



55 Points or Items of Interest LOG SHEET

Any 55 on this list — Visit Points or Items of Interest, Find or See or Do the Generics.

Name:

Telephone number:

E-mail address:

Mailing address:

| Point/Item of Interest | Between or at these waypoints | Date yy-mm-dd | Optional - Who did you hike with? |
|--|-------------------------------|------------------|-----------------------------------|
| Visit in Kingston Sector (waypoints 01A to 09B - Kingston Harbour to Lally Homestead) | | | |
| The Start of the Trail in Confederation Park | 1A | | |
| Sir John A McDonald's House | 1A to 1B | | |
| Keewatin | 1A to 1B | | |
| Kingston Penitentiary | 1A to 1B | | |
| The Olympic Flags in Portsmouth Harbour | 1A to 1B | | |
| The Trail Escalator in the Train Station | 1D to 1E | | |
| RTA Sign at Entrance to Cataraqui Cemetery | 1D to 1E | | |
| Sir John A McDonald's Grave | 1D to 1E | | |
| Rideau Bench in Cataraqui Cemetery | 1D to 1E | | |
| The Cataraqui Cemetery Turkeys | 1D to 1E | | |
| Nature Overlooks | 3A to 3B | | |
| The Junction of the K&P and Cat Trails | 3C | | |
| The Bench on the K&P/Cat Trail | 3C to 3D | | |
| Sydenham Park | 3D | | |
| Peter's Perch in Gould Lake | 4A to 4B | | |

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|---|-------------------------------|------------------|-----------------------------------|
| Gould Lake Beach | 4C | | |
| The Bench at North End of Gould Lake | 4D to 4E | | |
| Frontenac Park Office Displays | 4F | | |
| Flagpole Hill | 4G to 5A | | |
| Robert's Picnic Table along the Cat Trail | 5D to 5E | | |
| Frank's Culvert off the Cat Trail | 5D to 5E | | |
| Robert's Bench overlooking the Cat Trail | 5E to 5F | | |
| RTA Seat Overlooking the Lake | 5E to 5F | | |
| The Spring of Eternal Youth near Bonwill Access | 5G to 6A | | |
| Bonwill Cabin (leave a message) | 6A to 6B | | |
| The 'Very Nice' Outhouse near Doug Knapp Loop | 6B to 6C | | |
| Doug Knapp Loop | 6B to 6C | | |
| Cheese Factory Lane | 6C to 6D | | |
| Bedford Mill | 6C to 6D | | |
| Old Bob's Lookout | 7C to 7D | | |
| Westport Trailhead | 7D | | |
| Spy Rock | 7E | | |
| RTA Plaque in Foley Mountain | 7E to 8A | | |
| Stump face - Kane's Road off North Shore Road | 8A to 8B | | |
| Pickleball Court on North Shore Road | 8A to 8B | | |
| Red Rock Lookout (Blue Trail) | 8F to 8G | | |
| Black Ance Point in Murphy's Point | 8G to 9A | | |
| Bridge by McParlan House in Murphy's Point | 9A to 9B | | |
| McParlan House in Murphy's Point | 9A to 9B | | |
| Lally Homestead | 9B | | |
| | | | |

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| Located on a Blue Trail in Kingston Sector | | | |
| Chaffey's Lock | | | |
| KT Bench at Marble Rock - south loop | | | |
| Uncle Pete Murphy Sign in Marble Rock - north loop | | | |
| Whale's Back Rock on Little Slide Loop | | | |
| KT Bench in Gould Lake East | | | |
| Ice Cream at the Opinicon | | | |
| | | | |
| Visit in Central Sector (waypoints 09B to12F - Lally Homestead to Wood Road) | | | |
| Stump Puller at Lally Farms | 9B | | |
| Mica Mine (Deep Hole, Stay on Trail) | 9D to 9E | | |
| Hunting Camp | 10A to 10B | | |
| Ferrier Road E Hollow Tree | 10B to 10C | | |
| Cavers Bridge, Stewart Park in Perth | 10D to 10E | | |
| Ice Cream at Peter's Restaurant | 10D to 10E | | |
| Rideau Trail Sign (Perth) | 10D to 10E | | |
| The Bridgemaster Pub (Perth) | 10D to 10E | | |
| Emus on Poonamalie Road | 11D to 12A | | |
| Train Museum in Smiths Falls | 12A to 12B | | |
| Bascule Bridge in Smiths Falls | 12A to 12B | | |
| Rotary Club Fountain in Smiths Falls | 12A to 12B | | |
| Combined Lock in Smiths Falls | 12B | | |
| Old Sly's Lock in Smiths Falls | 12C | | |
| The Roadside Memorial on Matheson Drive | 12D to 12 E | | |
| Rosedale Hall | 12E to 12F | | |
| | | | |

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| Located on a Blue Trail in Central Sector | | | |
| Beveridges Locks | | | |
| Top of the Lookout at Beveridges Locks | | | |
| | | | |
| Visit in Ottawa Sector (waypoints 12F to 19H - Wood Road to Ottawa Locks) | | | |
| Jason's Palace (follow the blue marker that leads to it) | 13B to 13C | | |
| Wooden snowman on tree | 13C to 13D | | |
| Merrickville Locks and Blockhouse | 13E to 13F | | |
| McGuigan Cemetery | 13F to 13G | | |
| Nicholson's Lock | 13G to 14A | | |
| Burritts Rapids Dressage Farm | 13G to 14A | | |
| Burritts Rapids Swing Bridge | 14A to 14B | | |
| Stoney Steps | 14B to 14C | | |
| Earth Star Shelter | 14D to 14E | | |
| Earth Star Trail Sign | 14D to 14E | | |
| Snowmobile Sign in Marlborough Forest | 15B to 15E | | |
| Sand Del Lee Motocross Park | 16C to 16D | | |
| One Person at A Time Bridge | 16D to 16E | | |
| Terry Carisse Park | 17C to 17D | | |
| Monaghan Forest Park | 17D to 18A | | |
| Artistic Graffiti | 18F to 18G | | |
| Ironwood Tree Sign | 18F to 18G | | |
| Abbott Point of Care | 18G to 18H | | |
| Windmill in Andrew Hayden Park | 18I to 19A | | |
| Belltown Dome | 19A to 19B | | |
| Brittania Beach | 19B to 19C | | |

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| Mud Lake | 19B to 19C | | |
| Beachconers Microcreamery | 19B to 19C | | |
| Deschenes Rapids Lookout | 19C to 19D | | |
| Inukshuks in Ottawa River | 19D to 19E | | |
| Westboro Beach | 19D to 19E | | |
| Museum of War | 19F to 19G | | |
| Old Log Chute | 19F to 19G | | |
| Chief William Commanda Bridge | 19F to 19G | | |
| Chaudiere Falls | 19F to 19G | | |
| Richmond Landing Plaque | 19G to 19H | | |
| Staircase up to Houses of Parliament | 19G to 19H | | |
| The End of Trail at Ottawa Locks | 19H | | |

Located on a Blue Trail in Ottawa Sector

| | | |
|--|--|--|
| Rogers Pond Shelter (Marlborough Forest) | | |
| Lime Kiln Ruins (Lime Kiln Blue Loop) | | |
| Beaver Pond (Lime Kiln Blue Loop) | | |

Things to Find or See on the Rideau Trail – Generic

| | | |
|-----------------------------|--|--|
| Boot Brush Station | | |
| Waypoint Sign | | |
| Five Species of Wild Birds | | |
| Five Types of Wildflowers | | |
| Five Varieties of Mushrooms | | |
| An Invasive Plant | | |
| Poison Ivy | | |

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| RTA Toque or Bucket Hat | | | |
| Old Metal Blaze growing into a tree | | | |
| Pioneer Fence | | | |
| Wild Animal (deer, beaver, etc.) | | | |
| Beaver Lodge | | | |
| RTA-Built Bridge | | | |
| RTA-Built Boardwalk | | | |
| Your Favourite Spot (tell us!) | | | |
| | | | |
| Things to Do — Generic | | | |
| Go Winter Hiking on the Trail | | | |
| Go Snowshoeing on the Trail | | | |
| Take a Moonlight Hike | | | |
| Climb a Stile | | | |
| Pick Up/Leave a Book at a Roadside Library | | | |
| Lead a Hike | | | |
| Attend a Social Event | | | |
| Hike 5.5 km on a Blue Trail | | | |
| Hike 5.5 km on an Orange Trail | | | |
| Bike 5.5 km on an RTA Rail Trail | | | |
| Paddle 5.5 km on the Rideau Canal | | | |
| Volunteer for an RTA Role | | | |
| Join an RTA Committee | | | |
| Help at a Social Event | | | |
| Attend your Local Club AGM | | | |
| Attend the Association AGM | | | |

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| Help with Trail Maintenance | | | |
| Take First Aid Training | | | |
| Take Hike Leader Training | | | |
| Bring a Non-Member on a Hike | | | |
| Visit a "Locks Endeavour" Lock | | | |
| Get your Kingston Badge | | | |
| Get your Central Badge | | | |
| Get your Ottawa Badge | | | |
| Get your E2E Badge (Regular) | | | |
| Get your Winter E2E Badge | | | |