



The Rideau Trail NEWSLETTER

FALL 1995

ISSUE NO. 97



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 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 **NOVEMBER 1**.

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 1994 - 1995

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Trail Coordinator			
Kingston Representative	Bob Chadwick	Bath	352-1052
Ottawa Representative	Peter Andrews	Ottawa	728-3016
Central Representative	Don Sherwin	Balderson	268-2447

PHOTO CREDITS
Cover: Checking stiles on the trail - Richard Whckman
Page 4 - Jean Thompson

NOTE The office of Trail Coordinator is vacant. If you are interested in the position talk to an executive member.

RIDEAU TRAIL 1995 B & B OUTING JULY 10,11,12 Cathy Cutts

A group of nine hikers had the opportunity to explore a few communities on/near the shore of Lake Ontario between Grafton and Trenton. Before the "401" was built the ribbon of highway which took travellers west to Toronto was Highway #2. What a relief and delight to get on quieter roads, away from the noise and delays of road construction and mammoth trucks hurtling along the "401".

The area communities have produced a colourful Apple Route map and brochure, detailing many services and places of interest and coaxing people off the "401" for a leisurely drive beside the apple orchards.

We stayed two nights in Brighton in B & B homes and spent the days on the trails. Just south of Brighton is Presqu'ile (almost an island) Provincial Park with boardwalk trails through the marshes, sandy beaches and campsites. There is an interpretive leaflet for Jobe's Wood Trail. This spit of land jutting out into Lake Ontario is an important route for the Spring and Fall bird migrations.

Continued on page 12

BOARD OF DIRECTORS MEETING

Pearl Peterkin

At the July 15th meeting of the Board of Directors, two important motions were passed:

- 1) to establish an important new position on the Board, that of Trail coordinator
- 2) regarding the establishment and purpose of the 25th Anniversary Fund, in connection with our celebrations in 1996.

SPECIAL NOTICE

Motion: That an additional officer be added to the Board of Directors of the Rideau Trail Association, to be designated Trail Coordinator, and that by-laws be changed accordingly.

Motion: To establish a 25th Anniversary Fund to be used for projects associated with the upgrading of the Trail, and the Rideau Trail Preservation Fund.

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

TEMPORARY REROUTING AT ORSER ROAD

Bob Chadwick

In response to a request received from one landowner and with thanks to the generous co-operation of another existing landowner, the Trail is temporarily rerouted off the abandoned railway between The Lalonde Farm and Orser Road (19.7 km. to 22.1 km. in the 1995 edition of the Guidebook). The length of the Trail is thereby increased by 0.6 km.

The amended description, new words underlined, is as follows:

18.1 Van Order Road

There is a private campsite beside the home of Mr. Lalonde at the eastern end of Van Order Road. Permission to camp should be requested at Mr. Lalonde's. The Trail turns north through the Lalonde farm for 0.8 km to an abandoned railway, which it crosses between two stiles. The Trail continues on Lalonde property, turning north across a cow pasture for about 0.5 km when it turns right, through a gate and then resumes a northerly direction for another 0.5 km until it crosses a stream and marshy area (dry in summer). A bridge is planned here for the fall. The Trail then bears right and proceeds diagonally (NW) across a field for about 1.0 km until it reaches a stile over a fence to Orser Road.

21.7 Orser Road

At the intersection with Orser Road, the Trail turns west along the road for approximately 1.0 km, when it rejoins the former route by turning right and proceeding in a northerly direction along a wet section on an unopened road allowance.

KINGSTON CLUB WINTER GETAWAY WEEKEND Peck Peckover

This winter we have a change of pace from our previous ski weekends that you might enjoy. We have reserved a long weekend at the full service PineStone Resort in the Haliburton Highlands area. Lodging, meals, ski trails, and amenities are all first class, and the price is affordable.

We leave Friday morning and return Sunday evening, 23 to 25 February, on a washroom-equipped bus.

All rooms in the Resort have two double beds, four piece bath, hair dryer, TV, coffee maker and balcony.

Cross-country trails starting right at the Resort give access to a 150-km network of double track set and groomed trails, ranging from easy to expert. There is even an Olympic loop. No transportation is required unless you want to downhill ski a short distance away.

Facilities here are better than we've booked before for our weekends. Outdoors, in your "spare time" you can choose from skating (at night, too), curling, tobogganning, or strolling in the wooded setting. Indoors, the selection includes a lounge bar with fireplace, large swimming pool, sauna and whirlpool, well-equipped games room, and live entertainment in the evening.

We think you'll agree that the Resort promises a most enjoyable weekend for skiers and non-skiers alike, and you'll be surprised at the moderate cost. For transportation, lodging, breakfasts, dinners, use of the facilities mentioned, and all tips (including the bar), the cost is \$240 per person in a double room. Everything is included except the trail lunches and trail passes.

Early reservations are recommended. A deposit of \$60 should be sent before 30 September. The balance of \$180 is due 10 January. You can send a post-dated cheque if you wish. Make your cheques to Peter Murray, in trust, 120 First St., Gananoque, K7G 2J1. Indicate your preferred roommate and any special requirements such as vegetarian meals. Payments are refundable if a substitute person is available. Reservations will be made in the order that the deposits are received.

For more information call Peck at 544-9190. Members of both the Ottawa and Central Clubs are invited to join us for an enjoyable winter getaway.

MEMORIES Allan Tattersall



The Kingston Club regrets to announce the tragic death of Carolyn Burns in a motorcycle accident on Wolfe Island, Saturday, July 22, 1995. Also killed was her close friend and R.T. member, Peter Vasko, with whom she was riding.

Carolyn had recently accepted the position of Kingston Editor of the R. T. Newsletter and was looking forward to greater involvement in club and association responsibilities.

Carolyn will be remembered for her cheerful and caring presence on hikes and snowshoeing activities. We will remember her taking pains to get to know and speak to everyone taking part and to watch out for and assist those experiencing difficulty. Her potential as a hike leader and executive member will be greatly missed.

A service of thanksgiving for her life and love was held in Kingston on July 27, 1995. The chapel was filled to overflowing with family and friends including a large turn-out from the VON where she worked and also R.T.A. members.

Peter's funeral was held on Thursday, July 27, 1995 at Sacred Heart Church on Wolfe Island. Again the Church was filled to capacity.

Those of us who knew Carolyn and Peter will remember the special joys that each of them brought to many events over the past few years.

RIDEAU TRAIL OTTAWA CLUB FALL ACTIVITIES

The activities described below take place as scheduled regardless of the weather. The **RENDEVOUS POINT FOR HIKES IS AT THE CORNER OF BOOTH AND ALBERT STREETS IN OTTAWA UNLESS OTHERWISE STATED** at the departure time indicated. Transportation is by pooling of private cars, and passengers are asked to contribute to the driver's gas 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:

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 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.

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. Depart 08:30 LEADER: Carolyn Whaley 726-0237

Saturday September 16

Frontenac Park East Level 3. Long day. Gas \$6. Departs 08:00. LEADER: John Haley 225-0590

Sunday September 17

Gatineau Park Level 2. Departs 09:30.

LEADER: Anneke Swartz 729-3247

Saturday September 23 Annual General Meeting

Please see the notice on page 3. Car pool will leave Booth and Albert at 09:00. Gas \$5. CONTACT: Carolyn Whaley 726-0237

Sunday September 24

Trail Maintenance Day Your help in maintaining the Rideau Trail would be appreciated. Equipment/supplies as for a hike. There may be a short hike in conjunction. Departs 09:00. ORGANIZER: Peter Andrews 728-3016

Saturday September 30

Gatineau Park Off trail, but easy terrain and a leisurely pace. Level 2. Departs 09:30, returns 16:30. Gas \$4.

LEADERS: Art & Ida Campbell 828-0426

Meech Valley Full day's hiking, on trail in Gatineau Park. Level 2. Departs 09:30. LEADER: Dennis Scully 565-7710

Sunday October 1

Glengarry County Two new conservation areas. Total of 12 km of level hiking but a long drive and late return. Possible pub stop. Gas \$5. 09:00 LEADER: David Spector 829-6802.

Rideau Trail North Burgess Rd. to Ferrier Rd. (S. of Perth). 14 km. Level 2. Gas. \$4. Departs 09:00.

LEADER: Geoff Berry 731-4832

October 7-9 Thanksgiving Weekend Backpacking

Frontenac Park. Level 2 terrain, physically demanding with heavy pack. Gas \$6. Departs Saturday AM. Call the leader by September 27 for reservations and trip coordination.

LEADER: Dave Farrington 226-1244

Saturday October 7

Gatineau Park 15 km on-trail hike. Level 2. Departs 09:30 LEADER: Ann Bolster 521-6354

Merrickville 10-15 km level 1 hike, TBA. Departs 10:45 from the Blockhouse in Merrickville. Participants may arrange their own car pool from Booth and Albert at 09:30. Gas \$4.

LEADER: Peter de Lepper 269-4700

Monday October 9 (Thanksgiving)

Lac Phillippe Off-road circular route around lake. Level 2. Gas \$4. Departs 09:30. LEADER: Gerry Schut 746-4548

Friday October 13 Map and Compass Instruction

Indoor instruction in off-trail navigation by map and compass. To be followed by a field session Sunday, October 15 (see below). There will be an introductory/intermediate field session, and possibly an advanced depending on demand. Small charge for materials. Time 19:00. For registration, place, and further info., contact instructor Graham Creevy 789-1657 or John Barron 828-2296 by Friday, October 6.

Saturday October 14

Larose Forest Possibility of finding mushrooms. 10 km.

Level 1. Gas \$4. Departs 09:30.

LEADER: Bob Bennett 749-7440

Gatineau Park From Pilon Road. Long strenuous climb up escarpment at the start. 15 km. Level 2+. Gas \$4. Departs 09:30. LEADER: Marian Dunning 232-8304

Sunday October 15 Map & Compass Field Exercise

The outdoor portion of the map and compass course described in Friday, October 13's entry above. Departs 09:30; place TBA. Participants should attend both sessions for maximum benefit. CONTACT: Graham Creedy 789-1657, John Barron 828-2296.

K&P Railway Line (abandoned) From Oilon Rd. Long strenuous climb up escarpment at the start. 15 km, Level 2+ Gas \$4. Departs 09:30. LEADER: Marian Dunning 232-8304

Weekend October 21-22 Mont Tremblant

Stay in B+B lodge. Bring own bedding and towels and a pot luck dish for Saturday PM. Saturday, a tough, level 3, 12 km, 800metre elevation gain, ascent of Mont Tremblant; Sunday, an easy, Level 1, half-day walk on the valley floor. Cost \$35 max + gas \$8. Departs Saturday at 07:30 approx. You must call leader by October 10 for reservation and coordination purposes. LEADER: Jane Buckley 745-5786.

Saturday October 21

Rideau Trail South of Westport. 14 km. Level 2. Gas \$6. Departs 08:30. Late return.

LEADER: Ron Hunt 736-9887

Mer Bleue. Level 1 hike in the east end of Ottawa's scenic bog. Gas \$2 Departs 09:30. LEADER: Linda Hayes 749-9537

Sunday October 22

Gatineau Park Wolf Trail. 12-15 km. Level 2+. Gas \$3. Departs 09:30. LEADER: Bev Armstrong 738-0310

Greenbelt 15 km. Level 1. Gas \$3. Departs 09:30. LEADER: Jean Cottam 726-1596

Saturday October 28

Rideau Trail Near Foley Mountain. 12-14 km. Level 2, Gas \$5. Departs 09:00. LEADER: David Spector 829-6802

National Trail #1 Ottawa to Kingsmere. 20 km. Level 2. Departs 09:30. LEADER: Jean Sunter 828-6077

Sunday October 29

Rideau Trail Twin Elm to Bell High School. 17 km. Level 2. Gas \$3 Departs 09:30. LEADER: Bill Armstrong 737-3567

Bushwhacking in West Gatineau Park 12 km. Level 3. Gas \$4. Departs 09:30. LEADER: John Barron 828-2296

Saturday November 4

Frontenac Park. 20 km+. Level 2+. Gas \$6. Departs 08:00. Late return. Optional supper in Westport. LEADER: Sandy Benoit 682-1087

National Trail #2 Kingsmere to Pine Road. 18 km. Level 2 Gas \$4. Departs 09:00. LEADER: Kay Methot 443-3941

Sunday November 5

Gatineau Park Long (15 km+). Level 2. Possibly partly off trail. Departs 09:30. LEADER: Don Mitchell 749-9537

Saturday November 11

Frontenac Park 15 km starting at Kingsford Dam. Level 2. Gas \$6. Departs 08:30, late return.

LEADER: Nanette Whitwam 730-5417

Gatineau Park. Partly on, partly off trail. 10-15 km. Level 2. Gas \$4. Departs 09:30. LEADER: John Young 828-0369

Sunday November 12

National Trail #3 Pine Road to Wakefield. 18 km. Level 2. Gas \$4. Departs 09:00.

LEADER: Andrew MacDonald 235-8569

Monday November 13 Remembrance Day

Burke Settlement Northern Frontenac County. 11-12 km. Level 1 Gas \$5. Departs 09:00.

LEADERS: David Spector 829-6802 & Bill Grant 820-0697

Saturday November 18

Murphy's Point Provincial Park. Rideau Trail and loops off it. 12-15 km. Level 2 Gas \$4. Departs 08:30.

LEADER: Pearl Peterkin 747-2985

Sunday November 19

Gatineau Park Partly on, partly off trail; destination TBA. Level 2 Gas \$4. Departs 09:00.

LEADER: Pat Clarkin 729 2737

Brunch Followed by a 2-3 hour Level 1 hike. Call the leader by November 12 to make a reservation. Departs 09:30.

LEADER: Carolyn Whaley 726-0237

Saturday November 25

Morris Island Level 1 hiking in a conservation area on the Ottawa River near Arnprior. Refreshment stop after. 10-12 km. Gas \$4. Departs 09:30.

LEADER: Bill Grant 820-0697 & David Spector 829-6802

Sunday November 26

Rideau Trail Port Elmsley to Rosedale. 22 km. Level 2. If too much snow, a Level 1+ ski trip in Gatineau instead. Gas \$4. Departs 09:00. LEADER: John Barron 828-2296

Saturday December 2

Stony Swamp Easy 1/2 day hike. Level 1. Gas \$2. Departs 13:00. LEADER: Elizabeth Mason 729-6596

Saturday December 9

Hike or Ski As conditions permit. Level 2 Departs 09:30. LEADER: Bud Masse 235-4670

Saturday December 16 Party. Celebrate Christmas, the end of the hiking season, and the start of the skiing. Bring cookies and finger foods, Valerie Wilson's, 151 Glen Ave., Ottawa. Time 19:30. For info. call Nanette 730-5417.

RIDEAU TRAIL KINGSTON CLUB FALL ACTIVITIES

The meeting place for all outings is the northwest 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 Helga Wennerstrand, 207-67 Village Drive, Kingston, K7K 6K6.** For hiking levels please see Ottawa levels on page 5. Members willing to lead hikes, backpacking, or skiing for the winter season contact Watson Ogilvie at 530-2378 before the end of October.

WEDNESDAY WALKS

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

Sunday September 3 Family Day

Family outing to Keens' Cottage at Charleston Lake. Bring a picnic & swim suit. Gas \$4. Meet at 09:30.
CONTACT: Dale Ross 384-2959 (evenings)

Saturday September 9 Frontenac Park

Hike the Arkon Lake Trail, 13 km. Bring lunch and insect repellent. Level 3. Gas \$3 + vehicle fee. Meet at 09:00.
LEADER: Patricia Lynn 546-3993

Saturday September 9 Last call for G. Sale Items

If you have items for the garage sale please call Jean 544-0340 or Betty 540-8028. Details on page 9.

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

Friday September 15 Kingston Haunted Walk Ghosts, Graveyards, Hangings, and Haunts

A 2 hour walking tour of Kingston's darker past led by Queen's students. Cost \$5 to Rideau Trail members and their guests. Meet at 19:50 across from Kingston City Hall.
CONTACT: Watson Ogilvie 530-2378

Saturday - Sunday September 16-17 Garage Sale

Kingston Club project to raise money for R.T. Preservation Fund. For more information see September 9 and page 9.

Sunday September 17 Frontenac Park

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

LEADERS: Klaus & Helga Stegemann 542-5375

Saturday September 23 RTA AGM

Hotel Kenney, Jones Falls. Meet at Sears at 09:00.

More details elsewhere in the newsletter.

CONTACT: Dale Ross 384-2959. (evenings)

Sunday October 1 Hike Ontario Day

Hike #1 Bon Echo

Hike the 17 km Abes and Essens trail in Bon Echo Provincial Park. Level 3. Gas \$5. Meet at 08:30.

LEADER: Don King

CONTACT: Murray Henderson 546-9906.

Hike #2 Yarker

Participate in a celebration of the art, history and architecture of Camden East Township. Walking tour of the historical buildings of Yarker and exhibition of paintings of the Township. Level 1 Gas \$3. Meet at 10:00

LEADER: Cathy Cutts 542-5414

Hike #3 Little Cataraqui Creek Conservation Area

10:30 Guided walks 5 km or 10 km. 13:00 - 16:00 Safety Clinic led by Betty McIver and Ray Forester. Bring a lunch.

Level 1. Gas \$1. + Entrance fee. Meet at 10:00.

CONTACT & HIKE LEADER: Jean Thompson 544-0340

Saturday October 7 Rideau Trail

Hike from north end of Opincon Loop to Westport. 18 km Level 2. Gas \$4. Meet at 09:00.

LEADER: Maggie Baerg 546-6065

Thanksgiving Weekend October 6-8 Frontenac Park

Backpacking trip. Participation is limited. See Ottawa Club listing for details.

Wednesday October 11 Fall Colour Hike

Ecl Lake Area, Canadian Shield terrain. Level 3. Gas \$1.

Meet at 10:00. CONTACT: Cathy Cutts 542-5414

Sunday October 15 Foley Mountain

Hike the Foley Mountain Conservation Area. Up to 10 km. Level 2. Gas \$3. Meet at 10:00.

LEADER: Dale Ross 384-2959 (evenings)

Saturday October 21 Maintenance Day

Your help is needed to maintain the trails. Bring a lunch along with suitable implements. Maintainers, please send reports of their sections to Bernie Gates 389-1835. Meet at 09:00.

Friday October 27 New Members' Night

All new and potential members are invited to attend an information evening at St. Lawrence Place, 181 Ontario Street East (corner of Johnson) at 19:00.

CONTACT: Dale Ross 384-2959 (evenings)

Sunday October 29

Trip #1 Wolfe Island Cycling to Cape Vincent

Moderate cycling. Bring identification for entry to U.S.A. and return. Meet at Ontario Street Ferry Dock at 10:15.

LEADER: Mike Amodeo 634-1847

Trip #2 Frontenac Park

Hike various trails in Frontenac Park. Strenuous hiking.

Level 3. Gas \$3 + vehicle fee. Meet at 09:00.

LEADER: Allan Tattersall 549-4080

Saturday November 4 Frontenac Park

Hike the Cedar Lake Loop. 15 km. Strong footwear recommended. Level 3. Gas \$3 + vehicle fee. Meet at 09:00.

LEADER: Dora Hunter 546-5358

Wednesday November 8 Millhaven Creek

Drive and walk to explore this area. Level 1. Gas \$3. Meet at 10:00

LEADER: Donald Cutts 542-5414

Sunday November 12 Mount Fitzsimmons

Landon Bay Area. A fairly steep climb to the top for a spectacular view of the St. Lawrence River and surrounding area. Level 2. Gas \$4. Meet at 09:00.

LEADER: Peter Murray 382-2824

Saturday November 18 Frontenac Park

Hike the Little Salmon Lake Trail. 15 km. Level 2. Gas \$3 + vehicle fee. Meet at 09:00.

LEADER: Jim Blain 1-613-359-6282

Sunday November 26 Rideau Trail

Hike from Horseshoe Bay to Narrows Locks, with a side trip to Ghost Town. 11 km. Level 2. Gas \$4. Meet at 09:00

LEADER: Bob Tolley 542-9626

Saturday December 2 Little Cat Conservation Area

Hike or ski in the Little Cataraqui Conservation Area. Level 1. Gas \$1. Meet at 10:00.

LEADER: Watson Ogilvy 530-2378

Saturday December 9 Coffee and Dessert Party

Bring your favourite dessert. Landmark Condominium, 165 Ontario Street. Meet there at 19:00. Buzz Peckover to be let in. CONTACT: Dale Ross 384-2959 Sybil Peckover 544-9190

Sunday December 10 Opicon Loop

Hike in the Lindsay Lake Area. Approximately 10 km. Level 2. Some bushwhacking possible. Gas \$4. Meet at 09:00

LEADER: Dugald Carmichael 546-7008

Wednesday December 13 Gananoque Area

Some short trails in the Gananoque area. Level 1. Gas \$3. Meet at 10:00.

LEADER: Cathy Cutts 542-5414

Saturday December 16 Rideau Trail

Hike or ski Unity Road (Elginburg Road) to Orser Road. 9 km. Level 1. Gas \$1. Meet at 09:30.

LEADER: Watson Ogilvy 530-2378

**RIDEAU TRAIL ASSOCIATION
CENTRAL CLUB ACTIVITIES**

For outing information please phone the person named as the contact person or whatever or leave a message on the cold/hot line 264-8338. Bring a lunch and water and meet at Conlon Farms unless otherwise indicated. For hike levels see the list in Ottawa's hikes.

Saturday September 16 Stump Lake

Join us for this canoe/hike experience and at Bob and Wanda's for a pot luck supper afterwards. Level 2. Meet at 10:00.

HOSTS: Bob and Wanda Pelletier 278-2157

October 10 to 16 North Section of Bruce Trail

Plans are well on the way for this hike, staying at Cape Chin North Connection at Lion's Head. Spaces are limited as accommodation has had to be booked for twelve persons. Book as soon as you see this notice as only a few spaces are available. Level 3. PLANNER: Bruce Trails cousin Don Boyle: 267-2982

Saturday October 21 Ragged Chutes

Hike from Ragged Chutes to King's Lake. The scenery on this hike is magnificent so bring your camera for the falls and 'Ted Pearl'. Make sure your footwear has firm gripping soles as there is difficult terrain as well as some bushwhacking. Level 3+. Meet at 10:00.

TRACKER: John Miller 264-8338

Sunday November 5 Charleston Lake

Our first hike to this provincial park where we will hike the Tallon Trail and hide away from the hunting fraternity. Bring a swimming costume as the almanac states that this will be the last chance for the year. Level 2. Meet at 10:00.

PART OWNER: Central Club's Mary Charleston 267-6802

Saturday November 25 K & P Trail

Flat scenic hike from Clyde Forks to Snow Road on the old rail bed of the 'Kick & Push' railway line. Level 1. Meet at 10:00

CHIEF ENGINEER: Wanda Pelletier 278-2157

Sunday December 10 Murphy's Point Prov. Park

Back to our base camp for the winter. Bring lunch & cross country skis for your trial run. Meet at 10:00.

HOMER: John Miller 264-8338

**ANNUAL GENERAL MEETING
RIDEAU TRAIL ASSOCIATION
CENTRAL CLUB**

Saturday, October 21, 1995
House of Wanda and Bob Pelletier
Snow Road
Commencing at 6: pm Sharp
Agenda: You call it

TASK FORCE ON TRAIL RE-ROUTING

Ron Maybury, Task Force Leader

The first meeting of the above Task Force was held in Perth on July 6th, 1995. In addition to members from the three Rideau Trail clubs, Parks Canada was represented by Manuel Stevens, Planning Officer, and David Sadler, Southern Manager, Rideau Canal

Guidelines for the study were reviewed and accepted. Parks Canada will encourage routing closer to the Canal Corridor, and offered to help the planning process. David Spector will prepare a historical inventory, and we are looking for someone to carry out an environmental study of the trail corridor.

Sector groups to set out an optimum route for the trail are already at work and will meet together next on October 24th.

Any suggestions or offers of help should be addressed to Peter Andrews, Pearl Peterkin or Barbara Sigurdson in Ottawa, Murray Henderson or Cathy Cutts in Kingston, John Miller or Don Sherwin in Perth

PLANNING FOR THE FUTURE

Allan Tattersall

For members of the Kingston Club, Cathy Cutts and Murray Henderson have accepted the responsibility of representing Kingston on a task force to select the optimum routing for the Rideau Trail, reported in the last Newsletter.

Your ideas are welcome. Considering the guiding principles on trail routing in the Summer 95 article, bring forward your ideas to Cathy and/or Murray.

Consider also our new loop trails project for the 1996 anniversary. Loop trails which could be developed off the main trail to traverse areas of historical or natural interest and/or which provide alternative routing to permit less doubling back on day hikes should be recommended to Cathy, Murray or any member of the executives. Detailed planning will have to take place over the fall and winter season to enable spring and summer 1996 construction.

Finally for the 1996 trail spruce up on the Kingston sector, trail maintainers will be asked to provide detailed estimates of the requirements for new signs, stiles, etc. by November, 1995. Your assistance in this venture is essential to a successful program.

HUNTING SEASON AND HIKING

Allan Tattersall

Hunting is a legal recreational activity enjoyed by many as well as being a significant economic factor in rural Ontario. As deer hunters generally use high powered rifles and the shot can carry significant distances, hikers and activities coordinators should take care to avoid hunting areas in season; that is, the first full week of November for areas contiguous to the Trail. In other areas the season could run two full weeks - Sundays excepted (Except in Renfrew County).

Deer hunting is practised on crown and private land surrounding conservation and park areas (e.g. Gould Lake and Frontenac Park, Murphy's Point Provincial Park, Tay Marsh and Marlborough Forest). In effect, any crown or private land outside conservation areas and parks unless posted "No Hunting". Beware that some groups post land "No Trespassing" to restrict hunting to themselves.

Members should also be aware that small game (e.g. rabbit, squirrel, etc.), uplands birds and water fowl hunting takes place from about the third week of September through late December for birds and March for small game. These game are usually hunted with shotguns or small calibre rifles (.22 calibre). This shot does not carry as far as the high calibre missiles used for larger game.

It is sensible to avoid deer hunting areas altogether in season and to take precautions throughout the hunting season. Wear bright colours. Hike in groups. Respect others' rights to enjoy hunting.

RTA FUND RAISING GARAGE SALE

DATE: September 16 & 17
PLACE: Betty McIver's
ADDRESS: 2 Sherwood Drive, Kingston.

Please phone Betty at 549-8028 or Jean Thompson at 544-0340 to arrange for delivery of your contributions before September 9.

Help us reach our Anniversary goal by donating former treasures. Someone is waiting for them.

All proceeds go to the RT Preservation Fund or the 25th Anniversary Projects Fund. See the motions on page 3.

EXPLORING THE FIESCH GLACIER

K.Jean Cottam

The Fiesch Glacier in the Goms Valley of the Valais (Wallis) in the south-western area of Switzerland is less known than the much larger Aletsch Glacier. On July 5, 1995, at 7:30 a.m., I joined a group of Swiss mountain climbing enthusiasts, headed by a Bergführer (mountain guide), for a walk on this glacier. We met in front of a sports good store in the village of Fiesch, where we were each issued a special harness.

After a 15 minute ride in a jeep to the trail head, we began our unhurried, but rhythmic climb to a mountain-top cabin owned by the Swiss Mountain Climbing School, during which we made no stops whatsoever. As we progressed, the climb became harder and harder. In the final stage of the climb, we scaled a long ladder. (While on the ladder, I couldn't help but think about Mark Watson, a popular member of the Ottawa Club, who reportedly had climbed ladders on his West Coast Trail Trek, before his untimely death from a heart attack in February of this year.)

The modern cabin, which was located at an altitude of 1800 m above sea level, had a kitchen, flush toilets and presumably sleeping quarters as well. There was all kinds of mountain-climbing equipment. Here we each put on the special harness we were issued and our trek to the glacier began. For what seemed like an eternity we walked on an open, narrow ledge, holding onto a rope attached to the mountain at certain intervals. Thus it was necessary to remove one's hand periodically in order to grab the next section of the rope. Finally, we began our steep decent along sharp rocks to the glacier.

Once on the glacier, we initially walked on debris, since the ice of the glacier has receded considerably in recent years. Gradually, we encountered more and more ice. We had lunch on the glacier around 11:30 a.m. at which time it began to rain. After lunch we reached the ice fields. It was not too difficult to walk on relatively flat ice, but climbing steep ice hills was another matter. For this purpose, we were joined by a single rope. Meanwhile, the steady rain intensified, making the ice extremely slippery and dangerous--there were crevasses all around us. My hands became frozen, since I had no gloves or mitts, having foolishly assumed there would be no need for them in July. Fortunately, one of the men in my group kindly lent me his gloves.

We were trapped, as it were, by the low and continuous cloud which pinned us down to the messy "valley" and our return trip proved very difficult. The rain made even the ice-free part very treacherous, with

scree and mud constantly shifting under our feet. Finally, we reached the side of the mountain we were to scale from boulder to boulder in order to reach the cabin

In the cabin our guide made hot herb tea for us, to warm up. At about 4:00 p.m. we began our decent to the trail head. But our difficulties were far from over. Our guide decided to take us onto another open, narrow ledge -- this time without any rope to hang onto -- in order to reach a little-known trail, not shown on the map. I negotiated this truly scary ledge, with rocks sticking out on the bends and leaving clearance of only a few inches for one's upper body, holding the guides hand. This was the only time the guide assisted me personally, except for helping me -- along with others -- to put on the complicated harness.

Our descent was uneventful, except for the bad fall, on the wet clay of a steep and slippery trail, of one member of our party, which fortunately resulted in no injuries. We reached the trail head by about 5:00 p.m. It was a long day and I was soaked right through. I expected to be very sore the next day, but apart from superficial scratches all that was aching was my head.

A NEWCOMER TO KINGSTON AND THE RTA

Paul Johnston

"Hey, you guys aren't from Kingston by any chance are you?"

It was last autumn in the Adirondaks, and I was on a hike with the club I belonged to at the time -- Randonée Adventure from Montreal. We had climbed to the top of one of the peaks near Keene Valley, New York, and we were sunning ourselves and enjoying lunch in the late fall sunshine. It was a young couple already there who I had spotted, their tee-shirts proclaiming the legend "Kingston, Ontario".

Sure enough they were from Kingston.

"How about that," I exclaimed, "I'm going to be moving to Kingston, too. You guys have a hiking club out there?"

Of course they had a hiking club in Kingston. Information was exchanged, hurried notes were taken on the edges of trail flyers. *Rideau Trail Association, Kingston, Ontario. In the phone book.* That was how I met my first Rideau Trailers, on the top of a New York mountain on a trip with a hiking club from Montreal.

It was obviously destiny that I should join the Rideau Trail Association.

In due course, I settled into a downtown apartment in the bustling metropolis of Kingston, and after a busy year and spring I finally went rooting back through my hiking stuff. What had I done with that piece of paper? There it was, right where I had left it with some other notes and maps, the handwriting still legible. RTA proved to be in the phone book, and in no time at all I had a membership and a Rideau Trail newsletter.

I finally got out on my first hike the Canada Day long weekend, the trail between Sydenham and Gould Lake beach, led by Andre Mercier. A very simple system here with the RTA---just show up at Sears' parking lot. No booking ahead, no priority listings, no standby positions, all of which my old big city club in Montreal inflicts on its members. This RTA Club was looking good. And, of course, when I actually got on a hike it turned out to be a well organized group of friendly people travelling through some lovely countryside, with a swim at the end to boot. We never had any swims with my old club in Montreal. This RTA was definitely looking good.

Kingston may not have the bright lights and the big city amenities of Montreal, and it may not be a short bus hop from the Adirondaks, but this hiker is impressed with your flexible organization. Kingston eh?..... this could turn out all right.

Editor's Note

Paul is certainly jumping in with both feet. He has agreed to edit the Spring Newsletter. We are very grateful to him for offering to do this for us.

CYCLING FIT FOR A QUEEN

Elizabeth Mason

The Gambles often talked about the bicycle tours they enjoyed both in Ontario and abroad. To me the trips always sounded like a delightful way to enjoy the out of doors. Last year as I was deciding what to do as a very special vacation week, I hunted up literature on bike touring. This spring I made my first 5-day tour.

We started at Port Stanley on Lake Erie on a Monday. That first day we had a strong tail wind and cycled the full "Country Inn to Country Inn" distance to our accommodation in Ingersoll. As soon as we began cycling I started to have a wonderful time. I enjoyed

not only the cycling but the stops at little towns, the inspection of every historic plaque and monument we passed, and browsing in graveyards and old stone churches.

Picnic lunches were a help yourself affair with fresh bread from a local bakery, cold drinks and huge homemade cookies. I was not the only person who was ready for an after-lunch siesta that first day - but no I did not have one. But by the time we arrived at Elmhurst Country Inn I was ready to collapse in bed.

Dinner was a dress affair. We arrived early enough to rest and soak in the tub before dressing for dinner. One evening we went to Stratford to see MacBeth. I was hard-pressed to keep my eyes open but found that I was getting an education. I had never studied the play at school so did not know how the witches or "Out, out damn spot" fit into the plot. Now I know!

For each day of the five-day trip we cycled 60 - 75 km. The van was always available for anyone who needed a rest. A phone in the van and walkie-talkie kept us within hailing distance. Mostly we cycled on quiet, paved country roads. The few times we were on busier highways the van trailed us with signals flashing and a CAUTION sign warning that cyclists were ahead. We found the traffic extremely good at slowing down and giving us a wide berth.

The group that I was with was comfortably small - seven people - of whom three were leaders. Everyone was friendly. Teasing was the order of each day. One day our leaders missed a turn and arrived at later than we who were at the end of the group. By the time he arrived we had laughed over all the remarks and helpful hints with which we would greet him.

I felt completely spoiled during the five days. Everything was arranged and organized by Pat and John (our tour guides). I only had to arrive for meals and departures at the agreed upon time. Cycling was over rolling countryside so that not even my legs gave a hint of soreness. Each day I could feel my face smiling - a sure sign that I was having a wonderful time.

My trip was run by Canadian Trails Bicycle Tours. They advertise Luxury bicycle tours. I sure felt that I was in the lap of luxury during our trip. They run weekend and 5-day tours mostly in Ontario. It is a fledgling company so if you are keen to go on a trip look at two or three that appeal to you and ask which one is a sure thing (the first trip I booked was cancelled due to insufficient registration).

For information phone 1-800-668-BIKE (2453)

Continued from page 2

We were eager to sample part of the newly opened Lake Ontario Waterfront Trail between Burlington and Trenton. The route is 325 km long, the logo consists of a blue bird, a green leaf and a turquoise fish - representing the air, land, and water. We explored this trail after dinner and watched the almost full moon reflected in the water.

Off Highway 30 are three conservation areas of the Lower Trent Authority. The terrain here is part of the Peterborough Drumlin Field. A drumlin is a large oval or tear-drop shaped mound formed of glacial drift as the glaciers retreated. One area had an abandoned quarry "swimming hole" which was very popular. All three areas had picnic facilities and marked trails and no muddy sections due to the dry weather. A manmade feature of the landscape is the Trent-Severn Canal. We visited the lock at Campbellford and walked on the oval shaped route on a path that a local service club had made on each side of the canal. We found a shady tree for our picnic lunch. Before leaving Brighton we had a conducted tour of the Proctor House Museum prior to heading east for lunch in Smithfield.

Our final hike was in Trenton. Hanna Park is a forested section in the South West corner of Trenton at McGill and film. Between 1919 and 1934 the National Film Board and the Ontario Film Board operated a film plant in a large building which now houses Trenton Dyeing and Finishing Plant

Accommodations and food were excellent and the terrain and trails varied. The next item is - "Where shall we go next year?"

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

Ottawa Phone Number 613-730-2229
Kingston Phone Number 613-545-0823
Central Phone Number 613-264-8338

- | | |
|---------------------------------------|---------|
| () Annual Family Membership | \$20.00 |
| () Patron (Life Membership) | 300.00* |
| () Guide Book Members | 15.00 |
| () Non-members | 20.00 |
| (plus \$2.00 postage and handling) | 2.00 |
| () Car Sticker (Free to new members) | 1.00 |

- | | |
|--------------------------------------|-------|
| () Crest | 2.00 |
| () Enamelled pin | 3.00 |
| () Rideau Trail Wall Map | 10.00 |
| (Includes \$4.00 postage & handling) | |

- | | |
|-----------------------------------|--------|
| () Donation to RTA | _____* |
| () Donation to the Corridor fund | _____* |

Prices are subject to change

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

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