



Rideau Trail

NEWSLETTER



SUMMER 2025

Issue No. 216



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 - travel stories

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www.rideautrail.org

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Webmaster: web@rideautrail.org

Telephone:

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Central Club: (613) 267-5756

Kingston Club: Nil

Ottawa Club: (613) 860-2225

The RTA does not share its mailing list with other organizations.

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<https://www.instagram.com/rideautrail/?hl=en>

<https://www.facebook.com/rideautrail>



Next Newsletter: Fall **Deadline August 1st, 2025**

We want your submissions! If possible, text should be sent electronically with no document formatting. Pictures with good definition and contrast are most welcome.

Send material directly to the Editor: newsletter@rideautrail.org

Directors

Chair: Rusty Bassarab

Randy Goodfellow, Hua Lei, Susan Long-Poucher, Margaret MacSween (Kingston Club Rep.), Dorothy Hudson (Central Club Rep.), Roger Reens (Ottawa Club Rep.), Jim Moss, Alan Smith, and Sharen Yaworki (Past Chair)

pastpresident@rideautrail.org

President: Rusty Bassarab, Kingston

president@rideautrail.org

Vice President: Currently Vacant

Treasurer: Hua Lei, Ottawa

treasurer@rideautrail.org

Membership Director: Evert de Boer, Ottawa

membership@rideautrail.org

Activities Coordinator—Jim Moss

Jim.Moss@genmills.com

Officers

Trail Coordinator: Alan Smith

trailcoordinator@rideautrail.org

Marketing/Communications: Karen Toon

marketing@rideautrail.org

Secretary: * VACANT *

secretary@rideautrail.org

Club Chairs

Kingston: Jim Moss, Trenton

kingston@rideautrail.org

Central: Dorothy Hudson, Perth

central@rideautrail.org

Ottawa: Alan Johnson, Ottawa

ottawa@rideautrail.org

Club Representatives:

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macsweenmarg@gmail.com

Central: David Skinner

dskinner18m@gmail.com

Ottawa: Roger Reens

roger_reens@me.com

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newsletter@rideautrail.org

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awards@rideautrail.org

Kingston Club Executive

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Vice Chair: Margaret MacSween

Past Chair: * VACANT *

Secretary: Lynn Esau

Treasurer: Marilyn Martin

Membership Coordinator: Monica Hilton

Landowner Liaison: Hélène Brillon

Construction: James Lorimer

Maintenance: Stan Huff

Communications and Publicity: Louise Langlais

Human Resources: Cathy Fanjoy

Technical Support: Laura Cybulski

Outings Coordinators: Karin

McInnis and Louise Langlais

Wednesday Walks Coordinator:

Jennifer Brinkman

Special Events: Sue Lansing

Members at Large: Rusty Bassarab, Karen and Andy Glazin

Central Club Executive

Chair / Rep. to Board: Dorothy Hudson

Vice-Chair: Bill Ottney

Past Chair: Herman Doornbas

Secretary: Mary Robinson

Treasurer: Joyce Davis

Trail Maintenance:

Dave Skinner

Hike Leader Coordinator:

Pat Stranberg

Landowner Liaison:

Craig McManus

Events Coordinator:

Jennifer Cakir

Communications:

Linda Hachmer

Member at large:

Annette Lebrun, Tania

Mason, Meg Taylor Picard

Ottawa Club Executive

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Vice Chair: Melodie Mortensen

Past Chair: Peter Weir

Rep. to the Board: Roger Reens

Secretary: Denise Hall

Treasurer: Robert Smith

Trail Maintenance: Ian Campbell

Landowner Liaison: Roger Reens

Gatineau Park Liaison:

Bridget Daley

Activities Coordinators: Denise

Hall and Ingrid Monastarios

Publicity Coordinator and

Website Content Manager:

* VACANT *

Member at Large: Brian Grant and Carol Seal

Newsletter Editor: Peter Weir

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

Rebeccahall@rogers.com

Denise Hall
Ottawa Club Secretary



Blue Trails

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



Locks Endeavor

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 - Summer 2025

What to Bring

- | | | |
|---|--|---|
| <ul style="list-style-type: none"> • Water • Lunch or snack • Identification • Footwear (suitable for the outing) • Emergency contact info | <p>In Season</p> <ul style="list-style-type: none"> • List of medications • Hat and Sunglasses • Insect repellent/treatment • 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 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.



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



Events / Dates

See details in the Activities Calendar.

Special Events

RTA All Club Picnic: 12 July 25 Rideau Ferry Conservation area
Trails Less Travelled Challenge (again)
The Locks Endeavour (Ongoing) (Bike Portion)
Summer End 2 End 2025 (Ongoing)
Frontenac Hiking Cove Inn Trip Oct 14-17
Fall 2025 Algonquin Park Hiking (Herman Doornbos organizing)

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>

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

News and Notes from the Clubs - Summer 2025

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

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

- Locks Endeavour (Bike Portion, central led)
- Bike rides
- E2E (continues, Central Portion)

Please sign up on Team Up Activities Calendar so we have an idea of numbers for both activities.

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>

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

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
- Trails for all Seasons
- Locks Endeavour (Ottawa Section)

Regular Activities

(Every week, conditions permitting)

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

Tuesday Trail have returned: Impromptu, sometimes rugged level 2 hikes. Kathryn Fournier
lou_daybreak@hotmail.com

Other Outings

Weekend events are also plentiful with various level outings that might visit Marlborough Forest, Hollow Glen, Mer Bleue, Lac Philippe and other locations.

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

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

Events and Activities

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

<https://teamup.com/ks4o7f1oa94o7taugd>

Special Events

- Locks Endeavour hikes (Kingston Section)
- Monthly Socials

- End to End (continues)
- Trail for All Seasons (Elbow Lake)
- Monday Meanders
- 10K Trails
- Bicycle Tours

Regular Activities

(Every week, conditions permitting)

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

Wednesday Walks - Ideal for people interested in healthy exercise walking at a comfortable pace with some social interaction. Walks depart every Wednesday at 1:30 pm (9:30 am, July and August)

Contact Jennifer at wednesdaywalks60@gmail.com

Thursday - In Little Cataraqui Conservation Area, Lemoine Point and other local areas for those interested in a brisk 10 km walk.

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

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

Welcome to all our new members

OTTAWA

Emmanuel Martel
Andy Adler
Christopher Woo
Michael Urminsky
Cheryl Schramm
Ian Sutherland
Barrie McKenna
Jeffrey Serveau
Sathya Narayanan Thulasi Raman
Jennifer Sweet
James Mackey
Deny Trudel
Karen Ellis
Amanda Ellis
Kevin Lambert
Colette Ouellet
Tian Yuan
Alan Johnson
Colleen Cotter
Joanne Xiong
Rowena Maxwell
Yong-zhi wang

John Slater
Adriana Faria
James Jing
Larry Trotter
Kate Preston
Ioana Cosma
Deanna Kerr
Bill Jack
Seveau Jean-Michel
Sandra Houston
Bessa Whitmore
Yanick Charles
Rene Lachapelle
George Bailey
Sara Ellis
Arijit Paul
Rodney Wilson
Maureen Leonard
Darlene Hilz
Deb Scholey
Kayla Maria Rolland

CENTRAL

Elizabeth Sampson
Vincent Marquis
Trina Gorr
Genessee Walker-Scace
Robin Westphal
Helen Steenburgh

KINGSTON

Philip Arnold
Tom Upshaw
Mary-Anne Deanike
Drew Strickland
Ashley Simpson
Jackson de Verteuil
Peggy Jasvins
Lee-Anne Michaud-Stewart
Carri Johnson
Stacia Carlton
Liam Sands
Robert Reeves
Anne Marie Gallant

Nathalie Aiken
Patricia Decker
John Gale
Andrea Brigneti
Ulrike Wolters
Sophie Renaud
Stephanie Scovill
Margaret Bissell
Shannon Parisotto
Peter Graham Knapp
Marie-eve Charland
Gem Fenton
Jennifer P

NO CLUB AFFILIATION

Dale Street
Jocelyn Affleck
Djuna Day

**WELCOME TO THE
RTA**

IMPLEMENTING THE RTA STRATEGIC PLAN

Most members are now aware that the RTA has developed a five-year Strategic Plan. A copy is available on the RTA website (easiest way to find it is to use the “find” capability – the magnifying glass in the white menu portion and typing in “RTA Strategic Plan”) or you can obtain from your Club.

Why is this important? This plan, along with the accompanying implementation plans, are important to us as an organization as they will guide our efforts and our focus for the next several years.

What is currently happening with the plan? We are still in Phase I of the Plan, specifically that means expanding familiarization with the goals and objectives, plus the detailed development of Implementation/Action plans by each of the Clubs and functional committees (Trail Coordination, Activities Coordination, Marketing and Communication).

What is your involvement? Whether you are already a volunteer or not, all parts of the organization (starting with your Club) will need assistance with the development and actioning of the many components of the implementation plans. Find out from your Club where the shortfalls are and assist where you are able. This is your opportunity to play a role in developing the future.

As an Association, we are approaching this in phases:

- Phase I: Expanded Familiarization and Implementation Plans Development
- Phase II: Prioritized Implementation
- Phase III: Adjusted Implementation

The achievement of the goals and objectives identified in the Strategic Plan will require a considerable amount of time and effort across the Association. Any assistance that you can provide to your Club, or one of the Association committees, would be greatly appreciated.



RTA The Cove Fall Hiking Trip Tues., Oct. 14 to Oct. 16th, 2025.

This trip will provide opportunities to hike in the great outdoors in beautiful Frontenac Park, parts of the Rideau Trail and other surrounding areas. It is also an opportunity to meet and socialize with other members of the RTA.

The trip has been booked for the week days after Thanksgiving Monday with accommodations at the Cove Inn (www.coveinn.com) in Westport, Ontario. Overflow rooms are available at the Black Dog and the Upper Rideau B&B. The overflow accommodations are in very close proximity to the Cove. If you are housed at one of these locations you will book through the Cove and have your meals at the Cove.

The trip includes two nights accommodations (Tues. and Wed.) with a third night free (Thurs.) Pricing includes dinner on Tuesday + room, breakfast and dinner on Wednesday + room, and breakfast on Thursday. If you are opting to take advantage of the 3rd night (Thurs.) free you are responsible for covering the cost of your dinner that evening either at the Cove or nearby restaurants. The Cove will provide a hot breakfast the following morning (Friday) before we check out. The Cove will make bag lunches on request for an additional fee of \$14.00 plus HST. If you want to bring your own lunches from home or from purchases at stores and bakeries nearby, know that all rooms have a mini-fridge with the exception of the B & B which provides access to a communal fridge.

All proprietors are offering a third night free if you stay for two. The additional night on this trip is Thursday only. You can request the extra night when you book. If you wait and request it later, it may not be available. If you do request the extra night, it is expected that you will not cancel at the last minute.

Hikes will be offered Tuesday, Wednesday, Thursday and Friday. Expect that most hikes will be at the level 2 and 3. Every evening after supper we will gather in the main lobby at the Cove to hear what hikes are on offer for the next day. The hikes offered on Tuesday will be announced in advance of the trip which may involve going directly to the trailheads or meeting first at the Cove.

2025 Prices for the Rideau Trail Club

Double Occupancy/Night

Room with full buffet breakfast \$199 + HST + 5% room gratuity = \$234.82 Dinner (includes dessert) \$40 x 2 = \$80 + HST + 15% gratuity = \$102.44 Total \$337.26 which means \$674.52 total for two persons for two nights.

Single Occupancy/Night

Room with full buffet breakfast \$199 + HST + 5% room tip = \$234.82 Dinner (includes dessert) \$40 + HST + 15% gratuity = \$51.22 Total \$286.04 which means \$572.08 total for the 2 nights

Other Notes:

Parking is available across the street from the Cove at the lot overlooking the water and also on the street.

Free WiFi is an open network to guests.

There is **live entertainment** at the Cove most nights. There is no charge but the musicians who are playing for gratuities are extremely appreciative of any support.

Vegan, vegetarian and gluten free individuals can be accommodated by the Cove. **Dinners** will be buffet style. We did this last year and it worked well.

Registration:

If you want to join this trip you must check in with me first via email at rebeccahall@rogers.com You must be an RTA member. I will want to know how many nights you plan to stay at our accommodations and if you are sharing a room with someone. This trip fills up very quickly and I need to keep track of who is attending for future emails about the trip and being fair to those who end up on a waiting list. Once you get my okay to call the Cove (1-888-268-3466) you can go ahead and make your reservation through either Maureen or Seamus who are the Cove managers. The Cove will want your credit card # and will want to know how many nights you are staying.

Denise Hall – Trip Organizer (rebeccahall@rogers.com)

RTA NEW WAIVER – April 2025

Hopefully many people will have noticed that we have a new waiver. This is being updated based on input from the Lawyers for Hike Ontario, through whom we have our Insurance.

The underlying basis for the waiver has not changed – it is meant to protect The RTA and Hike Ontario in any lawsuit. We still have to ensure that we are not negligent in any way should something happen.

As regards the cost for emergency evacuation, a number of people who have been evacuated have advised that it cost them nothing. Hopefully that continues to be the case.

If you have any questions, please send an e-mail to jim.moss@rideautrail.org, and I will get you an answer. I know there will likely be some suggestions about changes in wording. AS was mentioned above we have been provided this by the Lawyers for Hike Ontario, and so we have to go with that I am afraid.

I am told that in 54 years we have not actually been sued. Thank you everyone (especially leaders) for this record. Let's keep it going...

The New Waiver

I, and all those I am registering (henceforth represented using the term “we”), acknowledge that this activity in which we are participating, organized by the Rideau Trail Association (RTA), involves risks, some of which are beyond the control of the RTA. Notwithstanding the acknowledgement of such risks, we hereby release the RTA, contractors, employees, agents, assigns and executors from all claims for damage, however so arising, as a result of our participation in this and any other activity organized by the RTA. We absolve the RTA and Hike Ontario for the costs of any emergency evacuation of all persons or belongings that may be necessary. We affirm that we are aware of the nature of this activity, its length, duration and degrees of difficulty and that we are properly equipped and physically able to participate. We have no awareness of a medical or other condition which might preclude our participation. We agree to follow the directions of the leader and any assistants.

Hike Leader Information, including the new Waiver and Hike Leaders Guide (5th Edition) can be found at the following link, through the Members Hub on the RTA Website:

<https://www.rideautrail.org/member-hub/hike-leader-information/>



E2E Hike

On Saturday the 17th in the morning at the Westport Trailhead a group of hikers met before completing the E2E section from 07D to 08C+. Coffee and doughnuts were kindly supplied by the Westport Tourism Group.

Photo courtesy Trevor Connell Photography.

The Locks Endeavour – starts AGAIN June 1st 2025!

The Locks Endeavour Hikes are being offered again this summer, starting on June 1st. There are 9 hikes in all with the last one being on August 16th.

They are all on the Calendar and so sign up now!

For new members, the Locks Endeavour is an event where you visit every one of the 47 Locks on the Rideau Canal system. They are numbered 1 through 49, as three were combined into one in Smiths Falls, very strangely called 'The Combined Lock'.

This year we will work 'south to north' versus the other way last year. For any make up hikes, see the hike details on the Member Hub of the RTA Website.

As we started visiting the locks last year, members realized how much fun it was, and how good the wood fired pizza and ice cream are at the Opinicon! That is why the Endeavour is being offered again this year. This is an ongoing event, and so can be completed in any season, even over multiple years if needed.

Also look out for the opportunity to complete the Endeavour by Bike. Plans are in the works.

Any questions, please contact your Activities Coordinator, or e-mail Jim Moss at jjwnmoss@hotmail.com

Finally, this is an 'Endeavour with a Badge', and here is the badge. This was designed by the wife of Dave Skinner (Central). There have been many comments on how nice it is!



Destination Renfrew!

Congratulations to a group of Central Club members, for hiking the Ottawa Valley Recreational Trail from Smiths Falls to Renfrew, a distance of approximately 100 km. The OVRT, which is the re-purposed Canadian Pacific Railway line, runs from Smiths Falls to Mattawa, through picturesque communities, woods, and farm land. On its way to Renfrew, the OVRT skirts the shores of three rivers: the Mississippi, the Ottawa, and the Bonnechere Rivers.



The group hiked the OVRT through all kinds of weather and conditions, but all agree it was a wonderful experience and a fun way to pass the winter. Thanks to a few other RTA members who joined us for a hike or two.

Pictured are: Bert Stranberg, Pat Stranberg, Mary Robinson, Gary Ferguson and Karen Ferguson on the Bonnechere River bridge, and Abdullah Mostamandi where the K & P trail joins the OVRT near Renfrew.

Trail Reports by Al Smith

Our maintenance crews do exceptional work keeping the trails clear and infrastructure safe for use throughout the year. However, these volunteers are not present on the trails at all times and thus we rely on the willingness of members and hikers to report issues so that they can be dealt with. The RTA website has a 'trail report' function on the 'trail alert' page. Should a hiker come across trail obstacles, such as fallen trees or damaged infrastructure on the trail, they are encouraged to use this online form to report it. All reports come to the Trail Coordinator, who will direct it to the most appropriate Trail Maintainer. Please include as much detail as possible, and while you cannot add photos or images directly to the report, having photos and maps available may be useful if the maintainer needs to reach out for more information. Your assistance is greatly appreciated.



Donations to the Rideau Trail Association

Randy Smith, Barb Yeo, Nancy Onlock, Jean Lash,
Rosutec, Elizabeth Hamacher and Randy Smith

Thank you for all your support

Front Cover pictures and kind contributions by Mr Dragic Vukomanovic a local Kingston Resident

The pictures that grace the front cover of this edition of the Newsletter, was kindly shared by a Gentleman that we met at Kingston Mills Lock in April. He was having an early swim and we shared a conversation with him about the temperature of the water and the joys of this part of Ontario. We go onto the subject of nature and some of the sights that grace the trail and area. Mr Vukomanovic began share some amazing photographs with the RTA and I wanted to share a few with you. He is one of many amazing people you can meet being part of the RTA.

A heartfelt thanks to Mr Dragic Vukomanovic from Kingston and thank you for sharing these and many more wonderful pictures and your adventures.

*Left to right: Gull Fishing, Fiddle Head (Ostrich Fern), Red Trillium, Persian Speedwell,
Trout Lilly, Red Fox Mother and Center White-Breasted Nuthatch*

Kingston Awards 2025

Cathy Fanjoy received a Certificate of Appreciation for her five years in the role of Human Resources Coordinator on the Kingston Executive. Robert Charest was one of two Kingston Club members to receive the annual Outstanding Service Award last June 1 at the Association AGM for his many contributions to our Club. He wasn't present that day to receive it, so Jim presented it to him at our own AGM. Photo credit goes to Rusty Bassarab.



After the AGM in Smiths Falls on April 26th, a small group enjoyed a walk along the Cataraqui Trail. Left to right: Jennifer Brinkman, Eleanor Porteous, Sandra Lopes, and Rosemary Lysaght. Missing from the photo is Hal Cain who took the photo.

Photo Credit: Hal Cain



RTA AGM 2025

The RTA 2025 AGM was a great success, being held this year at the Smith Falls Golf and Country Club on the 26 April. Big thanks to the Kingston Club for organizing the event and the hikes afterwards.

Below are some pictures of the event and the people that were presented awards this year. Well done and Congratulations to all.



Left: - President—Rusty Bassarab, welcoming everyone

Center: - RTA Members that attended this years AGM

Right: - Director—Randal Goodfellow presenting the Strategic Plan for the upcoming years



Left: - Rusty Bassarab, presenting Evert de Boer with his Certificate of Appreciation

Center: - Dave Miller (Guest Speaker) presenting information about the A2A trail and Alice the Moose

Right: - Rusty Bassarab, presenting Peter Weir with his Certificate of Appreciation



Left top: Ottawa Outstanding Service Award to Kevin Renolds who could not attend (Denise accepting on the behalf of Kevin)



Right Top: Kingston Outstanding Service Award to Lynn Esau who could not attend (Jim Moss accepting on the Belf of Lynn)



Left Bottom: Kingston Outstanding Service Award Presented to Jim Moss by President Rusty Bassarab



Right Bottom: Central outstanding Service award presented to Pat Stranberg by President Rusty Bassarab and William Ottney

Ottawa AGM and Awards



Left:

Sandra Dillon being presented with her Volunteer badge from Denise Hall .

Right:

The new Ottawa Chair Alan Johnson meets the RTA President Rusty Bassarab



Left:

Anita Grace being presented with her Volunteer badge from Denise Hall.

Right:

A special presentation by Juliette Marczuk of the Ottawa Valley Wild Bird Care Centre (WBCC). <https://www.wildbirdcarecentre.org/>



Our Club's Executive Committee, 2025-26! Seated, L to R: Denise Hall, Secretary; Alan Johnson, Chair; Bob Smith, Treasurer. Standing, L to R: Ingrid Monasterios, Activities Co-coordinator; Brian Grant, Member-at-Large; Ian Campbell, Trail Maintenance Coordinator; Bridget Daley, Gatineau Park Liaison; Roger Reens, Landowner Liaison; Carol Seal, Activities Co-coordinator; Peter Weir, Past Chair; Kevin Chapman, Publicity. Photo Credit: Jamie L., with Kevin Chapman's camera. Missing—Vice-Chair Melodie Mortenson

Tribute to Professor Emeritus Lars Henry Thompson

February 3, 1933- April 1, 2025



Lynn and Lars photo courtesy Lynn Nolan

We, at the Rideau Trail Association recently lost a long-time friend and member who was known to many of us for his superb organizational skills and his impeccable command of the English language. *"I have received many tributes to [Lars] from Rideau Trail members. Lars was an enthusiastic tennis player and hockey player and seldom a hiker but he gravitated to all my RT friends and gradually involved himself in what he could do best, and that was organization. He loved everything about the RTA."* Lynn Nolan

Lars Thompson was born in Wembley (London) England. In 1939 he came to Canada with his parents, and his sister. At the University of Toronto, Victoria College, Lars majored in philosophy and was a Gold Medalist. Lars also completed an MA in English at the University of Rochester, NY. In 1968 with his wife Ruth and 6 children, he moved to Kingston, where he taught English at Queen's University Faculty of Education. In 1981 Lars taught in Shandong China for a year. Returning to Kingston in 1982 he was joined by Lynn Nolan, his companion for 42 years.

Lars served 19 years on the Frontenac County Board of Education and served as Chairman of the Board for one year. Lars also served on the Board of Kingston Literacy 1994-2011 (President 1995-2001), creating a variety of teaching materials with his editor Becci Hayes.

Lars loved sports especially the Toronto Blue Jays. He was a mid-life hockey player with Queen's Faculty Flyers and played an abundance of tennis at the Kingston Tennis Club. With the Rideau Trail Association- Kingston Club which Lars and Lynn joined in 1983, he served in many capacities. Lars' sense of humour was pivotal to his life. He loved all forms of entertainment from the Simpson's to Shakespeare and he found humour sustained him to the end. Play on words were one of his favourite types of humour, he said it helped hone his Scrabble skills.

Although Lars was never an active hiker, since he was too busy playing weekend tennis, Lars was a very competent organizer having spent decades as a Queen's Prof. organizing English Teacher's conferences. It was these skills which Lars brought with him to the RTA.

Continued next page.....

tribute continued....



When the Kingston RTA found itself without someone willing to organize our end of January weekend ski trip to Quebec Lars stepped in and organized it for 12 or more years starting January 2001. When our RTA Kingston Club could not find someone to organize the weekly hikes and excursions Lars stepped in and was Outings Coordinator for two years.

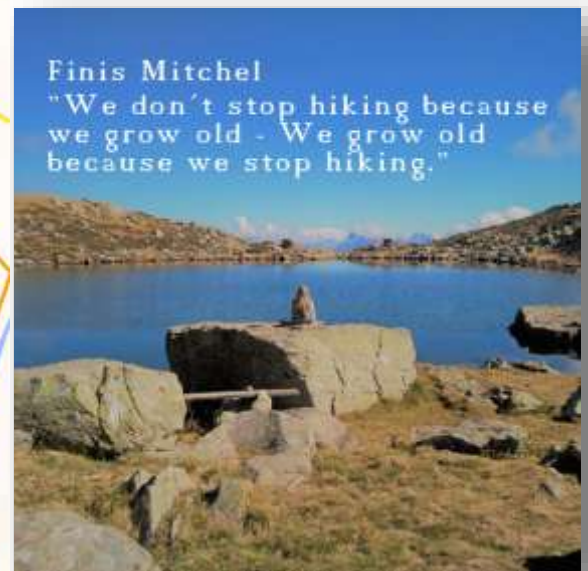
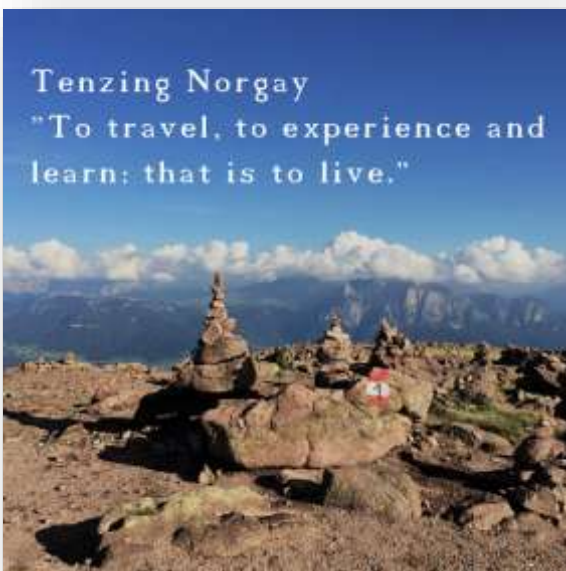
Lars and Lynn were co-editors of the RTA Newsletter for six years, beginning 1997. When the late Robert Groves was forced to step aside as RTA President due to health issues, Lars graciously filled the role of RTA President for 2016-2017.

Lars had a long, complete and varied life and said he would die happy and contented, ever so thankful for all his family and friends, and those others one meets in a long, eventful life. He was thankful for the excellent medical care he received at KGH, Hotel Dieu, Providence Care and Providence Transitional Care, as well as from PSWs, therapists, and nurses who provided home care.

And, a final note about Lars' reaching out to new members: *"I joined the RTA club in 2019 not long before the Kingston AGM was scheduled. Lars called me because I was a new member and invited me to come to the AGM. He gave a spiel about the club executive and I recall saying I only just joined, so I didn't want to get involved with the executive. I wasn't even sure I'd go to the AGM."*

Lars then mentioned the Member at Large position that wasn't a big commitment. I only had to come to the meetings and listen in, he said. I figured I could handle that, so at the AGM, I put my hand up to volunteer to be a Member at Large. Not long after, I took over the role of Wednesday Walk Coordinator, but if not for Lars, I may not have volunteered in the first place."
Jennifer Brinkman

A Celebration of Life will be held at Queen's University club, Stuart Street Kingston July 12 at 2 pm. Submitted by William Ottney with thanks to Lynn Nolan, Linda Line, Stan Huff, and Jennifer Brinkman



The Environment Corner By Alan Smith

Welcome back to our third regular feature.

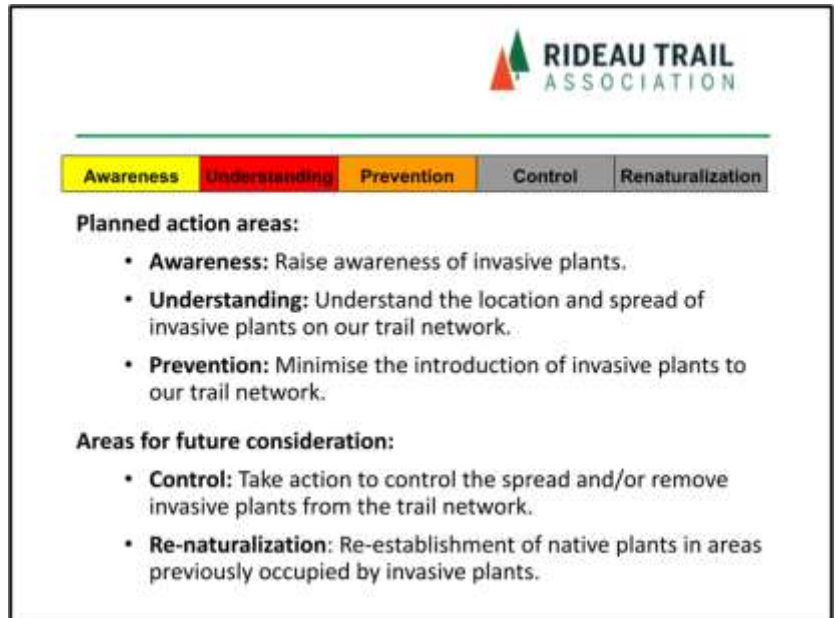
The RTA Board has recently endorsed an initial plan for the management of invasive plants, which was described at the RTA AGM. I will outline the key aspects here. The slide below shows the 5 key plan areas; 3 of which we are attempting to influence now. It also shows a colour chart showing my assessment of progress against those areas.

This newsletter segment along with briefings at AGMs and meetings is the key element of our awareness strategy. They are aimed at showing why invasive plants are an issue, generating interest in the subject and showing members the means to identify plants. I have also been asked to join the Kingston Club Wednesday Walkers on a hike at the end of May with the aim to help with practical identification. If this is of interest to other RTA groups, please reach out and I will do what I can to join you. For our external hikers, the signage on the boot brush station is the main method of raising awareness.

Understanding what we have and where it is on our trail network is important if we are to consider progressing to the 4th and 5th areas; control and re-naturalization. Given that we do not yet have sufficient understanding, I will not discuss those latter areas again in this article. EDDMAPs is the best tool we have to develop understanding, as it is readily available, describes the plants, allows you to report plants and all reports are verified by external experts. I suggest you visit the website www.eddmaps.org, familiarize yourself with it, and more importantly download the app, as this is the best method to record sightings in location - it only takes a couple of minutes.

Prevention is the 3rd stage and minimizing the spread of seeds will best be completed using boot brush stations. Building on the success of the two boot brush stations installed in December, at Marble Rock and Waypoint 05C, 6767 Perth Rd, the RTA board

has allocated a further \$9k for the installation of multiple boot brush stations at strategic points on our trail network. Work has already begun and there are currently 5 on our network with permission already granted for at least 10 more. Currently we have boot brush stations at the eastern entrance to FPPP, Marble Rock, the new Red Rock Blue Trail and two at Foley Mountain.



In this issue, I would like to focus on two more invasive plants;

Dog Strangling Vine and Garlic Mustard.



Dog Strangling vine is another of the 4 terrestrial plants that have made it onto the restricted list of the Ontario Invasive Species Act 2015. It has two varieties, but you are most likely to encounter the European Swallowwort, as Black Swallowwort is much less frequently observed in Ontario. As I write in mid-May, my local patch is yet to erupt from the ground, but I expect to see its tendrils emerging by early June. As a vine, it has the strength to support its own weight to a couple of feet, but with the use of trees it can climb to a height of more than 4 ft. It does not strangle dogs but does create an almost impenetrable thicket that shades out other plants.

That is not the only issue with this plant. It is from the Milkweed family and as such Monarch Butterflies can be fooled into laying their eggs on it, however, it is inedible to their caterpillars. In July, it will form many 5cm long pointed green seed pods, its most distinctive feature, which ripen in the late summer and can release up to 2400 fluffy wind-blown seeds per square meter. It spreads very quickly in the right conditions and a few plants can create a very large dense patch in just a couple of years. This is the reason that it must be tackled very early. Removing the seed pods before maturation can prevent seed spread and further expansion of the patch. Repetitive cutting can weaken the plant, but digging up the whole root crown is the best means of removal without herbicide. Remember it can regenerate from root and seed, so any plant matter must be solarized to kill it before disposal. This is best achieved by putting it in strong black plastic bags that are not too full so all the plants can revive the effects and leaving it out in the sun for 3 weeks. It can then be disposed of at a large composting / yard waste facility where the compost temperature is high enough to further minimize the chance of propagation.

Garlic Mustard is edible, when young, and this is likely the reason that it was first introduced to Ontario. There is a mild garlicky smell when you crush the leaves. In early May, it is already up in my yard and in flower. In July/August the dried seed pods from each plant can produce up to 500 seeds and a dense patch up to 100,000 seeds per square meter. It is reported that these seeds can remain viable in the soil for 5-10 years. Not only does this plant spread quickly through seed production, it uses a little chemical warfare to aid its progress. It changes the soil composition to make it less inviting for other plants and less edible for herbivores. It is biennial, so produces a small rosette of leaves the first year, which can remain green under the snow in some conditions and flowers in the second. It is best removed by pulling when the soil is moist, so the roots are whole. Digging is not suggested as it can further encourage dormant seeds to germinate. Unfortunately, the long-lived seed bank in the soil means that the area will require multiple visits each year and over many years.



More pictures of Garlic Mustard



I am regularly approached about this subject at meetings and on hikes and am so glad that many of you are embracing this learning experience. Enjoy your summer hiking and please start experimenting with the EDDMAPS App.

Ottawa's Outstanding Service Award for 2025

This year was awarded to Kevin Reynolds. He was instrumental in implementing the TeamUp application for our Activities Calendar some years ago and to this day, continues to support the app. As well, for the past six years, he has been a co-coordinator for our club's hiking activities in addition to leading some memorable hikes. Some of these hikes were training sessions for navigation. During a recent winter he came up with an idea for Swashbuckler hikes on weekends modelled after our Wednesday Walker hikes. This helped to accommodate members who had to work during weekdays.

Kevin has maintained part of our Rideau Trail's blue trail in the Cedar Grove area for a number of years. When we lost access to the to a property near Burritt's Rapids, Kevin worked with others including the land owner, to mark and create the reroute to Stoney Steps. Kevin has always come through in providing truck-and-trailer support at our bi-annual Adopt-a-Road Cleanup and by all indications, will continue to do so for as long as we need his help.

"Kevin is a selfless man with a giving soul."



A Little Wisdom from an Aging Hike Leader

As the co-owner of Comfortable Hiking Holidays, along with my spouse Maddalena Molino, I have been enjoyed some incredible experiences over the 22 years of running hiking trips around the world. Most of them amazing. Some quite funny. A few (thankfully not many) not so fun. So I thought I would share a bit of background of not only where it all began for me, but some tips I picked up along the way.

September 2003 – My very first Comfortable Hiking Holiday. I wasn't leading it just yet; I was learning the ropes from Ron Baylis (the original founder of Comfortable Hiking Holidays), as I shadowed him on the Tuscany Holiday. Maddalena and I had just purchased C.H.H. and were learning the ins and outs from Ron.

I remember going to sleep in my hotel room on the last night of our trip at the Hotel La Vecchia Cartiera in Colle di Val d'Elsa and in a blink of an eye, waking up as a 59-year-old (almost 60!) having now led hiking tours going on 22 years! How did that happen??



Besides wondering where the time went, I did pick up a few hiking tips over the course of two decades plus, and I would like to share them with you:

- Proper hiking boots/shoes are the gold standard for any hiking trip. If your feet are not comfy, you will be miserable. Guaranteed. Break in your boots, ensure they fit properly, and do not skimp on good footwear – you can save money on other hiking accessories.
- Waterproof clothing, footwear and even backpack are a very good investment. Although no “waterproofing” can protect you in a torrential, steady downpour, generally speaking, waterproof clothing is a wonderful friend during bad weather.
- Learn a few phrases in the local language and you will be welcomed with open arms! Locals love it when you speak (or try) to speak their language, and it will go a long way in breaking the ice if not giving folks a downright chuckle.
- Accept that conditions, food, customs will NOT be the same as back home. Embracing the locale you are in (rather than fighting it) will make your adventure all that more enjoyable.
- Do a little homework before joining us on a trip. I cannot tell you how many times guests have missed out on fantastic experiences (museums, local sights, famous landmarks) because they had no idea they were there. Google a few “must sees” before coming and explore them on your day(s) off. You’ll love it!
- If time and budget permits, extend your journey a few days before or after a C.H.H. trip. Maddalena and I have taken advantage of this so many times over the years, spending a few extra days in amazing locations such as Stockholm, Marseille, Belfast, Copenhagen, Santorini, just to name a few. Since you are already there, it can be very easy and convenient to tack on a few days.
- The final point is probably the most important for all future travellers – if you want to experience the very best gelato anywhere – make sure you travel with Maddalena!



When old trails are lost but not forgotten

By Natalie Bayfield and Jamie Leslie April 13, 2025



Jamie and I became curious about a blue trail after we started spotting occasional blue blazes close to our home. They didn't seem to be part of the main Rideau trail and appeared to head in a completely different direction. It wasn't until after Jamie had attended an RTA AGM and was given a set of old trail maps (printed in 2012) that we discovered this trail's true origins.

Known as the Bells Corners Blue Loop, this 8km, one way trail looked to be an alternative to the main Rideau trail that looped around the west end of the city in an opposite direction. Starting at Junction 18I on Holly Acres Road and ending at 18D in Stoney swamp, it would have given hikers a different perspective to the little community of Bells Corners. The more Jamie researched it, the more he had it set that we were going to hike it. He used all his surveyor skills and access to city maps over the last 20 years to spot Blue blazes from multiple street views and slowly pieced together the old trail. With additional help from the 2012 RTA map and All Trails we created a new map and planed a day to hike it



April 15th was the perfect day. Sunny with a high of 16c, we were happy to have a beautiful day after some crazy spring weather of snow and freezing rain the week before. We packed up and drove my car to Andrew Hayden park where we would start. Our plan being to hike the trail from North to South and continue along the trails in the Stoney swamp network until we popped out at Junction 18E, where we would then walk the short distance back to our home and make the return trip to pick up my car.

Our journey started on the current Rideau trail and we followed the orange blazes the short 0.7km from the Andrew Hayden park parking lot at 19A, through Watts creek to the divide between old blue and current orange blazes at 18I. Here we carried on along Holly Acres Road and began our exploration of the unknown. Signs of spring were abundant with the multiple songs of birds filling the air, the warm sun feeling good on our faces and splashes of green seen in ditches and along the roadway as grasses break through after the winter.



We kept our eyes open for hints of blue blazes that would guide our way and we would get excited each time we spotted one. We diverted off Holly Acres to a foot path in behind the Shouldice Farm fields. A short hill takes us to a nice view point with a bench where we take a mini break and enjoy the view of the 416 highway on one side and the empty fields scattered with geese on the other. Carrying on we follow a “ghost blaze” (where a blue blaze sticker used to be but only its outline remains on a metal sign post) and trek behind the Queensway Carlton Hospital and discover a maple grove planted to celebrate Canada’s 150th birthday. Decorative cement eyes watch us as we make our way along Cedarview road. We hear the roar of the traffic on the 417 as it passes above us on the overpass while we hike towards Bruce Pitt. We cross over the 416 at Bruin Road and a fleck of blue plastic on a stop sign post points us into the NCC greenbelt trails behind the Bells Centennial arena.



We enter the forest and feel the cool air from the snow and ice patches that still dot the trail. We wind along path #27 and keep a keen eye for old blue blazes. Whoever removed them from this section did a great job as they were few and far between. One blaze was almost devoured by a downed tree, the others were buried in a thicket of branches. We stop at the half way point and sit among a cedar grove for a rest of the feet and nibble of trail mix. The forest is quiet here but the sun is beaming through and we enjoy the little break sitting on a mossy rock. Eager to keep going we carry on and soon turn off trail 27 and are led onto a straight path that has a definitive divide of snow on one side and bare grass on the other. Jamie is reminded of his Richmond Blue trail hike as we pass a warning sign about the presence of Wild parsnip (a story for another time). We pass a nice gentlemen and his dog. He comments on the bird calls and thinks we can hear a yellow bellied sapsucker tapping out a tune of his own in the distance. Just before this trail spits us out at Moodie Drive, we hit a wet patch that I tip toe around, but Jamie is smart and grabs a large Gandalf type staff to help him pole vault over the wet bits. I admire his ingenuity to keep dry feet.



Ottawa's Spring Adopt-a-Road 27th April 25

Once again volunteers took part cleaning up a section of Roger Stevens Road to improve safety and promote a healthy natural environment by keeping Ottawa City clean, green, and free of litter. Through the Cleaning the Capital campaign—a citywide cleanup that occurs in the spring and fall of every year—residents come together as a community and combine efforts to make our city clean and green. The Ottawa Club does this twice a year and the next event is slated for October. Please come out and support this effort to keep the province clean for fellow Hikers and the general public.

Thank you to all that came out this year



RTA Ottawa club members enjoying a ski in the Gatineau. That is Hua Lei, our association treasurer, in the front, with Elizabeth Mason and Barbara Martin. Photo taken on Hua's phone.



Emergency contact and information card for you to print and carry with you.

This page and the next can be printed doubles sided (laminated if so desired) and carried with you in case of emergency. This card can change at any time and its your responsibility to ensure the numbers are correct before heading out.

<u>The following applies to all of Ontario:</u> OPP is the SAR throughout the province. - call 911 For non-emergencies 888-310-1122 Each county has an ambulance service - call 911. Each Township and some towns have a fire department - call 911 <u>Kingston and area</u> <u>Frontenac Park</u> Park Office 613-376-3489 1-888-ONT-Park (1888-668-7275) EMER & AMBUL call 911 OPP 1-888-310-1122 Hospital 613-548-3232 Poison Control 1-800-267-1373 Forest Fire 1-888-239-4565 <u>Charleston Lake Provincial Park</u> emergency number not listed Office number 613-659-2065 EMER & AMBUL 911 <u>Cataragui Conservation</u> (regular #) 613 546 4228 OPP Emergency 1-888-310-1122 Poison Control Emer 1-800 268 9017 Telehealth call 811 Kingston emergency call 911	<u>Ottawa and Area</u> <u>Emergency in Greenbelt or Gatineau Park?</u> Is it a life threatening emergency? Call 911 As a second step or for any other emergency, call 613-239-5353 <u>Algonquin Park</u> Information 9am to 4 pm (705) 633-5572 Permit line (613) 637-2780 ext 229 Report Resource Abuse 1-877-TIPS-MNR EMERGENCY call 911 (cell service is limited in some areas of the park) (go to nearest Park Office) OPP 1-888-310-1122 Ambulance Barry's Bay/Whitney 613-756-3090 Huntsville 705-789-9694 <u>HOSPITAL</u> Huntsville 705 789-2311 Barry's Bay 613 756-3044 Ontario Poison Control 1-8-00-268-9017 Telehealth Ontario 1-866-797-0000 Forest Fire Reporting Haliburton 1-888-239-4565 (310-FIRE)	<u>Central and Area</u> <u>Rideau Valley Conservation Authority</u> does not have an emergency number listed. Office hours are Monday to Friday 8:30 AM to 4:30 PM except statutory holidays. The following RVCA areas where we normally hike – Folley Mountain, Perth, Mill Pond, Miesel Woods For emergencies call 911 <u>Mississippi Valley Conservation Authority</u> does not have an emergency number listed. Office hours are Monday to Friday 8:30 AM to 4:30 PM except statutory holidays. The following MVCA area is where we normally hike – Mill of Kintail. For emergencies call 911. <u>Murphy's Point Provincial Park</u> does not have an emergency number listed. Office number is 613-267-5060 For emergencies call 911.
 CPR Guidelines Adults & Children 8+ Dial 911 - If possible, ask someone else to call. - If you have an AED, have someone else retrieve it. 30 Compressions - Interlock fingers & lock elbows, push firmly at least 2 inches deep - Perform 30 compressions, at the rate of 3 every 2 seconds - If not CPR trained, only perform compressions. Go to Step 5. Open Airway - Place your palm on their forehead & carefully tilt their head back. With your other hand lift their chin forward to open airway. - Check for normal breathing. Two Breaths - Keep their airway open, pinch nostrils shut and cover their mouth with yours. - Give two gentle breaths, each lasting 1 full second. Look to see if chest rises with each breath. Perform 5 Cycles - Repeat each compression and breathe cycles up to five times or until the person begins breathing. - Use an AED if available.	 Rideau Trail Association Emergency contact and info Card www.rideautrail.org (Please verify all numbers before heading out on a hike to ensure they haven't changed) Version 1.2 (12 March 25)	What's in a Hiker's Backpack? Hike Ontario Recommended List • Minimum <i>Cell Phone, Band-Aids, whistle attached to pack plus a spare, waterproof matches, penknife, paper and pencil (on which to write information if you have to send someone out for help), foil blanket, blister kit (Comped or Blister Band-Aids/ Moleskin and scissors), Bug Repellent</i> • Medium level Additional Contents <i>Sunscreen, hand sanitizer, sterile bandages or rolled gauze and adhesive tape, cleansing wipes, flashlight (especially in fall and winter), trail map, spare water for your hikers, snacks</i> • Maximum level Additional Contents <i>Tylenol, Low Dose (81 mg) Aspirin (heart attack), Sting-Eze, Butterfly bandages, Steristrips, Spray Bandage, 2nd Emergency Blanket, Tweezers, First Aid Manual, Tensor Bandages, Medical Gloves, Mask, Ziploc Bags, Candle, Rope, Two Way Radio, Extra Clothing or Rain Gear to loan, GPS, Chlor-tripolon antihistamine tablets (in case of bee stings)</i>

This page and the next are set up so it can be printed double sided. Follow the directions on your own printer on how to do it

Any changes, or suggestions on this handy pocket guide can be sent to the Newsletter Editor at newsletter@rideautrail.org

IN CASE OF EMERGENCY! BLOOD TYPE : SPECIAL INSTRUCTIONS : EMERGENCY CONTACT : <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="padding: 2px;">NAME:</td></tr> <tr><td style="padding: 2px;">RELATIONSHIP:</td></tr> <tr><td style="padding: 2px;">ADDRESS:</td></tr> <tr><td style="padding: 2px;"> </td></tr> <tr><td style="padding: 2px;">PHONE:</td></tr> <tr><td style="padding: 2px;">EMAIL:</td></tr> </table>	NAME:	RELATIONSHIP:	ADDRESS:		PHONE:	EMAIL:	What to Bring (in Season) - Water - Lunch or snack - Identification - Footwear (suitable for the outing) - Emergency contact info - List of medications - Hat and Sunglasses - Insect repellant/treatment - Sunscreen - Handwarmers - Spare hat - Dry mitts - Lock de-icer (also good for frozen bindings) Note: Hiking boots are recommended for hikes rated at Level 2 or higher. A high level of fitness is required for Level 3 outings.	HOW TO REMOVE A TICK  03  02  01 Contact your health care provider if you are not feeling well. Wash the bite area with soap and water or an alcohol-based sanitizer. Use clean fine-point tweezers to slowly pull it straight out. For more information, including detailed tick removal steps, visit Canada.ca/LymeDisease
NAME:								
RELATIONSHIP:								
ADDRESS:								
PHONE:								
EMAIL:								
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	NOTES						

RIDEAU TRAIL ASSOCIATION PICNIC – **July 12th 2025**

The location will be the Rideau Ferry Yacht Club Conservation Area.

This Picnic allows members from all Clubs to come together, catch up again and have fun with old friends. Meet new ones too!

The Picnic will begin at 11am, with Food (Burgers, Hot Dogs, Salads, Cake) being served from Noon onwards. Gluten Free options will be available. The Picnic will end around 3pm.

This event is being combined with the annual Rideau Trail 'Take A Hike Day', and so a couple of hikes will be offered before the picnic, allowing members to build up an appetite.

Questions, please talk to Peter Weir (Ottawa); Herman Doornbos (Central); Sue Lansing/Monica Hilton (Kingston) or message Jim Moss (jjwnmoss@hotmail.com)

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Inside Summer

EDITED BY PETER WEIR (OTTAWA) NEWSLETTER@RIDEAUTRAIL.ORG

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Rusty Bassarab at our AGM in Smith Falls, presents two of this years members who have completed the Winter E2E with their Badges and Certificates.

Congratulation to:
Alan Smith and Andrew Glazin

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