



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		

Point/Item of Interest	Between or at these waypoints	Date yy-mm-dd	Optional - Who did you hike with?
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		

Point/Item of Interest	Between or at these waypoints	Date yy-mm-dd	Optional - Who did you hike with?
Located on a Blue Trail in Kingston Sector			
Chaffey's Lock			
KTT Bench at Marble Rock - south loop			
Uncle Pete Murphy Sign in Marble Rock - north loop			
Whale's Back Rock on Little Slide Loop			
KTT Bench in Gould Lake East			
Ice Cream at the Opinicon			
Visit in Central Sector (waypoints 09B to 12F - 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 Slys Lock in Smiths Falls	12C		
The Roadside Memorial on Matheson Drive	12D to 12 E		
Rosedale Hall	12E to 12F		

Point/Item of Interest	Between or at these waypoints	Date yy-mm-dd	Optional - Who did you hike with?
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		

Point/Item of Interest	Between or at these waypoints	Date yy-mm-dd	Optional - Who did you hike with?
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			

Point/Item of Interest	Between or at these waypoints	Date yy-mm-dd	Optional - Who did you hike with?
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			

Point/Item of Interest	Between or at these waypoints	Date yy-mm-dd	Optional - Who did you hike with?
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			