



Rideau Trail

NEWSLETTER



Fall 2024

Issue No. 213



Summer may be over, but memories will last a lifetime

High-Quality Ultralight Outdoor Gear

Canadian Cottage Gear
Handcrafted in La Pêche, Quebec



Backpacks



Cookware



Accessories



terrainUL.ca

MARBLE ROCK CREATION 2005

Marble Rock trails were created by Peter Murray, John Cornish & Ray Wilson.

Below is Peter and Ray with New Sign for Marble Rock in 2005.

Submitted by Stan Huff



Trail Reroutes

Please check out the Rideau Trail Website for the current list of Reroutes.

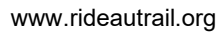
<https://www.rideautrail.org/discover-the-trail/trail-alerts/>



Shout out to the 1st North Gower-Kars Scouts who helped repair the bridge in the Cedar Grove Blue Loop!

Did you know the Rideau Trail is maintained by volunteers? We are grateful to everyone who steps up to keep trails accessible and open

Thank you



Fall 2024

Member Services

(Who gets your question?)

Whatever the question, just call the RTA for your club (page 3) or email: info@RideauTrail.org

Address Changes / Paper Newsletter

To stop it, or to receive it, call or email:

membership@Rideautrail.org

DIY Option: "Update your Preferences"

You can update your membership preferences [here](#) or from the link provided at the bottom of membership related emails.

End to End Badges

Keep track of the details of your hikes, whenever you did them: Date, start and end point of the hike and the leader's name. Send questions or claims to the RTA by phone, or you can email the appropriate club contact.

Getting Involved

It's a busy organization, volunteers are always welcome. Please contact those listed on (page 3) indicating your volunteer interest such as co-leading hikes, supporting your club's committees, working on the Trail maintenance or any other interest you may have.

What Will the Outing be Like?

The three main factors in rating an outing are Effort Intensity, Technical Challenge and Pace Intensity. For each, Moderate is defined this way:

Effort Intensity: similar to walking on a hilly forest trail

Technical Challenge: similar to needing careful footing

Pace Intensity: steady, with periodic breaks and allowance for unplanned breaks

The Levels serve to summarize that detail.

Level 1: All parameters are "Low" or up to one parameter may be moderate. The least difficult type of outing.

Level 2: At least 2 parameters are "Moderate" and no more than one parameter is "High". An outing with mid-range difficulty.

Level 3: At least 2 parameters are "High" or at least 1 parameter is "Very High". The most difficult type of outing.

Note that you can also find the latest, detailed guide to the Hike Classifications by going to the 'RTA Calendar Help' (<https://teamup.com/ks4o7f1oa94o7taugd>) and click on "Outing Classifications".

Hike Leaders can gain further assistance on completing the Hike Description portion by clicking on the "Leader Instructions" link in the area immediately under that.

Badge Request Contacts

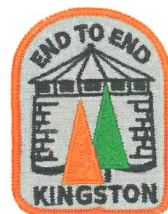


Entire End to End

(Winter or otherwise)

secretary@rideautrail.org

Rideau Trail Secretary



Kingston Club

jbrinkman59@gmail.com

Jennifer Brinkman,
Kingston Club Volunteer



Central Club

hmrob@storm.ca

Mary Robinson,
Central Club Secretary



Ottawa Club

mxixsanderson@gmail.com

Malcolm Sanderson,
Ottawa Club Secretary



Blue Trails

Submit your record of hiking the 12 designated Blue Trails to your Club's badge volunteer.



Lock Endeavour

A new badge was created for the Locks Endeavour this year. If you completed it, contact your Club secretary to get your badge

Coming Events - Fall 2024

What to Bring

- | | | |
|--|---|---|
| <ul style="list-style-type: none"> • Water • Lunch or snack • Identification • Footwear (suitable for the outing) • Emergency contact info • List of medications | <p>In Season</p> <ul style="list-style-type: none"> • Hat • Sunglasses • Insect repellent/treatment • First aid kit / tick key • Rain gear • Sunscreen | <ul style="list-style-type: none"> • Handwarmers • Spare hat • Dry mitts • Lock de-icer (also good for frozen bindings) |
|--|---|---|

Carpooling and Fees

Be at the meeting place at least 15 minutes before the departure time.

Where a gas share is indicated, it is a suggested, voluntary contribution. Fees for parking and entry to parks are shared among the driver and passengers.

Questions?

Contact the leader or the club's activity coordinator.

Note

Hiking boots are recommended for hikes rated at Level 2 or higher. A **high level of fitness** is required for Level 3 outings.



Activity Calendar

Each club uses email to remind members of hikes and other outings. Check the member hub at <https://www.rideautrail.org/member-hub/>

<https://teamup.com/ks4o7f1oa94o7taugd>



Participants' Responsibilities

Participants are expected to choose a trip suitable for their physical abilities and their skill level. At the start they should inform their leader of any health problems or potential difficulties with their equipment. Each participant will respect all financial obligations. The volunteer leaders will expect the support and cooperation of each group member. Parents and guardians are expected to supervise their own children. Dogs are not generally permitted.

Events / Dates

See details in the Activities Calendar.

Special Events

Information Starting this year
Trails Less Travelled Challenge
The Locks Endeavour (Ongoing)
Frontenac Challenge
Winter End to End

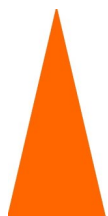
Outings

Regular weekly outings in each club, in season

Events are added to the Calendar all the time. Check it often, so you're there in time!

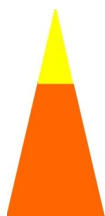
<https://teamup.com/ks4o7f1oa94o7taugd>

Trail Markers



Orange

North-bound
Rideau Trail



Orange-Yellow Tip

South-bound
Rideau Trail



Blue

Side trail or
Blue Loop

Mobile?

Before you go, check the
Trail Alerts

Remember to display the **Rideau Trail brand**.

Report Trail issues/ideas



News and Notes from the Clubs - Fall /Winter 2024

Central

When attending an outdoor event, be safe; be prepared (page 5). Remember, for the safety of the group, a leader can refuse to accept a participant who is not ready for the outing's challenges.

MEETING PLACE

Unless otherwise specified, meet at Conlon Farm in Perth. Gore St. southeast through Perth to County Road 10 (Scotch Line), turn right towards Westport, then turn at the 4th street on the right (Conlon Drive) and proceed to the Conlon Farm parking area. GPS: 127 Smith Dr. K7H 0A3

Questions/Contacts

General: central@rideautrail.org

Activities: activities.central@rideautrail.org

Ottawa

When attending an outdoor event, be safe; be prepared (page 5). Remember, for the safety of the group, a leader can refuse to accept a participant who is not ready for the outing's challenges.

Meeting Places

Transit construction can affect access to the meeting places. Check with the Calendar or the leader.

Kichi Zibi Mikan: Parking lot at the south east end of the Champlain Bridge often used in winter for hikes but also used in other seasons by some leaders

Tunney's Pasture: The government parking lot on the west side of Parkdale Avenue just across from Emmerson Avenue.

Fallowfield Park & Ride: The northwest parking lot of the Park & Ride station, off Fallowfield Road west of Woodroffe Avenue. Park near the drop-off area by the bus shelters.

Bate Island: In Spring, Summer and Fall, meet on the east side of Bate Island. In the winter, meet in the NCC parking lot at the south east end of the Champlain bridge.

Questions/Contacts

General: ottawa@rideautrail.org

Activities: rtaleaderottawa@gmail.com

Calendar of Events:

<https://teamup.com/ks4o7f1oa94o7taugd>

Events and Activities

Although emailed notices might come from the Club, be sure to check the **Activities Calendar** for the latest updates. <https://teamup.com/ks4o7f1oa94o7taugd>

Special Events

Frontenac Challenge

Trail for all seasons

Regular Activities

(Every week, conditions permitting)

Wednesday Wanderers - Shorter, leisurely hikes for those who want a mid-week stretch.

Friday morning walks—Every Friday from the Hour Glass Coffee Show parking lot

Other Outings

The Central Club offers hiking at Murphys Point and at various conservation areas.

Remember: <https://teamup.com/ks4o7f1oa94o7taugd>

Events and Activities

A weekly email from the Club advises of coming events, but be sure to check the **Activities Calendar** for last minute updates. <https://teamup.com/ks4o7f1oa94o7taugd>

Special Events

Monthly Social Events September 19 and October 24

Frontenac Challenge

Trail for all Seasons

National Day of Truth and Reconciliation hike 20 Sep

The Cove Hiking trip—15 –17 Oct

Regular Activities

(Every week, conditions permitting)

Events include a stop for lunch, sometimes **outdoors**.

Wednesday Walkers: Impromptu hike - Level 2 or 3.
fellwalkerca@gmail.com

Other Outings

Weekend events are also plentiful with various level

Emergency in Greenbelt or Gatineau Park?

Is it a life threatening emergency? Call 911! As a second step or for any other emergency, call
613-239-5353

Kingston

When attending an outdoor event, be safe; be prepared (page 5). Remember, for the safety of the group, a leader can refuse to accept a participant who is not ready for the outing's challenges.

Questions/Contacts

General: kingston@rideautrail.org

Activities:

Wednesday Walkers: Contact Jennifer at wednesdaywalks60@gmail.com

Leaders: please send the completed waiver to HR Coordinator, Cathy:
waiver.kingston@rideautrail.org

Events and Activities

The Club sends regular notices by email. Be sure to check the **Activities Calendar** for the latest updates.

- Frontenac Challenge/Trek, Trail for All Seasons, Great Gould Lake Challenge, 10K Trails...
- September 7 - Annual Picnic
- September 26, October 31 - Monthly Socials
- September 30 - Truth & Reconciliation Day
- October - Nature Trails Talk
- November 2 - Great Gould Lake Challenge

Regular Activities

(Every week, conditions permitting)

Tuesday hikes at Lemoine Point with Doug for those interested in a brisk 10 km walk

Wednesday Walkers - Ideal for people interested in healthy exercise walking at a comfortable pace with some social interaction. Walks depart every Wednesday at 1:30 pm.

Thursday - hikes in Lemoine Point or Little Cararaqui Conservation Area, 10 km at a brisk pace.

Levels of Difficulty (Spring/Summer)

FROM THE RIDEAU TRAIL ASSOCIATION GUIDE FOR LEADERS

Hiking

Level 1 Well-defined trails, gentle inclines. Hiking boots not required but trails may be wet. Suitable for beginners. Recommended for newcomers to club activities.

Level 2 Generally on trail. May be hilly with some light off trail and rough spots. Boots recommended.

Level 3 Rough terrain, one or more places with extensive off trail steep sections, long climbs and descents, rock scrambling, beaver dams or other obstacles. Boots and level 2 experience are essential. Long pants and sleeves are recommended.

Speed

Slow: 2-3 km/hr, Moderate: 3-4 km/hr, Fast: 4-5 km/hr, Very fast: 5 km/hr or greater

Cycling

Level 1 Few hills, broad roads or bike paths, little traffic. Participants must have some cycling experience.

Level 2 Some hills, some traffic, participants should be fit and experienced.

Level 3 Long hills and narrow roads. An excellent level of fitness and cycling experience is essential.

Canoeing

Level 1 Slow-moving sheltered water with no portages.

Level 2 Larger expanses of water, level 1 experience required.

Level 3 Canoeing in areas with larger expanses of water and Portages.

The hike levels are based on mainly terrain difficulty or similar criteria, not on distance. Slight adjustment to the level may be made if a trip has exceptional endurance requirements (for example, a very long trip in easy terrain may change from Level 1 to Level 2 for this reason). If a particular trip has special requirements, this should be explained in the event description.

Refer to Page 4 for a more detailed description of levels

RTA Outings - Categorization Guide

Benefits of Membership

The Rideau Trail Association is committed to preserving and promoting the use of over 400 km of Trail system between Kingston and Ottawa.

Volunteers do the work, but membership fees pay for the upkeep and improvements to the Trail, including construction materials, signage, insurance, mapping, etc.

Benefits include

- Access to the RTA Members only Facebook Page, <https://www.facebook.com/rideautrail>
- Access to the website's Member Hub <https://www.rideautrail.org/member-hub/> which gives you access to the Activities Calendar, badges, newsletter archives and other information available only to RTA members
- Participate in organized hiking challenges such as hiking the Rideau Trail from end to end and earn badges for your backpack.
- Hikes lead by trained hike leaders anywhere between Kingston and Ottawa and beyond.
- Quarterly Newsletter; News from the clubs
- Retail discounts
- Voting privileges
- The knowledge that you are protecting this world-class treasure.

Discounts for Members

- 10% off at Ottawa stores Trailhead Paddleshack, Bushtukah, Great Escape Outfitters, 10% off at Novel Idea in Kingston, and 10% off at Smith Army Surplus, 10% off at Vamos Outdoor in Almonte, 10% off Annual Pass purchased at Little Cataraqui Creek Conservation Area and a discounted Winter Trail Pass at Gatineau Park

A Passion for Badges, with the RTA Crest right at the top.

By Mike Hoyer

You wondered how we display our RTA crests and how we attach them. Let me explain the two photos attached.

When I was a Boy Scout, I went to New York on an exchange during the NY World's Fair. I found out Canadian crests were a hot commodity. So, I traded most of my uniform and came home with an American one. Subsequently, I learned to travel with crests from Canada. In later years as a Police Volunteer in Vancouver, I carried their crests and came home with other police force crests.



Then there was the Boy Scout camping blanket. What a good way to display all my crests of all my travels. And I needed to get the sewing badge. Thus began my lifelong hobby, of collecting crests, which like pins, don't take up much room in my luggage and larger objects (AKA souvenirs) become overwhelmingly impossible to display as I continually downsize my living accommodations.

As a family, we all looked for crests, and got our own blankets. Each one of us, especially the kids, now have their own unique display. Mine now covers all seven continents. When my wife passed away, it became a focal point of her funeral.

So, after moving to Ottawa, two years ago, I joined RTA and got their crest. I'm proud to display it, on an overcrowded, but impressive display of the places I've been, the organizations I've been a part of, and other momentous moments, like the one we did for my daughter's wedding and others for postal codes we've lived in.

It doesn't come with minor hardships. If you look hard, you'll find a few spats of finger blood. My eyesight is waning, so my stitchery has degenerated. But I'm proud of this memento and I'm happy to show it off wherever.



Can you guess whose is whose?

Karin McInnis and Ingrid Monasterios share the same taste for outdoor gear: Oboz hiking boots and OR gators. Photos taken at Carman Lake in Gatineau Park during the last hike of the Trails Less Travelled series on June 8.



It was great fun to hike with fellow Kingston and Central friends in Gatineau Park.



Association News

RTA BOARD AND ASSOCIATION MANAGEMENT UPDATES

As hopefully you are all aware, the RTA has modified some aspects of Association Management. The RTA Board of Directors is concentrating primarily on the longer-term issues, policies and oversight; while RTA Officers, Club Chairs and Club Executives deal primarily with the day-to-day management.

The Board.

We are fortunate to have a full slate of Directors and initial priority of work has been set, with two key committees starting efforts this summer. One committee will be updating the RTA Risk Analysis and making recommendations for future efforts. The other committee will be producing an updated Strategic Plan, carrying on from the work completed in 2017 and factoring in some

changes since that time. The intent is that these two committees will present their work at the October Board Meeting.

Officer and Key Volunteer Work.

Efforts are progressing well in Activity Coordination, Trail Coordination, Finances, Membership and IT Coordination. Within the Administration Services and Support area work has been hampered due to some key vacant positions. Both the Vice President position and the Secretary position are unfilled. This means that the workload to other Officers and volunteers has increased and it is having an impact on some key services and administrative requirements. Another area that will soon have a vacancy is in Marketing and Communications. Ingrid Monasterios has done a great deal of work in this large area, but demands caused by

family circumstances mean that she does not have time to deal with all of the aspects of the position. While she is continuing to do as much as her situation allows, we are now looking for a new Marketing and Communication Officer.

As indicated, these vacancies (as well as some at Club level) are hurting the RTA and it is important that we fill them, particularly the Secretary and Marketing and Communication Officer positions. If you have any interest and would like further information, please contact Rusty Bassarab

president@rideautrail.org

It is certainly understood that everyone's time is limited and we are willing to tailor the assigned duties in order to reduce the risks involved with vacant positions.



Winter End to End – Kingston Zone 2025

Yes I know. It is still summer and this article is about a Winter End to End. More details in the Winter Newsletter, but what one plan is

for this Winter:

Focus will be on the Kingston Zone

- Goal is to at least hike the sections from Kingston to Westport.
- Will be one day per weekend, mainly Saturdays
- Jan 1st will (likely) be from Frontenac Park entrance to Flagpole Hill and back
- Jan 2nd will (likely) be through Gould Lake from Freeman Road to Frontenac.
- You do need snowshoes and spikes to participate – good Christmas presents!

If you have questions, please contact me (Jim Moss) at jjwnmoss@hotmail.com

Hope to see you out there. It is a lot of fun even though it might seem better to stay in the warm versus hiking at minus 20 deg C. We usually find somewhere to warm up after.

Central

Mary Lisa Braccio
Allen Brooke
Jennifer Cakir
Briana Gordanier
Rod Monette

Kingston

Amar Banerjee
David Barker
Ian Brown
Patrick Cashin
Ben Darling
Andre Dubois
Rob Edmunds
Anna Ferrone
Randal Goodfellow
Fred Goveia
Penny Kavanagh
Cassandra Keilbar
Grace La Rose

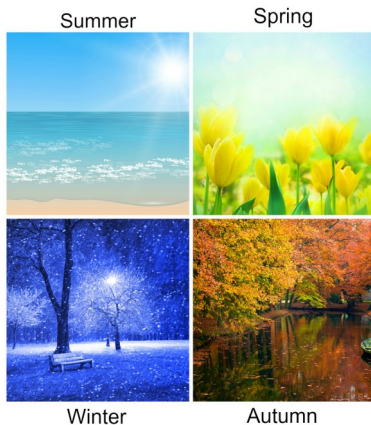
Pam LeBlanc
Cassandre Lerebours
Mike Lucas
Eileen McNally
Melanie Moede
Mariana Orejel
Laura Oster
Shruti Patil
Parry Perry
Janice Quirt
Charlotte Reinholtz
Heather Rennie
Alyson Schafer
Lisa Slater
Susan Thomas

Ottawa

Doug Archibald
Soumia rahma Bouzid
Lorna Cachero
Peter Christensen
Sarah Cleary
Victoria Diaz

David Java Diel
Garo Donoyan
John Douglas
Binta Garba
Deborah Horowitz
Narima Hoyt
Jeanette King
Denise Kingsbury
Rosemarie Koch
Fiona Liao
Peter MacGibbon
Richard Maloney
Franca Palermo
Claudette Paquin
Jyothi Santos
Anthony Tan
Patricia Wiebe
Suji Kang

Welcome to all our New Members



Summer

Spring

Winter

Autumn

A “Trail for All Seasons”

Thanks to a suggestion from Denise Hall, the Activities Committee is working with all three Clubs to put on a series of ‘Trail for All Seasons’ Hikes.

The details:

- Each Club picks two hikes that they feel would be good to hike in all 4 Seasons,
- The two hikes will be one easier, one harder,
- The same 6 hikes will be offered in all 4 seasons, starting in the Fall of 2024,
- Though each Club is picking its own two hikes, the hikes are (as always) open to all members, and
- This is the opportunity to take the same photo in each season.

About this time next year we will be requesting that people submit their photos so that they can be printed in the Newsletter, or even Association Christmas Cards.

If you have questions, please contact me (Jim Moss) at jjwnmoss@hotmail.com

If you have any fun ideas for hikes, bikes, paddles or anything else non-motorized, please let your Activity Coordinator know, or message Jim Moss. Thanks.

Remembering Joan Marrs Hughes March 3, 1931 to October 4, 2023

Reverend Joan Hughes, a long-time member of the Rideau Trail Association Kingston Club, passed away peacefully on Wednesday October 4, 2023 at Providence Care Hospital in Kingston at the age of 92.

Joan was born the youngest of 5 children in Greenock Scotland. Although a proud Canadian, she never lost touch with her Scottish roots. Joan and her husband Victor A. Hughes (also deceased) of international fame and a professor at Queens' University in Physics and Astronomy, were keen hikers, joining the Rideau Trail Association Kingston Club as Life Members in 1976. They are survived by their children and their spouses, and their grandchildren.

Joan and Victor participated in many day hikes organized by the Kingston Rideau Trail Club, as well as in the club's social events. Joan, an ordained minister of Kingscourt United Church, stood out as vivacious and charming with a great sense of humor and a twinkle in her eyes. In the 1980s and 1990s, Joan and Victor maintained a 6 km section of the trail from Westport Dam to Little Bay Beach. Some of us were fortunate to interact with Joan and Victor. It is people like them who established a tradition of camaraderie and enjoyment while hiking the Rideau Trail.

Linda Line remembers Joan as a gracious and kind lady. In past years, when the Volunteer Appreciation Party was held in the party room of the condo where she lived on the waterfront, Joan always volunteered to do 'door duty' and let in the guests with a warm heart and smile. The party was in the winter and Linda, our past Events Coordinator, thought Joan was a trooper to do this.



Joan was a very engaged member of the Kingston community. She was an enthusiastic supporter of the Cataraqui Conservation Authority, St. Andrew's Society, the Rideau Trail, food security programs, Elizabeth Fry Society, Hospice and the Syrian Refugee Board. Joan's family acknowledges and expresses their thanks and appreciation to the staff at Providence Care Hospital for the excellent care that they provided to her in her last years. **Editor's Note:** Once in a while our astute members will miss the death announcement of a long-term member of our Rideau Trail Kingston Club. Many thanks to our Membership Director, Evert, who contacted us last week regarding a returned newsletter and started us doing some checking. And a very special Thank You to Linda Line and Dr. Sukriti Nag for offering their personal perspectives on Joan. Member feedback is so valuable when honouring the life and contributions of past members.



Karin McInnis is the first person to complete and claim the Locks Endeavour badge.
Congratulation and well done to Karin as well as all those to follow.



Hike Leader Training and 1st Aid Training

We have Hike Leader Training and a FULL Course 1st Aid Training coming up in November!



November 23rd 2024 – Hike Leader Training

- RTA Hike Leader Training with our very own Graham Creedy
- Will be in Central Zone, to accommodate participants from all Clubs.
- All Day event
- Car Pooling will be available from Kingston
- Targeted at New Leaders (All Clubs need them!)
- Also open to other people who might be 'wanting a refresher' or maybe are leading without ever having had any training!
- Costs are covered by the RTA.
- For practice it is expected that all participants will lead one hike within 6 months of course completion
- On the Calendar and Sign Up is open

November 30th 2024 – FULL Course (All Day) 1st Aid Training

- 8 hour 1st Aid Course given by our very own John Osborn
- Will be in Kingston (Millwood Drive). Participants from all Clubs welcome
- Cost is \$20.
- One Year Certificate awarded upon successful completion. Refreshers offered annually to maintain certification.
- On the Calendar and Sign Up is open



If you have questions, please contact me (Jim Moss) at jjwnmoss@hotmail.com

End to End in 2025!

It will be three years since we ran our last regular End to End. So, in 2025 the goal is to offer a series of hikes targeted at helping members get the various E2E badges that are available.

- Hike #1 will likely be starting in Kingston around March 15th 2025
- Hikes will be 1 per weekend, 3 weekends out of 4
- If people want to do 2 hikes/every other weekend, will try and hook them up with others, but main goal is 1 hike per weekend (accommodates people working).
- There will be a break during the summer so that members are not hiking in the heat!
- Hikes will start again in the Fall, with the goal of at least getting to the end of the Central zone. Further if time allows...

We even have one member practicing the bagpipes so they can lead us off in March! More details and firmer dates coming in the Winter Newsletter.

If you have questions, please contact me (Jim Moss) at jjwnmoss@hotmail.com



New Directors to the RTA Board

Randal Goodfellow

Randal, a keen hiker, is semi-retired and living in Westport. He is currently a commercial syrup producer and a woodlot manager in addition to being the founding member of the Westport Tourism Group. He has extensive background in the agriculture and food industry, government relations; as well as in both for-profit and not-for-profit Boards and is now a Director with the RTA.



Cassy Keilbar



Cassy recently moved to Kingston with her family and has joined the RTA Board as a Director. Cassy is an experienced business leader and volunteer, coupling business management with not-for-profit knowledge (this is the second Board that she has served on). Cassy enjoys hiking in natural settings and is very interested in assisting with conservation efforts.

Susan Long-Poucher

Susan serves the RTA as a Director. Susan has been an avid hiker her whole life, and is happiest on a coastal trail. Semi-retired, she's recently returned to school to study Environmental Education. She has been involved with several not-for-profit organizations and looks forward to working with the energizing group of RTA volunteers.



Shruti Patil



Shruti joined the RTA in 2024 and currently serves as a Director. With eight years of experience in Information Technology, Asset Management, Engineering, Project Management, and Business Analysis, she brings a wealth of expertise to her role. An avid hiker and trekker, Shruti has explored the Himalayan mountains and is now discovering the beautiful trails in Canada. She is an active member of the Kingston Club and is passionate about making a positive impact in the community through her leadership.

Welcome to the Association from all the Members

RTA Crest Badge Contest

The contest to win a free membership for 2025 ran from March to April 2024. To qualify for the draw, people were asked to submit a photo of the surface where their RTA Crest Badge is displayed and a description of how they attached it.

We received 9 very interesting and creative submissions. The RTA Crest Badge has travelled to many places including Vermont, New Hampshire, the Appalachian Trail, Mexico, Europe and many locations around the US and Canada. It allows for great conversations along the trails and at airports.

The winner of the draw is Elizabeth Mason, a long standing RTA member from the Ottawa Club. Interestingly enough, the Summer issue of the Newsletter included a photo of Elizabeth and her backpack.

The RTA Crest Badge was one of the first badges Elizabeth earned/got in the early 1980's. Her method to attach her badge has been very successful, "it is still well-attached over 40 years later". Well done Elizabeth and Congratulations



These are the first badges that I earned/got in the early 1980's. They were sewn on my pack with a treadle sewing machine. The pocket flap opens easily to use a sewing machine. And as you see, after over 40 years they are still well attached although the pack is fading! Some things last a very long time and the RTA crest is one of them!

Elizabeth Mason



Elizabeth Mason
relaxes after a hike

The Kingston Rideau Trail Wednesday Walkers.

The photo was taken on May 15, 2024 just outside the Auden Park woodlot in Kingston.

Photo credit to Neal Maher.



Big Thanks to John Osborne

The RTA would like to thank John Osborne for continuing to offer his First Aid Courses. John has offered his basic first aid teachings as well as yearly refresher courses for RTA hike leaders for the past three years. This year John has given the class a twist by using the classic game show Jeopardy in his presentation. The participants in his class enjoy the first aid course quiz competition and it really makes learning enjoyable. It also gave John the ability to effectively focus on the areas where his students are a bit rusty as we try to identify the ideal response. His knowledge and experience allow him to focus and specialize with what hike leaders most commonly would run into when out on the trail. He also demonstrated and made students practice the use of the AED. The automated external defibrillator is used to help those experiencing sudden cardiac arrest. He also explained the use of "what three words" a phone app which identifies the exact location for every 3 metre square of the world. This app gives a unique combination of three words which can be used for emergencies. He also mentioned it is very important to enter your medical data in your phone as first aid responders can access a lot of information.



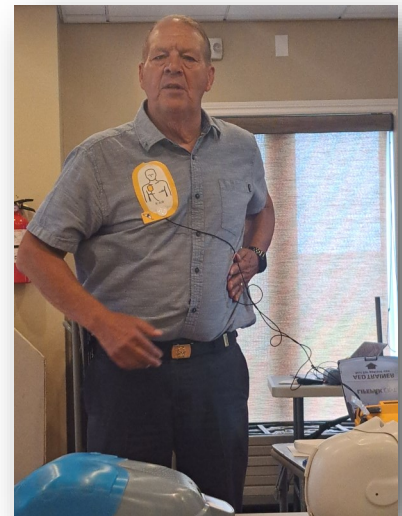
Setting up emergency information for your Android smartphone's lock screen Open your Settings app;

Tap "Safety & emergency ";

You should find where you can enter medical emergency information.

Enter medical information (or any other info you'd like first responders to see).

John, you have really helped the RTA achieve our goals of making competent hike leaders. Thank you!



"All Aboard" by Cathy Cummings

The "Lemoine Point Walk with Doug" is a regular Kingston Tuesday activity, but this is not all that Doug Cunningham volunteers his time at.

During other weekdays, he is pretty much a permanent fixture as a tour guide on the S.S. Keewatin (Kee-way-tin) ship which arrived in Kingston on Oct 26th 2023.



It is one of the world's largest remaining Edwardian-era (Titanic-era) steamships. The liner was formerly owned by CP Rail, built in 1907 by the Fairfield Shipbuilding and Engineering Co Ltd of Glasgow, Scotland. CP Rail steamships ferried tourists, settlers and cargo throughout the Great Lakes until their retirement in the 1960's. Holding 288 passengers and a crew of 86, Doug sailed and worked on for her a period of time as a cabin watch, waiter and night steward. His youthful

memories reignited a passion inside him and he has volunteered countless hours to assist in the restoration playing a valuable role with its present success. Doug happily "showed us the ropes" giving a memorable tour on the 23rd of June. We enjoyed exploring the decks, cabins and first class accommodations of the historic Great Lakes steamship. The grand staircase, the fine China, galley and Scotch Boilers were highlights. There are so many artifacts, exhibits and historical information on board but for me it was a unique feeling, that was quite unexplainable.



It was a walk back into a time era that I never knew and I found myself constantly pondering about the Great Lakes commerce, people and personal stories which were well before our time.



Obituary of Margaret Mary Lafrance

Margaret was born in the U.K. just before WW2. Her father had already joined the RAF to study the then new technology, called radar navigation and soon after the war broke out, he was posted to the RCAF. The family followed by ship and, as there were no passenger ships crossing the Atlantic, Margaret, her brother Colin and their mother endured a difficult 16 day crossing in a merchant ship under escort: first by the British Navy and then the Canadian Navy to the port of Halifax, Nova Scotia.

The family settled in Ottawa for 3 years before returning to the U.K. Margaret loved living in Canada and some years later, she immigrated to Canada.

Margaret enjoyed travelling and hiking in Canada and other parts of the world. In 2003 she moved to Perth where she met many friends and continued to enjoy the outdoors, hiking, cycling, canoeing and canoe camping.

Special thanks to Dr. James Simpson for his kindness during her difficult journey to the end.

Margaret's interment service was held at Elmwood Cemetery, Perth on the August 23rd, 2024



HUNTING SEASON

It is now
**HUNTING
SEASON**
We suggest that you
WEAR ORANGE

Included in the activities that come with fall in Canada are a series of hunting seasons, each one for various wildlife species and some with limitations on what weapons can be used for hunting. In our part of Ontario these stretch from September all the way until the end of December, though generally the season that has the biggest impact to RTA trail use is deer season, with the important dates for the fall of 2024 being from November

6th to November 17th when rifles, shotguns and muzzle loading guns can be used in addition to bows.

It is important to remember that the lands that our trails go through do not belong to the RTA, they belong to various kinds of landowners.

In some cases, the properties are owned for the specific purpose of being used for hunting when hunting is authorized. This does mean that significant portions of our trails will not be usable during rifle based deer hunting season, as well as some portions for other periods. We will be posting known restrictions to the Trail Alerts portion of the RTA website.

We do not always find out that hunting is permitted and taking place in the area of our trails. So, for safety reasons the private property sections of RTA trails are closed for the November 7-17 period. Only hikes that are conducted in Provincial Parks, Conservation Areas, public areas and confirmed areas where there is no hunting are permitted (see the Trail Alerts page of the RTA website for further information). Through hikes of the entire trail should NOT be undertaken in this time frame.

Hike leaders/hikers should do the following:

Check the Trail Alerts portion of the RTA website to ensure that where you plan on hiking is permitted, Throughout the full hunting season timeframe, even if there is no specific alert, efforts should be made to ensure that there is definitely no hunting in the area of the proposed hike.

Wear bright/easily visible clothing.

Look for any signs indicating that an area is closed or that hunting is ongoing AND DO NOT PROCEED IF THERE ARE SIGNS!

Look for any evidence that hunters are in the area and leave that area if there is such evidence.



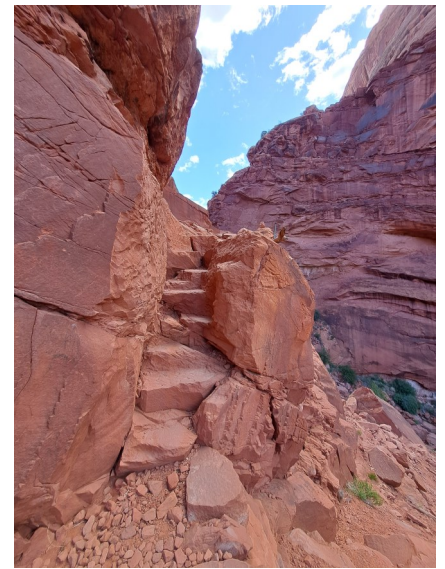
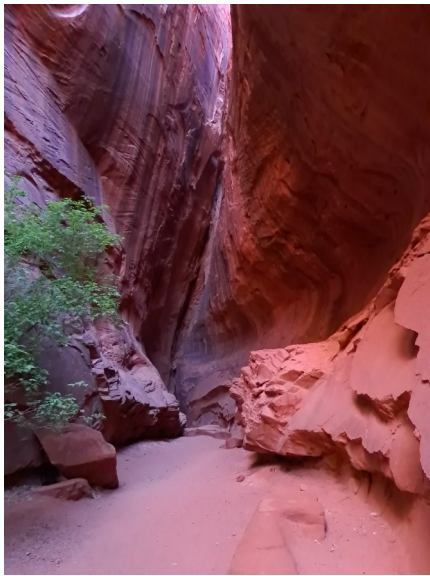
**NEW RTA BRIGHT ORANGE HATS ARE AVAILABLE WHICH ARE GREAT FOR HUNTING SEASON
(SEE FRONT COVER), PLEASE CONTACT THE NEWSLETTER EDITOR FOR MORE DETAILS
NEWSLETTER@RIDEAUTRAIL.ORG**

Arches to Zion (and almost everything in between) by Karin McInnis

Inspired by Bill Ottney's slide presentation during the 2023 Pennsylvania trip, I decided it was time to revisit southern Utah. I had two weeks in early May, a rental car, and a long list of hikes. Factors to consider include weather forecasts, as well as distances between accommodations and trailheads. With careful planning and backup plans, many fantastic trails and sights can be accessed. Some trails are "primitive" and sporadically marked with tiny rock cairns. Others are popular and well-worn, and sometimes paved. On any hike, you can find yourself scrambling up and down slickrock, climbing over and squeezing under huge boulders, sloshing through streams, climbing up and down ladders, walking along canyon rims or gazing up canyon walls.

Highlights: Arches National Park (Devil's Garden); Canyonlands National Park (Syncline Loop, Confluence Overlook); Colorado Recreation Area (Grandstaff Canyon to Morning Glory Natural Bridge); Capitol Reef National Park (Grand Wash Trail, Frying Pan Trail to Cassidy Arch); Grand Staircase-Escalante National Monument (Boulder Mail Trail, Lower Calf Creek Falls); Kodachrome Basin State Park (Panorama Trail to Cool Cave); Bryce Canyon National Park (Fairylend Loop); Zion National Park (West Rim Trail)... and many more.

The scale and vastness of the landscape is awesome but also demands respect. Navigation skills are often tested, and one must always be mindful of temperatures and changeable weather. In the end, there wasn't a hike that wasn't worth doing.



Franks Culvert (RTA Map 05)

Did you know that there is a hidden cave in Franks Culvert along the rideau trail?

Please don't enter for your own safety.

A hidden gem along the trail that most walk by without a second glance.

Next time you are hiking by, why not take a look and see if you can find the entrance and maybe a few spiders.

Be careful and don't be afraid to get your feet wet

44°30'28.2"N 76°25'41.7"W
W3W ///explorers.panting.trance

Algonquin Provincial Park – Outdoor Activity Trip (2025)

This is an information package for RTA members who would like to participate in an outdoor adventure to Algonquin Provincial Park. Please advise your interest/preferences from the following: to herman.e.doornbos@gmail.com by October 31, 2024. Once feedback is received, a more detailed itinerary will be forwarded to interested individuals.

Time of year: (2025)

- Spring – this time frame will not be offered as it conflicts with Bill's Pennsylvania trip, and Algonquin is known for its hungry insect population at this time of year.
- Fall (October 14th to 19th, or 20th to 24th, Off Season – may get better accommodation rates) – no bugs, cool temperatures and the leaves will/may still be changing. Will not conflict with Denise's Westport trip.

Itinerary: (Proposed - Monday to Friday)

- Day 1 - Travel to Whitney, Ontario - approximately 3 hours from Kingston, Ottawa & Perth.
- Day 2 - hike, bike or paddle etc. in and around the park.
- Day 3 - hike, bike or paddle etc. in and around the park.
- Day 4 - hike, bike or paddle etc. in and around the park.
- Day 5 - return home.

Accommodations: (2024 prices)

Motel - \$179/\$239 / night. (*Dream Catcher in Whitney*)

Dream Catcher stay includes a park pass & free use of bikes, paddle boards, canoes & kayaks.

Meals:

- Motel has fridge, microwave & coffee pot in each room.
- Bring or prepare individual meals - breakfast, lunch & dinner.
- Eat at local restaurants (3 to choose from - casual dining).

Activities:

- Hike.
- Bike.
- Paddle.
- Algonquin Visitor Center.
- Algonquin Logging Museum.
- Algonquin Art Center.

Trail Choices:

- Easy to shorter Moderate - 2 Km to 7 Km
- Longer Moderate to Difficult – 9 Km to 38 Km

Motel has:

- 1 Cabin – 1 queen bed.
- 6 Rooms – 1 queen bed.
- 1 Room – 2 single beds.
- 4 Rooms - two double beds.
- Outdoor BBQ's and a fire pit.
- Room #3 is large and could also be used for social time / happy hours.

There are several other motels in and around Whitney at the same price range. There is camping in the park and private in Whitney. There are also lodges in Whitney and the park. Whitney also has a small grocery store, LCBO, tavern, pharmacy and gas station.

Algonquin Park Trails:

Trail Name	Type	Length Km	Difficulty
Logging Museum	Hike	1.9	Easy
Beaver Pond	Hike	1.9	Easy
Spruce Bog Boardwalk	Hike	1.6	Easy
Big Pines	Hike	2.7	Easy
North Madawaska River	Paddle	2.4	Easy
Mew Lake	Paddle	1.9	Easy
Tea Falls	Hike	2/7	Easy
Whiskey Rapids	Hike	2.1	Easy
Leaf Lake	Hike	5.1	Moderate
Leaf and Clarke Lakes	Hike	14	Moderate
Leaf and Pinetree Lakes	Hike	15.3	Moderate
Lookout	Hike	2.1	Moderate
South Lookout	Hike	2.7	Moderate
Centennial Ridges	Hike	12.2	Moderate
Kearney Lake	Paddle	3.2	Moderate
Pog Lake	Paddle	2.9	Moderate
Booth's Rock	Hike	5.8	Moderate
Madawaska River	Paddle	16.3	Moderate
Whitefish Lake (Rail Trail)	Hike or Bike	23.7	Moderate
Two Rivers	Hike	2.3	Moderate
Provoking Falls	Hike	1.9	Moderate
Starling Lake Lookout	Hike	11.4	Moderate
Faya Lake	Hike	12.7	Moderate
Hemlock Bluff	Hike	3.5	Moderate
Canisbay Lake	Paddle	6.6	Moderate
Cache Lake	Paddle	5.6	Moderate
Minnesing Bike	Hike or Bike	9.0	Moderate
Mizzy Lake	Hike	14.0	Moderate
Canoe Lake	Paddle	9.0	Moderate
Hardwood Lookout/Red Spruce	Hike	2.1	Moderate
Maple Leaf Lake	Hike	11.9	Moderate

Algonquin park trip continued:

Provoking Lake	Hike	18.5	Hard
Track and Tower	Hike	21.2	Hard
Highland Backpacking	Hike	38.0	Hard
Provoking Lake	Hike	18.3	Hard
Head Lake	Hike	2.0	Hard
Track and Tower	Hike	8.0	Hard
Track and Tower	Hike	18.5	Hard
Western Uplands Backpacking	Hike	70.8	Hard
Maggie Lake	Hike	30.1	Hard
West Gate	Hike	13.2	Hard
<i>Outdoor Theatre</i>	<i>Lectures/Shows</i>	<i>N/A</i>	<i>N/A</i>

The details for these trails were obtained from the AllTrails App. The trails are all accessed along the Highway 60 corridor and have not been pre-hiked - the difficulty level is open to interpretation.

Short & long hikes will be offered.

Herman Doornbos & Peter Weir

Warm Up with Sue's Sock's Alpaca Socks

Made in Canada

80% Alpaca content is more than any other Alpaca sock on the market

There will be a bit of shrinkage when washed—which is normal for any raw fibre

Alpaca is considered Hypoallergenic:

- * Most people do not react to it as they might to wool. Alpaca does not contain lanolin

Alpaca fibre contains antibacterial properties:

- * Socks do not need to be washed after every wearing. If it doesn't smell, it doesn't need to be washed. Your choice! You can wear a pair of socks for a week without washing...Its fine!
- * Alpaca fibre will felt if washed in hot water or put in the dryer. This is the nature of the product.

Wash in cold water and lay flat to dry

- * Construction: Looped construction (known as terry construction) The socks will wick away moisture and keep your feet dry

Colours: Denim Blue or Gray.— Sizes Men/Women:
Sm * Med * Lg & X-Lg

\$35.00/pair (includes tax)



Contact Sue @ 613-331-0257

Rideau Trail Annual General Meeting 2024

Smiths Falls Legion

Thank you to Central Club for organizing the event, all who attended the meeting and those who enjoyed the hikes. The pictures show the day's activities and those who received certificates of recognition year.



New Directors (see page 13)



Certificate of Appreciation for Herman Doornbos, Brian Grant, Mary Carlson, Ingrid Monasterios and Evert de Boer



Central Club Outstanding Service Award to Mary Robinson presented by Jim Middleton



Ottawa Club Outstanding Service Award presented to Janice Dowling and David McNicoll by Peter Weir



Summer E2E Award and badge to Alan Smith presented by Jim Moss



A great turnout and a great time.

Congratulations to this year's Winter E2E Awardees. Presented at this year's AGM in Smith Falls.

Margaret MacSween, Brett Kalankowski, Janice Dowling, David McNicoll and Jim Moss



Comfortable **Hiking Holidays**
Hike an adventure. Rest in comfort.

MACHU PICCHU

August 13 to 25, 2025

Explore the Sacred Valley of the Incas by hiking through the famed salt pans of Maras, the ancient ruins of Pisac, and trekking high up into the Urubamba mountain range. Then that all important day arrives when we hike into Machu Picchu – **rounding the corner of the Sun Gate and seeing Machu Picchu with your own eyes will give you goose bumps!**
NO CAMPING – ALL ACCOMMODATIONS ARE IN HOTELS AND LODGES



www.letshike.com

TICO #50023501 & #50023502

Inside **Fall**

EDITED BY PETER WEIR (OTTAWA)

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PM40022816

Return undeliverable Canadian
addresses to:
RIDEAU TRAIL ASSOCIATION
PO BOX 15
KINGSTON ON K7L 4V6



Donations of used camping equipment

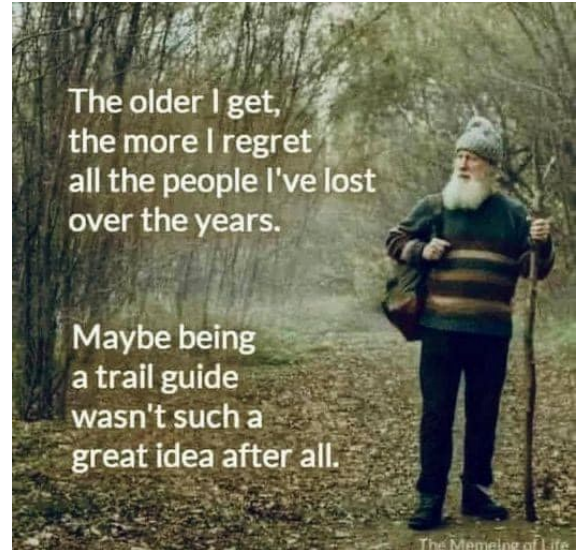
Greetings to past and present members of the Rideau Trail association. It has come to our attention that some people have camping equipment that they no longer use.

We can accept donations of tents and sleeping bags that are in good condition to give to local Scout Groups.

This is especially to help those parents who cannot afford their own gear.

Please direct any inquiries to Dave Skinner at:

Hike leader training coming up in November see page 12



CARRY OUR LEGACY.

5607 Hazeldean Road | 203 Richmond Road | 2016 Tenth Line Road
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Facebook Instagram /bushtukah