

Rideau Trail



®

The Rideau Trail NEWSLETTER

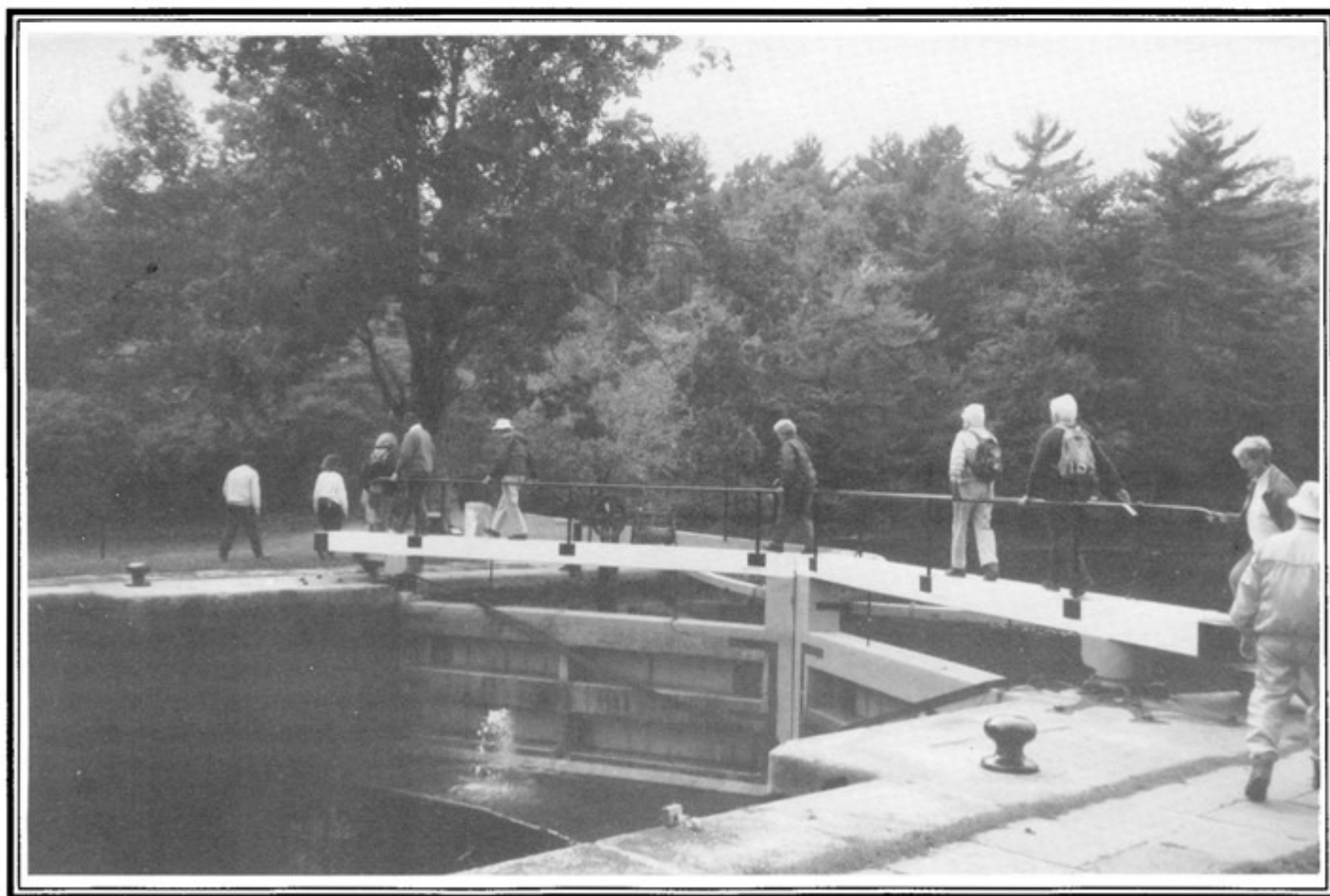
25 YEARS OF HIKING

1971 - 1996

SPRING 1996

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ISSUE NO. 99



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

Join the information age! This issue of the Rideau Trail Newsletter is available on-line at <http://www.rmc.ca/~johnston/rta.html>

Submissions for the next newsletter are encouraged and should be sent, to arrive by **1 MAY 1996**, to:

R. John Haley
433 Viewmount Drive
Nepean, Ontario, K2E 7P1 Telephone: (613) 225-0590.

John requests that text be typed, with as little formatting as possible. A soft copy (in addition to the paper copy) on a 3.5 inch diskette (IBM or Macintosh) will be appreciated, but please include a **text-only** version on the diskette as well as a version in your preferred format (which he may not be able to access). Pictures are also welcome and, although colour photographs with good definition can be reproduced, black and white photographs are preferred because they print more clearly.

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

ISSN 0709-7085

THE RIDEAU TRAIL ASSOCIATION BOARD OF DIRECTORS FOR 1995-96

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Central	Don Boyle	Perth	267-2982
Kingston	Bob Chadwick	Bath	352-1052

Photo Credits:

Cover: Lynda Rook	Happy Rideau Hikers at Jones Falls, 23 September 1995.
Sheila Needham	Rideau Trailers at Kananaskis, Alberta, 22 July 1995.
Murray Henderson	Rideau Trailers in Frontenac Park, October 1995.

25TH ANNIVERSARY CELEBRATIONS

Coupled with the AGM on 7 September will be a day to remember at Merriwood Camp.

Merriwood Camp is operated by the Easter Seal Society and we have rented their facilities for the day. The camp has overnight accommodation, a dinning room, meeting room (with stage where the talents of our members will be welcome), swimming pool and other outdoor facilities. Members wishing to join in should purchase their tickets immediately. Contact the Central Club executive.

To wet your pallet below is the menu for supper:

*Atlantic Smoked Salmon
Fresh Garden Salad
Roast Turkey & Touppie Ham
Fresh Organic Beans
Honeyed Carrots
Stuffing a la Ivan
Creamed Gravy
Cranberry Sauce
Dessert
Tea or Coffee*

ALL THIS AND LUNCH FOR ONLY \$25.00
HURRY WHILE THERE ARE STILL TICKETS AVAILABLE
BED & BREAKFAST \$20.00 PER PERSON

RIDEAU TRAIL OTTAWA CLUB ANNUAL GENERAL MEETING

7:00 pm
Friday, 3 May 1996

Glebe-St James United Church
650 Lyon Street South

Program

7:00 pm -- Coffee & Tea
7:30 pm -- Business Meeting
9:15 pm -- Slide Presentation

RIDEAU TRAIL KINGSTON CLUB ANNUNAL GENERAL MEETING

10:00 am
Saturday, 27 April 1996

The Outdoor Centre
Little Cataraqui Conservation Area

Program

10:00 am -- Coffee
10:30 am -- Business Meeting
1:00 pm -- Brown Bag Lunch
1:30 pm -- Local Hikes

BOARD OF DIRECTORS MEETING 20 JANUARY 1996

Highlights by Graham Creedy

Plans for the RTA's 25th Anniversary (this year!) are steadily taking shape, with strong support from the Ottawa branch of Mountain Equipment Coop. Featured are a special commemorative edition of the Guidebook, T-shirts with the 25th anniversary logo, two new blue loops added in the Kingston section, and several special events taking place throughout the year (keep an eye on the activity schedules for these). The AGM and dinner is scheduled for 7-8 September at Merriwood Camp near Beveridge Locks, with provision for sleeping off the festivities before participating in the Sunday hikes.

Work is underway on identification of all landowners along the trail. A list is being compiled by each club, to be followed up by contact with each landowner by letter and/or personal visit.

Now that our records are computerized we are building afresh our database of members interests and abilities. This information should be a great help to the clubs when looking for help with activities, new projects, administration, etc. Check-off boxes will appear on membership renewals as well as new applications, so we can track the capabilities of existing members as well as new ones. Look for this when renewing your membership this spring!

Safety and liability protection are issues of increasing concern for outdoor clubs, including the RTA. The need for a waiver is being examined, together with actions to improve safety by guidance to leaders and participants.

Memorials were a topic of discussion, and the clubs are considering the best approach. This ties into the question of the optimum route for the trail, since any permanent memorial is best located where the route is not likely to be changed. The optimum route task force is currently identifying points of interest along the potential corridor as a framework on which the optimum route can be based.

For more on any of the above, please refer to the list of directors in the front of this newsletter.

THE FRONTENAC CHALLENGE

Every year intrepid hikers rise to the Frontenac challenge: to hike all the trails in Frontenac park within the September/October time period. This year 39 hikers completed the challenge -- seven more than last year. A plaque displays their names in the Park Trail Centre, and amongst their names 15 Rideau Trailers are to be found:

Jim Blain
Alice Gates
Bernie Gates
Murray Henderson
Don King
Ruth King
Anna Marshall
Jerome McDuff
Sheila Needham
Hugh Pratt
Audrey Sanger
Gloria Seeley
Don Sillers
Maureen Sly
Helga Wennerstrand

ACTIVITY SCHEDULES

Event difficulties are graded, as follows:

Skiing

Level 0 - Easy, short, slow pace. All other levels require some experience, and may be longer (exceeding 15 km).

Level 1 - Easy. Small hills, wide trails (green).

Level 2 - Intermediate. Narrower, steeper trails (blue).

Level 3 - Expert. Steep narrow trails (red), and/or bushwhacking.

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 of extensive bushwhacking, steep sections, long climbs and descents, beaver dams or other obstacles, rock scrambling. Boots, level 2 experience, and a high level of fitness essential. Long pants and sleeves recommended.

Cycling

Level 1 - Few hills, broad roads or bike paths, little traffic. **Level 2** - Some hills, narrower roads, some traffic. Participants should be fit and experienced.

Level 3 - Long hills, narrow roads, fitness and good cycling skills required

KINGSTON CLUB ACTIVITIES

The meeting place for all our activities is the northwest corner of Sears parking lot, unless stated otherwise. Wednesday walkers meet at 13:30, except on the second Wednesday of the month, when an all day outing is scheduled. Bring lunch and water, wear strong footwear, and come prepared for weather changes. If in doubt about your ability to cope with the outing, call the Leader in advance. Car pooling will be organized, with passengers contributing towards the gas and parking fees. Leaders please send attendance lists to Helga Wennerstrand, 207-67 Village Drive, Kingston, Ontario, K7K 6K6. Members willing to be Leaders for the Summer season, or who wish to suggest new locations to hike, are asked to call Watson Ogilvie at 530-2378 before the end of March.

Sunday March 10, Gould Lake Conservation Area

On and off-trail hiking on west side of Gould Lake

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

LEADER: Dugald Carmichael 542-8628

Wednesday March 13, Rideau Trail

Hike the Trail from Elevator Bay to Princess, and off the Trail to Counter and return. Level 1. 9 km.

Gas \$1. Meet at 10:00

LEADER: Jean Thompson 544-0340

Saturday March 16, Rideau Trail

Hike from Unity Road to Railton Road, Level 1.

12 km., Gas \$2. Meet at 10:00

LEADER: Peck Peckover 544-9190

Saturday March 23, Pot Luck Dinner

Our annual Pot Luck Dinner is at the home of the Pages at 17:00. Call Dale Ross for info at 384-2959

Sunday March 24, Foley Mountain

Hike this Conservation Area, up to 10 km. Level 2

Gas \$3. Meet at 10:00

LEADER: Sam Heusel 542-2201

Saturday March 30, Rideau Trail

Hike from Bullen Road to Unity Road and return.

Level 1. 9 km. Gas \$1. Meet at 10:00

LEADER: Betty McIver 549-8028

Sunday April 7, Amherst Island

Hike along the south shore of the Island. Level 1.

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

LEADER: Peter Murray 382-2824

Wednesday April 10, Second Depot Lake

Hike the trails in this Conservation Area. Level 2.

Gas \$3. Meet at 10:00

LEADER: Bob Chadwick 352-1052

Sunday April 14, Gould Lake Conservation Area

Hike on east side of Gould Lake. Level 2. Gas \$3. Meet at 09:30

LEADER: Bernard Gates 389-1835

Saturday April 20

(1) Canoeing Salmon River

Contact Leader before April 16 to coordinate crews and gear. Meet at 08:30

LEADER: Ray Forester 542-4385

ACTIVITY SCHEDULES

Saturday April 20 continued

(2) Frontenac Park

Hike from Kingsford Dam to Clearwater Lake and return.

Level 3. 10 km. Gas \$3. Meet at 09:00

LEADER: Larry Dyke 389-6692

Thursday April 25, Indoor Wall Climbing

Try out this new sport at the Boiler Room, 4 Cataraqui St. in

Kingston, 19:00-22:30, Group rate \$10 plus G.S.T. Call

Watson by April 15 to register.

ORGANIZER: Watson Ogilvie 530-2378

Saturday April 27, Kingston AGM

See separate notice

Saturday May 4, Trail Maintenance Day

Come out and help keep our trails in good shape.

Bring cutters and hammers. Meet at 09:00

CO-ORDINATOR: Bernard Gates 389-1835

Wednesday May 8, Charleston Lake Provincial Park

Hike two trails on the east side, Sandstone and Centennial,
with scenic viewpoints. Level 2. Gas \$3.

Vehicle fee to the park. Meet at 10:00

LEADER: Watson Ogilvie 530-2378

Saturday May 11, End-to-End Hike #1

See separate section

Saturday May 11, Rideau Trail

Hike Unity Road to Orser Rd. Level 1. 8 km.

Gas \$1. Meet 10:00

LEADER: Erwin Wendholt 384-7582

May 11-12, Weekend in Ottawa for End-to-Enders

Limited reservations in Ottawa for Saturday night.

Register by calling Dale Ross prior to April 1.

ORGANIZER: Dale Ross 384-2959

Sunday May 12, End-to-End Hike #2

See separate section

Saturday May 18, Frontenac Park

Hike East Gate to Perth Rd., parking lot. Level 3.

18 km. Gas \$3. Meet 09:00

LEADER: Allan Tattersall 549-4080

Saturday May 25, End-to-End Hike #3

See separate section

Sunday May 26, Geological Theme Hike

Learn more about the geology of the region, while enjoying a
hike. Level 1. Meet 09:30

LEADER: Dugald Carmichael 542-8628

Saturday and Sunday June 1-2, Canoe Trip

Route to be determined. Space limited. Phone Leader before
May 28 to coordinate crews and gear.

LEADER: Ray Forester 542-4385

Sunday June 2, End-to-End Hike #4

See separate section

Saturday June 8, End-to-End Hike #5

See separate section

Sunday June 9, Frontenac Park

Arab Lake parking lot to Birch Lake and return,
17 km. Level 3. Fee \$3. Meet at 09:30

LEADERS: Murray Henderson 546-9906

Jim Blain 359-6282

Wednesday June 12, Sandbanks Provincial Park

Hike along the beach. Swim if warm enough.

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

LEADER: Margaret Page 389-7840

Saturday June 15, Frontenac Park

Arab Lake parking lot to Mink Lake and return.

Level 3. 16 km. Gas \$3. Meet at 09:30

LEADERS: Jim Blain 359-6282

Murray Henderson 546-9906

Sunday June 16, End-to-End Hike #6

See separate section

Sunday June 16, Bicycle Tour

Bike from Grey's Beach (1000 Island Parkway) to Brown's
Bay and return (50 km). Bring swimsuit. Meet at Grey's

Beach at 10:00. Phone Leader for details.

LEADER: Bob Tolley 542-9626

ACTIVITY SCHEDULES

CENTRAL CLUB ACTIVITIES

Our outings generally commence at Conlon Farm which is the outdoor recreational centre located on the trail just outside the Town of Perth off county road no. 10. The location is the third turn to the right travelling from Perth towards Westport. If in doubt call the hot line at 204-8338. For all outings participants should bring lunch, lots of water, and protection against insects and the sun.

Sunday, 14 April Frontenac Park, Kingsford Dam

Join us for this joint outing with the popular outdoors club known as the Frontenac Beavers. This should be an interesting outing.

Meet at Conlon Farm at 10:00am.

Nautical Captain Don Sherwin 264-0759

Sunday, 5 May Charleston Prov Park Blue Mountain

A new venture for the club and for those that have not been to this area -- its too good to miss, with magnificent views and pristine lakes. Meet at Conlon Farm at 9:00 am as we will have a long day. Out of town members can meet us at Charleston Lake at 10:00 am.

Guest Conductor of this overture: Perry Tooker 342-4883

Saturday, 18 May Mica Mines

We are holding this popular hike at a later time this year in order to get the full effect of the beautiful display of wild flowers in the meadows as well as the woodlands. Meet at Conlon Farm at 10:00 am.

Floral Expert for the day: Don Boyle 267-2982

Weekend 14-16 June, Frontenac Park

Reservations are in hand for this popular outing. Bring canoe, camping gear. Catering will be on a group basis. Meet at the main park entrance at 12:00 noon. Call for reservations as soon as you read this notice.

Nautical wave leveller: Don Sherwin 268-2447

Sunday 23 June Purdon Conservation Area

Join us for this popular outing where together with our Ottawa friends we view this magnificent display of lady slipper orchids. The hike will be followed by tea at Sylvania Lodge and possibly supper at one of the local haunts. This will be a level two hike. Meet at Conlon Farm at 9:00 am or Sylvania Lodge at 10:00 am.

Bog Buddy: John Miller 264-8338

OTTAWA CLUB ACTIVITIES

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

For more information about a particular event, call the leader at the number listed below. If you have trouble reaching a leader, or for general information about the overall hike schedule for this season, call John Barron at 828-2296.

Wednesday Walkers

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

The Moonlighters

Every Tuesday evening from April 30 to August 27, there will be a short Level 1-2 hike. Meet at Booth and Albert by 17:55 to depart at 18:00 sharp. Hikes are on trails, usually in Gatineau Park but occasionally Leamy Lake Park or Ottawa Greenbelt. Hikes last until sunset or shortly after (20:00-21:00). Drives are less than 30 min. Bring water, snack, bug repellent, and flashlight. Organizers Roger McCullough (731-7596; Internet ROGERMCC@TRYTEL.COM) and Laraine Laughland (723-8851).

Friday Mar 22 Planning Meeting.

For camping and hiking in Algonquin Park May 18-20 (see entry below). \$20 deposit required for reservations. 19:30. Call leader for place and details. Leader Linda Hayes (749-9537).

Saturday Mar 23 Skiing.

Gatineau Park. Level 2. Departs 09:00. Leader Inge Gullon (738-0712).

ACTIVITY SCHEDULES

Sunday Mar 24 Skiing.

Nakkertok North. Level 2. Departs 09:00. Gas \$4. Small trail fee. Leader Phil Herbst (828-0386).

Saturday Mar 30 Skiing.

Gatineau Park back trails. Level 3. Departs 09:30 from Parking Lot 7 at Kingsmere. Participants may arrange their own car pool at Booth and Albert at 09:00. Leader Roslyn Bern (827-3845).

Sunday Mar 31 Skiing.

Gatineau Park. Level 2. If too little snow, hiking instead. Departs 09:30. Leader Bev Armstrong (738-0310).

Saturday Apr 6 Opeongo Road.

Level 1 road walk from Mount St. Patrick to Balaclava. Tour a ghost town. 13 km. Level 1. Gas \$4. Departs 09:00. Leader David Spector (829-6802).

Monday Apr 8 Ski or Hike.

Depending on conditions. Level 1. Departs 09:30. Leader Margaret Lafrance (692-1810).

Saturday Apr 13 Duhamel, P.Q.

Level 1 walk or ski, depending on conditions. View the famous deer herd. Gas \$6. Departs 09:30. Leader Nanette Whitwam (730-5417).

Sunday April 14 Fulton's Sugar Bush.

Level zero to one. Pancakes. Children welcome. Gas \$4, food extra. Departs 09:30. Leaders John Barron and Jean Giblin (828-2296).

Saturday Apr 20

Gatineau Park. Level 3 bushwhack via Twin Lakes. Be prepared for hills and wet areas. Gas \$4. Departs 09:00. Leader John Haley (225-0590).

Lower Gatineau Park. Below Kingsmere. 12km, Level 1. Departs 09:30. Leader Alec Bissett (828-4363).

Sunday Apr 21 Ottawa Club's Earth Day

Gatineau Park. Level 2, on trail, 14 km, hilly. Departs 09:30. Leader Bill Armstrong (737-3567).

Mont Cascades. Very varied: an easy road walk, a scenic trail, and a tough, steep bushwhack to a great view at the summit. Level 3 minus. 12 km. Departs 09:30. Leader John Barron (828-2296).

Saturday Apr 27

Gatineau Park. Long day, 15 km+, varied terrain. Level 2. Departs 09:30. Leader Barbara Krieger (235-0604).

Saturday Apr 27

Plaisance Wildlife Refuge. 10 km. Level 1. Migrating Canada Geese, waterfall. Possibly a small entry charge. Gas \$4. Departs 09:30. Leader Bob Bennett (749-7440).

Sunday Apr 28

Wolf Trail. 12 km, Level 2 in Gatineau Park. Significant climb, great views. Trail has been improved recently. Departs 09:30. Leader Ruth Hutchinson (749-0990).

Lusk Lake Loop. 12 km, Level 1 in Gatineau Park. Gas \$4. Departs 09:30. Leader Ann Bolster (521-6354).

Tuesday Apr 30

The Moonlighters. First evening walk of the season. Description above. You may call Roger (731-7596) or Laraine (723-8851) to confirm start date.

Reminder. Cutoff to reserve for weekend in the Eastern Townships June 14-16 (below). Contact Roger McCullough (731-7596).

Friday May 3

Ottawa Club Annual General Meeting. Glebe St. James United Church, 650 Lyon St. South. 19:00. See announcement elsewhere in Newsletter. Contact Caroline Whaley (726-0237).

Saturday May 4

Gatineau Park. Off trail, level 2+. Gas \$4. Departs 09:30. Leaders Art and Ida Campbell (828-0426).

Long Bush to Smiths Falls. Joint trip with Central Club. Follows a former routing of the Rideau Trail, used in the early 1970s. 15 km. Level 2. Gas \$4. Departs 10:45 from the Blockhouse in Merrickville. Participants may arrange their own car pool at Booth and Albert at 09:30. Leader Peter de Lepper (269-4700).

Sunday May 5

Earth Star Loop. Level 1 in the Marlborough Forest. 14 km. Departs 09:30. Leader Geoff Berry (731-4832).

Gatineau Park. Eardley escarpment west of Lusk Falls. Mostly on trail but may depart into the woods at times. Level 2. 10-15 km. Gas \$4. Departs 09:30. Leader Pat Clarkin (729-2737).

Tuesday May 7 Trip Leadership Instruction.

In the form of a two hour model hike. All welcome, novice to expert. Meet at 19:00 at the Sarsaparilla Trail Parking Lot on the right (west) side of Richmond Rd., about 1-2 km past Bells Corners on the way to Richmond. Organizers John Barron (828-2296) and Graham Creedy (789-1657).

ACTIVITY SCHEDULES

Friday May 10 Map and Compass Instruction

Indoor instruction in off-trail navigation by map and compass. To be followed by a field session Sunday May 12 (below). There will be an introductory/intermediate field session, and possibly an advanced one depending on demand. Small charge for materials. Time 19:00. For registration, place, and details, contact instructor, or alternatively John Barron (828-2296), by Friday May 3. Instructor Graham Creedy (789-1657).

Saturday May 11

O'Brien's Beach to MacDonald's Bay. Long (15 km+), level 2 hike in Gatineau Park. Passes Carbide Mill outbound, shorter return. Departs 09:30. Leader Sam Ludmer (820-2095).

End to End #1. See separate section.

Sunday May 12

Map and Compass Field Exercise. The outdoor portion of the map and compass course described in Fri May 10's entry above. Departs 09:30; place TBA. Participants should attend both sessions for maximum benefit. Graham Creedy (789-1657) or John Barron (828-2296).

Nakkertok North. 17 km on hilly X-C ski trails north of Cantley. Reminder: bring bug repellent. Level 2+. Departs 09:00. Gas \$4. Day fee \$2. Leader Jane Buckley (745-5786).

End to End #2. See separate section.

May 18-20 Victoria Day Weekend.

Camping with a Difference in Algonquin Park. Level 1 and 2 day hikes. Participants must attend planning meeting March 22 (see entry above). \$20 deposit required. Leader Linda Hayes (749-9537).

Saturday May 18 Cycling.

Early morning cycling tour to Aylmer Marina. 35 km. Level 1. Bring a snack. Returns before noon. Departs Booth and Albert at 05:30 (5:30 AM). Call leader at least one day before to confirm. Leader Coby Fuykschot (722-6022).

Sunday May 19 Frontenac Park.

Trails from Kingsford Dam. 15-20 km. Level 2. Departs 08:30. Long day. Gas \$6. Leader Ron Maybury (836-2953).

Monday May 20 Lusk Falls.

Bushwhacking at the top of the escarpment. Level 3. Gas \$3. Departs 09:30. Leader Dave Wardell (722-3752).

Saturday May 25

Kennedy Road. Follows a Gatineau Park ski trail near Wakefield, including a loop at one point. 12 km. Level 1. Gas \$4. Departs 10:00. Leader Barbara Thain (241-5082).

End to End #3. See separate section.

Sunday May 26

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

Morris Island. Level 1 walking in a conservation area on the Ottawa River near Arnprior. Refreshments afterwards. Level 1. Gas \$4. Departs 10:00. Leader Bill Grant (820-6097).

Saturday Jun 1

Eastern Frontenac Park. Via Slide Lake and Mink Lake Lookout. 21 km. Level 3. Long arduous day. Restaurant stop after. Departs 08:00. Gas \$6. Leader John Haley (225-0590).

Cycling. To Kanata. Possible stop at a tea room. 50 km. Level 2. Departs 09:30. Leader Coby Fuykschot (722-6022).

Sunday Jun 2

Kick and Push Railway. Follows line of the abandoned K and P Railway between Lavant Station and Flower Station. 15 easy km. Level 1. Gas \$5. Departs 08:30. Leaders Jim and Elfriede Ronson (825-2838).

End to End #4. See separate section.

Saturday Jun 8

Cycling. To Cumberland to visit Historic Village Museum for lunch (nominal admission fee). Departs 09:00 from east end of Algonquin College's Lees Ave Campus parking lot (or 10:00 from the Aviation Museum). 80 km (or 60 km). Level 2. Leaders Barri and Dennis Scully (565-7710).

End to End #5. See separate section.

Sunday Jun 9

Cycling. To Champlain Lookout. Take note: huge, steep hills. Level 3. 80 km. Lunch in Old Chelsea. Departs 09:00. Leader Dave Wardell (722-3752).

Mayo, Quebec. Level 1 hike at the former Centre Educatif Forestière. Good trails and facilities, interpretation. Small fee. Gas \$4. Departs 10:30. Leader Dave Davis (281-5137).

ACTIVITY SCHEDULES

Weekend Jun 14-16 Eastern Townships.

Hike the Sentier de l'Estrie, which starts in Kingsbury and runs through Orford and Sutton to the Vermont border. Well defined trail, some hills, great views. 25-30 km over two days. Level 2. Stay 2 nights in a motel in Magog. Maximum 12 participants. Est. cost \$120. Bring own trail lunches. Participants must call leader by Apr 30 for reservations and coordination. Leader Roger McCullough (731-7596).

Saturday Jun 15

Short Trails in Frontenac Park. Total of 12 km. Level 2 minus. Long day, dinner afterwards. Departs 08:00. Gas \$6. Leader David Spector (829-6802).

Ottawa Greenbelt. Level 1+. Departs 09:30. Leader Jean Cottam (726-1596).

Sunday Jun 16

Gatineau Park. Level 1. Swimming. Departs 10:00. Leader Catherine O'Keefe (745-4441).

End to End #6. See separate section.

25TH ANNIVERSARY END-TO-END SERIES

The 25th Anniversary End-to-End Series is a joint enterprise of the Ottawa, Kingston, and Central Clubs of the Rideau Trail Association. The series will cover the entire Rideau Trail, beginning in Ottawa in May and ending in Kingston in September 1996. The hikes are strenuous (Level 2), and very long (20 km+), and should be attempted only by people in good physical condition. Long drives and long car shuttles are required, so a late return is the norm.

The arrangements and meeting place are the same as for each local Clubs normal hikes. Gas contributions from Kingston are according to map number at the current Club rate. The leader is appointed by the Club responsible for the trail segment being covered; the other Clubs appoint an organizer to make transportation arrangements from their location. Participants are welcome to do any or all of the hikes. For information about a particular hike, call the leader or organizer in your city. For overall information about the series, call John Barron (828-2296) in Ottawa, John Miller (264-8338) in Perth, or Watson Ogilvie (530-2378) in Kingston.

Sat May 11 # 1 - Richmond Landing to Bells Corners
Urban walk, cycle paths. Level 2. Gas \$3. Leader Caroline Whaley (726-0237) (Ottawa). Kingston Organizer Dale Ross (384-2959). Departs 10:00 from Booth and Albert in Ottawa. Map 12.

FRIENDS OF FRONTENAC PARK

Dora Hunter of the Friends of Frontenac Park offers the following three spring hikes on the Doe Lake Loop. All three outings are roughly three km long level one hikes. Anyone interested can contact her at (613) 546-5358 for more details or transportation.

Sunday 21 April 1996, 10:00

Spot the early frogs and hepaticas with Dora Hunter.

Sunday 5 May 1996, 12:30

Examine nature on the trail with Anne Robertson.

Sunday 2 June 1996

Identify the birds of the dawn chorus with Paul Mackenzie

Sun May 12 # 2 - Bells Corners to Twin Elm

Greenbelt paths and roads. Level 2. Gas \$3. Leader Jean Sunter (828-6077) (Ottawa). Kingston Organizer Dale Ross (384-2959). Departs 09:30 from Booth and Albert in Ottawa. Maps 11-12.

Sat May 25 # 3 - Twin Elm to Bleeks Rd.

Mainly roads - but bring shorts and old shoes for a 200 metre stretch of metre deep water. Level 2. Leader Ron Hunt (736-9887) (Ottawa). Kingston Organizer Watson Ogilvie (530-2378). Departs Ottawa 09:30 (Gas \$3), Kingston 08:00. Maps 10-11.

Sun Jun 2 # 4 - Bleeks Rd. to O'Neil Side Rd.

Mainly roads. Some rough track. Level 2. Leader Marian Dunning (232-8304) (Ottawa). Kingston Organizer Allan Tattersall (549-4080). Departs Ottawa 09:30 (Gas \$3), Kingston 08:00.

Sat Jun 8 # 5 - O'Neil Side Rd. to Dwyer Hill Rd.

Access roads and tracks in Marlborough Forest. Some muddy sections. Level 2. Leader Mary Lefebvre (727-0754) (Ottawa). Kingston Organizer Murray Henderson (546-9906). Departs Ottawa 09:30 (Gas \$3), Kingston 08:00. Map 9.

Sun Jun 16 # 6 - Dwyer Hill Rd. to Rosedale

Road allowance and trails, some muddy sections. Level 2. Leader Pearl Peterkin (747-2985) (Ottawa). Kingston Organizer Watson Ogilvie (530-2378). Departs Ottawa 09:00 (Gas \$4), Kingston 08:00. Maps 8-9.

ACTIVITY SCHEDULES

SPECIAL HIKE SERIES

David Peddle encourages all hikers to join him on a special series of hikes that he will lead, covering the Kingston portion of the trail. Direct any questions and all registrations to David at (905) 829-1157.

Saturday, 4 May 1996

Kingston Section, Hike #1, 22 km, Level 2
The first of six hikes covering the Kingston section. We will hike at a moderate pace -- average of 4 km per hour -- from Kingston, km 0 to Murvale, km 22. Hiking boots recommended. Advance registration required. Call by 29 April for the meeting time and place.

Sunday, 5 May 1996

Kingston Section, Hike #2, 22 km, Level 2
The second of six hikes covering the Kingston section. We will hike at a moderate pace -- average of 4 km per hour -- from Murvale, km 22 to Gould Lake, km 44. Hiking boots recommended. Advance registration required. Call by 29 April for the meeting time and place.

Saturday, 1 June 1996

Kingston Section, Hike #3, 23 km, Level 2
The third of six hikes covering the Kingston section. We will hike at a moderate pace -- average of 4 km per hour -- from Gould Lake, km 44 to Raymonds Corners, km 67. Hiking boots recommended. Advance registration required. Call by 27 May for the meeting time and place.

Sunday, 2 June 1996

Kingston Section, Hike #4, 23 km, Level 2
The fourth of six hikes covering the Kingston section. We will hike at a moderate pace -- average of 4 km per hour -- from Raymonds Corners, km 67 to Blairs Settlement, km 90. Hiking boots recommended. Advance registration required. Call by 27 May for the meeting time and place.

Saturday, 22 June 1996

Kingston Section, Hike #5, 22 km, Level 2
The fifth of six hikes covering the Kingston section. We will hike at a moderate pace -- average of 4 km per hour -- from Blairs Settlement, km 90 to Westport, km 112. Hiking boots recommended. Advance registration required. Call by 17 June for the meeting time and place.

Sunday, 23 June 1996

Kingston Section, Hike #6, 21 km, Level 2
The last of six hikes covering the Kingston section. We will hike at a moderate pace -- average of 4 km per hour -- from Westport, km 112 to Murphys Point, km 133. Hiking boots recommended. Advance registration required. Call by 17 June for the meeting time and place.

FRONTENAC PROVINCIAL PARK WILDERNESS TRAINING PROGRAM

Frontenac Park offers an extensive training and education program, covering everything from hiking and camping to safe canoeing. To register for any of the programs described below, please call the Park staff at (613) 376-3489.

Saturday, 27 April 1996

8:30 am to 4:30 pm

Emergency First Aid Course

Presented by Mitchell Creek Outfitters.
Obtain your St John Ambulance Emergency First Aid Certification. Learn basic First Aid procedures and practical skills to prevent additional personal injuries. Participants must be at least 15 years old.
Cost: \$45.00

Sunday, 28 April 1996

8:30 am to 4:30 pm on day one.

8:30 am to 4:00 pm day two/three (overnight)

Wilderness First Aid

Presented by Mitchell Creek Outfitters
This is a three day course -- the first day (28 Apr) "theoretical" is at the Trail Centre followed by a camping overnight "practical" 1-2 June. The course is designed and certified by St John Ambulance to provide specialized First Aid for wilderness survival. Participants must be at least 18 years old and already have their Emergency First Aid Certification.
Cost \$125.00 plus camping fees.

Sunday, 12 May 1996

9:30 am to 4:00 pm

Canoe & Paddle Workshop

Presented by the Kijik Canoe Company
Basic canoe equipment and paddling instruction. The afternoon will be spent improving participants' basic paddling skills. Bring your own canoe for on-the-spot repair tips.

ACTIVITY SCHEDULES

Friday, 17 May 1996

6:00 pm to Wed afternoon

Canoe Tripping Certification Weekend Level II

Presented by Cat's Paw Adventures

This is a six day course designed for canoe trip leaders or leadership candidates who will have the opportunity to lead groups of canoeists on organized trips. This is an extremely high quality, intensive course that will have a longer duration than other Level II courses. Each participant will have the opportunity to learn and practice the skills needed to ensure top quality leadership in a real-life group tripping environment.
Cost: \$350.00

Saturday 15 June 1996 to Sunday 16 June

9:30 am Saturday to 4:00 pm Sunday

Lakewater Canoe Certification

Presented by HarbourFront Canoe School

This session is ideal for those who would like to improve and perfect their lakewater canoeing skills. It involves lectures and practical demonstrations in canoe safety, canoe rescues, solo and tandem paddling, and much more. Obtain your basic Level A,B,C,D or Lakewater Level I certification over the weekend.
Cost: \$120.00

Sunday, 23 June 1996

10:00 am to 4:00 pm

Canoe Clinic

Presented by the Cataraqui Canoe Club

There will be the opportunity at this presentation for beginners and first-time canoeists to upgrade their paddling strokes and to practice their basic skills, including canoe-over-canoe rescues, launching and loading a canoe. Various makes and models of canoe will be discussed. Bring your own equipment.

Saturday, 6 July 1996

10:00 am to 4:00 pm

Fishing Demonstration

Presented by the Loyalist Sportfishing Association

Come and hear what Paul Davey has to say about buying and maintaining equipment, locating fish, the best times to fish, filleting, and the latest casting and retrieving techniques. After the lecture, Paul will help you locate fish and practice your new found skills on Otter Lake. Bring your own canoe and equipment.

Saturday, 13 July 1996

10:00 am to 4:00 pm

Family Canoeing Day

Presented by the Friends of Frontenac

As they canoe to checkpoints, canoeists will test their paddling and orienteering skills, and knowledge in a series of fun events. As with a car rally, the participants skill will decide "top canoe" not speed and power. Bring your own equipment or ask about canoe rentals.

Sunday, 21 July 1996

10:00 am to 4:00 pm

Kayak and Canoe Skills Clinic

Presented by Will Bruce and Frontenac Outfitters

Learn more about the variety of canoes and kayaks available on the market today. This session explores buying, safety, testing, and basic skills.

Sunday, 4 August 1996

12:00 noon to 3:30 pm

For Children: Lost in the Woods

Presented by Frontenac Provincial Park

This presentation is designed to give primary school aged children and their parents important advice on wilderness survival and safety. Children will learn the importance of carrying a survival pack, how to build survival shelters, and when to travel with a buddy. Parents are encouraged to attend and participate.

Sunday, 11 August 1996

1:00 pm to 3:00 pm

Water Safety for Kids

Presented by Don Stables, Canadian Red Cross

Is it safe to do that? This presentation for children and parents provides excellent demonstrations and information on how young people can avoid unsafe situations on the water.

Saturday-Sunday 17-18 August 1996

9:30 am Saturday to 4:00 pm Sunday

Canoe Trip and Skills Certification (Novice)

This weekend canoe trip into the interior of the park offers the chance to develop the skills necessary for safe and enjoyable canoe tripping. You will learn how to use a map and compass, prepare and store food, purify drinking water, repair a canoe, portage, set-up camp, cope with rough water and much more. Participants may obtain their Basic Level A,B,C,D Certification.
Cost \$145.00

FITZSIMMONS' MOUNTAIN

By Peter Murray

Mount Fitzsimmons, more of an outcropping of pre-cambrian granite on the Frontenac axis than a neck-craning peak, nevertheless has its place in the history of Leeds County.

Located some three km northwest of Ivy Lea, and between the Parkway and Highway 401, the real estate which was to become Fitzsimmons' Mountain was first patented in 1801. Since then, many owners have come and gone, and it is now part of the St Lawrence Parks Commission.

Enticed by the promise of some spectacular scenery and a commentary on the bizarre history of "the mountain", 17 Rideau Trail hikers braved the first ground snow of the season on 12 November to make the ascent. By the time they reached the top, all knew that the mountain was "named after John Fitzsimmons, who came from the USA November 1, 1873." At least that is what is carved into the five metre rock face on the north side near the top. John Fitzsimmons had apparently acquired Crown permission to gather timber in the area. He hauled his logs by wagon teams to the docks at Darlingside (near the present 1000 Islands Bridge), a then thriving steamboat fuel and trading post. However, it appears that there was a dispute about the land ownership and the "other" owner deemed John a squatter, particularly since John had built a cabin near the summit. After several warnings to Fitzsimmons, the other claimant armed himself and approached the cabin. Fitzsimmons saw him coming, ran into the cabin and closed and bolted the door. One shot was fired through the door, killing Fitzsimmons. No one was ever charged or tried for John's death. Mr Fitzsimmons' son, James, had the memorial inscription carved into the rock face. The date of the death is not recorded.

Some bush-wacking westerly through scenic and rugged country, ended at a trail leading to the head of Landon's Bay. More outstanding scenery (including a waterfall, and pine and hemlock cliffs) was a perfect complement for the lunch break. I

don't know who was the most surprised, the couple who had canoed in, or the hikers who found people in this seemingly remote location. The trip out was a pleasant walk on a trail through forest and field to the Parkway.

The writer would like to see a trail located from the Landon's Bay Outdoor and Learning Centre north along the spectacular ridge on the west side of the bay, across the head and over to Fitzsimmons Mountain, the south to the "Old River Road" adjacent to the Parkway. This would be a level two hike of 10 to 12 kms, with unique scenery and history. Private land access would have to be negotiated and a route finalized. There is some local support for such a venture, and a proposal is being prepared for presentation to potential partners.

Even though the leader was "misplaced" on several occasions, most participants felt they would like to try the trip again next fall.

TRAIL CLOSURE NOTICE

Where it crosses private property, the Rideau Trail will be officially closed on Tuesday, 19 March 1996. This action is necessary to protect landowners who generously allow us to cross their land the remainder of the year. Members and public are to respect this notice.

WALKING HERRIOT'S WAY

The Herriot Way is a 90 km circular walk across the wild fells, green upland pastures and valleys of England's Yorkshire Dales, made famous by the books of vet James Herriot and the TV series they inspired: *All Creatures Great and Small*.

A new information pack, complete with route maps has been produced by the Youth Hostels Association (YHA) who can reserve accommodation at the four hostels en route. Walking 20-25 km daily, the route can be covered in four days. Details: YHA Northern Region, phone 011 44 1629 825850.



Wet and tired but happy Rideau Trailers at Kananaskis Alberta. Left to Right: Anna, Sheila, Peter, Bob, and Pauline.

A HOSTELLING ADVENTURE -

By Anna Marshall & Sheila Needham

Have you ever longed to hike in the Rocky Mountains? We were looking for an adventure, one that would test our strength, stamina and sense of fun. We did a little research and signed up with Natural Outings to hike in four national parks in Alberta and B.C. We were a bit apprehensive until we met the group including Bob Chadwick (another Rideau Trail member) at the Calgary Airport. Our gear was loaded into a van and we were off to our first hostel, Ribbon Creek in Kananaskis.

That afternoon we hiked up to the coal-miners' look-out. We were totally unprepared for this *up* mountain hiking. Our breath came in short gasps and we wondered if we'd survive the day. The second day we hiked to Ribbon Creek, in windy wet weather. However when we reached our destination the sun came out and we were entranced by the magnificent scenery. Twenty seven km later we reached the hostel thoroughly delighted that we'd survived the hike and were actually anticipating the next one.

On day three we drove to Castle Mountain Hostel. We hiked from Moraine Lake through Larch Valley and the Sentinel Pass base. The meadows were filled with flowers of every description. By now we had figured out which gear to take along so we were comfortable in the rapidly changing weather conditions.

Our base on day four was Whiskey Jack Hostel, 27 km west of Lake Louise. We headed up the Ice-line Train and the rain continued. This hike was over quite different terrain, rocky, slippery, rugged. We came upon three hikers, one of whom was injured, waiting for a helicopter to pick them up. It impressed on us the importance of being careful. The warden at Whiskey Jack was Olga Forbes, a 73 year old woman who managed the overflowing hostel with friendliness and goodwill. That night we slept in bunks stacked three high with the floor space covered with hikers in sleeping bags. There were no ladders so we had to push each other into the second and third bunks. What if you needed to use the facilities during the night? Forget it.

On to Mosquito Creek 27km north of Lake Louise on the Icefields Parkway. This was a lovely hostel but there was no running water and it was co-ed. That generated lots of laughter in our group - at last we would discover who wore boxer shorts!!! Just kidding Peter! From this hostel we hiked to Bow Glacier and Bow Summit Look-out and the Saskatchewan Glacier. We donned our toques, mitts and heavier outerwear. It may seem strange but we were grateful for the cooler temperatures. You keep moving when it's cold!

On the trip back to Kananaskis we stopped at the Ice-fields, Lake Louise and Banff. The last night was special, awesome dinner, good wine, and a trip to the hotel to use the pool, hot tub, AND wash our hair! We made new friends and discovered we are, at heart, true mountain women. Would we do it again? You betcha!

TRAIL DEVELOPMENTS -- KINGSTON CLUB

Temporary Re-Routing at Orser Road (Maps 1/2)

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 about 600 metres.

The amended description, new words italicised, follows:

18.9 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. The trail then bears right and proceeds diagonally (NE) 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.

MAINTENANCE DAY

By Allan Tattersall

The spring maintenance day for the Kingston Club will be Saturday, 4 May 1996. In keeping with the celebration of our 25th Anniversary this year, a special effort is requested to spruce up our trail by replacing older damaged, faded, overgrown or missing signs and by ensuring continuous tip markings to indicate direction towards Kingston. Special attention should be paid to ensure that junctions with public roads are clearly visible.

Having stated the above, it is not your committee's intention to criticize the present efforts of our volunteer maintainers. However, we should all recognize that less familiar members might see the Trail (or not see the markers) differently. It is suggested that, in our reconnaissance/maintenance work-up this spring we maintainers enlist the "eyes" of newer members unfamiliar with our separate sections -- to provide a fresh "audit" of the Trail. We also request that the "older hands" train the newer on how to properly mount signs on living trees to enable room for growth.

To make this venture a success we count on a good turnout of maintainers and volunteer members to assist them on Maintenance Day. Subsequently, as a matter of practice throughout the year, all hike leaders are requested to provide feedback to the Maintenance Coordinator on the condition of the Trail following their hike.



Happy hikers who enjoy the trail we all work together to preserve. Left to right: Jim Blain, Hugh Pratt, Murray Henderson, Don King, Ruth King, Bod Good, Audrey Sanger. Photo courtesy of Murray Henderson.

PRESERVATION OF THE RIDEAU TRAIL: A 25 YEAR CHALLENGE

By Bob Chadwick

A generation ago in the optimistic era following the Canadian Centennial, a group of inspired activists formed the Rideau Trail Association (RTA) and brought about the establishment of the Rideau Trail. It was second only to the Bruce Trail in the history of major hiking trails in Canada. Most recently we have seen the growth of even more ambitious trails -- the Waterfront Trail (around Lake Ontario), the National Trail and the Trans-Canada Trail.

These new major trails are making great headway, but as yet they are incomplete, with major gaps. Hopefully they can be completed within a few years. We wish them every possible success. Meanwhile, the Rideau Trail has so far managed to maintain its integrity as a through trail, preserved thanks to the co-operation of both private and public landowners and the ceaseless vigilance and energies of the Association and its members.

A vital element in the RTA's program to protect the integrity of the Trail is the Rideau Trail Preservation Fund, initiated many years ago in order to better secure and defend the maintenance of the through route. The Fund was recently used most effectively in assisting a conservation authority acquire land in a particularly scenic area used by the Rideau Trail. The ready availability of money saved the Trail from almost certain diversion and a possible break in its continuity.

The Fund is now in need of support from RTA members more than ever before, in view of unprecedented challenges. There are strong indications that, in the current economic climate, land conservation programs are not only receiving less funding from government, but are also the object of disproportionately large cuts, apparently a reflection of their relatively low priority in public opinion. Furthermore, it seems increasingly difficult to find landowners sympathetic to our objectives. Fortunately there are still some landowners who are highly supportive and helpful in giving us access to their land.

To ensure the continuance, and hopefully upgrading of the Trail, it is clearer now than ever before that we have to take our Trail Preservation Fund seriously and not restrict ourselves to traditional fund-raising events, although they should be continued and expanded where possible.

In this special year we should also consider what extra we can donate to this Fund. An amount such as \$20, \$50, or \$100 would be excellent, particularly if many members could celebrate our 25th birthday in this way.

Another and perhaps more satisfying approach is to arrange for a bequest in your will. When you next update your will or, perhaps decide to set one up for the first time, ask your lawyer about putting aside a sum for the Rideau Trail Preservation Fund. Under such circumstances you might be able to afford hundreds or even thousands of dollars that would be deductible in your final tax return. You might also wish to speak to your accountant or to Revenue Canada about that.