



golden
triangle

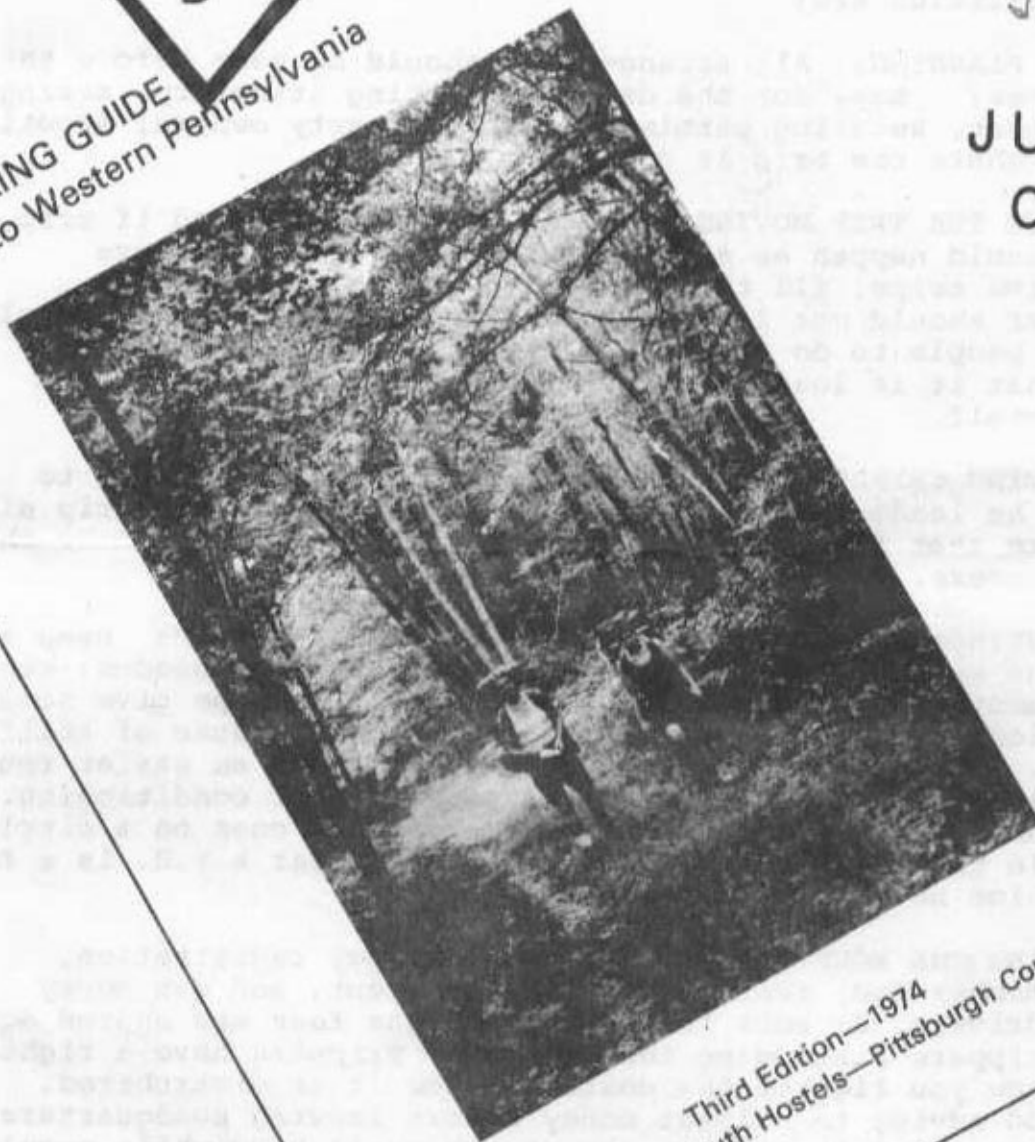
ayh

pittsburgh council american youth hostel, inc.

JULY 74

HIKING GUIDE
to Western Pennsylvania

JUST
OUT



GET
ONE
NOW

Third Edition—1974
American Youth Hostels—Pittsburgh Council

\$1.50

A LEADER'S RESPONSIBILITY

If you are participating in A.Y.H. trips, eventually a activities chairman is going to ask you to lead a trip. One reason for A.Y.H.'s success in its trip program is its continued development of new leaders. If you are a new leader or a new member going on your first trip, the responsibility of the leader may interest you.

The leader's responsibility, simply stated, is to run a safe, enjoyable trip for all trippers. Specifically the leader's responsibilities are:

- 1) PRIOR PLANNING: All arrangements should be made before the trip leaves: maps for the drivers, setting itinerary, arranging of equipment, securing permission from property owners, scouting the area where the trip is going.
- 2) GETTING THE TRIP MOVING: At the beginning and end of trip, things should happen as soon as possible. A.Y.H. trips are cooperative trips, all trippers share in the workload. The leader should not load equipment himself but instead should delegate people to do it. He has the ultimate responsibility to see that it is loaded correctly and safely but should not do it himself.
- 3) SELECTING TRIPPERS: The leader has the responsibility to see that he leads a balanced trip. He must select the trip size and insure that there are enough competent trippers to make the trip a success.
- 4) BE CONTINUALLY AWARE OF FACTORS AFFECTING THE TRIP: Keep an eye on the weather, traffic, water level, hunting seasons, conditions of equipment and condition of the trippers. Perhaps give some instructions to someone who is lagging behind because of skill problems. Encourage those that need it, suggest an easier route and go with the individual if it is a case of poor conditioning. Stop if necessary and send the more energetic ones on a circle tour while the less energetic recuperate. Remember A.Y.H. is a fun organization not a proving ground.
- 5) HANDLING THE MONEY: This includes 40¢/day registration, 50¢ non-member fee, rental fees for equipment, and gas money for the drivers. Be sure that tolls and gas fees are shared equally by the trippers including the drivers. Trippers have a right to know how you figured the costs and how it is distributed. It is good advice to collect money before leaving headquarters if you know the trip mileage, or at the trail head while people are standing around waiting for the shuttle.
- 6) HANDLING AN ACCIDENT OR EMERGENCY: The leader should be able to or make sure that there is someone on the trip who can handle minor repairs to the equipment being used. A working knowledge of first aid is a must for someone on the trip. Either the leader, or a tripper who is going on the trip (arranged before the trip is announced). For long trips leader should provide means of contacting the trip in case of emergency back home.

A LEADER'S RESPONSIBILITY (CONTINUED)

If an accident occurs and there is any doubt about the victim's condition, head for the nearest hospital. The telephone operators have a list, dial 0 (zero), and either ask for an ambulance to be sent if necessary or ask for instructions to the nearest hospital. They will give you the information. Don't take a chance.

If an accident results in a tripper going to the hospital, the trip may have to be stopped. If another qualified leader is along then one can go to the hospital and the other can continue the trip. If another leader is not available then either have the trippers wait, send them home, or take them to the hospital with you, having them wait outside. If the injured tripper is underage, the hospital must have permission from parents before an examination can be done. In this case get in touch with the parents by phone and make the necessary arrangements. There is a place for phone numbers on the trip form. Fill them in. Someone must stay with the injured tripper until he is released or satisfactory arrangements have been made with relatives.

Don't let this discussion of accidents scare you. Bumps, scrapes, and bruises can be expected in any outing activity. Prepare yourself mentally for the worst. Anything else is just that much easier to handle.

A final area of concern for the leader is the pooped tripper. Careful choosing of trippers can avoid some of this but they crop up sooner or later. Positive encouragement is a good way to motivate the tripper. Some tested examples are: "Only a few more hills" " Only a little while longer" If this does not work someone will have to stay with the tired tripper and move at a slower pace. It may also be possible for the shuttle to pick him up at some intermediate spot. Be sure the tripper stays put or knows exactly where this spot is.

A.Y.H. trips are easy going, enjoyable to follow and more enjoyable to lead. Two words, "nice trip" sound great at the end of the day.

Contact the activities chairman for information on leader requirements for each A.Y.H. activity. For your own enjoyment and for the benefit of the sport that you enjoy.

LEAD A TRIP!!!

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UP COMING LONG DISTANCE CYCLING EVENTS. The following are a trio of long distance cycling adventures known to the bicycling community of Pittsburgh. If you are interested write for more information and applications.

Mid West Double Century	Hancock Hundred	Sesquicentury (150 miles)
July 6 & 7	Sept 8	Sept 14 & 15
M.D.C. Communications	The Hancock Handlebars	Marion Cycle Tours
Lima, Ohio, 45802	P.O.Box 232	P.O.Box 1212
P.O.Box 173	Findlay, Ohio, 45840	Marion, Ohio, 43302

BIKES AND BACKPACKS

For the past several months the hiking and backpacking chairman have had small items that might be of interest to some AYH members. The format of the Golden Triangle does not always allow for the inclusion of these tidbits. Also there is no place for short (two or three sentences) reports about trips or trail or road conditions. This column will be a collection of this type of information. It is probably reasonable for you to save this section of the triangle in the bottom of a drawer some where so that you can refer back to particular items. The collectors for this column are Jim Roberts and Joe Hoechner.

Reflective tape and bicycles are great safety combinations. But some people worry that the tape will ruin their spiffy paint job. It is possible, so do not put tape on the bike frame. You can stick it places like your seat post, handlebars, water bottle, air pump (improves the grip), kickstand, rear carrier, in and amongst the spokes, or even on the heels of your favorite cycling shoes.

With the coming of the summer, many cyclists will be taking to the back roads. One thing to watch out for are "spoke snakes". These snakes are related to "snow snakes" which are the downfall of many skiers. Spoke snakes are fond of spending the summer hitching rides on passing bicycles in order to get around. Their name is derived from the ability to intertwine themselves on the wheel of a bicycle without being seen by the owner. This usually proves to be harmless, but they sometimes cause accidents. They are known to cause jammed brakes, fishtailing, broken spokes, missing valve covers (their favorite food) and even a few loose quick release hubs. SO WATCH OUT!!

Interested in bicycle racing?? Want to find out the difference in novice, junior, and senior classes?? Call John Wronosky at 431-1373, or come to a meeting of the Allegeny Cycle Club, on Wednesdays at 8:00 PM at AYH headquarters. They will be glad to let you know all about it.

On a recent weekend cycle trip one AYH'er was chased by a giant Doberman Pinscher. The cyclist took evasive maneuvers, so did the dog. Unfortunately their trails intersected and the dog received the imprint of "inflate to 75 psi" on the end of his nose. This should be avoided as the impact of cold, wet nose on hot tires may damage the rubber.

Need something to do to break up boredom of long trips on country roads? Try reading license plate numbers of the cars passing you. This may help to identify those drivers (to the local police) that force you and your friends off the road.

For those who like to have campfires while backpacking, you may start it with a product called "fire ribbon". But think about it, wouldn't good old "sterno" canned heat do the same job?? It is cheaper and more readily available.

Latest word from Europe is that the famous racer Spinelli Sprockettini is breaking all speed records. "Spinnie" is doing this by complete weight reduction program on his bike. He has developed a zero weight bike by simply replacing the air in his tires with hydrogen gas. (He had to remove the brakes - don't want to heat the rims too much.) One problem has developed in that the bikes must be tied down when not actually being ridden. This was discovered after a flying airliner reported passing a bike.

EQUIPMENT INFORMATION

The equipment room is now neatly organized and ready for operation. Equipment is sorted and stored ready for use. Some trip leaders and trippers have complained about the procedures for use and storage of equipment. This equipment is expensive and there is a lot of it. The procedures are set up to obtain maximum use and life of the equipment and to spread the maintenance over as many people as possible. Failure to follow proscribed procedure can only, at best, cause more work for the chairman or at worst, ruin or lose a piece of gear.

In future issues additional procedures will be outlined and responsibilities listed for trip leaders. Please-as a tripper or leader, follow them and insist that others do likewise. If you have suggestions as to how these procedures may be improved or made easier, contact the concerned chairman or the president.

The equipment room is for storing AYH equipment, and all personal equipment has been and will continue to be removed. Before storing any additional material in the room contact the room storage supervisor, Joe Hoechner.

AYH maps are back in headquarters. They may be checked out thru the activities chairmen: Gordon Bugby, Cliff Ham, Joe Hoechner, or Jim Roberts. The file is maintained for use by AYH members in planning of hosteling activities or to practice their map reading skills. Maps should be copied if they are to be used for more than one or two weeks. These maps are not copyrighted and it is not illegal to xerox the maps. Anyone having AYH maps at this time please return them to Jim Roberts at open house.

Hiker, Bikers, and Backpackers: the following equipment is available from AYH for trips:

Leaders equipment:

- 3 first aid kits,
- 1 inflatable full arm splint,
- 1 inflatable full leg splint.

Individual equipment:

- 3 backpacks \$1.50/weekend,
- 2 tube tents \$.50/weekend,
- 1 two person backpack tent \$4.00/weekend.

The equipment is available for use by any hostel member on any AYH trip. It must be returned clean and dry (especially the tent). Nylon does mildew. Contact the hiking chairman for rental.

The cover this month shows the cover of the new Hiking Guide that was just recently published. This is the first Pittsburgh Council A.Y.H. guide to be professionally published and bound. The volume of sales of this guide has risen to the point that we can order large enough quantities to make this economically possible.

The guide contains trail descriptions for most of the trails in the Western Pennsylvania area. The guide is arranged by counties with some of the longer trails in a separate section. If you are a hiker living in the area this guide is a must. Order yours by sending \$1.50 to A.Y.H., 6300 Fifth Ave, Pgh, Pa, 15232

BAKER TRAIL NOTES:

Mahoning Dam Proposals

The Corps of Engineers has just held public hearings on proposals which affect part of the Baker Trail near the Jantz shelter. Roy Weil and Cliff Ham have met with the planners and believe the plans are definitely in the right direction: more hiking, better location for our trail, more overnight stops, and finer scenery.

Essentially the proposal calls for the Corps of Engineers to build two hiking trails along the Mahoning Creek and the Little Mahoning Creek. The AYH would relocate the Baker Trail further east of its present location, tying into the eastern end of the Corps trail on the Little Mahoning (Smickburg Trail). Then we would build a new trail (Granny Coon Trail) northerly to the eastern end of the trail along the Mahoning (North Point Trail). At each of these intersections we would try to arrange for a camping area. The total plan calls for a triangular trail system (the Mahoning Trail System) of 50 kilometers (30 miles) or more. The AYH would also build a couple of overlook trails and, with the Corps' help, reroute the Baker Trail off the gravel roads near our shelter and onto government-owned land on the ridge above the dam.

A new edition of the Baker Trail Guide is being prepared, which incorporates five pages of corrections and trail relocations. It will show graphically the route from the northern end of the Baker Trail to the North Country Trail in Allegheny National Forest. A 25th Anniversary edition is planned for 1975.

The Council and the Baker Trail Committee were given thirty-two maps this month by the Bureau of Topographic and Geology Survey, Department of Environmental Resources, Commonwealth of Pennsylvania. The maps are early editions of the 7½ minute quads, but quite useful for many purposes, including orienteering. Some of the maps have interesting names such as: Garrards Fort, Mammoth, Wind Ridge, and Oak Forest. Thanks to the Bureau!!

Next month this column will publish the list of hikers who have walked all of the Baker Trail. If you have done so and your name is not posted on the list in headquarters, let the Baker Trail Chairman (Cliff Ham) know.

TRY BACKPACKING!!

If you think you might like to try backpacking but don't want to spend the money for tents, stoves, etc., let A.Y.H. help you. Contact the leader of an AYH trip and explain your situation. He will try and pair you with someone who has everything. You must provide a sleeping bag (blanket roll will do fine in the summer), clothes, shoes and food for lunch and breakfast. You will share the weight of the tent and cooking gear with your partner along with dinner. Hopefully you will see a variety of equipment, hear different ideas, and receive tons of advice. Several trips with AYH should tell you if you like packing and you should be a much wiser buyer when you do buy equipment. A note from several leaders: DO NOT pick a 3 - 4 day trip for your first trip. Try an overnighter first. Carrying a pack takes some getting use to and 3 days may be too

FREE CATALOGS???

Yes!! - Despite the soaring cost of paper, labor, postage, etc., there are still some outdoor gear people that offer free catalogs. These catalogs range the full spectrum of equipment: cycling, skiing, camping, backpacking, hiking, boating, fishing, etc, etc. Even if you don't order from one, a catalog can provide you with the technical and price information you could never get in any one shop. Some places to obtain free catalogs are:

L.L.Bean Inc
Freeport, Maine 04032

Moor and Mountain
Chemsford, Mass. 01824

Great World Inc.
P.O.Box 250
West Simsbury, Conn 06092

Touring Cyclist Shop
P.O.Box 4009L
Boulder, Col 80302

Hancock Village
Outfitters Inc.
Hancock, N.H. 03449

Gerry Co.
5450 North Vallet Highway
Denver Col. 80216

The Ski Hut
1615 University Ave
Berkeley, Calif 94703

Co-op Wilderness Supply
1432 University Ave
Berkeley, Calif. 94702

Connondale Co.
35 Pulaski St.
Stamford, Conn 06902

Eddie Bauer, Inc.
Dept C.W.C.
Seattle, Wash. 98124

Akers Ski
Andover, Maine 04216

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IS THERE A FLAG IN YOUR FUTURE??

This seasons cycling activities have shown a number of people using cycle safety flags for the first time. These flags are made with fiberglass, plastic, or metal shafts, with flag colors of red, yellow, or international orange.

favor this metal shaft as the plastic or fiberglass shafts tend to flex nearly horizontally in high winds or at fast speeds.

Pittsburgh Council AYH would like to encourage all cyclists to use safety flags while riding both on hostel trips and on private rides. The Council intends to make a bulk purchase of these flags to offer at a reasonable price. The flag color will be international orange. The shaft will be telescoping metal which can be mounted either with an axle bracket or taped to a rear carrier. Many riders

The cost will be \$2.50 per flag, including shaft and mounting bracket. These are usually sold for about \$4.00. If you would like to get one at this bargain basement price either see Joe Hoechner, or sign the list on the bulletin board at headquarters.

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% The editor of the Golden Triangle
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% He is looking for a guest editor
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%
%
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Hostel of the Month

Galena Youth Hostel
Galena, Illinois

Come to Galena and experience the days when merchant princes built their mansions on Quality Hill in order to have a commanding view of the commerce and industry they ruled in the Galena river valley below. Although the Steamboats and lead that built Galena are gone, their imprint remains for today's visitors to discover.

The story of the lead miners, of U.S. Grant and his eight generals and the life in Victorian times comes alive in the more than ten specialty museums. A stroll or professionally guided tour along Galena's "Path of History" reveals architectural and visual surprises, for most of the buildings that climb the hillsides were constructed before the turn of the century.

Nineteenth century buildings house the galleries of local artists and craftsman, and the more than two dozen friendly antique shops. Country roads suggest a hike or a leisurely bike ride to nearby points of interests, fishing spots, state parks or campgrounds.

Winter attractions include cross country and downhill skiing on Mississippi River bluffs and ice fishing.

The center of agricultural activities in the 1840's was the old Market House. In this building, a comprehensive exhibit details the history of architecture in Galena and the midwest. At the Inegar Hill Historic Lead Mine and Museum a visitor can gain understanding of the industry that made Galena a "boom town".

For more information about Galena and its youth hostel write:

Arthur S. Bowlby
40 High Street
Galena, Illinois 61036
(315) 777-0635

What the Fossil-Finding Found

The second official A.Y.H fossil-finding on June 2nd saw three different types of fossils. The first two were large. The most recent fossil "bench" in Harmerville was laid down by the Allegheny river when it carried pebbles and sand from the melting Illionian glacier about 25,000 years ago. The other large fossil was much older--in the neighborhood of 300,000,000 years old. It was a sandbank--probably once a sandbar-frozen forever in the cliff far above the present sandbars on the Allegheny across from Oakmont.

The other fossils were also about 300,000,000 years old. Like the sandbar, they are evidence that the Pittsburgh area was once, like the present-day Ecerglades, an area where any given spot was sometimes open sea, sometimes land, and sometimes fresh water. The animal fossils most found were the small almost hemispherical shells of brachiopods, a clam like creature that lived rooted by its "foot" to the sea floor. One skillful stone-chopper on the trip managed to remove from the rock three individual corals. Several others found pieces of stems of the plant like animal, the sea lily, a distant relative of the morden starfish.

At the abandoned coal mine in Dorseyville the trippers found evidence of the huge swamps that once covered Pennsylvania and became our coal fields. Ferns, grasses, and plant stems have left black carbon of their shapes in the rocks that were mud when the plant material was buried 300,000,000 years ago.

At this last site the fossils were so abundant that it was almost like picking similar numbers of living specimens--but not quite as easy to carry, certain trippers disorved as they walked home with bags full of rocks.

Hemistour - May 7, Quito, Ecuador

Greetings from the equator!
We're back on the road again.
Our 1973 summer break stretched
to 5 months due to Dan's hepatitis
and funding problems. Dan
and Lys are remaining the U.S.
working on Bikecentennial '76.
In late November we started
out from Salina Cruz, Mexico
and have since covered 3,350
miles thru Guatemala, El Salvador,
Honduras, Nicaragua, Costa
Rica, Panama, Colombia, and
Ecuador. (Low point - theft
of Greg's bike in the Canal
Zone, now replaced by Lys';
High point - picnic lunch on
the equator). 13 different
riders have joined us for
this section including Lloyd
Marsh, Ruth Overstreet, Tom
Robson, Marni Jackson, Dick
Fetterman, Kunio Katsumura,
Jerry Green, Bill Marquardt,
Jack Scholl, and Charlotte
Herbst. The latest are Fred
Porter, Jeff Wyant, and Jeff
Wolf who are shooting 8,000
meters of movie film on bicycle
touring in South America.
We continue to accumulate
many photos, and hope to publish
a first rate book. It is
still not certain when we'll
have our second article in
"National Geographic". We are
about 6500 miles and ten months
from Tierra del Fuego. Remember
mail is as important to us
as food and tires to keep things
moving! Please let us hear
from you. Greg and June Siple,
HEMISTOUR, 317 Beverly Ave,
Missoula, Montana, 59801, USA.

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IN AND OUT West Va - a rugged spelunking (caving) trip in Greenbrier County.
Will also tour W Va State Fair and Green Bank Observatory. Aug 23- Sept 1

SCENIC CAPE COD BY Bicycle. four ten day leisure trips from Boston along
Cape Cod. An excellent novice trip. Cost \$90. leaving Jul 1, 15, 22, Aug 5

NOVA SCOTIA, P.E.I., CAPE BRETON A coastal adventure for those wanting an
intinerary free trip. only limits a group imagination, and energy. Aug 3-Aug 3

NEWFOUNDLAND BICYCLE CAMPING Newfoundland is big and the little fishing towns
and magnificent coast should be enjoyed leisurely, Jul 25 - Aug 11. \$110.

OPEN HOUSE

Open house is held every Thursday
evening. Everyone is welcome, member
or not. Doors open about 7:45
with the program starting at 8:30.
Come find out about us.

July 4 - Go hiking or bicycling
or canoeing. Have a happy Fourth.
No open house.

July 11 Mexico Adventure presented by
John Timo. The program covers
a broad part of Mexico and includes
the ascent of 18,000 foot Popocatepetl
volcano, visits the Parícutin and Colima
volcanoes, Mexico City and the pyramid ruins
of Teotihuacan and Cholula.

July 25 David Marshall of Environment
Pittsburgh to talk about
the rivers of Western Pennsylvania
and other environmental issues.
Find out what their pollution content
is and what we can do
about them.

July 18 Rock climbing a potpourri
of slides showing technique and
some local climbing favorites
like Seneca Rocks and Cooper Rocks.
A good preview of the July 23 trip.

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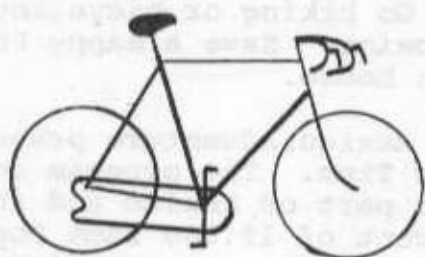
EXTENDED TRIPS Boston Council

The following are extended trips
put together by the Boston Council
of A.Y.H.. If you are interested
pick up the detail description at
headquarters, and call soon. It
may already be too late for some of
these trips.

PEUGEOT

RALEIGH

SCHWINN



SALES AND SERVICE

Floyd Newingham

Schwinn Bicycle Center
740 Fifth Avenue

New Kensington, Pa. 15068

335-6464

CANOE KAYAK
SAILING CRAFT

701 Wood Street
Wilkinsburg, Pa 15221
(412) 371-4802



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Instruction, Information

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kits. Only \$150 and a weekend's
work. Fun for the whole family!

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Parkway wet suits (20% discount for
AYH members). Neoprene skirt kits

Clement-Norse-Iliad-Swanson paddles
Stearns and Featherlite life
jackets. Quick-N-Easy and Concord
car top racks.

Waterproof paks/ Windbreakers
Ponchos/ Float bags/ Rope/ Helmets

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Call ROY WEIL for rates 681-5131

The TRIANGLE Reaches Over 1200 Active Outdoorspersons

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The Golden Triangle is a monthly publication of the Pittsburgh
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Pittsburgh, Pennsylvania, 15232. 362-8181 (Thursday evenings)

editor: Roy R. Weil
production: Joel Platt

Contributors: Galena Chamber of Commerce
Cliff Ham
Joe Hoechner
Cathy Lynch
Jim Roberts
Mary Shaw
Greg Siple

TRIPS AND TRAILS

The trips listed below are open to the public, except that A.Y.H. members have priority when the trip is limited. Trip costs include 40¢ for registration and insurance (\$500 medical) plus transportation costs (1½¢ per person per mile), and equipment rental. Call the trip leader to reserve or cancel, or for more detailed information.

Note: Please call the leader during normal hours 6:30-9:00 PM unless otherwise noted. Make reservations early but in no case should they be made later than the Thursday before the trip. The leader must plan transportation and equipment.

- ed July 3 Intermediate Bicycle on the northern end of the C & O Canal.
thru Trip will cover a leisurely 35-50 kilometers per day with
un July 7 stops often to examine the historic canal, ruins and guide
books. Will be camping along the canal with all equipment
carried on your bicycle. Contact the trip leader, Roy Weil
or Mary Shaw for additional details. Trip size limited. 681-5131
- uly 4 Intermedite Backpacking with Bob Schatz someplace, sometime.
weekend details to be arranged with the participants. Call Bob
653-1613 for details
- at July 6 Sail one of the Councils canoes or join the group with your
own sailboat. Call Gordon Bugby 371-4233 to reserve a spot.
Cost \$5, lunch required, dry clothes recommended.
- un July 7 Family flatwater canoe with Peggy, Barry and the little
Walkers. Bring the little ones along on a flatwater trip.
Bring lunches, kids, swimsuits, childrens lifejacket (required)
and about \$4.00. Reserve with Peggy or Barry at 521-4708.
- un July 7 Beginners hike covering 20 kilometers on the Laurel Highlands
Hiking Trail. Leave headquarters at 8:30. Reserve with the
trip leader Karley Grapes at 863-6870. Bring lunch, wear
hiking shoes, and \$2.40
- on July 8 Map reading II The second session of how to read and use a
map while hiking in the woods. Bring pencil and paper to
headquarters at 7:00PM
- ue July 9 Beginner-intermediate bicycle through Washington-Green county.
Trip will cover about about 50 kilometers, leaving headquarters
at 8:30 and returning by 5:00 PM. Cost 2.50. call Jim Roberts,
362-5792 for reservations. Reservations are a must for this
trip.
- hur July 11 Beginner hike checking out a trail in the New Hiking Guide.
Will leave headquarters at 8:30 AM and return by 5:00 PM.
Reservations with Jim Roberts, 362-5792 are necessary for
this trip.
- at July 13 Beginner Hike with Joe Levine going somewhere, someplace,
easy. Will travel about 15 kilometers under own power.
leave headquarters at 9:00 AM, Bring lunch, and \$2:00.
Call Joe at 422 8287 for reservations.

TRIPS AND TRAIL CONTINUED

- Sat July 13 Beginners Canoe School. No experience necessary. Bring lunch kneepads, sun tan lotion and an adventurer's spirit. See Jim Roberts, 362-5792 for reservations. (call early this trip fills up fast). Around \$4.00 for cost. We furnish boat, paddle, lifejacket and instruction you bring the rest.
- Sat July 13 Rafting Bill Zinkand will again challenge the Yougioheny River with rafts and rubber duck. Call and reserve with Bill at 381-3555. Cost will be \$6.00. Bring lunch and dry clothes.
- Sun July 14 Intermediate Canoe School For those who have had at least beginner whitewater school and a couple of trips as well. Learn and practice paddling, maneuvering, and possible rescue methods. See Gordon Bugby or call 371-4233 for reservations. Cost \$6.00. Bring lunch, kneepads, and dry clothes.
- Sin July 14 Beginner-intermediate cycle Discover nearby Amish farmland at New Wilmington Pa. Cycle approximately 35-50 kilometers past large farms, and small hills (or is it small farms and large hills??) Cost \$5.00. Reservations required from Joe Hoechner, 343-2465. Leave headquarters at 8:15AM Bring lunch and swimsuit.
- Mon July 15 Map Reading I You say you don't know what the funny looking arrow means on the map, and what all those wavy brown lines on the map mean. Then come to this class. Find out the meaning of those strange words "contour" "topographical" and what the green, red and blue mean on the map. Bring pencil and paper to headquarters at 7:00 PM. See Jim Roberts for futher details
- Sat July 20 Beginner Cycle Join Jolly John Hayes for a mature afternoon cycle in the parks. Cover an interesting 15-20 kilometers, thru your favorite town. To reserve call Jon at 325-2345. Leaving headquarters at 1:00 PM
- Sat July 20 Easy whitewater canoe trip (if there is any to be found. "K"Kathy Lynch will lead. A good chance to learn and practice what you found out about last week at the schools. Reserve at 243-1919. Bring lunch, swinsuit, and \$5.00.
- Sun July 21 Closed boat school A repeat of June's sellout event! You will need you own equipment for this one. Randy Bugby will take reservations at 371-4233, Cost will be about \$3.50 which includes instructor fees for all the instructors
- Fri July 19 Intermediate Backpack to the Dolly Sods area. Leave head-
 Sat July 20 quaters Friday night at 7:00 PM and return alate Sunday'
 Sun July 21 evening. Need full Backpacking gear. Reserve with John Bohrer at 561-6363.
- Fri July 19 Good Beginner bicycle Join Mike and Marta Hurwitz for
 Sat July 20 their annual Gettysburg National Park tour. Reservations
 Sun July 21 needed. Total cost around \$25 including food and transpor-
 tation. For experienced beginners and up. Travel around
 the country side of Gettysburg reading historical markers
 and listening to tour guides. Leave Fir night at 6:00PM
 Bring swimsuit. Call Mike at 731-1083.

STILL MORE TRIPS AND TRAILS CONTINUED

- Tue July 23 Beginners Rock Climbing School Learn a few knots, handle some of the equipment, and become familiar with some of the rock climbing techniques. This school is required for Saturday's climb if you have not been climbing before with A.Y.H. Meet at headquarters at 7:30PM Call Barry Johnson at 921-3278 for information.
- Sat July 27 Beginners Rock Climbing at White Rocks. Climbing ground school or experience required. Bring climbing boots (hiking boots with narrow soles) or sneakers, and leather gloves, lunch. cost \$2.50. Reserve with Barry Johnson at 921-3278
- Sat July 27 Intermediate hike at Hell's Hollow. Call Terry Sickler at 243-2710 for reservations and details
- Sat July 27 Beginner canoe trip with Fred and Eileen Hull. Couples can watch this amazing husband and wife team, who have been observed to be still speaking to each other, after a trip. Bring about \$5.00, lunch, swimsuit, and change of clothes. Leave headquarters at 8:30.
- Sun July 28 Rafting lead by Jim Gogots who leads the trip just to climb "Hernia Hill" at Stewarton afterwoods. Call Jim at 281-4462, Bring lunch, dry clothes, and about \$6.00
- Sun July 28 Intermediate hike and swim on the Baker Trail. We will be swimming in Crooked Creek so be sure to bring you swimsuit and towel along with lunch. Call Larry Giventer at 422-9282 for reservations
- Sun July 28 Intermediate Cycle Join Sam Carlson and friend for a senic Slippery Rock Creek Ride. We plan to cover about 50 kilometers. Need lunch and \$4.50 Meet at headquarters at 8:15 to reserve call Sam at
- Sat July 27 Intermediate Backpack lead by Mike Wolf. Call 563-4368
- Sun July 28 for details
- Fri July 26 Caving with a car camp Friday night. Leave headquarters
- Sat July 27 Friday night at 7 PM and return Saturday evening late. Trip will go thru some West Virginia Cave. Call Norn Snyder at 371-2371 for reservations.
- Sat July 20 Extended Intermediate bicycle Joe Hoechner would like \$5 thru deposit for his T.O.L.I.N.Y. cycle trip. Trip includes
- Sun July 28 drive of 475 miles (to Long Island) and 7 days of various distance flat road cycling. Campsites free with gear being schullted. Approx cost of \$25 for gas, tools, food, etc. Call Joe at 343-2465 for reservations and details

EVENING CYCLE TRIPS leave the headquarters each Tuesday and Thursday evening at 6:30 PM and return before dark. Usually city parks, city bikeway or city back roads are toured. A few bikes are available for rental. Call trip leader for rentals. No reservation needed. July 2 Jim Roberts 362-5792, July 4 No meeting, July 9 Pat Wolf at South Park Swimming Pool (no rentals) 563-4368, 11 John Bohrer 561-6563, 16 Claudette Falkenhan 531-1824, 18 Joe Hoechner 343-2465, 23 Larry Giventer 422-9282, 25 Dave Barbour 243-2870 30 Helen Brinka 431-6491

MON	TUE	WED	THUR	FRI	SAT	SUN
1	2	3	4 NO MEETING	5	6	7 BEGIN HIKE FAMILY FLATWATER
	EVEN CYCLE		ARTICLES	BACKPACK BICYCLE C + O CANAL		
8 MAP READING II	9 BEG-INT BICYCLE BOARD MEETING EVEN CYCLE	10	11 MEXICO ADVENTURE BEGIN HIKE A TRIPS EVEN CYCLE	12	13 BEGIN HIKE BEGIN CANOE SCHOOL RAFT	14 BEGIN-INTER CYCLE INTERMED CANOE SCHOOL
15 MAP READING I	16 EVEN CYCLE	17	18 ROCK CLIMBING SLIDES EVEN CYCLE	19	20 BEGIN CYCLE EASY WHITEWATER INTERMEDIATE BACKPACK GETTYSBURGH CYCLE	21 CLOSED BOAT SCHOOL
23	23 BEGINNER ROCK CLIMB SCHOOL EVEN CYCLE	24	25 DAVID MAR- SHALL ENVIRONMENT PITTSBURGH EVEN CYCLE	26	27 BEGIN ROCKING INTER HIKE BEG CANOE INTERMEDIATE BACKPACK	28 RAFT INT HIKE INT CYCLE
EXTENDED TRIP - CYCLE TOUR OF LONG ISLAND NEW YORK						
29	30 EVEN CYCLE	31	J U L Y			

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