



# Golden

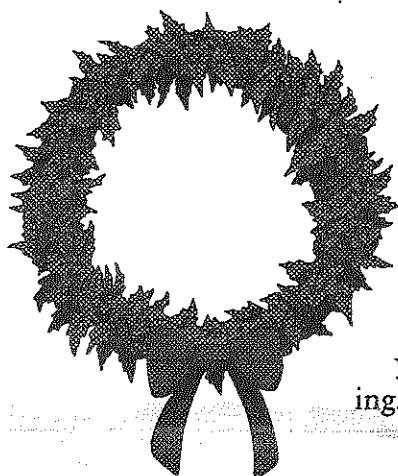
Volume 43, Number 12

# Triangle

December 1992

## Come to Our Party!

The annual AYH Holiday party will be held on December 17, 1992 at the home of Barbara Hanusa 6966 Edgerton Avenue. As usual we will start assembling the Triangle at HQ at approx 6:30 PM. We will be caroling to Barbara's house after the Triangle processing is completed. All members are



encouraged to bring a food or drink item to the party. Please call Helen Coyne in the office, 422-2282, to let her know what you will be bringing.

## Annual Meeting to Reconvene December 10

The 1992 Annual Meeting on October 16th turned out to be a pleasant evening for all who attended. The following officers and board members were elected:

President:	Marianne Kasica
Vice President:	To be elected
Treasurer:	Roy Weil
Secretary:	Larry Laude
Directors:	Maribeth Hook, Marianne Kasica, Larry Laude

However, due to the lack of a quorum, we could not conduct the remaining business of the meeting. Those present decided to reconvene the meeting at a later date.

This article serves as official notice that the 1992 Annual Meeting will be reconvened on Thursday December 10th, 1992 at the regular Thursday evening Open House immediately following the slide show (approximately 9:15 pm). The purpose of the meeting will be to conduct any business that may come before the Council, including approval of the minutes from the 1990 and 1991 Annual Meetings. In addition, due to an omission on the ballots included in the October newsletter, there will be a runoff election for the office of vice president. Jon Maiman and Linda Smithyman, both currently vice presidents, have both been nominated for the single vice president position to be filled this year.

Hot cocoa and cookies will be served at the conclusion of business.

*Marianne Kasica,*  
Secretary

### Featured in this Issue...

#### Christmas Party

AYH Annual Christmas Party

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#### Annual Meeting

1992 Annual AYH Meeting

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Nansi Janes' Wilderness Lodge

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Address changes and mail regarding this newsletter should be addressed to:

**The Golden Triangle**  
6300 Fifth Avenue  
Pittsburgh, PA 15232  
(412) 362-8181  
Office: (412) 422-2282

## Newsletter Contributions

Contributions to the newsletter are welcome. You can submit them in three ways:

- ◆ Typed
- ◆ On diskette
- ◆ By email

Handwritten submissions can be difficult to read, so avoid them if at all possible.

There are several diskettes in the newsletter box at headquarters; please feel free to use these for submissions. To send by email, use the editor's Compuserve address:

75330.3711

# Volunteer News and Opportunities

## Pittsburgh Council Activity Chairs

<i>Bicycling</i>	
Chuck Ejzak .....	466-6196
Bill Eberle .....	833-9732
<i>Canoeing</i>	
Royanne Mac .....	335-7326
<i>Climbing</i>	
Eric Bauer .....	687-0766
<i>Cross-County Skiing</i>	
Fred Parker .....	856-4713
<i>Family Activities</i>	
Barbara Hanusa .....	441-7205
<i>Hiking &amp; Backpacking</i>	
Jim Ritchie .....	828-0210
Pat Tieman .....	561-3286
<i>Kayaking</i>	
John Gayler .....	366-4062
Ray Yutzy .....	341-5682
<i>Mid-Week Rambles</i>	
Cliff Ham .....	687-4520
<i>Rafting</i>	
Jon Maiman .....	441-2306
Linda Smithyman .....	531-1868
<i>Sailing</i>	
Bob Zavos .....	241-0659
Joel Hough .....	371-4986
<i>Sea Kayaking</i>	
Mark Mistrik .....	441-8293
<i>Volleyball</i>	
Jeff Marsh .....	384-7827
<i>Trips Coordinator</i>	
Janet Supowitz	

## About AYH

American Youth Hostels is a non-profit organization which promotes international understanding, educational and recreational travel, good citizenship and an appreciation of America. AYH does this by bringing travelers of all ages, backgrounds and nationalities together in hostels and by providing low-cost travel programs. AYH is the US affiliate of the International Youth Hostel Federation (IYHF) which coordinates more than 5,400 hostels worldwide-the largest network of accommodations in the world.

### Dec. Deadlines

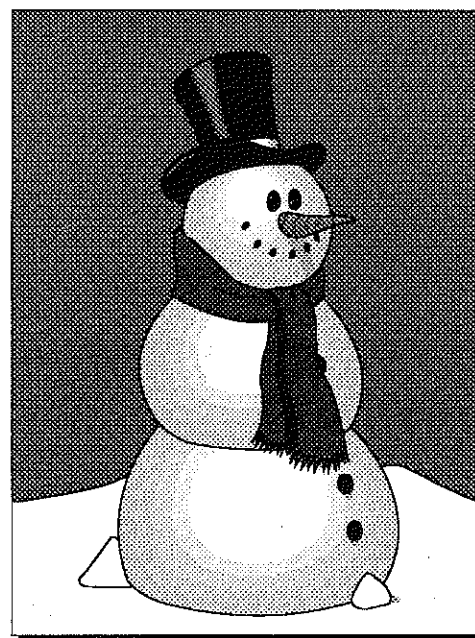
**All Copy**  
**November 5**  
**Labeling and Mailing**  
**November 19**

## A New Roof for Headquarters

No more leaks! Yes, after many years of debate, we finally replaced the roof on the AYH activities building during November. True, we won't be able to look at the stars anymore, but we also won't have to worry about getting things wet every time it rains. Thanks to Ben Brugmans for getting the bids and supervising the job.

## Chairs for Sale

We recently replaced the chairs at Headquarters. Now we have to get rid of the old ones. Some were hopeless and were thrown out. The rest are now available for YOU. Pick up some extra chairs for company or for the cat. Some are free(!), others are \$5 apiece. Come and get them while they last. Ask for Marianne or Larry at any Thursday evening Open House.



## Letters...

[Letters to the editor are welcome. Letters will be edited to conserve space when necessary. Letters are published at the discretion of the editor.]

## Oops...

If you find an error, please notify the editor. See the address for the *Golden Triangle* at the left.

## Pittsburgh Council Hostels

### Ohioyle AYH Hostel

Ohioyle State Park  
PO Box 99  
Ohioyle, PA 15470  
(412) 329-4476

### Living Waters AYH Hostel

RD #1 (1 mile west on Route 30)  
Schellsburg, PA 15559  
(814) 733-4212

### Charleroi Youth Hostel (SA)

Rego's Hotel and Restaurant  
601 McKean Avenue  
Charleroi, PA 15022  
(412) 483-6200



## Hiking Britain's Long Distance Trails

If you'd like to sample Britain's long-distance trails, one phone call can solve the problems of choosing a route, finding the maps and guidebooks, arranging for transport, and finding accommodations. A company in Britain can arrange a tailor-made walking tour for you on any of 12 official long-distance routes. You choose the route, the number of miles per day, and the sort of accommodations; they do the rest, including arranging baggage transfers between hotels so that you only have to hike with a day pack.

This service is recommended by an American who now works for the British counterpart of the American Hiking Society, the London-based Ramblers' Association, an organization of 88,000 hikers that lobbies for improvements to Britain's 140,000 mile network of footpaths. Contact FOOTLINES, Box D/19, 114c Waddon New Road, Croydon, CRO 4JE England; telephone 44-81-686-0443; fax 44-81-680-2109.

(Summer 1992, *Pathways Across America*)

**ADVERTISE!** Classified ad space available for \$5 per month. Non-commercial ads for trips, travel, and outdoor equipment are free to AYH members. Ads normally are run for two consecutive months. Send your ad copy (preferably typed!) and AYH pass number to:

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## Cross-Country Ski Weekends Wilderness Lodge

January 29 to January 31, 1993

February 5 to February 7, 1993

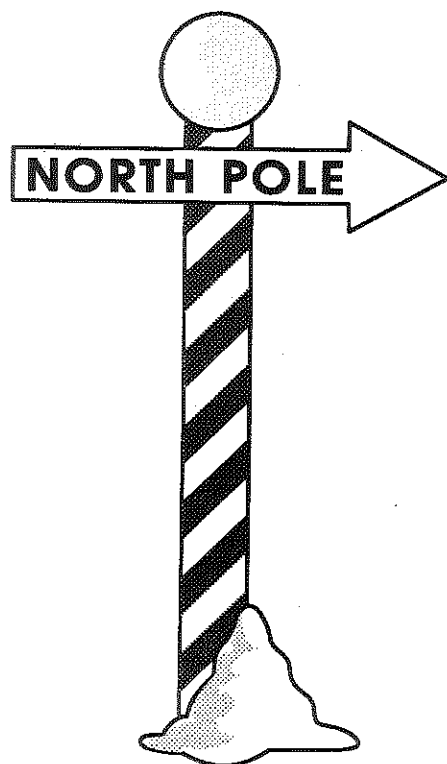
If you like your lodging intimate and rustic, and your ski trails tracked and groomed, these weekends in the Erie snow belt near the New York border are for you. Nansi Janes' Wilderness Lodge has been a perennial favorite of AYH cross-country skiers who enjoy the miles of groomed trails. Peek'n Peak is also nearby for the enjoyment of the down-hill skiers. After skiing come warm up by the fire with a glass of your favorite beverage.

The cost of the weekend includes lodging Friday and Saturday nights, and a delicious candlelight dinner Saturday evening. A vegetarian meal is available upon request. Breakfasts and lunches are available at the lodge at an additional cost. The rooms are mostly hostel style accommodations with three to six people in a room, but there are three double rooms available as well. Space is strictly limited to 36 persons each weekend. We will reserve entire rooms for you and your friends if you wish. This does not include transportation, but we will assist with car pooling.

The cost: **\$50.00 for weekend**, for AYH members and **\$60.00 for non-members**. Three private rooms with a double bed are available for **\$60.00 per night** for AYH members and **\$70.00 per night for non-members**. Trail use fee is \$5.00. Be prepared to purchase trail tickets at the lodge.

How to reserve: Call Helen Coyne at the AYH Office at 412-422-2282 to make reservations for the weekend you want, then send a check made payable to Pittsburgh AYH for the full amount. Please reserve early. These trips fill up fast!

The fine print: There can be no refunds after 21 days before each trip unless we can find a replacement for you. In any case, however, we will keep a \$10 processing fee.



Name: \_\_\_\_\_ AYH Pass # \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_

Enclosed is a check for \$ \_\_\_\_\_

☐ I will drive and can take \_\_\_\_\_ passenger(s).

☐ I need help finding a ride.

☐ I will drive and meet the group at Wilderness Lodge.



## Mid-Week Rambles

- December 2 Allegheny Cemetery**  
Wed Tour of Allegheny Cemetery  
Leader: George Westcott, 279-5375
- December 9 Shadyside**  
Wed Christmas decorations, churches, homes and stores.  
Leaders: Cathy and Dave Sadler, 361-3707
- December 16 Phipps Conservatory**  
Wed Winter Flower Show at the Phipps Conservatory: Poinsettias, cyclamen, chrysanthemums, and Panda Bears. Admission charge: \$1.50 for seniors who are city residents.  
Leaders: Ruth and Dick Fischer, 521-9215
- December 17 AYH Caroling**  
Thurs Carol from HQ to Point Breeze. All welcome. Start from HQ about 7:30 pm.
- December 23 No ramble**
- December 30 No ramble**

**Notes for All Trips:** Meet in upper parking lot, Fifth and Shady Avenues, by ten o'clock each Wednesday A.M. or make alternative arrangements.

Trips are subject to change because of the weather, conflicts of schedule, and the will of the group. We will walk in all kinds of weather. Be prepared.

Please share expenses of transportation when trips exceed ten miles. Suggested: \$1 for each passenger.

Call Cliff or Marilyn Ham at 687-4520 for information about trips, but not after 10:00 pm.

## Cross-Country Skiing

A short slide show, accompanied with a discussion of equipment, waxing, clothing, and basic techniques, will be presented Thursday, December 10, at 6:30 pm to 8:00 pm at AYH Headquarters. Questions, please call Fred Parker at 856-4713.

<b>Dec. 19</b>	<b>Cross-Country Ski Trip</b>	
Saturday	Jeff Marsh	384-7827
<b>Dec. 20</b>	<b>Cross-Country Ski Trip</b>	
Sunday	Chuck Ejzak	466-6196
<b>Dec. 26</b>	<b>Cross-Country Ski Trip</b>	
Saturday	Judy Menosky	242-1573
<b>Dec. 27</b>	<b>Cross-Country Ski Trip</b>	<b>9:00am</b>
Sunday	Linda Smithyman	531-1868

Unless otherwise indicated, all cross-country ski trips leave AYH Headquarters at 8:30am.

No snow means no go.

Repeatedly chanting snow, snow, snow while stamping feet and throwing small pieces of white paper (biodegradable) sometimes results in snow.

Contact trip leaders for trip details.

## Sea Kayaking

**Saturday 26-December to Sunday 3-January 1993.**

Mark Mistrik 441-8293 home

Sea-Kayaking Roadtrip to Southern Florida. Trip will include easy sea-kayaking, camping, sightseeing, eating, hiking, and looking for an appropriate spot to welcome the New Year. Call for more information.

## Sailing

The AYH Sailing Program offers a variety of activities for a wide range of skill levels and interests. In the Spring and early Summer we offer introductory classes on Lake Arthur. During the Summer and early Fall we offer day sailing on Lake Arthur, weekend trips to other nearby lakes, and extended trips to distant places. Our fleet includes three Flying Juniors and an International 470.

Day sailing and weekend trips are open to AYH members who have completed our introductory course or equivalent. AYH members with no previous sailing experience may join a trip at the discretion of the trip leader. This will normally depend on skill levels of other trip participants. Guests are also welcome, but AYH members have preference up to 1 week before the scheduled date. Fees for day sailing are \$11 per day for AYH members and \$12.50 per day for guests. Contact Bob Zavos (241-0659) or Joel Hough (371-4986) for more information or to reserve a space.

**Early Dec.**

**Bahamas, US Virgin Islands, or South Florida**

Rick Tomlinson, developer of Pittsburgh Council's Sailing Program, will charter a larger sailboat in early December for at least a week long cruise. In prior years he has led trips along Maine's coast, the Florida coast, and several destinations in the Caribbean. More details will be available later, but if you have any interest contact Bob Zavos as soon as possible.

**Jan 15**

Fri., 6:30 PM

**Sailing Activity Dinner and '93 Planning Meeting**

Joel Hough 371-4986

Anyone interested in 1993 Sailing Activities is invited to a potluck dinner and planning meeting. We will discuss plans for equipment maintenance, new acquisitions, Lake Arthur Sailing Plans, Racing, Summer Classes, weekend trips (Pymatuning, Lake Chautauqua, Lake Erie, the Chesapeake Bay, Deep Creek Lake, Maryland), and extended trips (Michigan, the Caribbean, etc.)

**Feb. 5-7**

Fri-Sun

**Sail Expo '93 Atlantic City**

Bob Zavos 241-0659

Take a mid-winter weekend break to the Atlantic City Convention Center. Sailboats will be fully rigged and on display with a variety of equipment and accessories. There is a 40' x 100' indoor pool with wind supplied by industrial fans for demonstrations and instruction. There will be instructional seminars on: buying boats, maintaining boats, chartering, cruising, sails and systems, navigation, safety, and more. **America 3**, the boat that won this year's America's Cup, and many of the Barcelona Olympic Sailing athletes will also be present.

We depart Friday afternoon and stay overnight at the Philadelphia Hostel. After a group breakfast early Saturday, we drive to Atlantic City for the EXPO. Saturday night, we will stay in or near Atlantic City at a Guest House or motel. Sunday morning and early afternoon will be at the EXPO again or the Casinos, for those who feel lucky. We leave for Pittsburgh Sunday afternoon.

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## Tuesday Hikes

Hikers are welcome to join us on Tuesday evenings as we walk a 5-mile course up over Ridge Drive in North Park. We meet at the North Park Boat House at 7:00 pm. Good opportunity for backpackers to get a workout wearing their backpacks. For more information, call Helen Coyne at 776-0678.



## Hiking & Backpacking

- Dec. 4-5-6 Hocking Hills (Ohio) State Park - Car Camping**  
 Friday-Sunday Glenn Oster 364-2864  
 Car camping in Ohio's scenic Hocking Hills State Park. Day hiking along the Park trails seeking out gorges, caves, waterfalls, huge rock formations and scenic vistas. Intermediate level, 8+ miles on Saturday, less on Sunday. Call for info/reservations.
- Dec. 11-13 Hiking at Harper's Ferry**  
 Friday-Sunday Leader: Bill Lindgren Contact Clare Bunker: 244-9788  
 Saturday AM: Work party at Appalachian Trail Conference headquarters in Harper's Ferry; PM: Maryland Heights Trail, passing through the ruins of Civil War fortifications (10 miles), followed by Olde Tyme Christmas in Harper's Ferry. Sunday: Loudon Heights Trail or Paw-Paw Tunnel Trail. Intermediate hiking. Staying at Harper's Ferry AYH Hostel. Call for info/reservations.
- Dec. 12 Three Rivers Heritage Trail**  
 Saturday John Stephen 481-6644, and Jim Ritchie 828-0210  
 The Friends of the Riverfront are saving Pittsburgh's Three Rivers waterfront from a future of industrial blight. The Friends have conceived and promoted the TRHT concept in their vision of Pittsburgh in the 21st Century. Join John from the Friends and Jim from AYH as they lead the first open-to-the-public day hike from Washington's Landing (Herr's Island) along the Allegheny and Ohio Rivers to the West End Bridge and back along the Ohio and Monongahela Rivers all the way to Southside Riverfront Park. Rated intermediate: some scrambling; approximately 7 miles. Lunch at Station Square. Meets on Washington's Landing at 10:00 am near the Three Rivers Rowing Club. Call for info, directions and reservations.
- Dec. 13 Laurel Hill State Park**  
 Sunday Glenn Oster 364-2864  
 Hiking in Laurel Hill State Park, intermediate level, 8+ miles. Call for info/reservations.
- Dec. 15 Evening Urban Christmas Hike**  
 Tuesday Diane Bialecki 885-1074, or Mark Mistrik 647-7609  
 Spring into the Holiday season by sharing an evening with your AYH friends. Meet at Station Square and have dinner (group's choice of restaurant), then go on a walking tour of Downtown Pittsburgh to see the Christmas windows and holiday sightseeing. End the evening on a sweet note with dessert (Chocolate Fondue) at the Cheese Cellar. 6:10 pm at HQ, or 6:30 pm at Station Square.

### Missing: Thule Roof Racks

The sea-kayaking program is missing a set of Thule roof racks. If found, please contact Mark Mistrik at 647-7609.

## December Slide Shows

Pittsburgh Council has a weekly Open House from 8 to 10 pm Thursday evenings at its headquarters at 6300 Fifth Avenue (near Fifth and Shady; we're next to the Pittsburgh Center for the Arts). A slide show starts at 8:15 pm and is followed by announcements for the week's activities. Memberships and publications are available at the membership desk.

### December 3

"A Dozen Outdoor Adventures in Western Pennsylvania"  
 Ed Divers

### December 10

To be announced

### December 17

Annual Christmas Party

### December 24 & 31

Closed

To schedule a slide show, call Tom Rodgers at 621-6310

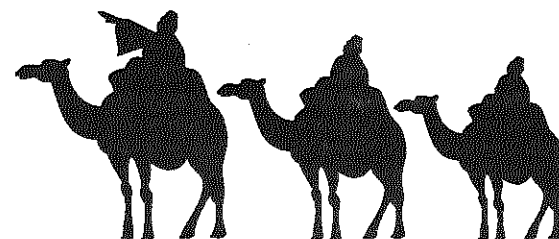
## Sea Kayaking Basics

by Mark Mistrik

Sea-kayaks are the direct descendents of the Huntsman's boats or Eskimo Kayaks and are now gaining popularity as versatile recreational craft. Structurally, they are longer than whitewater kayaks and they incorporate more stable hull designs with keels for straighter tracking. Sea-kayaks are touring craft. You paddle them rather than relying on a river current for their motion, and proper paddling technique is a good form of low impact aerobic exercise. The club's sea-kayaks have been used in local flatwater rivers and lakes, swamps rich in wildlife, exploring coastlines on the Great Lakes, and ocean touring in the Atlantic from the Outer Banks of North Carolina to the seacoast of DownEast Maine. Autumn is a good time to try sea-kayaking. The boat and sprayskirt provide insulation to keep you warm even in cold weather and protect against the wind, water and waves. In cooler weather you will need layered clothing that can be adjusted for comfort, an old pair of shoes that might get wet or muddy, a hat, sun lotion and sunglasses, raingear, a water bottle and lunch. A complete change of clothes and a towel should be double-wrapped in water-proof bags and brought along. Contact the trip leader about local conditions and details about the trip.

The Program: If you're interested in learning sea-kayaking, remember: easier trips are planned earlier in the season, then longer or more technical trips for later in the summer and autumn. Introductory trips are scheduled weekday evenings to small, local lakes where there is no destination, or group to keep up with. You can learn to paddle straight and efficiently, carve turns, brace or roll the kayaks at your own pace.

The last evening Intro trips will be offered in September. Two longer trips are planned for late summer: the Bruce Peninsula in the Georgian Bay of Lake Huron in Ontario, Canada over an extended Labor Day weekend, and Lake Powell, Arizona at the end of the Grand Canyon, in late September. Here you can paddle flatwater at the bottom of deep canyons, under stone arches, and be surrounded by some of the best scenery in the Southwest. Lake Powell will be a combination of easy paddling, kayak camping, hiking and swimming out from the camp. The Georgian Bay trip is an intermediate-level trip into Thirty Thousand Islands and will involve some open water crossings and island-hopping (weather permitting). Call if you're interested in any of these trips or want more information.



## A Christmas City Hike

Are you tired of driving for hours for a short hike? Would you like to enjoy different areas of Pittsburgh and suburbs? Begin by coming on this first city hike on Sunday, December 6th. We will meet at headquarters at 12 noon and explore the East End, Homewood Cemetery, Clayton, and the Frick Mansion. Please call to reserve a spot by Friday, December 4th. This will be an easy hike. Call Joan Rooff at 795-8345 for reservations and further information. The cost of going through Clayton is \$5. If anyone does not want to go through Clayton, you may walk in Frick Park instead.

## Attention: January and February Trip Leaders

If you are interested in leading a hiking or backpacking trip during the months of January or February, please call Jim Ritchie, 828-0210, prior to the "copy deadline" published in the *Golden Triangle* for these months, usually the second Thursday of the prior month.

## Hiking and Backpacking News for December 1992

### FOOTNOTES

by Jim Ritchie

AYH Hiking/Backpacking had a great fall season with 31 hiking/backpacking trips listed in the *Triangle* during the 3 months of September, October and November. Many of our newer trip leaders, including **Ron Boone**, **Maynard Hanson**, **Helen Coyne**, and **Veronique Schreurs** led autumn trips this year. **Joan RoOLF** had a great trip planned to Allegheny Gorge near Kennerdell, but had to cancel it when she realized it was scheduled for the opening day of small game hunting season.

**Bill Lindgren** and **Clare Bunker** led the Slackpackers on 4 trips to the Virginia/Shenandoah theater; there were 3 hikes led by **Blanche Asherman** on the Rachel Carson Trail; two on the Baker Trail: one each by **Glenn Oster** (maintenance hike) and **Pete Srini**. We had our first (recently) Activities Weekend, at Ohiopyle, organized by **Jon Maiman** with hikes led by **Tom Kaveney**, **Jim Ritchie**; and **Mike Lubich** of the Warrior Ridge Orienteering Club in Washington County put together an Orienteering Event. We had 10 overnight trips (7 backpacks). Two backpacking trips were back-to-back week-long events, led by **Glenn Oster** on the Appalachian Trail, Great Smokey Mountains National Park.

**Jon Maiman** has been taking classes leading to certification as an EMT. This reminds me that at the Annual Hiking and Backpacking organizational meeting, held at **Linda Smithyman's** house last March, we discussed and all agreed that first aid training and equipment were a general concern of all and should be made a high priority. Activities that need to be done include taking an inventory of AYH first aid kits, CPR training, first aid classes, and making available to trippers medical information and supplies to include in their personal gear. We have not been able, due to the absence of volunteer time to take charge of these projects and to pursue these needs. If YOU are interested in organizing a "project team", give me (828-0210) or **Helen Coyne** (776-0678) a call.

**Joan RoOLF** would like to start a weekend ramble series. Joan's idea is to organize walks around the Pittsburgh metro area that combine an aerobic experience with an interesting destination or focal point, and perhaps food i.e. lunch en route.

Destinations might include special events like neighborhood festivals, fairs and places like Clayton or Mt. Washington. Some rambles might focus on a neighborhood like Squirrel Hill or Bloomfield. As a special version of the weekend ramble, Joan is thinking about the feasibility of a progressive dinner ramble. If you think it's a good idea, give Joan a call and let her know (795-8345). If you know of good ramble destinations or events, tell Joan.

**Mort Kurman** is going to the Allegheny National Forest in the beginning of November to backpack from Willow Bay to the south along the North Country Trail, staying over at the Handsome Lake Campground. Mort may be hiking in the snow!! When I was up there in mid-October, I was surprised to see that the Kinzua Reservoir water level was still substantially below normal.

**Blanche Asherman's** Rachel Carson Trail hikes are generating a lot of enthusiasm for Allegheny County's best and most famous hiking trail. **Sid Waddell** told me how he has lived next to the trail for years and never had a clue it was there. He is especially looking forward to the Blanche's November hike on the RCT through Harrison Hills, his own neighborhood.

Many thanks to **Dan Liebel** who has been working with a group of Fox Chapel High School students, introducing them to trail maintenance activities on the Rachel Carson Trail. Dan contacted me last year and told me that he was working with a special group of students who have a high level of interest in the environment and in outdoor activities. His group was very interested in how they could apply their interest toward trail maintenance on the RCT. Dan, a group of six FCHS students, and I took an introductory hike on the RCT through the Crouse Run area in the North Hills. Later that year Dan and his group returned and did some blazing and trash removal along the route.

This year Dan is back. His group is now channeling its efforts through a science class at FCHS. Dan has joined AYH as a member and several of his group are doing so as well. We welcome this student interest and Dan's leadership.

During December, January, and February, hiking activity is in a lull. During these months I will not be calling our regular trip leaders for hiking or backpacking

listings so if you are interested in leading a hike during these months, give me a call and we will make certain your listing gets into the *Golden Triangle*.

Winter is a great time to hike. Contrary to most people's expectation, you never get cold (except maybe if you stop too long for lunch). Most of the vegetation has died for the season so that many areas that are nearly impassible during the rest of the year are very accessible. Also, if you aren't really crazy about bugs or snakes, it's not likely you'll see many in January.

**Helen Coyne** led a beginner's backpacking trip to the Allegheny National Forest in October with plans to hike along the Rimrock-Morrison Trail. At last count, she had 7 trippers signed up.

**Glenn Oster** went backpacking on the Quehanna Trail at the beginning of November, with a group of 5. Glenn says the Trail was a little hard to follow in some spots, especially

where the tornadoes roared through the forest in 1985. There were also a couple of spots where the slope on the trail was so steep, it was extremely difficult to negotiate, especially with a 40-pound pack. Glenn stopped at Parker Dam State Park office after the trip to suggest the rangers consider rerouting and maintenance to improve the trail. Just by coincidence, it so happened that the Keystone Trail Association, as a part of their *TrailCare* program were scheduled to come in the very next week for a weekend of trail maintenance. So the ranger assured Glenn he would pass on his notes to the group. Nice timing, Glenn.

Glenn has also listed in this issue of the *Golden Triangle*, several updates for your *AYH Baker Trail Hiking Guide*. Be sure to pull your Guide out and update the maps and text. Better yet, cut the article out and just insert it into your Guide.

While hiking through the north wall of Packsaddle Gap late in October, I was amazed at the amount of Japanese knotweed that had taken over the lower elevations of the trail, toward the Conemaugh River. That stuff seems to be everywhere. Parts of the Baker Trail between Garver's Ferry and Schenley are likewise taken over. In fact a Sierra Club group had a terrible time navigating through this stuff on a hike in September. I don't ever remember seeing or dealing with Japanese knotweed when I was a kid. Is it my imagination or is this something that has been introduced into our environment just recently (the last 10-20 years). This stuff seems to be taking over the earth, especially through the river valleys. According to my wild edibles book (**Ron Boone-pay attention here!!!**), the young shoots up to one foot high are edible, having a flavor similar to rhubarb, and can be cooked into pies or jam or used fresh in salads. My book says they are also difficult to eradicate, extending rhizomes underground to spread.

While scouting Packsaddle Gap, I parked my car at an abandoned bar in Robinson, PA called the "Gin Mill", across the Conemaugh River from Bolivar. After eyeing me with some amount of curiosity for a short time, one of the neighbors came over to chat while I was organizing my gear. The Gin Mill had apparently been a trouble spot and he was concerned that I might be someone coming out to try to reopen it. He was relieved and much friendlier after learning I had just come out to go hiking for the day. He even told

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me how to get to a nifty waterfall on Roaring Run near the beginning of my hike, watched my car for me all day, and waved me off as I left town around 6 pm that evening.

Clare and Bill, by the way, are projecting battlefield hikes in 1993, starting off with Antietam and Masassass Battlefields. Be sure to watch the *Golden Triangle* for more information in '93.

Linda Smithyman is making all the arrangements for her Fourth Annual New Year's Day Hike in Frick Park. This is a wonderful way to start off your New Year: enjoying the outdoors, enjoying your friends and breakfast at Rhoda's after the hike.

## Baker Trail Improvements

by Glenn Oster

Several areas along Baker Trail north of Interstate 80 (I-80) had fallen into serious deterioration in the past few years. A number of improvements, including rerouting the trail in several places, have restored the route for BT hikers. The following are details of changes made to the *AYH Baker Trail Guide*. You may insert this article into your guide and/or make the changes described below directly to the maps in the Guide.

1. *Baker Trail Guide* Map #14: North of I-80 the trail eventually followed Glenn Road (no relation) to a "T" intersection, turned right for 600 yards and then turned left for about 0.3 miles to a pipeline, where it then turned east. The woodland through which the trail crossed was logged twice, and the trail was left in a state beyond reclamation. As a result, it has been moved to pick up the pipeline earlier. At the "T" intersection mentioned above, hikers will turn left for about 200 yards to a blazed right turn up the driveway of the William Wanglers family and then directly onto the pipeline.

2. *Baker Trail Guide* Map #14: At the crest of the climb up Pendleton and Spangler Runs, north of Mill Creek, wind damage had toppled so many large trees and so many limbs had fallen on the trail that trail maintainers had ceased to attempt blazing this section from here to Summerville Drive, near the village of Fisher, a section of about 0.8 miles. As a result, the trail disappeared!! This section of the trail has now been rebuilt and should cause hikers no problem, assuming regular follow-up maintenance. 3. *Baker Trail Guide* Map #15: With the help of (and my thanks to) Kirk Slater, an AYH member living in New Castle, and Laura Neville, currently a non-member, we reblazed and cleared the trail for approximately four miles to the paved road connecting the villages of Fisher and Sigel. The last two miles of this section cross a woodland with grassy logging roads, but time had taken its toll. This section is now in good shape.

## Classified

All trips and products listed here are private and are not sponsored or endorsed by American Youth Hostels.

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**Bike For Sale:** Miyata 610 19-inch touring bike, 18 gears, Shimano components - biopace. Backrack and water bracket included. Great condition. North Hills area. Asking \$325. Call Francine Porter at (h) 487-6509, or (w) 623-2116. (1)

**For Sale: Matching Pair Rectangular Goose Down Sleeping Bags,** 3 lbs., just professionally cleaned, with stuff sacks \$75 pair. Roof top bike rack, holds 4 bikes, "grabber" style for car with real rain gutters. \$50. Call Joe Hoechner 242-0781. (2)

**Wanted: Specialized Expedition 56cm, for parts.** Will buy entire bike or parts. Call Keith at (708) 655-1112, 24 hours. (2)

**Wanted: Burley bicycle trailer.** Collapsible model preferred. Please contact John Charney, Day: (412) 469-2210; Evening: (412) 655-7609. (2)

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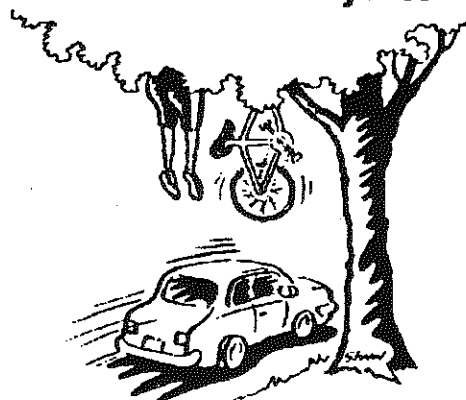
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- ☐ **AYH Outdoor Food Book** contains menus, recipes, food preparation tips and food planning ideas for canoeists, bicyclists, backpackers, ski tourers and other outdoor-oriented people. 144 pages, 25 photos and illustrations. 1st Edition (1981) ..... \$3.00
- ☐ **Baker Trail Guide** describes the 141 miles of the Baker Trail from Allegheny National Forest to Freeport PA. 38 pages with complete topographic maps. Published by AYH. 35th Anniversary Edition (1987) ..... \$4.00
- ☐ **Canoeing Guide to Western Pennsylvania and Northern West Virginia** contains information of 270 canoe trips on 3,040 miles of streams in western Pennsylvania and northern West Virginia. 480 pages, illustrated. Published by AYH. 8th Edition (1991) ..... \$13.95
- ☐ **NEW! Fifty Hikes in Western Pennsylvania** by Tom Thwaites describes 50 of his favorite hiking trails in western Pennsylvania. *Fifty Hikes* contains lots of interesting background material on the history and geology of each area. 206 pages, 60 pages of maps, 48 photos. Published by Backpacker Books. 2nd Edition (1992) ..... \$11.95
- ☐ **Hiker's Guide to Laurel Highlands Trail** describes the 70 miles of the Trail from Ohiopyle State Park to Conemaugh Gorge atop Laurel Ridge. Published by the Allegheny Group of the Sierra Club and the Western Pennsylvania Conservancy. 128 pages, 24 pages of maps. New 4th Edition (1992) \$5.00
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- ☐ **Pennsylvania Hiking Trails** describes more than 290 trails and hiking areas throughout Pennsylvania. Published by Keystone Trails Association. 224 pages, 94 maps. 10th Edition (1987) ..... \$5.65
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## Pittsburgh Council Office

The Pittsburgh Council office is open Monday, Wednesday, and Friday from 9:00 am to 2:00 pm, and Tuesdays from 12:30 to 5:30 pm. We're in Room 204 of the Wightman School Building at 5104 Solway St. in Squirrel Hill, near the intersection of Wilkins and South Negley. All passes, ID cards, Eurail passes, and books are available. Call 422-2282.