

RIDEAU TRAIL

KINGSTON CLUB ACTIVITIES - Summer 2013

Visit us at: www.rideautrail.org and come join us on the trails! Simply *brehtaking!!*

Saturday, June 22 **Rideau Trail Kingston Club E2E9: Lions Club Westport to Narrows Rd.**

This 13 km. hike at a moderate pace includes braving the fairly challenging escarpment along north shore of Upper Rideau Lake and taking part in Plaque Dedication Ceremony at Foley Mountain Outdoor Centre before continuing the Trail on to the Narrows. *Special weekend camping opportunity at Murphy's Point to maximize two days of hiking.* Departure time is 8:00 a.m. from Canadian Tire Parking Lot at the Kingston Centre along Bath Rd., where car-pooling will be available for \$9. RT Maps #07 & #08.
DETAILS: (613)542-8224. Please call to plan the perfect weekend.

Saturday, June 22 **Rideau Trail Kingston Club Foley Mountain RTA Plaque Dedication**
Celebrate the unveiling of the new Rideau Trail plaque at Foley Mountain Interpretive Centre at 11:00 a.m. and enjoy a variety of afternoon hikes to suit all levels of fitness or step up the challenge and meet the end-to-end group at Lions Club for a jaunt up and down the mountain for about 11 km. Bring lunch and plan to have an exciting day in this great park!

Sunday, June 23 **Rideau Trail Kingston Club E2E10: Narrows Lock to Murphys Point**
As we wend our way towards Ottawa, this challenging section of some 16.5 km. takes us through historic Murphys Point Provincial Park past the famous Lally Homestead. Departure time is 8:00 a.m. from Canadian Tire Parking Lot at the Kingston Centre along Bath Rd., where car-pooling will be available for \$10. Park fee is additional. Park fee is additional. RT Map #08
DETAILS: (613)545-0823

Sunday, June 23 **Rideau Trail Kingston Club Douglas Fluhler Park to Trailhead Place**
Enjoy this easy jaunt at a moderate pace for some 7.7 km. Meet at Trailhead Place, King Street West 10:00 a.m. or Fluhler Park (near Woolen Mill) at 10:15 a.m. Participate in "Shoreline Shuffle" on Kingston Waterfront Pathway. RT Map #01 or Pathway brochure from City Information, City Hall.

DETAILS: (613)542-9998 or coulter.dm@sympatico.ca

Sunday, June 30 **Rideau Trail Kingston Club** **Howe Island Cycle**
Join us for a relaxing and enjoyable ride for as long as the fun endures. Meet at the Howe Island Ferry at 9:30 a.m. Opportunity for a swim at the lunch stop. DETAILS: (613)767-6990

Thursday, July 4 **Rideau Trail Kingston Club** **West End Ramble**
Walk the Bayridge Linear Park and back at a comfortable pace for about 5 km. Departure time is 7:00 p.m. from Canadian Tire Parking Lot at the Kingston Centre along Bath Rd., where car-

pooling will be available for \$2. DETAILS: (613)389-4216

Saturday, July 6 **Rideau Trail Kingston Club** **Gananoque Urban Trails**
Ramble along the shaded river loops, through the woods and on to Tim Hortons at an easy summer pace for some 12km. Great hike for new members. Savour a visit to the Rose Gardens before enjoying the Gananoque waterfront parks. An afternoon swim and refreshments at the beach top off the day's adventure. Departure time is 9:00 a.m. from Canadian Tire Parking Lot at the Kingston Centre along Bath Rd., where car-pooling will be available for \$4.
DETAILS: (613)382-4778

Wednesday, July 10 **Rideau Trail Kingston Club** **Rock Dunder**
Experience the wonderful rocky lookouts over the Rideau River on this popular trek at an easy pace for some 8km. Double the pleasure with one loop in the morning, lunch at Hotel Kenny, and the second loop in the afternoon. Departure time is 9:00 a.m. from Canadian Tire Parking Lot at the Kingston Centre along Bath Rd., where car-pooling will be available for \$5.
DETAILS: (613)767-4858 (*Must call to confirm lunch arrangements.*)

Saturday, July 13 **Rideau Trail Kingston Club** **7th Annual Slide 'n Swim Hike**
A seasonal favourite, this challenging hike over difficult terrain at a moderate pace for some 14.6 km. is well worth the effort for a refreshing swim at the waterfalls. Departure time is 8:30 a.m. from Canadian Tire Parking Lot at the Kingston Centre along Bath Rd., where car-pooling will be available for \$6. DETAILS: (613)858-3183 or karius1@cogeco.ca

Saturday, July 20 **Rideau Trail Kingston Club** **Frontenac Provincial Park**
This challenging hike from the Trail Centre to Flag Pole Hill and back meanders over rugged terrain with scenic views along the 15 km. path. Refreshment stop after an exhilarating adventure. Bring your lunch, water and bug repellent. Departure time is 9:00 a.m. from Canadian Tire Parking Lot at the Kingston Centre along Bath Rd., where car-pooling will be available for \$4. RT Map #04 plus park fee. Leader: Stan Huff 613-548-3003

Saturday, July 20 **Rideau Trail Kingston Club** **Gould Lake Conservation Paddle**
Paddle up the lake and around the islands on this easy outing affording two opportunities to swim. Canoe rentals available at Gould Lake, or bring your own. Departure time is 9:00 a.m. from Canadian Tire Parking Lot at the Kingston Centre along Bath R., where car-pooling will be available for \$4. Shared canoe rental if required. DETAILS: (613)389-4216

Sunday, July 21 **Rideau Trail Kingston Club** **Wolfe Island Bicycle Trip to Cape Vincent NY.**
Enjoy a beautiful ride along the waterfront of Cape Vincent to Tibbits Lighthouse for some 20-30 km. at a moderate pace. Opportunity for a refreshing swim. Passport required. Ferry fee is \$4. Meet for the 9:30 a.m. Wolfe Island Ferry. DETAILS: (613)385-2356

Saturday, July 27 **Rideau Trail Kingston Club** **East Side Trails at Charleston Lake**
Check out the interesting geological formations of the east side trails along this 12 km. hike at a moderate pace. Enjoy the well maintained trails, spectacular scenery, and delightfully refreshing water of Charleston Lake in a relaxing swim after a fairly challenging hike. Departure time is 9:30 a.m. from Canadian Tire Parking Lot at the Kingston Centre along Bath Rd., where car-pooling will be available for \$6. Shared park fee is additional.

DETAILS: (613)659-3894 or (613)888-8066

Thursday, August 1 Rideau Trail Kingston Club

Walkabout in Historic Bath

Explore heritage areas and waterfront of this delightful town steeped in a historic past on this easy 6 km. hike at a moderate pace. Departure time is 7:00 p.m. from Royal Bank on north side of Main St. (Hwy 33), one block west of lights; on-street parking where available. For a totally exhilarating evening, join us for a pre-hike dinner in the village. Departure time is 5:00 p.m. from Canadian Tire Parking Lot at the Kingston Centre along Bath Rd., where car-pooling will be available for \$5. *Please call (613)544-9222 by July 28 for dinner reservations.*

Saturday, August 3 Rideau Trail Kingston Club

Arkon Loop at Frontenac Park

In the middle of summer, keep cool on this shady trail with an invigorating trek for some 13 km., and then plunge into delightfully clear waters for a swim at lunch. Departure time is 9:00 a.m. from Canadian Tire Parking Lot at the Kingston Centre along Bath Rd., where car-pooling will be available for \$5. Park fee is additional and shared.
DETAILS: 613 382 4778

Sunday, August 11 Rideau Trail Kingston Club

Depot Lakes Conservation Area Paddle

Enjoy a day of paddling beautiful Depot Lakes for about 5-10 km. at a slow pace with swim stops along the way. Bring lunch and lots of water. Departure time is 9:00 a.m. from Canadian Tire Parking Lot at the Kingston Centre along Bath Rd., where car-pooling will be available for \$5. Call (613)385-2356 to discuss canoe-sharing or available rental options.

Wednesday, August 14 Rideau Trail Kingston Club

Rock Dunder

Always a seasonal favourite with its spectacular views and lush vegetation, enjoy the fairly challenging trails of Rock Dunder for about 7 km. at a moderate pace with the option for a refreshing swim along the way. Departure time is 9:30 a.m. from Canadian Tire Parking Lot at the Kingston Centre along Bath Rd., where car-pooling will be available for \$6.
DETAILS: (613)659-3894 or (613)888-8066

Saturday, August 17 Rideau Trail Kingston Club

Lindsay Lake Loop

Join us on a bushwhacking adventure over rugged terrain with scenic views, for approximately 18 km. Enjoy a refreshing swim and lunch at Long Lake. Refreshment stop on the return trip. Bring lunch, water and bug repellent. Great summer workout! Departure time is 9:00 a.m. from Canadian Tire Parking Lot at the Kingston Centre along Bath Rd., where car-pooling will be available for \$4. RT Map #06.
DETAILS: (613)548-3003

**Saturday, August 24 Rideau Trail Kingston Club
Fundraiser**

Cataraqui Trail Annual Bike or Hike

Join us for this exciting event and choose your level of activity. Lace up your hiking shoes or step up the pace for an invigorating bike ride along the famous Cataraqui Trail to a new destination this year: LA Ridge Riders Snowmobile Club at Sidings Rd. Yarker. Explore new territory and enjoy a hot lunch, auction, and door prizes. Minimum charitable donation for lunch: \$25.
Call (613)542-9998 or email coulter.dm@simpatico.ca for details of departure and events.

Sunday, August 25

Rideau Trail Kingston Club Tallow Rock Bay Loop Charleston Lake

Enjoy the spectacular scenery along these fairly challenging, well-maintained trails at a moderate pace for some 10km. Relax and cool down in the refreshing, crystal clear waters of the Lake. Departure time is 9:30 a.m. from Canadian Tire Parking Lot at the Kingston Centre along Bath Rd., where car-pooling will be available for \$6. Park fee is additional and shared.
DETAILS: (613)659-3894 or (613)888-8066

Sunday, September 1 Rideau Trail Kingston Club Frontenac Challenge Series: Day 1

Kick off the Series this year with this challenging jaunt around **Tetsmine and Gibson Loops** for some 24 km. Absorb the beauty of the scenic northern part of the Park while reminiscing on its historic mining past. Departure time is 8:30 a.m. from Canadian Tire Parking Lot at the Kingston Centre along Bath Rd., where car-pooling will be available for \$5.
DETAILS: (613)373-2268

Saturday, September 7 Rideau Trail Kingston Club Frontenac Challenge Series: Day 2

Let's get out and capture a triple header today by wending our way along the loops around **Arkon, Doe and Arab** lakes. This challenging adventure will take us through interesting and varied terrain from some 17 km. and if this proves too much for the energy level of the day, hikers can choose to wait out Doe and Arab loops at the Park Centre. Departure time is 8:30 a.m. from Canadian Tire Parking Lot at the Kingston Centre along Bath Rd., where car-pooling will be available for \$5.
DETAILS: (613)544-6022

Wednesday, September 11 Rideau Trail Kingston Club Blue Mountain

A wonderful scenic outlook over Charleston Lake greets all who brave this short, moderately challenging hike of some 10km. Well worth the effort! Departure time is 9:00 a.m. from Canadian Tire Parking Lot at the Kingston Centre along Bath Rd., where car-pooling will be available for \$6.
DETAILS: (613)382-4778

Saturday, September 14 Rideau Trail Kingston Club Frontenac Challenge Series: Day 3

Close the loops around all three lakes: **Little Salmon, Little Clear and Hemlock**, over rugged terrain for some 25 km. at a moderate to fast pace. Feel the challenge! Departure time is 8:00 a.m. from Canadian Tire Parking Lot at the Kingston Centre along Bath Rd., where car-pooling will be available for \$6. Park fee is additional and shared.
DETAILS: (613)858-3183 or karius1@cogeco.ca

Sunday, September 15 Rideau Trail Kingston Club Cycle the 1000 Island Parkway

Relax and enjoy the view of the 1000 Islands as we take a leisurely ride along the water to our hearts content. Bring your lunch, lots of water and a keen appreciation for the work of Mother Nature. Departure time is 9:00 a.m. from Canadian Tire Parking Lot at the Kingston Centre along Bath Rd., where car-pooling will be available for \$4. DETAILS: (613)385-2356

Saturday, September 21 Rideau Trail Kingston Club Charleston Lake East Side Trails

Explore the charms of Sandstone Island and other lovely trails in this picturesque park at a moderate pace for some 10km. Departure time is 9:00 a.m. from Canadian Tire Parking Lot at the Kingston Centre along Bath Rd., where car-pooling will be available for \$6. Shared Park fee is additional.
DETAILS: (613)382-4778

