

# RIDEAU TRAIL

## KINGSTON CLUB ACTIVITIES - Spring 2013

Visit us at: [www.rideautrail.org](http://www.rideautrail.org) and come join us on the trails! Simply *brehtaking!!*

**Saturday, Mar. 23                      Rideau Trail Kingston Club                      Annual Maple Sugar Camp Hike**

Welcome in the Spring with this refreshingly invigorating 8 km. hike. If nature cooperates, as a special treat, sap will be boiling and you will be tasting! Local syrup will be on sale so stock up on your supply while enjoying cookies, hot chocolate and coffee. Departure time is 10:00 a.m. from Canadian Tire Parking Lot at the Kingston Centre along Bath Rd., where car-pooling will be available. Gas \$2.

DETAILS: (613)767-4858

**Sunday, Mar. 24                      Rideau Trail Kingston Club                      Depot Lakes Conservation Area**

Marvel at the first signs of Spring and listen out for the signature boom of the ice leaving the lakes. Dramatic overlooks, scenic woodland and streamside trails create the perfect idyllic site for our picnic lunch on this moderately challenging 10 km. hike. 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. Gas \$6.

DETAILS: (613)544-9222

**Saturday, Mar. 30                      Rideau Trail Kingston Club                      Tallow Rock Hike**

Explore the more remote areas of Charleston Lake Provincial Park including a floating bridge on this moderate to challenging 10 km. hike and enjoy the awakening of scenic lookouts. 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. Gas \$6 plus shared park fee.

DETAILS: (613)659-3894

**Sunday, Mar. 31                      Rideau Trail Kingston Club                      Foley Mountain**

This moderately challenging trek up the mountain for about 12 km. will get the heart rate going and delight the senses with a wonderful display of Spring flowers....if Mother Nature cooperates. Opportunity to dine for those who wish to relish the experience. 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. Gas \$6. RT Map #07.

DETAILS: (613)542 8224 or (613)484-6110 (C)

**Thursday, April 4                      Rideau Trail Kingston Club                      End-2-End 1: City Hall to Trailhead**

Shape up by committing to our End-to-End series of hikes starting with this enjoyable easy evening walk along the new Rideau Trail Waterfront Extension to City Hall for about 7 km. at a moderate pace. Meet at Trailhead on King St. West at 7:00 p.m. Car shuttle provided. Gas \$2.

RT Map #01. DETAILS: (613)544-9222

**Saturday, April 6                      Rideau Trail Kingston Club                      End-2-End 2: Trailhead to Unity Road**

Fondly known as the Two-Tunnel Hike, this moderately challenging 15 km. trek is the second in our End-to-End series. Shape up with the gentle healing power of Nature and commit to completing this End-to-End; it's not too late! Meet at Trailhead on King St. West for 8:30 a.m. car shuttle departure. Gas\$2. RT Maps #01 & #02.

DETAILS: (613)544-9222

**Sunday, April 7                      Rideau Trail Kingston Club    End-2-End 3: Unity Rd. to Freeman Rd.**

Step up the Spring shape up celebration with this challenging 19 km. hike along nostalgic railway lines to Sydenham and then on to Freeman Rd. through pastures and woods teaming with renewed life. Departure time is 8:30 a.m. from Canadian Tire Parking Lot at the Kingston Centre along Bath Rd. Gas \$3. RT Maps #02 & #03.

DETAILS: (613)549-6807

**Wednesday, April 10              Rideau Trail Kingston Club                                      Landon Bay Trails**

Boasting arguably the most breath-taking lookout in the 1000 Islands, refresh your memories of these delightful, moderately challenging woodland trails for this 10 km. trek. Departure time is 9:00 a.m. from Canadian Tire Parking Lot at the Kingston Centre along Bath Rd. Gas \$4.

DETAILS: (613)382-4778.

**Saturday, April 13                      Rideau Trail Kingston Club                                      Frontenac Provincial Park**

Watch the master engineers at work along Arkon Lake as they battle against the Spring run-off. Bridges, bogs, and beavers; a cycle of nature well worth the effort of this moderately challenging 13 km. hike. Departure time is 8:30 a.m. from Canadian Tire Parking Lot at the Kinston Centre along Bath Rd. Gas \$4 plus shared park fee.

DETAILS: (613)659-3894

**Sunday, April 14                      Rideau Trail Kingston Club                                      Skycroft to Chaffey's Lock**

Wander through the Skycroft area and along the Cataraqui Trails to historic Chaffey's Lock and nearby village. This popular 14 km. hike is moderately difficult and will be conducted at a moderate pace; well worth the effort. Departure at 8:30 a.m. from Canadian Tire Parking Lot at the Kinston Centre along Bath Rd. Car shuttle involved. Gas \$4. RT Map #06.

DETAILS: (613)549-3751 or (613)544-2123

**Thursday, April 18                      Rideau Trail Kingston Club                                      RMC and Fort Frederick**

Enjoy this easy 6 km. jaunt across the causeway at an invigorating pace as we explore the charms of historic RMC and nearby Fort Frederick. Depart Tim Horton's by the Ferry dock at 7.00 p.m.

DETAILS: (613)549-6807

**Saturday, April 20                      Rideau Trail Kingston Club                                      Sandbanks, Prince Edward County**

Enjoy a pleasant ferry ride to Picton where we will hike the sand banks for about 5 km. enjoying the beauty of this unique ecosystem; a seasonal must! Bring lots of water and a picnic lunch to cap off the experience. Departure time is 9:00 a.m. from Canadian Tire Parking Lot at the Kingston Centre along Bath Rd. Gas \$8.00 plus shared park fee.

DETAILS: (613)385-2356

**Sunday, April 21                      Rideau Trail Kingston Club End-2-End4: Freeman Road to Frontenac**

### **Park**

Day 4 of our Spring end-to-end presents this challenging 15.2 km. hike along Knowlton Lake and Gould Lakes Bluffs which meanders through interesting terrain with beautiful outlooks. See what's changed over the season. Departure time is 8:30 a.m. from Canadian Tire Parking Lot at the Kinston Centre along Bath Rd., where car-pooling will be available. Gas \$4. RT Map #04. DETAILS: (613)544-6022 or (613)384-6244

- Saturday, April 27**                      **Rideau Trail Kingston Club**                      **Catarauqui Trail**  
 Perfect for new hikers, this easy terrain takes us along the Catarauqui Trail from Harrowsmith to Sydenham and return, at a moderate pace for some 14km. Treat yourself to lunch or bring your own. Gas \$3. Departure time is 10:00 a.m. from Canadian Tire Parking Lot at the Kinston Centre along Bath Rd., where car-pooling will be available. RT Map #03  
 DETAILS: (613)548-3003
- Sunday, April 28**                      **Rideau Trail Kingston Club**                      **Gould Lake Conservation Area**  
**Wildflower Hike**:- Spring and wildflowers at their peak! What better combination to energize the spirit. So grab your favourite camera and share the leader's love for wildflowers as we hike the popular East Side trails from Park Gates to Mica Loop and back at a moderate pace for some 12 km. over challenging terrain at times. 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.  
 DETAILS: (613)858-3183 or karius1@cogeco.ca
- Thursday, May 2**                      **Rideau Trail Kingston Club**                      **Walk for Wildlife at Lemoine Point**  
**Evening Event**:- Celebrate the preservation of wildlife on behalf of CanadianWildlifeFederation.ca with this easy 6 km. walk, (not a fundraiser), at a comfortable, relaxing pace; ample time to soak in the beauty of this unique ecosystem teeming with wildlife at dusk. Engage friends in a wildlife spotting challenge to maximize the experience and grow your love of the outdoors. Meet at North Parking Lot off Coverdale at 7:00 p.m.  
 DETAILS: (613)389-4216
- Saturday, May 4**                      **Rideau Trail Kingston Club End-2-End 5: Frontenac Park to Maple Leaf Road**  
 Hike to Maple Leaf Road through famous Frontenac Park with its spectacular vistas and ponds. This challenging, fun-filled 15 km. jaunt at a moderate pace is a definite feel-good, fitness booster not to be missed. 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. Gas \$4 plus shared park fee. RT Map #04. DETAILS: (613)373-2847
- Sunday, May 5**                      **Rideau Trail Kingston Club**                      **Rock Dunder**  
**Family Outing**:- The magnificent views up the mountainside and winding waterways below make this moderately challenging 8 km. hike a favourite .... *every* time. This hike is open to the family. So bring camera, lunch, water and bug repellent and have a great time exploring the old stomping grounds of the Boy Scouts including the main lodge and cabins. Post-hike refreshment stop to seal the deal. 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. Gas \$5.  
 DETAILS: (613)548-3003
- Wednesday, May 8**                      **Rideau Trail Kingston Club**                      **Big Salmon Lake Loop**  
 This brisk, challenging 19 km. hike offers the opportunity to circumnavigate famous Big Salmon Lake and enjoy the view from all angles. 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. Gas \$4 plus shared

park fee. RT Map #05.  
DETAILS: (613)531-9873

- Saturday, May 11**                      **Rideau Trail Kingston Club**                      **Bon Echo Provincial Park**  
**MOTHER'S DAY SPECIAL:** Raise your happiness level by hiking or paddling to your heart's content at a moderate pace in picturesque surroundings. Bring lunch for this all-day, invigorating event among friends and be happy. 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 \$12.00. Park fee is additional and shared.  
DETAILS: (613)385-2356
- Sunday, May 12**                      **Rideau Trail Kingston Club**                      **End-2-End 6: Enter "Skycroft"**  
This hilly and scenic section of the Rideau Trail from Maple Leaf Road to the Skycroft area is as challenging as it is interesting. Trekking along at a moderate pace over some 17 km., we'll be keeping a watchful eye for returning birds and spring flowers...the late bloomers. 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 \$4.00. RTA Map #5.  
DETAILS: (613)382-4778
- Thursday, May 16**                      **Rideau Trail Kingston Club**                      **Barriefield Evening Walk**  
This relaxing stroll at a moderate pace for some 4-6 km. is the ideal opportunity to savour the lilac gardens and the historic village of Barriefield. Meet at 7:00 p.m. in the parking lot at the foot of Fort Henry Hill.  
DETAILS: (613)549-6807
- Saturday, May 18**                      **Rideau Trail Kingston Club**                      **Sandbanks Provincial Park**  
Explore a variety of woodland and dune trails with riverbank and lakeshore viewpoints and compare the Spring flowers that thrive in this unique ecosystem as we trek over fairly challenging terrain at a moderate pace for no more than 15 km. 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 a long day's adventure. Gas \$8 plus shared park fee.  
DETAILS: (613)544-9222
- Sunday, May 19**                      **Rideau Trail Kingston Club**                      **Big Sandy Bay Wolfe Island**  
Cycle five easy kilometers at a moderate pace to Big Sandy Bay for a short and sweet hike along the beach. Bring lunch and lots of water to enjoy the experience of the dunes and wetlands of this protected area. Meet at the Wolfe Island Ferry Dock before the 9:30 a.m. ferry from Kingston.  
DETAILS: (613)385-2356
- Saturday, May 25**                      **Rideau Trail Kingston Club**                      **End-2-End 7: The Skycroft Experience**  
Hike a combination of hilly and flat terrain from Skycroft (Opinicon) Access Road to Bedford Mills for a challenging workout at a moderate pace over some 15 km. 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. RT Map #06  
DETAILS: (613)544-9222

- Sunday, May 26**                      **Rideau Trail Kingston Club**                      **Frontenac Park Gibson Lake Loop**  
 Starting at Kingsford Dam, this 16 km. hike, at a moderate pace, takes us through some of the finest trail sections offering a variety of terrain for an interesting, challenging experience. Be prepared for an exhilarating climb! 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, June 1**                      **Rideau Trail Kingston Club**                      **Wellesley Island State Park NY**  
 Cross “the border” to explore exciting woodland and lakeside trails and this unique seasonal community of beautiful Victorian homes of the Thousand Islands Park in an invigorating 15 km. adventure at a moderate pace. Savour the flavour of the vacationers with a picnic lunch on a public boat dock. 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 for a long day’s adventure. Shared fees include bridge toll and possibly park fee. Canadian passport or equivalent mandatory (most other passports require visa); travel insurance recommended.  
 DETAILS: (613)544-9222
- Sunday, June 2**                      **Rideau Trail Kingston Club**                      **Little Cataraqui Conservation Area**  
 Welcome new hikers!! This dual-distance hike caters for various levels of fitness and enthusiasm. Let’s take in some fun and fresh air at this popular, nearby park and meet for lunch and laughs at the Outdoor Centre. Optional walks and fun for all in afternoon, feeding the chickadees and turning a tune or two. 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 \$2. Shared park fee additional.  
 DETAILS: (613)544-6022 or (613)384-6244
- Thursday, June 6**                      **Rideau Trail Kingston Club**                      **Battersea Dine and Sunset Hike**  
**Evening Event:-** Join us for this popular social outing offering dinner and a stroll down nostalgic country lane, scenic municipal beach and lakeside park ... with possible swim for hardy souls. Bug spray advisable. 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. Five kilometer hike starts at Creekside Bar and Grill parking lot downtown Battersea at 7:00 p.m.  
 DETAILS: (613)544-9222. Please call immediately for dinner reservations.
- Saturday, June 8**                      **Rideau Trail Kingston Club**                      **End-2-End8: Bedford Mills to Westport**  
 Enjoy the spectacle of wooded areas, beaver dams, and wetlands along this challenging 16.6 km. hike at a moderate pace. 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. RT Map #06 & 07.  
 DETAILS: (613)858-3183or karius1@cogeco.ca
- Sunday, June 9**                      **Rideau Trail Kingston Club**                      **Blue Mountain Charleston Lake**  
 Hike to the summit of Blue Mountain and the best panoramic view in Eastern Ontario. This fairly challenging workout at a moderate pace for some 8 km. is well-worth the effort. Come see for yourself. Meet to depart Canadian Tire Parking Lot at the Kingston Centre along Bath Road at 9:00 am. Car-pooling will be available at \$6.  
 DETAILS: (613)382-7189

**Wednesday, June 12                      Rideau Trail Kingston Club                      Slide Lake from Perth Road**

Join us for a whirl around perhaps the most challenging lake in beautiful Frontenac Park. Get the heart rate up with this moderate-paced 14 km. challenge across a variety of terrain, difficult at times; the perfect fitness boost for an active, fun-packed summer. 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)531-9873

**Saturday, June 15                      Rideau Trail Kingston Club                      Marble Rock**

Tucked away just north of Gananonque, the rocky cliffs and lush glens of these Blue Loops are at their finest in June but a dab of bug spray may be necessary as we enjoy the splendour of nature on this fairly challenging 11 km. trek at a moderate pace. A refreshment stop on the way home at the Gan. Waterfront tops 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 \$5.

DETAILS: (613)382-4778

**Sunday, June 16                      Rideau Trail Kingston Club                      Cycle Wolfe Island to Quebec Head**

Spend a leisurely day cycling to Quebec Head at a moderate pace for some 30 km. and enjoy a relaxing lunch and swim reveling in the beauty of this enchanting spot. Meet for the 9:30 am ferry to Wolfe Island.

DETAILS: (613)385-2356

**Saturday, June 22                      Rideau Trail Kingston Club    End-2-End 9: Westport to Narrows Rd.**

This 13 km. hike at a moderate pace from Lyons Club Westport 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. 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**

*Special Event:* Celebrate the unveiling of the new Rideau Trail plaque at Foley Mountain Interpretive Centre at 11:00 am 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    End-2-End10: Narrows Lock to Murphy 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. RT Map #08.

DETAILS: 613-545-0823



