

RASki & Outdoor Club

www.raski.ca

More than just a ski club

SNOWPHONE : 613-736-6235

JUNE 2021 BLAST-FROM-THE-PAST EDITION

Editor: Glen Campbell, publicity-2020@raski.ca

MESSAGE FROM THE EXECUTIVE

16 months and counting... that's how long it has been since some of us saw each other face to face, without masks, or telling someone that they are still muted.

9 months and counting... since it was announced that the Club wouldn't operate for the 2020-2021 season. The Exec kept busy, obtaining Club discounts for Gatineau Park passes and local stores (good for winter and summer) and, keeping in touch with our members via Ski-mails, Facebook posts and newsletters. Your Club Executive continued to monitor the changing situations (via a few Zoom Pub nights to catch up and exchange exercise ideas and sourdough recipes) and wait for the day we could plan our way forward.

Today... we are working with the RA to develop Return-To-Play (R2P) protocols!

In keeping with the provincial re-opening stages, we hope to offer Summer and Fall social outings and activities (especially cycling and hiking) within the permissible guidelines. If the province moves through the stages successfully, we will be in good stead to plan winter day-outings for our Downhill, Cross Country and Snowshoe programs.

We have started to investigate offerings for Canadian multi-day and weeklong trips. This means looking into the practicalities of sharing rooms, rides, buses and planes once more! We may be able to open our trips to not only to people who share a household but also to friends who name each other and acknowledge the risk of not being from the same household, etc. However, we hope that you understand that it may be some time before we can return to our tradition of Club inclusivity to welcome all comers and match them with a roommate and potential new ski buddy.

Thanks for riding this out with us. The exec will have our first 2021 meeting in June and we are excited to return to Club activities. We look forward to seeing familiar faces this Summer. And some new ones – bring a friend along to check us out!

Remember, in recognition of your commitment to the Club throughout this COVID break, all 2019-2020 members retained their active membership status for 2020-2021, and we will be waiving the RA association fee and providing you with a 10% discount on the Club fee when you return for the 2021-2022 season.

We hope you will reaffirm your membership for the Winter season and share with us your suggestions for new trails or votes for returns to old favourites. Feel free to contact any of the Club Executive with your ideas or to see what we will have in store once we Return to Play!

Our executive names and contact info are on the web:
<https://www.raski.ca/index.php?target=exec>

On behalf of the RA Ski & Outdoor Club Executive,

Jaime Impey, Vice Chair, weeklong-2020@raski.ca

IN THIS ISSUE

Since ski club activities have been on hold this year due to Covid-19, in this issue some of our members describe their favourite ski trips of past years.

2006 – XC WEEKEND AT FAR HILLS INN

One memorable weekend trip was in January, 2006 to Far Hills. Lois and I drove up to the Far Hills Inn on a dark rainy evening. Things weren't looking too well for skiing that weekend.

The next morning, when we opened the drapes, we were greeted by a beautiful white winter day! It had snowed all night!



After breakfast, we grouped up to enjoy the fantastic conditions. Lois and Ruth went off to try all of the black trails, while I got to ski with a new member - Jane Rau. It was the first of many skis that Jane and I have shared over the years. Jane later became a member of the executive and we have taken a couple of long trips together.



That is only one example of the many good friends that I have made through the various activities of the RA ski club.

Louise Cameron

2007 – CYCLING TO LAC LEAMY

We started from the RA and took the bike path along the Rideau River, crossing on the MacDonald-Cartier bridge. At Lac Leamy we had a picnic lunch at the beach.



Picnic lunch at Lac Leamy

We returned by circling Lac Leamy to the Casino, took the bike path along the Ruisseau de la Brasserie, and stopped off at the picturesque but little-known Theatre de l'Isle. The bike path along the Ottawa River below the Museum of Civilization gives a spectacular view of Parliament Hill.



Parliament Hill across the Ottawa River

The MacDonald-Cartier bridge and the path along the Rideau River brought us back to the RA.



Back home

Glen Campbell

2008 – XC WEEKEND AT FAR HILLS INN

This was our final weekend at one of our favorite cross-country ski areas – Far Hills Inn. Unfortunately, the following year Far Hills Inn closed down for many years due to new owners and asbestos problems in the main lodge.

These well-groomed trails were only a few steps out the door, and went through woods, crossed lakes, and had stunning views.

The RA Ski Club is a member of the RA Centre – 2451 Riverside Drive, Ottawa K1H 7X7 - 733-5100 – www.racentre.com



Far Hills Inn

Who can forget the big fireplace in the lounge, or the scrumptious breakfasts and gourmet dinners!



RA Skiers on the trail at Far Hills

Glen Campbell

2008 – SUN PEAKS, BC, WEEKLONG

The trip to Sun Peaks, near Kamloops BC was a success, with 28 participants and great snow on a wonderful set of three mountains.



Sun Peaks snow ghosts

Snow conditions were excellent, with over 50 cm of dry powder falling during our week. One morning, we had the pleasure, almost unknown to easterners, of skiing in almost 25 cm of untracked dry powder under a clear blue sky.

The second day, the group took the mountain tour in four groups, led by Olympic gold medalist Nancy Greene, Al Raine, and for those who wanted a less advanced group, two of the excellent mountain hosts. Those of us fortunate enough to be in Nancy Green's group enjoyed a tour ranging from blue cruisers to hidden glades to the double diamond "Static Cling", all the while getting ski tips from a true legend.

Bill Buck

SUMMER 2008 – SKIING IN CHILE

Some of us get withdrawal symptoms once the snow goes, and we got tired of spending our summer standing in the living room with our skis on, watching Warren Miller videos. So, seven of us took a two-week ski trip to Chile in August.

Vagabundo Tours organized the trip for us, and we travelled by van with our charismatic tour guide/driver Pato Milla.



Group photo at Portillo, Chile

We skied at three places: Portillo, Vallee Nevado, and El Colorado. Portillo is the most spectacular, as it's surrounded by 15,000 foot peaks. Vallee Nevado is the largest ski area in Chile, and it's more spread out. At El Colorado, you ski on a cone, which looks like an old volcano. All three of the ski areas are at the 10,000 to 12,000 foot level, with spectacular scenery.



Portillo, Inca Lake

The ski hills don't get skied off like here, and they weren't crowded at all. Our longest lift line was on a Saturday at Vallee Nevado, where we had to stand in line for at least a minute. At Portillo, there are no crowds, because they only sell 450 lift tickets a day, including the hotel guests. We had some of the runs all to ourselves.



Lunch at Tio Bob's – 1000 ft. above Portillo hotel

We figured if we were going that far, we should see something of Chile, so we interspersed skiing with seven days of sightseeing. We visited the seaport of Valparaiso (a UNESCO world heritage site). We had a trip along the coastline, spent an

evening in a spa, and a day taking in some Chilean culture with some folk singing, folk dancing, and a hike in the woods. One day was spent touring wineries (I don't remember much after the second winery.)



Valparaiso boat tour

We enjoyed the trip so much we went back again in August 2009 and 2011. Over the three trips, we skied at six different ski areas - El Colorado, Las Araucaris on the Llaima volcano, Portillo, Thermas de Chillan, Vallarica, and Vallee Nevado. Four of the ski areas were on volcanos.

Glen Campbell

2009 – BANFF/LAKE LOUISE WEEKLONG

The trip to Lake Louise and Banff attracted 15 registrants.

Accommodations at the Chateau Lake Louise the first three nights were excellent, and the breakfast buffet included in the package was amazing.



At the top of Lake Louise ski area

The ski shuttle from the hotel to the hill provided good service. Despite very cold temperatures, skiing was very good on firm corduroy conditions. After the third day's skiing at Lake Louise, we took the scheduled public ski coach to Banff, where we stayed at the Ptarmigan Inn. Most of the group skied the last three days at Sunshine, where we were treated to 23 cm of powder over the first two days. Two members returned to Lake Louise to ski the last day.



Bill Buck at Sunshine

Bill Buck

**JAN. 2009 - XC WEEKEND
AUBERGE DU VIEUX FOYER**

My favourite trip was my first one. I had been an RA member years ago but didn't know anyone at all in the ski club when I signed up for a long weekend at the Auberge du Vieux Foyer in the Laurentians.



Auberge du Vieux Foyer

I drove up alone and walked into the Auberge where ski club members were curled up around the huge fireplace. I got an Irish coffee for my free beer/wine ticket, and Glen was the first to greet me and welcome me to the group. A very warm start to years of fun and friendship with the club!



Trail at Val David XC Ski Centre



RA Skiers on the trail at Val David

Maureen Adamache

2010 – ZERMATT, SWITZERLAND

The Zermatt trip was my first with the RA Ski Club. I enjoyed fabulous skiing with new friends, had terrific meals and accommodations in a picturesque Swiss town with the Matterhorn in the background. The weather was warm enough to have lunch outside enjoying the sun and scenery with friends. In addition to skiing there were the touristy things to do. An enterprising photographer used his friendly St. Bernard puppy to create photo mementos for visitors like Karen and Doris with the Matterhorn in the background. There was also the requisite visit to the observation tower at the highest point of the ridge.



Stan Aronoff on the observation deck

The top of the ridge was the Swiss-Italian border – with a restaurant at the top and a line marking the border. Our ski passes allowed us to ski the Italian resort and use its lifts that reached the top. In addition to enjoying a different set of runs there was the added thrill of seeing how late you could stay without missing the last ride to the top to get back to Zermatt – and avoid a long and costly taxi ride back. If the weather changed suddenly the lifts could be closed without notice!

The trip came to an end with a fabulous closing dinner and then a very short sleep. As I recall we had to get up at 3 am, check out, have something to eat, and then move out. Hours before sunrise, it was a moonless night. In the dark of the early morning with almost no light we somehow managed to load several small trucks with our gear (normal vehicles are not permitted in Zermatt) and not leave anything behind as we trundled off to the train station.

Just hours before, Bill Buck, our fearless trip leader had discovered that the train ticket office did not recognize his voucher for our train tickets out and refused to issue them. Bill's choice words were chosen with uncharacteristic patience and politeness to finally convince the local agent to call the head office. Tickets were then prepared promptly. The rest of the trip home was pleasantly uneventful! No one was sick, no one got injured, I think everyone had a great time. Those were the days!



Town of Zermatt as seen from a run

Stan Aronoff

2011 – VAL GARDENA ITALY WEEKLONG

Thirty-seven skiers went to Val Gardina.

Skiing was good in spectacular settings, with sun and mild temperatures every day. Although there had been little snow in the last month, conditions were generally good, for both downhill and cross country, especially early in the day. Two good areas were accessible by gondolas a short walk from our hotel. There was bus service to several nearby towns where our lift tickets were valid. Weekdays there was little traffic in the areas near the town of Ortisei.

Both Hotel Hell and Hotel Maria provided good accommodations and fine food.



Skiing at Val Gardena, Italy

We returned home with an overnight in Venice, where we had a free afternoon and evening to visit the old city of Venice.



Cross-country skiing at Val Gardena

Bill Buck

2012 – WINTER PARK, COLORADO

Twenty-nine club members took part this year and all returned to Ottawa worn out and grinning from ear to ear.

Adapting to the 9,000' – 13,000' elevation took a day or so but getting to enjoy the 143 mountain runs was instantaneous.



Day one: When you are riding on a one-mile long ski lift and are looking down on so many enticing runs that you keep revising your thoughts as to which one to take first, you know you're in

skiing heaven. Add in 28 friends of all skiing levels, top that off with perfect weather, and, well, Yahoo! There's more. The soothing soak in the hotel hot tub after skiing just felt sooo good.

There is a rumour of a Scrabble massacre having occurred but in the absence of any living witnesses, GET THAT YOU GUYS, this has not been confirmed. Judging by the lovely pictures posted on our website, the photographers in our group successfully captured the magnificent beauty of the Colorado mountain scenery.



Bill Danson & Roger Duffy

2013 – GRINDELWALD WEEKLONG

This year, 46 RA Ski club members enjoyed a wonderful week of skiing and fun in the Swiss Alps. With an all-inclusive pass good for six days of skiing and train travel to anywhere in the Jungfrau Region, there was lots of opportunity to fill our days with DH skiing, XC skiing, snowshoeing, and sightseeing.



Jan. 2013 – Andrea Conway at Grindelwald

Breakfasts and dinners were served in our comfortable hotel and all the meals were delicious. There was always joy and laughter during and after our dinners and the daily "Yo" announcements kept everybody well informed with the latest news.

Après-ski walks through the mountain village for shopping and gawking allowed us to savor the European experience in a personal way.



RA skier at Shilthorn

Roger Duffy

2014 – ST. ANTON, AUSTRIA, WEEKLONG

Forty five people came from as far away as Thunder Bay and travelled by various routes to arrive in the Alpine village of Flirsch where we stayed in the beautiful Hotel Basur, our headquarters for a week of alpine skiing, snowboarding, cross country skiing, hiking and snowshoeing.



As we were a large group, we were housed in two buildings but all activities centered in the original rustic hotel complete with old wooden beams, a fireplace, and a comfy cozy atmosphere.

Skiing in the Alps is always a treat though some of us found the runs in this region a little more challenging than those we've skied on in other regions of the Alps. The brochures advertised the runs as 40% easy, 50% intermediate and 10% advanced. The catch was that each run was 40% easy, 50% intermediate and 10% advanced. It was like going down a set of stairs every time. Few runs were consistently one level only.

In contrast to that chair, the Arlberg ski lifts are a marvel of engineering. One lift seated eight at a time. Per chair. It brings to mind lounging on the sofa in one's den. Not only that, but I have to give the next fact its very own sentence. **THE SEATS WERE HEATED.**



Roger Duffy at St. Anton

Roger Duffy

2015 – MORZINE, FRANCE



Group photo at Morzine

As the organizer of the trip to Morzine, France in 2015, I am somewhat biased in selecting that trip as being my favourite of the many RA Ski Club weeklong trip's I have enjoyed. But not necessarily because of anything I had been in charge of.

Through a serendipitous change of accommodations our group was hosted just off the beaten path in a small family run hotel that catered to our every wish in a warm and friendly manner and also treated us to some unexpected special events. They started with a fun evening of rousing entertainment full of laughs and games that really melded our group together.

One day they provided us with a mountain guide for an all day 60 km circular ski tour of the immense Portes du Soleil region, no charge. Our 70 year-old guide came equipped with hollow ski poles that just happened to be filled with schnapps. One must guard against the cold you know.



Roger Duffy

On the chef's regular night off our host held a spirited dinner of raclette, a new experience for many of us, and then finished the evening off with a tour of his wine cellar complete with the showing of his special pride, his 'goat' (you had to be there). All week there was an overall feeling of togetherness and joy, it was wonderful. Oh, the skiing was great too.

Roger Duffy

2016 – TROIS VALLEE FRANCE WEEKLONG

The 2016 trip drew 65 participants, our largest group in decades.



Jaime Impey, our trip leader

The renowned downhill and cross-country ski areas of les Trois Vallées (the world's largest ski area) didn't disappoint. On the first and fourth days, we were greeted by rain and extremely mild temperatures at low elevations but there was fresh snow (and corresponding low visibility) at the higher elevations. Forty participants toured the areas under the tutelage of instructors from the École du Ski Français on day one. Subsequent days were filled with fresh snow, long trails, sunny days, warm temperatures, slope-side and village lunches, and hot shows by the burlesque entertainers of La Folie Douce.

Off-piste, we were treated extremely well by the staff of the 4-star Hôtel Golf. Our accommodations were very comfortable and the valley view was impressive.

Jaime Impey

2016 – CROSS-COUNTRY BIATHLON

One of the highlights of the RA's cross-country ski season lately has been Louise Cameron's cross-country ski biathlon. For March 2016 it was a 9.5 km ski, then an 80,000 centimetre (800 metre) hike.

We started from P6 (Makenzie King estate), and once we got to the parkway, we went left then right between the two ice waterfalls. On the way back we stopped at a picnic table at Mulvihill Lake for a picnic lunch.



Ice waterfall along the way

Once we got back to the parking lot, we traded our skis for hiking boots, and went over to the ruins.



Makenzie-King ruins

Keep in mind that we are RA skiers and not Olympic athletes, so our skiing and hiking were pretty leisurely.

All those who successfully finished the biathlon were rewarded with some Easter chocolates.

Glen Campbell

2017 – SOLDEN AUSTRIA WEEKLONG

Forty-two RA skiers left on Friday, January 27 for Sölden Austria. Air Canada got us safely to Toronto, then Munich, Germany. The bus trip to Sölden took 4 ½-hours, due to heavy traffic at a ski resort along the way.

There was not a lot of fresh snow the first few days. Skiing was good high up on the glacier, but quickly became skied off and icy at lower levels.

Thursday was a bright and sunny day. Fresh groomed snow and wide-open vistas on the glaciers led to a perfect ski day. Friday was overcast, with some poor visibility and flat light. Most folks stuck it out until after lunch and then went back down for some last-minute shopping and exploring in the town.

7



DH skiers on the glacier at Sölden



Snowshoeing at Sölden



XC skiing at Sölden

On Saturday we packed up and bussed to Munich, Germany, where we stayed at the Hotel Maritim, an excellent 4-star hotel. We were in Munich for the afternoon and night, and were given a walking guided tour with final stops at various beer houses.



At a pub in Munich, Germany

Sunday morning we caught a flight to Toronto, where our flight to Ottawa was delayed two hours due to a snow storm.

Jaime Impey

2018 – PANORAMA, BC WEEKLONG

For a change, we had a purely Canadian adventure at Panorama. On the first ski day, most took advantage of one of the best features of the resort – Mountain Friends!. Breaking into groups, two Friends accompanied each group to explore the mountains and share history and stories of Panorama.



Panorama - group photo

Conditions and temperatures were good all week, with snow lowering the visibility only on our last day. One evening of rain at lower elevations made lower trails seem like home to eastern skiers, but upper trails were covered in fresh powder. We had a few days of cloud with sunny periods, but Wednesday proved to be the best of all - overnight snow and sunshine most of the day.

A variety of activities ensued during our stay: two RASkiers took up the challenges of Kicking Horse's advanced slopes; another went Heli-skiing. Some took advantage of the groomed trails of the Panorama Nordic Centre in the lower village, reporting good amenities and snow conditions. Others enjoyed an afternoon or two of snowshoe tours.



Trip leader Jaime Impey (left) & Bob Cavan

In contrast to the half-board typically included in a European trip, we stayed in fully equipped condos where majority made their own breakfasts.

We took advantage of the Panorama Springs Lodge lounge (or hot pools) daily to meet up and form dinner groups. Sunday, RASki hosted a Welcome Reception at restaurant elevenFIFTY. Chopper's Landing (well worth the walk), opened just for our group. Tuesday, Jaime hosted a BYOB'n'Cheese appetizer party in the lounge. Everyone turned out and generous donations of additional items (wine, pita, hummus, vegetables, popcorn, and freshly made brownies) filled the table.

After a full ski day on Friday, we departed for an evening in Banff, Alberta. Unfortunately, Banff (and Calgary) had been experiencing MUCH colder temperatures, and storms, so Saturday's exploration of Banff was cut short in favour of huddling in the warmth of the stores or our hotel prior to departure for the airport.

Jaime Impey

2019 – ANDORRA WEEKLONG

Despite a few hiccups along the way, 49 RA Skiers finally left Canada on January 25, on two sets of flights, to explore the previously unknown sectors of Granvalira in Andorra. Unfortunately for flight group 1, none of their skis plus a few suitcases and boot bags landed in Barcelona with the group. Eventually, all 49 participants arrived in El Tarter and regrouped in the dining room of the 4-star Hotel Nòrdic for a late meal.

Shortly before midnight, the rest of the baggage (save one lonely boot bag) also checked-in and reunited with their owners in the morning, just in time for our first day on the slopes. Ideally located, after our buffet breakfast, we walked out of the hotel ski locker and onto the lift (or skied to the gondola) to start our exploration of the six sectors of the largest ski resort in the Pyrenees.



Hotel Nòrdic Welcome Reception

A recent snow dump of 100 cm or so covered the region but you could tell the difference between natural and snowmaking trails on the first day. Thanks to fresh snowfall most evenings, conditions were very good on all the slopes for the remainder of the week. Fresh and falling daytime snow offered some visibility and skiing challenges for portions of the days.

Many participants took up the challenge to ski from Canillo or El Tarter to Pas de la Casa – a trip across 5-6 valleys! Everyone became very familiar with the Ós and Gall de Bosc trails back to the hotel from Soldeu or the Esquirol from the top of El Tarter. To complete the full Granvalira experience, one had to cross the last couple of valleys via the stunning panoramic ride of the Funicamp gondola to the Encamp sector!



On the ski lift at Andorra

As well as good food in peak restaurants, there were oven-fired pizza lunches al fresco slope side on sunny days. Après ski at the Champagne bar and visits to the towns of El Tarter (tax free shopping!) and Andorra la Vella filled our days.

After 6 days and 7 nights in Andorra, RASki explored Barcelona for two days. We enjoyed an afternoon-long guided walking tour of the Gothic section where we were left to our own devices to select one of the many restaurants we passed along the way for our evening meal.

Jaime Impey

2020 - ST. MORITZ WEEKLONG

Another sold-out weeklong adventure for RASkiers – this time to the Club Med Roi Soleil at St. Moritz Switzerland. One advantage of Club Med is that everything is included: meals, drinks, snacks, and ski lessons - both downhill and cross-country.

All skiers experienced a vast expanse of trails and breathtaking scenery on most days. The snow conditions improved daily thanks to fresh snowfall, but led to at least one day of extremely poor visibility so a number of participants switched to XC trails or exploring the towns for the morning.



St. Moritz group photo

Club Med guests enjoyed instructor-led ski lessons weekdays, so on Sunday night we selected applicable alpine or XC levels to form group classes the next day. Groups were led daily to 1 of 3 alpine destinations, walking 400 m to the closest – Corviglia and Signal - or bused to Corvatsch and Diavolezza from the courtyard of the hotel or to XC trails. Most of the St. Moritz instructors arranged a group dinner during the week.



Jan. 2020 – St. Moritz weeklong trip

Each day, the hard-working Club Med GO team saw us off in the morning, greeted our return in the afternoon, hosted après-ski activities pre-dinner and entertained us in the theatre and main lounge in the evening.



Cross-country skiing at St-Moritz

There was no chance of going hungry (or thirsty) during our stay. We had reserved tables in the main dining room for our buffet meals, and the choice of selections from both the main and auxiliary “Italian” restaurant nearby. If you missed breakfast, there was always a spread in the main lounge to tide you over to lunch. If you missed lunch, the spread was refreshed all afternoon for “tea”, then après-ski (also in the courtyard some days), then pre-dinner, and then after dinner and the many dessert selections, you could find late night nibbles to ward off the hunger pangs until morning. The drinks service was terrific and a majority of the group drifted into the main lounge for a pre-dinner beverage or cocktail after wandering up and down the mountain between St Moritz-Bad and St Moritz-Dorf (where you found the premium shopping - the Fifth Avenue or Rodeo Drive of the Alps).



Taking a break snowshoeing

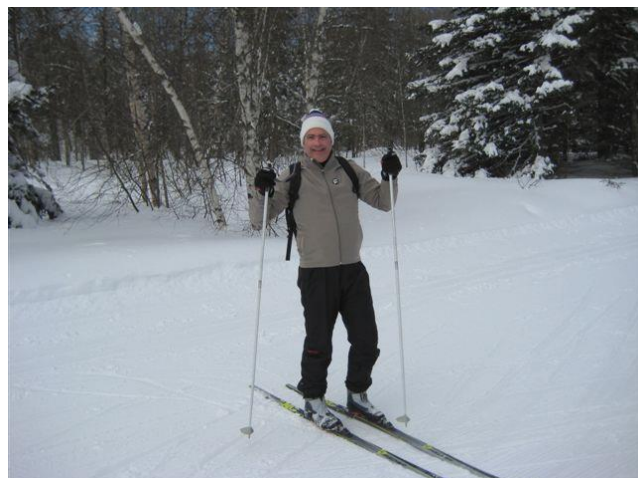
Jaime Impey

WEEKEND CROSS-COUNTRY TRIPS

I enjoyed all the trips I did with the RA. I enjoyed more the trips I did in Canada than the ones in the US. I especially enjoyed the trips I organized at Far Hills Inn and at L'Auberge du Vieux Foyer. Because I organized them, it made me feel more responsible for the success of the trip and it made them more enjoyable.

I also enjoyed the trips we made at Mont Ste Anne because I think the XC ski center at Mont Ste-Anne is the best I have ever seen. Better than Gatineau Park.

In 2007 we did a trip in the Charlevoix area and we skied at three different ski centers during the weekend, including Mont Grand-Fonds and Mont Ste-Anne. That such a good weekend because we got to experience such a variety of ski centers. I can't wait for the club to resume activities. I miss the club a lot since it suspended its activities.



Jean-François at Mont Ste-Anne

Jean-François Melançon

URBAN HIKES

One spring (2008, I think) when the snow and ice stayed late in Gatineau Park, we decided to try an urban hike in the city. That first one went from the Supreme Court to the Portage bridge, along the Ottawa River, to the Alexandria Bridge, into the market and back to the Supreme Court. The idea became an expected spring portion of the social programme.



March 2010 – Vanier hike

Since the first urban hike, I have led groups through Vanier, New Edinburgh, Ottawa East, Manotick, Mechanicsville, Aylmer and Sandy Hill.



March 2012 – New Edinburgh hike

I have had fun researching the history of local landmarks and finding some natural areas to walk on the same walk as the urban hike.



April 2014 – Urban hike in Aylmer

Louise Cameron

CYCLING – SUMMER 2019

Due to Covid-19, we weren't able to have official bike rides during the summer of 2020, so we'll cover some from 2019.

Roger's RODDLE (Ride at the speed of a tODDLE) is always a fun trip. After lunch, he splits us up in groups for a scavenger hunt around Merrickville.



18 May 2019 – Roger's RODDLE to Merrickville

Note that we are leisurely cyclists, and take time to stop and smell the flowers. If you are training for the Olympics, there are other bike clubs that would suit you.



21 May 2019 – Cycling to see Dow's Lake tulips



22 June 2019 – Cycling to Lac Leamy



2 Aug. 2019 – Cycling along the St. Lawrence River

Maureen Adamache