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KAWARTHA TRANS CANADA TRAIL ASSOCIATION

c/o Fleming College P.O. Box 8000 Lindsay, Ontario K9V 5E6 info@ktct.ca

Trail Etiquette & COVID-19

ven in the midst of a global pandemic, people still need to get fresh air and exercise. We just need to do it safely. Fortunately, the Kawartha Trans Canada Trail is open to non-motorized use.

If you are using the trail, or plan to, here are a few things to keep in mind.

- The KTCT is experiencing increased use. Please be aware that concentrated use may be a problem.
- While on the trail, maintain your two -metre distance.
- When passing, step as far to the side as possible. Please note that in some sections, the trail is too narrow to maintain a two-metre distance side by side.
- Avoid group interaction and contact with others. Do not gather at trailheads or scenic lookouts.
- Trail amenities such as toilets are closed as they aren't being maintained.

Respect other users. Your health and the health of others is your responsibility. Please do your part to prevent the spread of the novel coronavirus.

MADD.

Check out www.ktct.ca for up-to-date trail information.

Some fun, colourful, positive vibes left for travellers on the KTCT.





John Hagarty
Chair, Kawartha Trans
Canada Trail Association

NOTICE:

ATV and DIRT BIKES are not allowed on the KTCT.

If you encounter any, do not approach. Just record plate numbers, location and date, and send this information to the KTCTA.

Chair's Message

Hello everyone! Thank you for your interest in your trail!

It is a different world right now and the pandemic is impacting everything, including the KTCTA. But thanks to technology, we've had two successful Zoom meetings allowing us to continue to make sure the management and maintenance of your trail isn't compromised.

Your trail has never closed, in fact we have seen and tracked a large increase in its use. We've added information about physical distancing (keeping two metres apart) to our website and will look at other signage opportunities.

Coincidentally, under the leadership of Board Member George Pineau, we have been working on and passed a Code of Conduct for users that is timely. It states:

- A. Enjoy using the trail while respecting all other users, nearby property owners and the surrounding environment.
- B. Be aware and alert of your surroundings.
- C. Always stay on the trail and to the right-hand side.
- Pass slower moving trail users on the left-hand side after announcing your intention.
- E. Keep your speed under control and under 20 km/h.
- F. Keep pets under control and pick up after them.

Grants are fewer this year and that may be a sign of things to come. Many have been impacted with less business, and therefore less income, but please remember the KTCT is not a municipal trail—no taxpayer money funds its upkeep, pays the annual lease to the Province or pays the insurance. We depend on grants and donations, so if you can, please consider supporting us. Information about how to donate can be found via https://ktct.ca/donate.

Special thank you to:

- Our volunteers for cleaning up garbage on the trail this spring;
- Fowler's Corner Lions Club for repairing tread, including a large sink hole;
- Volunteer Art Thompson and Board Member Ben Van den Broek for repairing tread near Omemee; and
- Fleming College for repairing a short bridge on campus property.

Upcoming projects:

- Interpretation panel to be installed by mid June on Doube's Trestle Bridge;
- Bike repair station to be installed by mid June on Doube's Trestle Bridge;
- Two benches to be installed mid August at Doube's Trestle Bridge;
- Mariposa Creek Bridge to be redecked by September;
- Interpretation panel at Mariposa Creek Bridge to be installed by September; and
- Selected areas to be re-graveled and compacted.

Your trail offers educational, recreational, and historical values. In turn, those features offer opportunities for learning, enjoyment, and reflection. During this period of isolation and physical distancing treat yourself and get outside and enjoy your trail.

John Hagarty

Thank You Volunteers, Partners & Supporters





A huge thank you to Dan Plancke (left) and Ben Van den Broek (right) who have volunteered every spring and fall for the last three years to cut the grass along the sides of the KTCT (104 kilometres).

And a special thank you to **Callaghan Farm Equipment** for the in-kind donation of the use of a tractor to pull our grass cutting mower.







Spring maintenance on the trail: cleaning up garbage, repairing a damaged bridge and filling in a sinkhole.



Ted Abbot is a dedicated KTCTA volunteer who is responsible for handling donations.

He sends out all tax receipts to those who donate, and he updates the names on our donation wall at Fleming College.

Thank you, Ted!

New Volunteers are always welcome! See website for details or email us at info@ktct.ca.

Student Builders & Bike Links





The construction class of St. Thomas Aquinas Catholic Secondary School in Lindsay built the Pickseed shelter along the KTCT.





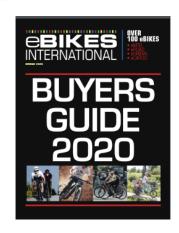
For many recreational cyclists, Rail Trails are the trail of choice for day trips and overnight cycling trips.

For a great blog about Rail Trail Adventures in Kawartha Lakes, check

www.ontariobybike.ca/bike-media/news/entry/rail-trail-adventures-in-kawartha-lakes.

Ebikes are the fastest growing class of bicycles. More and more cyclists are hopping on an electric assist bicycle to help them get from point A to B, ride a trail, take a tour and more. If you haven't already tried one, you don't know what you are missing. Are you ready to join the ebike revolution? You can ride them on the KTCT.

Find out more about these types of bikes in eBikes International debut Buyers Guide for 2020. This free 80-page digital publication highlights over 100 models and 25 brands of eROAD, eMTB, eURBAN and eCARGO options. View online or download a copy today to find out more: Ebikes-International.com.



KTCT Updates



Progress continues to take place at Logie Park.

A portion of the Trans Canada Trail runs through the park along the Scugog River.

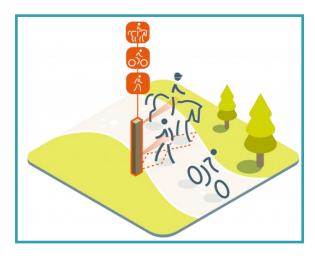
New trails have been added as part of the park redevelopment that link to the Trans Canada Trail, creating a well thought out loop system within the large park.

Kawartha Lakes staff anticipate the construction work to be complete by the end of summer 2020.



Last year, we hired two students through a government grant to help us maintain the trail. One of their tasks was to do an on-trail, face to face user survey. The survey was administered throughout the summer. One hundred users were asked about their experience on the trail. The full survey is posted on our website (www.ktct.ca). Below is a brief summary.

- Maintenance & tread condition: 85% rated Excellent to Good.
- Grass height/width along edge of trail: 80% rated width cut was just right.
- Safety: 85% felt safe on the trail (e.g. signage).
- Trail Cleanliness: 85% rated trail very clean.

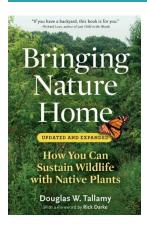


It has been one full year (2019) that trail data has been collected indicating over 20,000 trail users. At the end of 2020 we will have a realistic comparison of trail use data. However, to provide some indication of percent increase of trail users to date, we can compare the aggregate data for two similar timeframes. In this case,

January-April 2019: 7,328 January-April 2020: 15,724

This represents an approximately 115% increase in trail users for this specific time period. This is not surprising as the coronavirus has driven people to get out of the house and enjoy the outdoors.

Bringing Nature Home



By Marnie Callaghan

Bringing Nature Home, a book published in 2007, is a call to action, urging each of us to share our outdoor space with other living creatures. It was written by Douglas Tallamy, a professor in the Department of Entomology and Wildlife Ecology at the University of Delaware, whose mission is to educate people about the power we have as individuals to bring nature home.

We know that pollinator and songbird populations are plummeting. One of the main contributing factors is loss of habitat. Tree stands and hedgerows are coming down at an alarming rate. Trees have become the enemy of progress; the enemy of every kind of line overhead and underground—hydro, telephone, cable, sewer; and the enemy of big farm equipment, roadways, septic

beds, eaves troughs, sprawling sub-divisions and on and on.

Tallamy argues that National Parks and Nature Preserves simply don't cover enough land mass to support healthy wildlife populations. What we choose to plant on our private properties (however small) and our public spaces can give nature a fighting chance.

Birds require thousands of insects, mostly caterpillars, to raise their young. Tallamy's research has shown that a single clutch of chickadees requires a total of 6,000 to 9,000 caterpillars in the 16 to 18 days it takes to fledge. We can assume that larger bird species require proportionately more based on body mass.

So, if we want birds, we need plants that attract their food.

Tallamy's research teams have proven in extensive studies, that all trees, shrubs and flowers are not equal when it comes to hosting these insects that feed our feathered friends.

Just as the monarch butterfly is dependant on the milkweed, most insects are host specific. Our native moths, butterflies and bees have spent millennia evolving with their host plants. They

do not recognise and will not eat most non-native species. Nurseries market their plants as "pest resistant." It's a big selling feature. However, in buying these pest resistant plants, we create food deserts for native insects and consequently remove the food source for the birds.

On my own lawn, I have gingko biloba, Austrian pine, burning bush, Colorado spruce, and Norway maple, all of which are nonnative and provide virtually nothing to the local food web. Before reading Tallamy's book, I had only considered the visual appeal of a plant. How it might contribute to a living food web was not a consideration. I didn't know the power of my choices then. I know now.

Because of a public awareness campaign, gardeners now leave milkweed undisturbed and even plant it beside their prized roses. Because of this, monarch numbers are on the rise and conservationists are cautiously optimistic. In the same way, we have the power to bring back the songbirds. This spring ,when choosing a tree or shrub for your yard, consider a native red maple rather than a Norway, or a serviceberry instead of a burning bush. The birds will thank you.

to be more than
just pretty.
By planting productive native
species, we can
create life.
Everybody has a
responsibility to
nurture as much
life in our outdoor
surroundings as
possible to maintain a stable and
functional
ecosystem."

"Landscapes need

Douglas Tallamy









Robin feeding chicks; monarch caterpillar eating milkweed; serviceberry ©K. A. Rosborough

Comfort Found on the KTCT During Pandemic

By Margaret Cunningham

As COVID-19 became a reality, a need to walk initially led us to the streets of Lindsay. Soon, the Kawartha Trans Canada Trail beckoned as a much better venue for physical distancing, while getting outdoors for much needed exercise. And so began our ambitious challenge to cover every inch of the trail, to discover this spectacular portion of The Great Traileast at Hwy 28 to west at Manilla. During a full month of walking, we randomly selected a daily eight to twelve-kilometre route back and forth to where we left our vehicles.

Karen Park, Jane McMorrow and I met early each day at a chosen trailhead in all sorts of April weather, never being deterred. Each daily journey brought a new experience, meeting like-minded folks walking their beautiful dogs, enjoying family time, running, walking, cycling in clean fresh air and open space, and sometimes seeing no one at all. The great condition of the trail made it easy to walk. We all saw the experience through a different lens but shared the same level of stamina to easily make it back to our cars.

Horses, sheep and cattle accompanied us along farmland from Elm Tree Road to Taylors Road, and the long stretch from Reaboro to Omemee. Spectacular light, and big skies over fields so ready for planting. Memorable was our walk from Emily Park Road to Orange Corners. Picking pussy willows and grape vine with plans to make wreaths.

Hawks, osprey, and Canada geese in Emily Park and Mariposa Creek checking us out on their routes. Imagining the speeding trains traveling down the straight paths carved in the landscape so steeped in history. Canopies of trees, wildlife, the historic Doube's Trestle Bridge near Omemee, and smaller trestle bridges and their stories amazed us. Back in Lindsay, we walked over nine kilometres from the Lindsay Rec Complex (LRC) to Elm Tree Road, and on another occasion from the LRC through Lindsay to Dobson Road, navigating through town often looking for hard to find signage.

In Karen's words, "As John Burroughs, a noted North American naturalist and nature essayist was quoted, I go to nature to be soothed and healed, and to have my senses put in order.' Walking the Kawartha Trans Canada Trail, indeed brought my senses to order. It makes me appreciate the 'free things in life,' the things we seldom take time to explore and to enjoy. I lovingly refer to the Omemee section of the trail, as my trail. It has walked many a dog in my household; it has provided sanity for countless bicycle rides; and it has played an important part of helping me achieve my needed daily steps."

Jane's eyes opened to the trail's panorama, "My experience on the Trans Canada Trail this April 2020 was that of adventure and accomplishment. The discovering of the trail entrances where we met was exciting. I realized I'd never really paid attention to these trail entrances into an escape of quiet and calm. I loved the feeling of accomplishment and how I pushed myself to conquer the endless beautiful trail ahead of me each day. I had no expectations of what I might see, hear, smell and touch. I was always pleasantly satisfied on my walk on this beautiful trail right out my back door."

During this uncertain time, walking, being outdoors, exploring with good friends was what I needed. Nature fuels my soul, and exercise fuels my body. I thrive on open rural space and fresh air, all of which we found on our KTCT treks. The challenge to complete to entire trail (twice!) was invigorating, as we anticipated what would come next. Our goal was happily met and, although we are on a break for now, I anticipate a new challenge ahead, made easier with the comradery of my walking buddies. We all found the personal experience fulfilling and therapeutic.



DeNure Donor Wall

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Century 21/Patrick Daley
Days Inn & Suites Lindsay
Karyn & Greg Dowdall
Mackey Funeral Home
Min Com—Brad Bird
Optimist Club of Lindsay Inc.

Corporation
Jennifer & Aaron Young

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BOB FM

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TRAIL CHAMPION

Callaghan Farm Supply

Barron Cowan

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Green Trails Alliance

Kawartha Lakes Community Futures Development

Kawartha Runs

Haig Kelly

Dorianne Lackey

National Trails Coalition

Omemee Legacy C.H.E.S.T.

Ontario Ministry of Economic Development

Ontario Trillium Founda-

PICKSEED

Susan Sauvé

Sir Sandford Fleming College

TD Friends of the Environment Foundation

Trans Canada Trail

In memory of

Margaret Fevang

Dr. Al Lackey

Dr. George Sweetnam

Steven Thompson

In honour of

Hugh Davies

Laurie Kingston*

TRAIL MASTER

Achilles Track Club of Pe-

terborough

Marnie Callaghan

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Marian Sweetnam

In memory of

Liz Maxwell (from the Biker Babes)

Murray Spence

Terry Woodward*

In honour of

Ron Fevang

The Hardy Family

Amanda Johnson & Stephen

Dunbar

Claire & Jean Morgan

Ruth LaMantia, Margaret Davies, George & Marian Sweetnam, Jan Smith, Susan Stephenson

TRAIL BLAZER

Dianne & Ted Abbot

Wayne & Cathy Alldred

Biker Babes

Blewett Printing

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Cycle Chicks

Cycling Dudes

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Lindsay Lions Club

Jo Anne Lindsay

Barbara MacPherson

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Maughan

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Morris Veterinary Hospital

Gael Morrison

Nicholls – Eleanor (DeNure), Lawrence, Catherine (Reed), Calvin



Inukshuk at Frost Campus in memory of Marg Fevang.

DeNure Donor Wall

Bernie & Lillian Nickerson

Oakwood & District Lions Club

Omemee & District Lions Club

Ontario Woodlot Association

Pat & Mike O'Reilly

Lou & Judy Probst

path to stillness yoga studio

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Doris Webster

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In memory of

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Mr. & Mrs. S.D. Fevang

Pierre Girard

Dr. Stephen Herr

John Kennedy

Dr. Al Lackey

Jean Luck

Ewan (Hughie) McCrim-

mon*

Jean Morgan*

Myrtle Grace Payne*

Bob Rodd

Marytherese Saigeon

Arthur D. Truax

Dr. Robert (Bob) Watson*

Shane Paul Allan Wood

In honour of

Ted & Dianne Abbot

Judy & Ray DeNure

Dr. Robert Drury

Ainsley & Avery Herr

Doug & Robin (Jones)

Knight*

Laurie & Jamie

Lautenschlager

Malone & Jack

Peter Marrs*

Jack M. Murphy

Dale Parks est: 1950

Linda Rutherford & Nancy Pelletier – St. Andrew's

Youth Fellowship Leaders

Henry & Frederick

Stephenson

Ellen & Terry Woodward

Erin Woodward

Terry Woodward

TRAIL MAKER

Anna & David Auger

Carol & Bob Barkwell

Benville Pet Resort

Conservative Party, Halibur-

ton-Kawartha Lakes-Brock

Erik Ellis

Margot J. Fawcett

Ron & Rose Gibbons

Anne Glanfield

Doug van Hemessen

Joanne & Tom Johnson

Lisa Kaldeway

Kawartha Field Naturalists

Dirk & Hennie Kookhaas

Tonya Kraan

Phil LaPenna

Murray Leadbeater

Pete & "Chick" MacLoghlin

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Pinewood Cottages & Trail-

er Park

RHINO

Ruth Salhenegger*

Kathy Simpson

Andris Smits

Sharon (Abbot) Sylvestre

Ben Van den Broek

Patti Watson

Amy & Tim Whitson

In memory of

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Anders Andersen

Robert E. Bellamy

Shirley Bellamy

Janet Berton

Pamela Berton*

Penny Berton*

Claire Blais

W. R. Bunting

Rev. Edward Cook

Margaret Cook

Graham Copp

Rich Denham

Fred DeNure

Susan DeNure

Eileen Drury

Craig Fawcett

Dr. James I. H. Fawcett

Marg Fevang

Paul Fitzpatrick

Allan (Doc) Gleeson

Jay Haves

Pat Hayes

Jim Labour*

Iim LaMantia

3

David Lankin

Dr. Gord Lindsay

H. David Logan

Lillian "Lil" Macintyre

Holmes Matheson

Evelyn R. McLean

Peter McNabb

Allan McPhail

Geraldine "Gerry" Moore

Morgan O'Connell

Dr. Meg Poel

Margaret R. Price

Bill Reddall*

Elizabeth A. Richardson

Brian Robertson

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Marjorie Stephenson

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Bonnie Winn

Norm Winn

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In honour of

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Bill Coe

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Ross Penton

Barbara Rose

Murray Spence

Lucy A. Stephenson

Karina K. Treiguts

Markus M. Treiguts

Catherine Wasteneys

Donor names as of May

25, 2020.

* Names to be inscribed on the wall.

DeNure Donor Wall Categories

LOVE YOUR TRAIL 5-5-5 SUPPORTER

\$5,000

TRAIL CHAMPION

(Platinum) \$1,000 - \$4,999

TRAIL MASTER

(Gold) \$500 - \$999

TRAIL BLAZER

(Silver) \$100 - \$499

TRAIL MAKER

(Bronze) \$50 - \$99

With each level of donation, a Certificate of Appreciation and a tax receipt are sent to the donor.



Love Your Trail Sponsors: \$5000 over 5 Years





BUSINESS SUPPORTERS





Who We Are

The **Kawartha Trans Canada Association** (**KTCTA**) is a registered not-for-profit organization with charitable status. Our mission includes the following:

- To improve the urban and rural environment by developing and maintaining a recreational trail or greenway linking communities.
- 2. To organize and participate in environmental projects designed to preserve and protect flora and fauna.
- 3. To educate and increase public awareness, appreciation, and understanding of the environment by offering courses, seminars, conferences and meetings, and by collecting and disseminating information.
- 4. To promote active and healthy lifestyles by offering courses, seminars, conferences and meetings, and by collecting and disseminating information on the trail's five core uses—hiking, walking, cycling, horseback riding and snowmobiling.

Board of Directors

John Hagarty Chair

> Erik Ellis Treasurer

Marnie Callaghan Secretary

Jarod Chinnick Brett Goodwin Jenn Johnson Laurie McCarthy Mike McLean

George Pineau

Kathy Simpson Ben Van den Broek Ellen Woodward

Managing Partners

The Kawartha Trans Canada Trail has 12 Managing Partners who volunteer their time and effort to help maintain the trail.

It is this type of community involvement that ensures the trail remains safe.

Our partners from East to West:

Fowlers Corners & District Lions Club Omemee & District Lions Club & Scott Young Public School

Village of Reaboro

Kawartha Lakes Green Trails Alliance

City of Kawartha Lakes Parks and Recreation Department

Lindsay Lilac Committee

Sir Sandford Fleming College Abercrombie Brothers &

Central Senior Public School O'Reilly Family Spokes for Folks

Lunney Family

Heart of Ontario Snowmobile Club



ACTIVITIES ALLOWED ON THE KTCT:

Walking * Hiking * Jogging

Cycling * Horseback Riding

Cross Country Skiing * Snowshoeing * Snowmobiling
Riding Electric Scooters & Ebikes

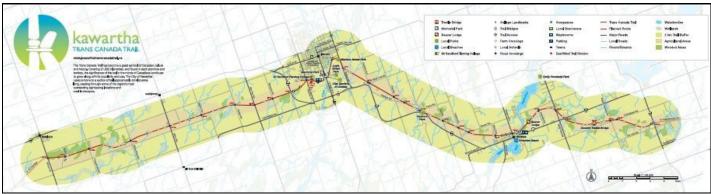


KTCTA's biannual newsletter is designed and edited by Karen Rosborough.

КТСТ Мар

The KTCTA will upgrade, develop and manage 54 kilometres of trail through the City of Kawartha Lakes. This trail stretches east to west between Peterborough County and the Regional Municipality of Durham and is part of The Great Trail (the national Trans Canada Trail network.)





Donor Information

HONOUREE'S NAME:

NAME:		
ADDRESS:		
CITY:	PROVINCE:	POSTAL CODE:
TELEPHONE:	EMAIL:	

Please make cheque payable to: KAWARTHA TRANS CANADA TRAIL ASSOCIATION

Mail to: Kawartha Trans Canada Trail Association c/o Fleming College P.O. Box 8000, Lindsay, ON, K9V 5E3 Tax-deductible receipts will be mailed to the donor.

Is this donation in memory of someone? () Or, in honour of someone? () If "YES" please provide the following:

To whom should notification of donation be sent?			
NAME:			
ADDRESS:			
CITY:	PROVINCE:	POSTAL CODE:	
TELEPHONE:	EMAIL:		