



The Rideau Trail NEWSLETTER

SUMMER 1995

ISSUE NO. 96



The Rideau Trail Newsletter is published quarterly in March, June, September, and December by the Rideau Trail Association. The Editor of this issue is John Haley for the Ottawa Rideau Trail Club.

Submissions for the next newsletter are encouraged. Text should be typed. Black and white pictures to accompany articles are preferred because they print more clearly, but colour photos with good definition are acceptable. All submissions must be received at the following address by the deadline date of **AUGUST 1, 1995**:

**Carolyn Burns,
3 Copperfield Drive,
Kingston, Ontario, K7M 2X2**

Telephone: 613-547-6104

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

ISSN 0709-7085

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Photo Credits	Courtesy of	Subject
COVER:	Sandy Benoît	Slide Lake Loop, October 22, 1994.
PAGE 6:	Inge Gullon	Mark Watson.
PAGE 11:	Julia Schwartz	Jerry Hinderks, Fall 1994.
PAGE 12:	Ron Maybury	Volcan Arenal, Costa Rica.
PAGE 16:	Sandy Benoît	Hikers at Fallowfield, End-to-End hike, October 1, 1994.

CLUB EXECUTIVES

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RIDEAU TRAIL ASSOCIATION ANNUAL GENERAL MEETING

SATURDAY, SEPTEMBER 23, 1995
HOTEL KENNEY, JONES FALLS

AGENDA:	10:00	Refreshments
	10:30	Business
	12:00	Lunch (bring your own)
	13:00	Afternoon Program
		Hike 1: Rock Dunder
		Hike 2: Locks Area
	17:30	Dinner

Dinner is by reservation. A full course hot turkey dinner with appetizer and dessert, etc. will be served. The cost is \$13.95. Reserve by September 11.

To reserve, call:

Kingston	Dale Ross	384-2959
Central	John Miller	264-8338
Ottawa	Caroline Whaley	726-0237

NEWSLETTER DELIVERY

The RTA newsletter is being delivered in Ottawa and Kingston by a large crew of volunteers. You may have noticed that the address label has some extra coding. In the top right corner is a code that indicates the delivery route. If yours has a 99 then that means it is not easily delivered by hand but is mailed instead. An 88 marks a new member who has not been assigned to a route as yet. Any other code is a bona fide by foot or bike or car delivery. A special THANK YOU is extended to all our newsletter volunteer deliverers who go out in snow or rain or sunshine to see that you get your newsletter.

Volunteers are always appreciated. Most routes have a regular volunteer but extra people are sometimes needed, especially at holiday times. To volunteer your services please phone:

Don Mitchell (749-9537) if you live in Ottawa postal areas K1A to K1X or K2P;

Elizabeth Mason (729-6596) if you live in Ottawa postal areas K1Y to K2H;

Alberta Edgar if you live in Kingston.

FUTURE OF THE RIDEAU TRAIL

The Bass Lake Forum

This workshop was held at the Bass Lake Lodge, near Rideau Ferry, on December 3, 1994, attended by 37 eager members. Introductory remarks given by the President, Ron Maybury, preceded a report on the state of the trail presented by the Trail Coordinator, Peter Brebner.

The participants were then divided into three groups, for discussion of trail routing, landownership and landowner relations, and facilities on the trail. The groups later reported back to the meeting as a whole and further discussion resulted.

Following the workshop, final reports on each subject area were prepared by the group leaders. These were considered for possible action by the Board of Directors at its January meeting.

Trail Routing

This group first considered and updated the guidelines for trail routing which were established in 1984:

the route of the Rideau Trail should be determined in terms of interest and remoteness. The main trail should pass through areas of natural and historic interest

the main trail should be as near as possible to the Rideau Waterway

the trail should provide access to a variety of terrain, avoiding roads and wet areas

Other concerns identified at the previous planning meetings were taken into consideration. Areas of the trail needing improvement were identified, as well as the existing choice sections to be retained.

The recommendation of the group was that a Task Force be set up by the Executive to choose an optimum route for the Rideau Trail, using the aforementioned guidelines.

The Board of Directors has accepted this recommendation and has started action to establish the Task Force.

Land Ownership And Landowner Relations

The study group on land ownership and landowner relations reported on the continuing need to identify all the landowners on the trail, and to maintain a positive relationship with them.

Points arising from discussion were consolidated under the following headings, in order of priority:

1. POLICY on trail status, in order of preference:
 - a) Wherever possible, the trail should be routed over public owned land.
 - b) Where the trail passes over private property, a handshake agreement should be made with landowners.
 - c) A lease or license could be obtained for right of passage over public or private land.
 - d) Outright ownership of the land by the Association should be only as a last resort.
2. RECORDS
 - a) Records of land ownership should be the responsibility of the Trail Coordinator, who should be informed of any significant written or verbal communication with the landowners by trail maintainers, club representatives or individuals.
 - b) The location of public and private lands should be kept updated on a master trail map.
3. CONTACTS
 - a) The individual landowners should be visited by the trail maintainer or other club representative on an annual basis.
 - b) As a record of their visit, the club representative should leave a calling card. In addition, brochures, a calendar if available, and a copy of the Newsletter (if the landowner is not on the mailing list) may be left.
 - c) Wherever appropriate, signs should be placed at access points to private property, stating that permission is given only for hiking or cross country skiing. There should be an indication that mountain bikes, horse riding and motorized vehicles are not permitted.
4. PUBLICITY
 - a) A strategy should be developed to heighten public awareness of the Rideau Trail by contacting:
 - municipally elected representatives (every 3 years)
 - Rideau Canal officials (annually)
 - Park and Conservation Authorities
 - Cottage Associations
 - b) Improved community recognition of the need for use of public and private lands by the RTA should be encouraged through the news media.

c) At club outings, improve awareness of hikers about access to public and private lands.

d) In the Guidebook, increase awareness of location of private lands together with a trespass/liability caveat to cover any responsibility by the landowner.

The Board of Directors generally accepted the report of this group, and action will be taken to implement many of the recommendations.

Facilities On The Trail

This group discussed facilities, particularly with regard to what may be required for backpackers on the trail.

For Bed and Breakfast facilities, it was felt that, instead of lists being provided which may quickly become outdated, contact agencies where information can be obtained for accommodation along the trail should be listed in the Guidebook.

The attitude to backpacking in the group was generally negative, on the basis that the trail is more suitable for day access hiking. The provision of facilities was opposed because of the cost, possible damage to the environment, and predicted opposition by landowners.

Other recommendations included the inclusion of warnings in the Guidebook to backpackers that camp sites are not available on parts of the route, camp stoves will be needed, and there are difficult wet areas along some parts of the trail.

Upon discussion of the report, the Board of Directors did not concur with many of the recommendations made. It was felt that backpacking should not be discouraged, and that additional facilities should be considered by the Task Force on rerouting.

Ron Maybury

One Week's Lost And Found

On Saturday, April 8, a group of 13 hikers entered the Gatineau Park from the Eardley-Masham Road. We hiked on trails to Finger Lakes, and then bushwhacked via Twin Lakes to Taylor Lake, completing a loop via a gravel 'road'. The bushwhack included steep climbs up and down, and discussions about the exact direction to take at some points, but it was enjoyed by most if not all.

Near the end of the hike, Bill Armstrong announced that he had lost his jacket. He had taken it off and tied it on his backpack, and we deduced that it must have come off when he was at the back of the group, during the steepest parts of the bushwhack. We had hiked enough that day, so we arranged to return the following morning to retrieve the jacket.

So on Sunday, April 9, five of us started hiking the loop in the opposite direction, retracing our steps up the steep hill from Taylor Lake to where we had stopped for a rest the day before. We fanned out going down the next steep hill, and Ken Nelson quickly spotted the bright blue jacket at a distance of 200 meters through the trees (no leaves then). With our mission accomplished, we returned to our rest spot to decide what to do next.

We decided to follow a trail, unknown to all five of us, which ran South-West from our rest spot. We followed this for some distance until it became lost in a wet area, then bushwhacked in the same (?) direction until we thought we should have reached a trail along which we

had hiked the day before. The water to our right didn't match where we thought we were on the map, and we had not found our trail, but Ken had found some boot prints. He figured out that they were his off-trail boot prints from the day before, just about the same time that Inge Gullon called out "I know where we are!". We were quickly on our way again, on the trail.

April 14 was Good Friday, and the same five and one other were back in the Park trying to find a trail that I had marked on my map. We found a few cairns, but no distinct trail. Arriving at noon at a high spot, we stopped for lunch and I discovered that I had lost my pedometer. Now, finding a small (5 x 5 x 2 cm.) black pedometer in the bush is not like finding a bright blue jacket, but we tried. We returned down the hill, retraced our steps up, and back down again, to no avail. But returning to the trail, and pushing through some young white pine trees, Inge said "I've found it", and indeed she had. She likened it to an Easter egg hunt, but I think it was more like finding a needle in a haystack.

We didn't resume our search for that trail; I'm saving that for another day. Meanwhile, I've learned two lessons: firstly, tie securely onto yourself or your pack everything that could possibly come loose or be pulled off, especially when bushwhacking; secondly, if you do lose something on a hike, ask Inge and Ken along to help find it.

John Haley

IN MEMORY OF OUR FRIEND MARK

Farewell you happy little gnome,
You skied past us on the day you died;
Not yours a lingering old folks' home,
Your boots stayed on, your skis in stride.

Farewell our quiet modest friend,
To smiles and jokes and repartee;
To leadership and company
And hats you wore with impish glee.

Farewell from all the trails swept clean,
Of refuse, bottles, not a trace.
You acted while we others talked,
You made your choices, kept your pace.

You tried them all, the Rideau, Bruce,
And close to home in Gatineau,
Kluane and the West Coast Trail
You went in sun and wind and snow.

And now, it seems, the joke's on us,
You ran the course and passed the test.
We have to hike on in cold and rain,
While you can have your well-earned rest.

Roger S. McCullough

A Memorable Ski Day

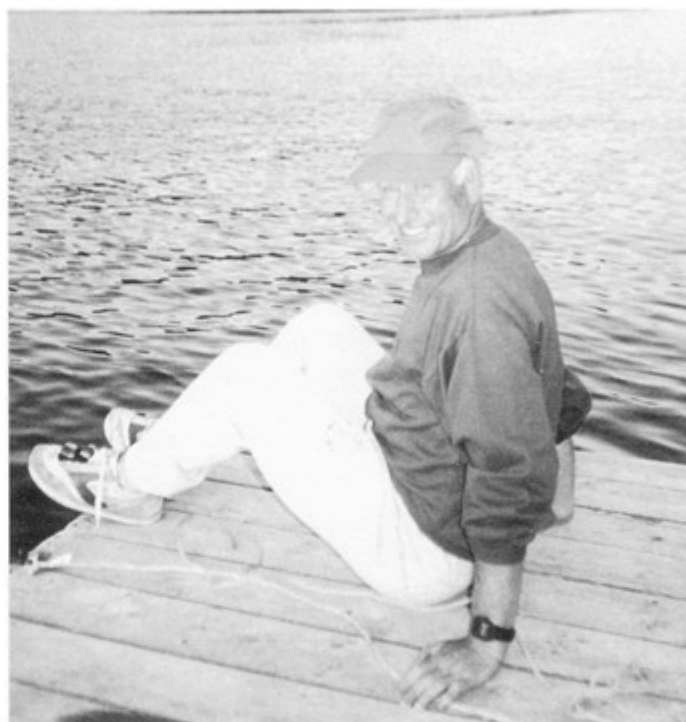
by Elizabeth Mason

Often during and after a Rideau Trail outing, I compose an article for the newsletter in my mind. This evening I am writing it to share my thoughts and experiences.

Today, Sunday February 5 was my first RTA ski outing of the season. Perhaps it would be more correct to say it was an outing that was not! When I arrived at Booth and Albert there were no cars in the parking lot, and no one arrived. Why? Had my reputation for challenging ski outings frightened everyone away? Was the -23°C temperature with a strong freezing wind too cold for outdoor activities? Did the fact that the Gatineau Park ski phone had a warning telling skiers not to ski in the park due to the frigid conditions deter all RTA skiers too? Was it that 25 or more members were headed that day for a week's ski in the Laurentians? Was it the events of the last 24 hours?

Whatever the reason, I was prepared to ski and so I crossed the Eddy bridge heading north. As I drove through the park it was clear that not many skiers were out to brave the elements today. My chosen parking lot (P13) was empty. Since I was skiing alone, an empty parking lot was not a wise choice so I retraced my steps

Mark Watson of the Ottawa club died on Feb. 4, 1995 while skiing in Gatineau Park. There was time to include only a brief notice in the Spring Newsletter; this shows better the Mark he left on all who knew him.



to P12 where I had noted a dozen cars earlier. And I skied. It was cold but I was dressed for cold weather. Other skiers are particularly friendly on a cold day. I had learned long ago that just because no one arrives for an outing is no reason to abandon the trip. I had a good ski and three hours later when I returned to the car I was not yet ready to return home. The outdoors still beckoned. I stopped at the Visitors Centre to hike the snow-shoe trail.

And all the while I reflected on the happenings of the past 48 hours. I had phoned Mark Watson on Friday evening to find out what the conditions were like in the Gatineau and to get a suggestion as to a route for my outing. We had had a lovely chat. Mark was going out the next day to do a 'dry run' of the Gatineau 25 route that he and a few other RTA skiers would be doing in two weeks' time. He teased me about my late start and told me that a group had already decided to leave at 9 a.m. on Sunday because a 10 a.m. start was just too late. Within 24 hours Mark was dead. He died during that 'dry run'.

I do not recall the first time that I met Mark on an RTA activity, but I do recall the first time I met him outside of the RTA. It was at an Ecumenical service of Christian

Continued on page 13

RIDEAU TRAIL ASSOCIATION — OTTAWA CLUB ACTIVITIES

The activities listed below take place as scheduled regardless of weather. The meeting place is the parking lot at the corner of Booth and Albert Streets in Ottawa, for the departure time stated. Transportation is by pooling of private cars, and each passenger is asked to give a contribution for gas to the driver (\$3 to \$6). Hikers should bring a lunch, drinking water, sun and insect protection, maybe a swimsuit, and wear appropriate footwear and clothing. For more information about a particular event, call the leader. If you have trouble reaching a leader, or for general information, call the Ottawa Club, 730-2229. Leaders, please give or send sign-up sheets to Nanette Whitwam, 151 Glen Avenue, Ottawa K1S 3A1.

HIKE LEVELS

- 1:** Well defined trails, gentle inclines. Hiking boots not essential, but there may be wet places. Usually under 12 km. Suitable for beginners.
- 2:** May be steep hills, rough terrain, and/or obstacles. Boots recommended. Usually more than 10 km.
- 3:** Rough terrain or bushwhacking, long climbs and/or descents, rock scrambling, lengthy (12 km. plus). Any or all of these may be experienced. Boots, level 2 experience, and a high level of fitness essential, long pants & sleeves recommended.

Saturday June 10 Frontenac Park

Level 3. Salmon Lake loop, 20 km., long day. Gas \$6.
Departs 08:00.
LEADER: John Haley 225-0590

Saturday June 10 Cycling

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

Sunday June 11 Rideau Trail

Level 2. South of Perth. Departs 09:00.
LEADER: Ron Hunt 736-9886

Saturday June 17 Golden Lake

Level 2. Two new trails in Western Renfrew County.
Long day, gas \$5. Departs 08:30.
LEADER: David Spector 829-6802

Saturday June 17 Merrickville - Andrewsville

Level 1. Ghost town. Departs from Merrickville Blockhouse at 10:45. Participants arrange car pool from Booth & Albert at 09:30. Gas \$4.
LEADER: Peter de Lepper 269-4700

Sunday June 18 Ottawa - Wakefield

Marathon Level 2. Departs 06:00. Supper at Earl House about 20:30. Gas \$4. Call by June 10 to arrange transport. Possible to join or leave the hike at O'Brien's Beach at about 13:00.
LEADER: Lance Bailey 235-1584

Wednesday Walkers

Every Wednesday there are level 3 hikes in Gatineau Park. Departure time is 09:30 from Bates Island (under Champlain Bridge). Non-drivers can be picked up from the entrance to Booth & Albert parking lot. Call Dorothy Belter 523-4420 or Nanette Whitwam 730-5417.

Tuesday Evening Walks

On Tuesday evenings until the end of August there will be level 1-2 hikes usually in Gatineau Park. Depart 18:00 from Booth & Albert parking lot. Call Roger McCullough 731-7596 or Laraine Laughland 723-8851.

Sunday June 18 Greenbelt

Level 1. Near Bell High School. Departs 09:30. Gas \$2.
LEADER: Erl Cassells 820-8157

Weekend June 24-25 Canoe Camping

Schooner Lakes. Call for trip organization by June 14.
LEADERS: Jim & Elfriede Ronson 825-2838

Saturday June 24 Cycling

Level 2. About 80 km., Masson & Cumberland, crossing river by ferry. Departs 09:30.
LEADER: Bill Armstrong 737-3567

Sunday June 25

Level 2. Joint hike with Central Club to see orchids. Gas \$5.00 Departs 08:00.
OTTAWA ORGANIZER: David Spector 829-6802
LEADER: John Miller 1-613-264-8338

Saturday July 1 Gatineau Park

Level 1 with a swim. Gas \$4.00. Departs 09:30.
LEADER: Nanette Whitwam 730-5417

Saturday July 8

Short hike, long swim, numbers limited. Call to pre-register.
LEADER: Barbara Thain 241-5082

Sunday July 9 Gatineau Park

Level 1+ with swim, possible parking fee. Departs 09:30.
LEADER: Catherine O'Keefe 745-4441

Ottawa Club Activities Continued

Saturday July 15 Charleston Lake

Level 2 (12-13 km.). West side trails, with a swim. Long day. Gas \$5.00. Departs 09:00.

LEADER: David Spector 829-6802

Sunday July 16 Foley Mountain area

Level 1 short hike and swim. May be a long day, drivers may choose refreshment stop. Gas \$5.00. Departs 09:00.

LEADER: Marg Lafrance 731-4832

Friday July 21 Evening Canal Walk

Level 1 with a stop for refreshments. Departs 19:00.

LEADER: Barb Sigurdson 521-7311

Saturday July 22 Gatineau Park

Level 3. Bring a light lunch and food for evening BBQ.

Gas \$4.00, parking fee. Departs 09:00.

LEADER: Sandy Benoît 682-1087

Sunday July 23 Murphy's Point Park

Level 1 hike and swim. May be a long day. Gas \$5.00. Departs 09:30.

LEADER: David Spector 829-6802

Saturday July 29 Gatineau Park - Lusk Lake

Level 2. Gas \$4.00, parking fee. Departs 09:00.

LEADER: Johanna Ede 731-1541

Sunday July 30

Level 1 hike. Departs 09:30.

LEADER: Christine Banfill 235-8569

Saturday August 5 Slide Lake Loop

Level 2+. Gas \$6.00. Departs 08:30.

LEADER: Alex Bissett 828-4363

Sunday August 6 Lac Lapêche area

Level 2+ hike, swim. Departs 09:30.

LEADER: Peter Roberts 230-2393

Saturday August 12 Gatineau Park

Level 3, no bushwhacking. Departs 09:00.

LEADER: Bud Massé 235-4670

Sunday August 13 Cycling to Long Sault

About 80 km. Cars, racks welcome. View relics of lost villages of the St. Lawrence. Gas \$6.00. Departs 09:00.

LEADER: John Barron 828-2296

Saturday August 19 Rideau Trail

Level 1+. Earth Star Loop. Departs 09:30.

LEADER: Linda Hayes 749-9537

Sunday August 20 Centre Educatif Forrestier, Mayo

Level 1. Gas \$3.00. Entry charge. Departs 10:00.

LEADER: David Davis 281-5137

Saturday August 26 Luskville Falls

Level 3. To Fire Tower. Gas \$4.00. Departs 09:30.

LEADER: David Wardell 722-3752

Sunday August 27 Old School House

Weiner roast, call Aug 20-25. Gas \$4.00. Departs 13:00.

LEADERS: Pat & Bill Grant 820-0697

Saturday September 9 Gatineau Park

Level 2. Departs 09:30.

LEADER: Ruth Hutchinson 749-0990

Sunday September 10 Rideau Trail

Level 2. Narrows Locks - Murphy's Point. Gas \$5.00. Departs 08:30.

LEADER: Caroline Whaley 726-0237

Saturday September 16 Frontenac Park East

Level 3. Long day. Gas \$6.00. Departs 08:00.

LEADER: John Haley 225-0590

Sunday September 17 Gatineau Park

Level 2. Departs 09:30.

LEADER: Anneke Schwarz 729-3247

Saturday September 23 Annual General Meeting

Please see the notice on page 3.

Sunday September 24 Trail Maintenance Day

Your chance to help out the individual maintainers of parts of the Rideau Trail. Bring standard hiking gear; work gloves suggested. Booth & Albert at 09:00.

ORGANIZER: Peter Andrews 728-3016

END-TO-END AWARDS

For those who have completed hiking the Rideau Trail and would like to receive their End-To-End certificate and badge at the Annual General Meeting in September (see notice on page 3), it is time to submit your letter to the Secretary of the Rideau Trail Association:

Christine Banfill
243 Wilbrod Street
Ottawa, Ontario K1N 6L8

Include your name and address and a bit of information about your experiences hiking the trail, including your starting and finishing dates. Any comments about the state of the trail will be passed on to trail maintainers.

Please get your letters to the Secretary by August 15, because it takes time to organize lists, letters, badges, certificates, and presenters. It would be helpful to state whether you will be attending the AGM to receive your award, or wish to receive it by mail after the AGM.

RIDEAU TRAIL ASSOCIATION — KINGSTON CLUB 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. There may 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 7. Members willing to lead fall outings are invited to contact Watson Ogilvie at 530-2378 before the end of June.

Wednesday Walks

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

Tuesday June 6 Cataraqui Memorial and Walk

Sir John A. Macdonald Memorial Service at the Cataraqui Cemetery at 14:00. After the ceremony there will be a walk in the Cemetery.

LEADER: Cathy Cutts 542-5414

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 \$2. 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.

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 repellent. Meet at 09:00. Gas \$3.

LEADER: Klaus Stegemann 542-5375

Sunday June 25 Sheffield Conservation Area

This scenic area is 11 km. south of Kaladar off Highway 41. We will follow the rugged circular trail around several lakes. Level 3. Bring swim suit and lunch. Refreshment stop following the hike. Meet at Sears at 09:00 or at the Conservation Area at 10:00. Gas \$5.

LEADERS: Watson Ogilvie 530-2378

Jeff Walsh 547-4329

Sunday July 2 Rideau Trail to Gould Lake

Hike the trail between Sydenham and the beach at Gould Lake. Parking fee for the use of the park. Bring lunch, swim suit and insect repellent. Meet at 09:30. Gas \$3.

LEADER: Andre Mercier 384-9886

Saturday July 8 Frontenac Park

Hike various trails in Frontenac Park. Level 3. Meet at 09:00. Gas \$4.

LEADER: Allan Tattersall 549-4080

Mon., Tue., Wed., July 10-12 B & B Outing

2 nights and 3 days. Explore the Conservation Area trails in Northumberland County. Please phone the leaders for reservations and details as soon as possible.

LEADERS: Cathy and Don Cutts 542-5414

Wednesday July 12 Charleston Lake Park

Hike trails on the east side of the lake. Bring lunch, insect repellent and swim suit. Level 2. Gas \$4. Vehicle fee. Meet at 10:00.

LEADER: Watson Ogilvie 530-2378

Thursday July 13 Moonlight Walk

Enjoy the City Waterfront west towards Portsmouth. Refreshment stop afterwards. Meet at Bay and Wellington at 19:00.

LEADER: George Muirhead 542-5851

Sunday July 16 Amherst Island

Bike around the island or hike the south shore. Meet for swim and lunch. Meet at Sears NW parking lot at 09:30 or Millhaven Dock for the 10:30 ferry. Level 1.

LEADERS: Bikers - Mike Amodeo 634-1847

Hikers - Sam Heusel 542-2201

Saturday July 22 Rideau Trail in Frontenac Park

Hike from the Trail Centre to Perth Rd. 14 km. Level 3. Bring a lunch, swim suit and insect repellent. Meet at 09:00. Gas \$4.

LEADER: Murray Henderson 546-9906

Sunday July 30 Murphy's Point Park

Hike the trails in the park. Bring lunch, swim suit and insect repellent. Meet at 09:00. Level 2. Gas \$4.

LEADER: Larry Dyke 389-6692

Kingston Club Activities Continued

Saturday August 5 Rideau Trail

Hike between Gully Road and Railton Road with a stop for a swim at Sydenham Beach. Bring a lunch and swim suit. Level 1. Gas \$2. Meet at 09:30.

LEADER: Peter Murray 382-2824

Wednesday August 9 Gould Lake

Hike the side trails. Bring lunch and swim suit. Level 3. Meet at 10:00. Gas \$3.

LEADER: Jean Thompson 544-0340

Thursday August 10 Lake Ontario Park

Moonlight walk east towards downtown via Lakefront and Portsmouth Harbour. Refreshment stop afterwards. Meet at 19:00 at Lake Ontario Park.

LEADER: Peck Peckover 544-9190

Sat., Sun. August 12-13 Canoeing & Camping

Combined Canoeing with the Catarqui Canoe Club on Crotch Lake. Contact leader early in the week for reservations and list of equipment required. Meet at 09:00.

LEADER: Alan Nicholls 389-4026

Sunday August 13 Gould Lake

Hike the Trail around Gould Lake to Desert Lake Road and return. 13 km. Bring lunch, insect repellent and swim suit. Gas \$2. Parking fee. Level 2. Meet at 09:00.

LEADER: Arne Hendrikson 544-0465

Saturday August 19 Opinicon Loop

Hike the trails at Skycroft. Bring lunch and meet at 09:30. Gas \$3.

LEADER: Dugald Carmichael 542-8628

Sunday August 27 Sandbanks Provincial Park

Hike along the beach. Bring lunch & swim suit. Level 1. Gas \$4 + vehicle fee. Meet at 10:00.

LEADER: Margaret Page 389-7840

Sunday September 3 Family Day

Family outing to the Keens' Cottage at Charleston Lake. Bring a picnic & swim suit. Gas \$4. Meet at 09:30.

CONTACT: Dale Ross 389-2959 (Evenings)

Saturday September 9 Frontenac Park

Hike the Arkon Lake Trail, 13 km. Level 3. Bring lunch & insect repellent. Gas \$3 + vehicle fee. Meet at 09:00.

LEADER: Patricia Lynn 548-3993.

Wednesday September 13 Second Depot Lake

Hike the trails in this conservation area. Bring lunch and insect repellent. Level 2. Gas \$3. Meet at 10:00.

LEADER: Watson Ogilvie 530-2378

Sunday September 17 Frontenac Park

Hike the Slide Lake Loop, 15 km. Level 3. Bring lunch. Gas \$3. Meet at 09:30.

LEADERS: Klaus & Elga Stegemann 542-5375

RTA Fund Raising Garage Sale

Date:	September 16 & 17
Place:	Betty McIver's
Address:	2 Sherwood Drive, Kingston
Phone:	549-8023

All donations gratefully received. Please phone Betty to make arrangements for your delivery before September 9.

RIDEAU TRAIL ASSOCIATION CENTRAL CLUB ACTIVITIES

Again this year we will be spending most of our summer activity on the water. The list of activities does not include the ad hoc outings which are held outside of the schedule and are based purely on the amount of interest shown in getting together, so keep in touch via the hot line. 613-264-8338

Sunday June 25 Purdon Conservation Area

Join us for this joint level 2 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 we may be able to attend a church supper. Meet at Conlon Farm at 09:00 or Silvania Lodge at 10:00.

ORCHID FANCIER DU JOUR: John Miller 264-8338

Saturday July 8 Crosby Lake to Pike Lake

Canoe outing with pot luck supper after at Don Boyle's house. Let us know well ahead to plan and if you have not got a canoe. Bring lunch and pot luck contribution, and meet at Conlon Farm at 10:00.

CANOUTER: John Miller 264-8338

Sunday August 20 Bennett Lake

Canoe round Bennett Lake and gorge on pot luck supper afterwards. Bring lunch and pot luck contribution, and meet at Conlon Farm at 10:00.

HOSTS: Don and Chris Sherwin 268-2447

Saturday September 16 Stump Lake

Join us for this canoe/hike experience at Wanda and Bob's, and for pot luck supper afterwards. Bring lunch & pot luck contribution, and meet at Conlon Farm at 10:00.

HOSTS: Bob & Wanda Pelletier 278-2157

KINGSTON CLUB AGM

The Kingston Club AGM was held at the Amherstview Community Centre on Saturday, April 29, 1995. The turn-out represented approximately 10% of the club membership.

Following executive reports on the past year's considerable activities and community relations involvements, enthusiastic and frequently divergent opinions were expressed on a number of new business items.

In the end, it was agreed to send a letter of support for the concept of the Waterway Pathway Project to Kingston City council. The club will be well represented on the Pathway steering committee by Carolyn Burns, Pat Hardy, and Dale Ross.

The draft proposed special fund raising activities for the 25th anniversary and 25th anniversary projects were discussed at length, resulting in firm direction to be carried forward to the RTA Board regarding the parameters of fund raising objectives and motions to spruce up the Trail and to attempt to create approximately 25 km. of new loop trails to commemorate the 25th anniversary. Bob Chadwick volunteered to represent Kingston on a board level organizing committee, and Betty McIver and Jean Thompson volunteered to host a garage/sidewalk sale as a fundraising project.

The Chairman informed the meeting on the Bass Lake workshop results and resultant requirement for a Task Force to refine and further develop an Ideal Trail concept. Cathy Cutts and Murray Henderson have volunteered to represent Kingston on such a Task Force. Members' ideas should be forwarded to Cathy or Murray for consideration.

Other ideas and proposals were put forward for consideration and development by the executive impacting hike program, hiker leaders' training and recognition and reporting. Details will follow as concepts are firmed up.

This photograph was taken last fall during an Ottawa club outing in the Gatineau Park. The planned hike was considered by some to be rather tame, so they decided to do a little bushwhacking to add some challenge to the day. As the photograph shows, Jerry Hinderks ended up more challenged than is usual.

Fortunately, despite a headlong slide into a tree (it is reported that he looked like a human toboggan) Jerry was not seriously hurt. Although he did have some bad cuts and scrapes, it is to be noted that he came out smiling!

A major vacancy(ies) remains unfilled. Volunteers are required to plan and organize next winter's cross-country ski weekend. Reconnaissance and planning should be completed in time for an announcement in the FALL Newsletter.

A warm show of appreciation was made to members leaving the executive:

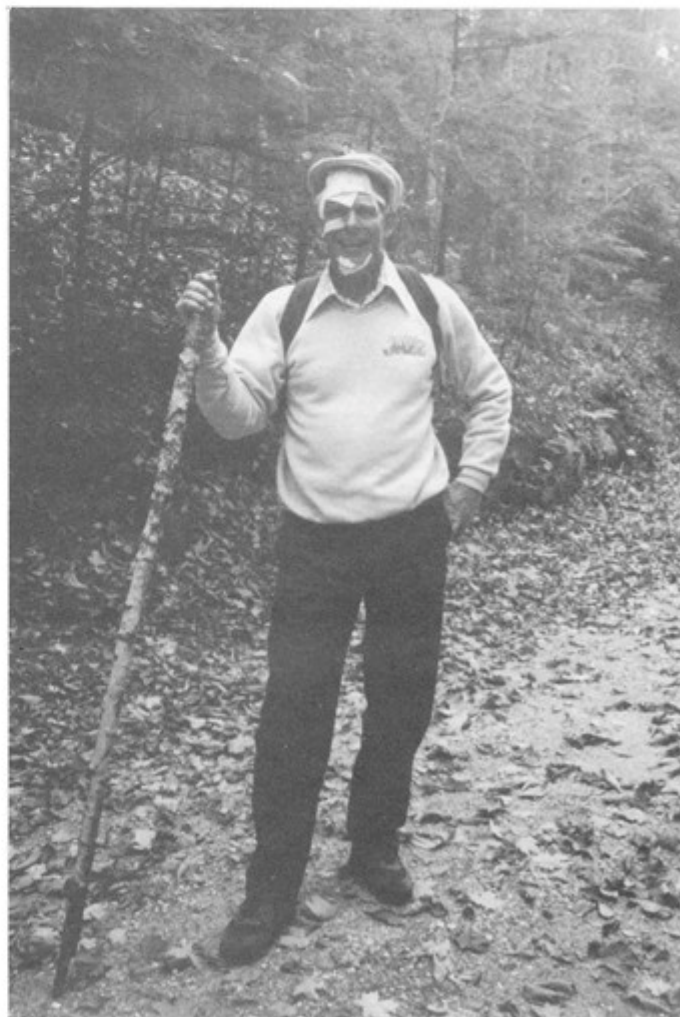
Shirley Conkie, who with husband Bill is relocating to Vancouver in May;

Peggy Harding after four years as Human Resources Coordinator; and

Pat Hardy after five years as Newsletter Editor.

The AGM was followed by a historically interesting walk in the Parrots' Bay Conservation Area led by Bernie Gates, with commentary on the use of the area as a training camp between the early French fur traders and regional Indians, and construction of the first stagecoach road between Kingston and Bath.

Submitted by **Allan Tattersall**



HIKING IN COSTA RICA

Costa Rica is a land with biological diversity and friendly people. It is a relatively small country and much of it consists of the Meseta Central, a plateau with rich volcanic soil and reliable rainfall which supports three-quarters of the population. Three mountain ranges traverse the country on a NW-SE axis and in the north there are number of volcanoes, some of them active. The most spectacular is Volcan Arenal.

In 1949, 75% of the country was forested. By 1973 this was reduced to 49% and today the level is a tragic 25%. In response to this situation and with some help from creditor nations, Costa Rica has been a regional leader in the establishment of National Parks and protected areas, which today cover 13% of the country. This has created a strong attraction to the naturalist who is interested in walking the forest trails and travelling the rivers in boat or kayak.

Recently, I spent a week in Costa Rica with my son, Jon, who had driven down there with friends via Mexico and Central America. From the airport near San Jose, Jon drove us four hours along the TransAmerican Highway to the northwest province of Guanacaste. This is ranching country, where Brahman cattle and Tico cowboys range the hot, dry coastal savannah.

We ended up at the end of a rocky dirt road at Playa Junquillal, where a very basic hotel was set on the beach, with great waves rolling in from the Pacific. The heat was modulated by strong winds, and for a day we swam and explored marine and bird life on the beach and inland trails. We met the friendly local people drinking beer on the hotel patio and listened to one of them singing to a guitar, as his cowboy friends shouted encouragement from the bar.

On our journey from San Jose we had seen cloud-capped mountains to the east, so next we headed for the cloud forests of the Cordillera de Tilaran. First we drove down the Nicoya Peninsula and by car ferry crossed the Gulf of Nicoya, a natural preserve rich in aquatic bird life. We then left the highway and climbed through arid deforested valleys on rocky rutted roads, much of the time in first gear at 5-10 kph. Four wheel drive is recommended, but it is also important to have a car with sufficient clearance to avoid getting stuck on a rock.

Gradually it became cooler, and in some gullies were small patches of forest. Small farms with dairy cattle supply the cheese factory in Monteverde, an area settled by North American Quakers in 1951. Here, at 2000 meters, the cloud forest clings to the mountain tops and



we found the Sunset Hotel, with its own private forest trails and a view across to the Nicoya peninsula.

Around Monteverde, there is a choice of forest preserves to visit. We picked the Santa Elena Reserve, and hiked its trails for about four hours, several times crossing the continental divide through thick forest in humid cloudy conditions, with occasional breaks of sunshine. There were views across the forest canopy towards the Caribbean and the Pacific and a sight of Volcan Arenal, which gave forth occasional thunderous rumbles.

Birdlife was abundant, from the resplendent quetzal to flocks of hummingbirds and the sonorous bellbird. The trees were covered with an amazing variety of epiphytes, including more than 300 species of orchids. Groups of birders stood rooted to the trail viewing life in the canopy through binoculars, check lists in hand.

From Monteverde we drove down the rocky road to Tileran through more verdant country with farms and coffee plantations, then around Lake Arenal, a beautiful green area with developing resorts, and the main source for hydroelectric power in the country. Volcan Arenal grew closer and more impressive, and finally we took a side road toward the observatory which faces the volcano. From near here we hiked along a forest trail which led towards the base of the volcano. There were howler monkeys in the trees.

The volcano was going through its repertory of sounds, at one moment resembling the puffing of a steam locomotive, then the sound of a jet plane. Every hour or so there would be a long ominous silence, followed by a thunderous roar with a great plume of gases and the sound of rocks rolling from the crater.

The trail reached a point where we were confronted by a great barrier of rocks about 30 meters high. We scrambled up these and realized this was one of the lava flows, which still smoked in places under our feet. The walking was hazardous but the view up the mountain and across the jungle canopy was magnificent.

At dusk, we slung our hammocks in a jungle clearing with a good view of the volcano. By just opening our eyes, we could see the cone of the volcano, and a night of fiery entertainment was anticipated. Unfortunately, a thick cloud covered the peak, and when the intermittent hissing and roaring woke us during the night we saw only the reflection of fire in the clouds, and the occasional red hot boulder crashing down the slopes. With the dawn, the rising sun lit a spectacular plume of gases.

Travelling south from Arenal, we tried to reach some trails on the eastern side of the Bosque Eterno de los Ninos, but the state of the road turned us back. This is the first international children's rain forest — land purchased by the efforts of children throughout the world. The main access is from Monteverde to the west. Further south, we found a lodge in the mountains close to San Ramon, offering great accommodation and access to very challenging trails down waterfalls and along the Balsa River. The main one was called the Killer or Sloth Trail. This was hot tropical rain forest rather than the high altitude cloud forest and again very lush with creepers, epiphytic plants, colourful butterflies, monkeys and many birds.

During the night and the next morning, driving back to San Jose, there was heavy rain; the first we encountered.

In conclusion, it is apparent that access to the natural wonders of Costa Rica is not difficult. There are direct flights from Toronto and Montreal and, since the distances are not great, you can be in the rain forest or on a tropical beach on the evening of arrival. Car rental is fairly expensive, but the cost shared between a group would not be excessive. There is a wide choice of accommodation and a variety of guided trips or just do it yourself as we did. Also a little Spanish goes a long way.

Ron Maybury

Continued from page 6

churches in Ottawa West. As I left the service, Mark greeted me by name and asked whether I had been skiing that day. We left chatting, with me frantically trying to recall from what part of my life he came. Who was he?

Religion formed the topic of more than one of our conversations. Mark was a practising Catholic, as I am myself. On one outing we pondered why so many RTA members are anti-religion. What experiences in their lives had caused this? We had both discovered that there are some topics that are best avoided at RTA outings — politics, bilingualism, religion.

There are other things that made Mark a special friend. He was always cheerful and could be counted on to tease. He enjoyed outings but also liked solitude; I could relate to that. He could always be counted on to deliver extra newsletters whenever there was a need.

I know that I am not the only person who will miss Mark — his cheerfulness, his teasing, his honesty, his helpfulness. But I cannot help thinking that he died as he hoped he would — on the trail.

THE VOLUNTEERS (2) by W. G. Grant

This article, the second of a series, concerns the two main clubs of the Association, the Ottawa and Kingston clubs.

These clubs are not autonomous bodies, but serve the RTA by carrying out activities best performed at the local level. They receive funding as required from the RTA budget and are expected to use this money with discretion. The clubs are dedicated to pursuing the RTA's principle objectives which are listed below.

To promote and encourage hiking, snowshoeing, cross-country skiing, and allied activities.

To open up, construct, and maintain the series of interconnecting trails between Kingston and Ottawa, in the general area of the Rideau Canal and its waters.

To establish recreational facilities for the public enjoyment of nature in its unspoiled state, with a minimum of adverse impact on the ecology.

To cooperate with other organizations whose objectives are parallel with or overlapping with the objectives of the Corporation (RTA) and, where appropriate, to serve as a connecting link between such organizations.

Each club determines the structure of its own executive committee or board and there are, as a result, slight differences in the make-up of the two club executives. Changes can be made from time to time by club executive decision and new positions created, or positions abolished, as the need arises. In the case of the Ottawa club, there are formal job descriptions which outline the responsibilities of each executive member.

Each club has a Chair(person) who presides at meetings and coordinates the efforts of other executive members. The Chair also represents the club and the RTA in relations with local organizations and officials. There is a Vice-Chair to replace the Chair in his/her absence and take on any special tasks not formally assigned to other executive members. There is a Recording Secretary to record and distribute minutes and look after correspondence, and a Treasurer to handle club accounts. The Ottawa club has the position of "Human Resources Coordinator" to communicate with other executive members about meetings, find candidates to fill executive vacancies (not always easy) and obtain volunteers for special projects (e.g. work groups, social events). The Kingston club has a similar position under a different name.

Apart from these "staff" positions, there are the important "program" positions which involve responsibility for the

various club activities, which relate directly to the RTA's objectives of maintaining the Trail and promoting hiking in general. Each club has a Routes and Negotiations Coordinator, who oversees landlord relations and the planning and implementation of re-routing of major sections of the Trail. To ensure coordination of these activities between the clubs, there is now an Association level position of Trail Coordinator. The effective survival and long-term improvement of the Trail largely depends on these club and Association coordinators.

The Publicity Coordinator is responsible for "external" publicity at the local level. This includes publicity in the local media for club activities, which may involve interviews, presentations to local groups using the RTA's slide show, participating at exhibitions and fairs, and the distribution of the RTA brochure to appropriate outlets, e.g. outdoors stores, libraries, and book stores. The Publicity Coordinator may also be involved in more creative initiatives, e.g. writing articles for publication or redesigning publicity materials. The member selected for this position must consequently be chosen carefully.

Each club has an officer(s) responsible for the coordination of trail maintenance, i.e. marking, brush clearing, litter collection, and small improvement projects which ensure that the Trail is walkable and easily followed. Failure in this area quickly results in complaints from members and others who have difficulty following the route or find the trail impassable due to water, brush, fallen logs, etc. The Ottawa club has decided that the function is so important that two positions are needed. The "Trail Maintenance Coordinator" is responsible for the ongoing maintenance activities, i.e. marking, brush clearing, pruning, and dealing with minor wet areas. The "Major Projects Coordinator" is concerned with larger, usually one-time-only, activities, such as bridge building and structure improvement and repair, which may involve engineering or carpentry skills. The Kingston club has one position for Trail Maintenance in general.

Last, but certainly not least, is the position, whatever it may be called, of the person(s) responsible for organizing the hikes, ski and snow-shoe outings, canoe trips, bicycle outings, and social and information events, which are listed in each edition of the newsletter. The activity lists must be ready by the newsletter deadline date, four times a year and, and the contents accurate, or considerable inconvenience is caused to the hiking membership in general and to event leaders in particular. The Ottawa club currently has two persons filling this position, each

taking care of two seasons, and, in addition, a representative of the Wednesday Walkers sits on the executive. The Kingston club has a position of "Organizer of Special Events" in addition to the basic activities organizer position.

These officers are elected or appointed at the club's AGM in the spring. As in most volunteer organizations, it is necessary to ensure that a full executive is available each year and, consequently, prior to the AGM, a small committee of the current executive ensures that there is at least one candidate for each position, submitting a list for approval to the members attending the meeting. Occasionally, it is necessary to ask for volunteers at the

AGM itself to fill particular positions. This can be risky as, occasionally, individuals have come forward whose interest in hiking was considerably less than their motivation to add to their personal resumes, with unfortunate consequences for the clubs. In recent years, however, qualified individuals have usually been found for the various positions. When vacancies arise between AGMs, as sometimes happens, the club executive must attempt to find persons to fill them temporarily.

The third and final article in this series will address the role played by a large number of members in carrying out the various club programs and activities as event leaders, trail maintainers, or working group members.

REPORT ON THE WEDNESDAY WALKERS, GENUS OTTAWA, to the Ottawa Club AGM by Art Campbell

The Newsletter, in an article on last year's AGM, said that the report on the Wednesday Walkers was amusing. This report, like last year's, is serious; the serious report which the Wednesday Walkers so richly deserve. The report is statistical, with comments occasionally.

There are 49 names on the Wednesday Walker list of members. 37 are probationary, including two who have moved up from the Alpine Ottawa Club to the Rideau Trail Ottawa Club. The oldest member, who happens to be a man, is 80 — yesterday. The second oldest, who happens to be a woman, is 39.

Wednesday Walkers had 53 outings in the past year: 36 walks, 13 skis, and 4 with options exercised. For example, on Jan. 18, 13 members showed up: 6 opted to walk, and walked; 6 opted to ski, and walked; & 1 went home.

99% of Wednesday Walker outings were in Gatineau Park, using 24 trailheads. These are scattered around and through the park. After a comment about using the west end of the park too often, I consulted my computer.

The average trailhead is close to a fault; a geological fault. It was not found by the Wednesday Walkers since we have no fault finders. It was revealed to us by one of the new, probationary, members. Like many features in the Park it is probably named after the person that named it. It is called Nobody's Fault.

Consider now the following incidents. 1. One walker was left in the Park (he made his own way out). A careful examination of the circumstances showed clearly, it was Nobody's Fault. 2. One walker, wanting to get back to her car by 1:30, started back before lunch. She arrived at 4:30, an hour and a half after the other walkers but 10 minutes before the search party. 3. One walker slipped

crossing a creek and broke her wrist. 4. One skier lost a ski in Meech Creek. We did not ask about fault. We thought it more important to ask if she was attached to the ski at the time. She wasn't. 5. One skier, on the last ski of the year, attempted to hug a tree and missed — in the sense that he stabbed the tree, throwing one finger out of joint. No investigation was required. One could readily see that he should have been walking.

The average time from trailhead to trailhead was 4.9 hrs. The shortest trip was 3.8 hrs. and the longest 7.2. These numbers include 66 minutes, on average, for lunch, smelling the roses, tea, and tending mushrooms. Longest distance was 16.3 km., shortest 6.1 and average 10.6 km.

The coldest outing was on January 25. Minus 38 degrees wind chill when I left home. 21 people showed up.

Largest group was 42, smallest 8, average 23. Being involved with the Wednesday Walkers can be quite a heady experience. For example, on Oct. 26, 39 walkers appeared including two from Toronto, visiting Ottawa to walk with us. It was decided to walk as a group rather than split up, which frequently happens. After about 15 minutes we were well spread out. I stopped. As walkers caught up they stopped. Except for one walker who was near the end of the line. She continued, working her way forward. I recognized my wife. When she reached me, she said, softly, "Art, can I speak to you?", and moved on down the trail. I followed her. 37 people followed me.

Finally, I speak on behalf of all the Wednesday Walkers, with one notable exception. It is my responsibility, and my very great pleasure, to thank that one notable exception, the Wednesday Walker leader for more than a decade, Dorothy Belter, for all she has done TO us in the past year. Thank you.



SUBSCRIPTION APPLICATION: The Membership year is from April 1 to March 31. Your Membership in the Rideau Trail Association provides the financial support essential for the continuous maintenance, improvement, extension, and protection of the Rideau Trail network. As a Member you will receive the quarterly newsletter and special mailings, as well as voting rights in local club and association activities. To join or renew, complete the form below and mail it with your payment in an envelope to:

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

Club Telephone Numbers:

**Ottawa Club: 613-730-2229
Kingston Club: 613-545-0823
Central Club: 613-264-8338**

- | | | |
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| ☐ | Annual Family Membership | \$20.00 |
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| | TOTAL | \$ _____ |

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