the preservation of at least some rail-trails. The Hastings Heritage Trail, which follows the course of the abandoned railway line running north and south through Hastings County, is to be formally recognized in a management agreement between the provincial government and the association which promoted the concept of the trail. We have reason to believe that there may be a similar development in Frontenac County in connection with the abandoned Kingston and Pembroke Railway Line between Kingston and Sharbot Lake. If this takes place it will mean that our proposal for a trail for hiking, bicycling, and other non-motorized uses (apart from snowmobiles in winter) will have been accepted.

The next test will be for hikers and others to demonstrate that they can operate a rail-trail. It seems clear that in the present climate there will be little or no government money available. That has never been a problem for the Rideau Trail, whose members have always been ready to give their time to develop and maintain the trail. We believe that there are plenty of people - including many of the same people who support the Rideau Trail - who will be prepared to come forward and work to ensure that the K & P Line is preserved as a public trail.

If you have never done so, walk or ride along a section of the K & P Line and experience its potential. Then, if turning the line into a permanent recreational resource seems worthwhile to you, you may want to join SEORTTA and help bring this about. You could get in touch with our President, Doug Knapp, at 522-2039; the Membership Secretary, Paul Ropp, at 376-3389, or me, at 548-1857. Membership is \$15.00 per year for an adult or a family, and \$7.00 for a student, and can be arranged through Paul Ropp at General Delivery, Sydenham, Ontario, KOH 2T0.

(The writer is the Editor of SEORTTA's newsletter and is a charter member of the Rideau Trail Association.)



# DON'T SPIKE THAT TREE!!

by Ron Lank

In British Columbia the woodcutters, and especially the sawmill workers are having serious problem with people who pound nails into trees. They call it "spiking". I can see a similar spiking problem looming ahead for the Rideau Trail Association unless we yank our nails out of landowners' future saw logs and begin showing far greater selectivity in choosing the trees we nail our trail markers to in the future. In Ontario our property owners have a very simple and effective way to eliminate our tree spiking, by eliminating our permission to run our trail across their property.

The trees we should avoid nailing our trail markers to are trees that have potential to grow straight and tall. These are trees with the potential to produce sawlogs twelve, fourteen, sixteen, or eighteen feet long or longer. The reader should feel free to check with your local lumberyard for an estimate of the value of the boards that can be cut from an undamaged sawlog. We should consider the public relations problem that can result from a sawmill worker being hurt when a sawmill blade breaks when it hits a nail used to fasten one of our trail markers, or an imbedded metal trail marker.

I feel that we should take deliberate care to avoid damage to future sawlogs, and restrict our trail markers to trees that will have little or preferably no future economic value.

The trees we should choose first to nail our trail markers to whenever possible are dead or dying trees. Their future: Humus. No landowner is going to become angry with us when our nails and metal trail markers are embedded in tomorrow's humus.

Trees with Y shaped forked trunks, and trees with zig zag shaped trunks are trees which will never make it to the sawmill. They could be of interest to the chipboard industry. As loggers find fewer of the increasingly valuable tall and straight sawlog trees where structural integrity is paramount they are and will be forced to turn to forked and zig zag trees to provide chips to be made into chip board. Metal trail markers and nails embedded in the trees will not bode well for our future land access if they damage the whirling blades of a chipper. Metal trail markers should be used with extreme discretion, and used only on trees which show evidence of wood rot. Rotten wood is another thing that is not desired by the chipboard people, but that's not our problem. Rot infested wood will be left abandoned by the chipboard people, along with the metal markers and nails embedded within it.

Unless we are absolutely certain of the future worthlessness of a given tree, I suggest that we play it safe by using only plastic trail markers on the tree. Plastic, I hope would cause less damage to the chipper blades than metal.

To my knowledge there are no such things on the market as plastic nails which would do the job for us, and be harmless to the chipper blades. Galvanized iron nails, I feel, should be avoided for our use. Ordinary nails, the smaller the diameter the better, should be used instead. Should one of our narrow diameter iron nails ever find its way into a chipper it would have aged sufficiently, I hope to have rusted away to nothing. Rust stains and plastic chips would cosmetically downgrade the chipboard but chipboard is painted anyway.

Tying our markers to the trees may, at first, seem to be a way to avoid embedding nails in them. As the growing seasons go by and the trunks of the trees grow larger in diameter, they would be strangled, girdled, and killed by the encircling strings being used to hold the trail markers.

The use of string to hold our markers would be a viable idea when we know the area would be logged soon. When logging time draws near we could with a flick of a knife take back our trail markers for use another time.

Only a small percentage of the young trees ever grow to maturity, especially if they are being deprived of sunlight by the taller neighbours. Y forked and zig zag trees of narrow diameter should be our next choice after dead and decaying trees. Next to the above, these young trees of inferior configuration form the second greatest probability of ending up as humus.

As trees grow larger, the possibility of their growing to become of interest to the logging industry increases. We should avoid attaching trail markers to such trees, choosing instead the dead, rotting, and small diameter trees of inferior configuration.

Ironwood tree, abundantly found along the Rideau Trail, are one tree we should take a special interest in as we put up our markers. This is a tree you've seen with its bark growing in narrow parallel vertical strips. This is the tree that has bent your nails as you've tried fastening the markers to it. Ironwood, aptly named, is HARD! Should you put a piece of that stuff into a wood chipper, ruining the blade you may find you are no longer employed as a lumberjack. Very little ironwood will ever grow large enough to be of interest to the sawlog industry, even if they are willing to rapidly dull their blades working with it.



Ironwood does have its uses. In smaller sizes it does a nice job holding our trail markers, even though it is a pain in the neck to hammer the nails into it. Ironwood is also great stuff for bridging creeks. Its great strength is just what's needed to save an overweight, overloaded hiker from a surprise dunking, as well as keeping the bridge in tact for following hikers. From personal experience I've found that a broomstick diameter piece of ironwood makes an ideal walking stick.

I, the writer am a trained Forest Ranger, a 1961 graduate of the Ontario Forest Ranger School near Dorset, Ontario. Much of my training was oriented toward working in cooperation with the logging industry, knowing their needs and how best to take action accordingly. When I walk through the forest I

see trees not from the perspective of an untrained tourist, but through the eyes of a Forest Ranger evaluating trees for a future logging operation. We should strive to be nice to the lumberjack-landowner. He has to harvest his trees in order to raise money to pay his taxes. He has the power to cooperate with us, or remove us from his property as a tree spiking financial irritant. I suggest that we should take the initiative and carry with us a cooperative attitude in nailing our trail markers only to trees that the lumberjack-landowner will see as of no value to himself or for any purpose other than humus.

It is not my intention to criticize those trail maintenance personnel who have put up our trail markers. I am thankful for what our trail Maintainers have accomplished.

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### CONGRATULATIONS !

Born - To John Barron, one of the activity coordinators of the Ottawa Club, and Jean Giblin: a girl, Fiona Patricia Kathleen, on January 22, 1995. Fiona is a younger sister for Niall, now 2-1/2, who began hiking with the Rideau Trail before he could walk unaided. We hope Fiona will, too.

### END-TO-END TRAIL COMPLETIONS

Anyone wishing to have company hiking a particular section of the Trail to complete his/her End-to-End, please call the Rideau Trail number 545-0823. Someone will try to match you with a compatible companion.

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Ottawa Phone Number: 613-730-2229  
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 Individual or Family Membership           | \$ 20.00 | PLEASE CHECK New ( ) Renewal ( ) |
| ( ) Patron(lifemembership)                           | 300.00*  |                                  |
| ( ) Guidebook - Members                              | 15.00    | Name _____                       |
| Non-members                                          | 20.00    | Address _____                    |
| (plus \$2.00 postage & handling)                     |          |                                  |
| ( ) Car Sticker (FREE to members)                    | 1.00     | City _____                       |
| ( ) Crest                                            | 2.00     | Postal Code _____                |
| ( ) Enamelled pin                                    | 3.00     |                                  |
| ( ) Rideau Trail Wall Map (\$4.00 Post,etc included) | 10.00    | Telephone _____                  |
| ( ) Donation to RTA                                  | _____*   |                                  |
| ( ) Donation to the Rideau Trail Preservation Fund   | _____*   |                                  |

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\*Qualify for income tax deduction. Registration  
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