



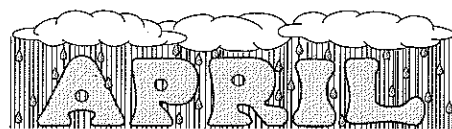
# GOLDEN TRIANGLE

American Youth Hostels, Pittsburgh Council

*Hostelling International, is a nonprofit organization dedicated to helping all people, especially the young, gain a greater understanding of the world and its people through hostelling.*

VOLUME 46, NUMBER 2

APRIL 1996



## Features

Reserve a spot for one of AYH's hottest classes. It's that time of year again for the annual AYH Sailing classes, whether you are a first timer, or an old salt that needs a brush-up course, check out what we have to offer. See page 4 for details.

Join the Pittsburgh Council for one of our specialties, Sea-kayaking. Participants are always guaranteed a good time with plenty of great folks, tasty food at interesting eateries and plenty of first hand instruction. This year proves to be one of the best yet!!! The schedule is planned, so don't delay in joining one of our many diverse trips. See page 6 for details.

HI-Pgh on the information super highway, point your browser to;  
<http://info.pitt.edu/~marianne/ayhpg.html> for the latest on activities, slide shows & local hostelling.



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.....And MORE!!!

## ADOPT-A-(HIKING) TRAIL

The Baker Trail and the Rachel Carson Trail Need YOU!!

-by jim ritchie

Volunteer maintainers are needed once again for the Baker Trail and the Rachel Carson Trail for 1996 so we can replace the people who are not able to continue this year. The Rachel Carson Trail is in Allegheny County while the Baker Trail runs from Freeport, Allegheny County, all the way to the Allegheny National Forest 141 miles distant.

We expect the maintenance volunteers to donate two days of their time over the summer: one day in the Spring to put up fresh blazes and a second day in the Fall to walk through trimming and pruning, picking up trash along the trail, a making notes about any major work that needs to be done. Your report, just a telephone call to me, will let us know how to plan our major projects for the next year.

All Adopt-A-Trail maintainers will get a free Baker Trail or Rachel Carson Trail. If you are more comfortable working in a group and volunteer for weekend projects, anyone who volunteers for three days of service will receive a free t-shirt. If you were a volunteer last year, your time from last year will count toward a t-shirt.

Plan your Spring trip during the several weeks when wildflowers are at their peak in Western Pennsylvania: the end of April and beginning of May. All your expenses for paint and brushes will be reimbursed by AYH or you may pick up your supplies directly from me.

I will personally walk with you through the section of the trail you adopt so that you know the route. I try to provide you with a section that will take you about one hour to go from one end to the other, so you have a two hour round trip. Of course, doing blazes and other work will add to your walking time.

The Baker Trail (BT) and the Rachel Carson Trail (RCT) are rustic, minimally improved trails, similar to the Indian Trails encountered by George Washington and Christopher Gist in the mid-1700's. They simply provide a marked route through the boundary areas and over the fringes of developed areas in today's Western PA. They are full of surprises and they are full of interest. Both trails cross rugged country and comprise numerous steep uphill and downhill climbing: it's tough, but why pay Gold's Gym hundreds of dollars so you can use a step machine when you can build your leg muscles and physical stamina for free on the BT/RCT.

If you are interested in becoming a Trail Maintenance Volunteer, give me a call at (412) 828-0210; if I am not at home, leave a message on my answering machine and I'll get back to you as soon as I can. You may find, as I have, an immeasurable wealth of discovery awaits you on the trail, the Rachel Carson Trail, and the Baker Trail.

## NOTICE

Please note, that the Golden Triangle has changed its frequency of publication. the new schedule is as follows.

Number 1 issue ->  
February / March  
Number 2 issue -> April  
Number 3 issue -> May  
Number 4 issue -> June  
Number 5 issue -> July  
Number 6 issue -> Aug.  
Number 7 issue -> Sept.  
Number 8 issue -> Oct.  
Number 9 issue -> Nov.  
Number 10 issue ->  
Dec. / January

Deadlines for submission will remain as always the first Thursday of the month preceding the month of the publication. (i.e., the first Thursday in January for the combined Feb/Mar issue.). Please consult page two of the "GT" for the actual dates of upcoming deadlines or call the office at (412) 422-2282.

Editor...

## TWO NEW RAIL-TRAIL BOOKS!

We are now carrying two great new books published by the Rails-to-Trails Conservancy. The first, **40 Great Rail-Trails in the Mid-Atlantic**, includes detailed maps and mile-by-mile descriptions for the best trails in New Jersey, Maryland, Virginia, Ohio, West Virginia and Pennsylvania. The trails selected for this book offer surprising diversity and intriguing experiences for anyone who enjoys the outdoors! Local rail-trails in the book include the Montour, Oil Creek, Youghiogheny, and Allegheny Highlands Trails. Available through AYH for \$14.95 plus postage and \$1.50 shipping. The second book, **700 Great Rail-Trails**, is a directory of the current rail-trails across the country. Not much description for any one trail, but a good place to start looking for your next rail-trail adventure. Available now for \$9.95 plus tax and \$1.50 shipping.

### AMERICAN YOUTH HOSTELS

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## HOSTELLING



Pittsburgh Council, American Youth Hostels, Inc.  
Serving Western Pennsylvania & West Virginia Panhandle  
Since 1948, Incorporated 1955

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The following positions are currently open and we are in need of responsible people to fill them. If you are interested please call Larry Laude at 665-9554.

Caving, Volleyball coordinator,  
Ast. Store Keeper, HQ Volunteers

## NOTICE

Please note the deadlines for future issues of the GOLDEN TRIANGLE

May  
All copy, April 4  
Binding/Mailing, April 25

June  
All copy, May 2  
Binding/Mailing, May 23

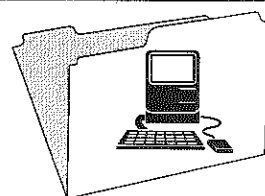
If your work is on computer,  
Please contact Bill Eberle  
@ 921-1932 or  
76202.3051@Compuserve.com

## Moving?

If you move, or have any subscription problems, please notify us right away. Returned mail costs 52 cents for each piece, so we can save money if you let us know about any changes in your address. You can also phone in changes to the office at (412) 422-2282.

## 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 Hostelling International (HI), (Formerly named International Youth Hostel Federation (IYHF)), which coordinates more than 5,400 hostels worldwide-the largest network of accommodations in the world.

Submissions Policy:  
Golden Triangle

## Classified Adds:

- Classified adds are free to Current members of HI International
- All requests for classifieds must be made in writing via the Council Office. Request Must include full Name, address, phone number and Membership number of member. Members are not permitted to place adds for non-members.
- Free adds may not be for commercial gain.
- Above rules apply in addition to general rules for submission

## Trips

- All trips must be approved by authorized co-chair
- Trip leader must be a council approved leader
- Trips must be submitted through co-chair, for that activity. Trip leaders, are not to submit trips directly to editor or office, any trips improperly submitted will not be listed.
- Above rules apply in addition to general rules for submission

## Articles

- Members are encouraged to write articles, about travel abroad and in the states, and about activities and outdoor sports in which the council has a program
- All Articles are to be, non-political and non-secular
- Above rules apply in addition to general rules for submission

## General rules for submission

- No handwritten submissions
- Submissions Can be:
  - On computer disk (IBM / MAC), E-mail (Internet/compuserve), Direct Modem, Type written material double spaced, faxed
- Before the deadline of the issue that submission needs to be run in. (See Editors Golden Rule)
- All Submissions are on a first come first serve basis. The GT makes no promises to print material received and all material received becomes the property of the GT.
- Standing Deadline; Deadline for the GT, has always been, and will continue to be the First Thursday of the month, prior to the month of the issue. (See Editors Golden Rule)
- Please always check in advance with office, to confirm schedule.

## Editors Golden Rule

- "Lack of planning on your part, does not constitute an emergency on my part"

## April Slide Shows

April 4 Chuck Martin,  
"The Appalachian Trail In Maine".  
April 11 Carl Katz,  
"Thailand And Singapore".  
April 18 Bill Kolicius,  
"Above And Under Water". Includes scuba diving at Grand Cayman Island.  
April 25 Ben Brugmans,  
"Traveling To Mexico, Guatemala, And Belize".  
May 2 Carl Katz,  
"South Vietnam".

Slide shows start at 8:30 PM, at AYH Headquarters, Shady Avenue at Fifth Avenue. Doors open at 8:00 PM. If you want to give a show, call Luc Berger at 683 3131.

## Oops...

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

## MATERIAL...

All material to be published, should be sent to the address below. It Can be submitted on Disk in either IBM or Macintosh format, sent E-mail. or Type written. NO EXCEPTIONS. Call if you have questions.

Mail regarding this Newsletter should be addressed to:

American Youth Hostels  
The Golden Triangle  
5604 Solway ST.  
Pittsburgh, PA 15217  
Office: (412) 422-2282

## Pittsburgh Council Hostels

Ohiopyle AYH Hostel  
Ohiopyle State Park  
PO Box 99  
Ohiopyle, PA 15470  
(412) 329-4476

Living Waters AYH Hostel  
RD #1(1 mile west on Route 30)  
Schellsburgh, PA 15559  
(814) 733-4212





## "PRESERVATION AND THE SPIRIT OF ADVENTURE"

### Sierra Club's Annual Show Featuring Galen Rowell

Galen Rowell, the Sierra Club's most prolific author and the world's premier mountain photographer, is coming back to Pittsburgh for a day-long program. On April 20th, 1996, Rowell will present a day-long public photographic workshop, followed by one of his legendary slide shows in the evening. All will take place in or near the Chatham College Chapel. Over 1,000 people participated in a similar day's spectacular in 1989.

Galen Rowell is probably the person most outdoors folks would want to be if they weren't so mired in their own day-to-day lives! In the first place, he's incredibly attractive. He's happily married, a very young-looking grandfather, and very successful in his own business, Mountain Light Photography. His wife works with him (she flies the plane!) as he travels all over the world. He is a noted and very serious mountaineer, plus he has literally dozens of National Geographic articles to his credit about his wilderness adventures. This is not to mention the many books he has published, including the seminal "Mountain Light", just reissued in its Tenth Anniversary Edition.

His stunning exhibit, "The Yosemite", included his photographs from the places John Muir spoke of in his book of the same name, published to coincide with the Sierra Club's 100th Anniversary celebration in 1992. The exhibit at the Carnegie was one of the finest of anyone's museum-going career, simply breath-taking. But the photographs weren't all, not by any means. Rowell had contributed text which rivaled Muir's own in its thoughtfulness.

The day-long workshop this year will begin at 9:30 a.m. in the Chatham College Chapel. Contact the leadership of your own organization if you would like to submit slides or prints for show or critique during the day. Rowell's approach is commonly to show a series of slides leading up to the one he chose as best, discussing how and why he made changes. While his equipment is usually relatively simple, it is chosen very deliberately, since he has to carry it in his pack to his remote locations. His favorite statement is "My photographs are no accident!"

The evening's multi-projector show will be titled "Preservation and the Spirit of Adventuring". It will take us around the world to remote wild places and consider why preserving such places is important.

The Rowell programs this year have a wide array of co-sponsors, among them many of the area's major photography organizations. These include the Carnegie Museum of Natural History, the Natural Color Camera Club, the Photography Section of the Pittsburgh Academy of Arts and Sciences, the Manchester Craftsman's Guild, Pittsburgh Filmmakers, The Pittsburgh Center for the Arts, and The Silver Eye Center for Photography. The area's "adventure-based" organizations, both commercial and membership, are also heavily involved, including the Explorers Club of Pittsburgh, Mountain Dreams International, Exkursion (Point Breeze and Monroeville), The Climbing Wall, the Sierra Club, and Pittsburgh AYH. The Rachel Carson Institute of Chatham College is the host organization.

Tickets are \$40 for the workshop (including lunch) and \$9 (\$7 students) for the Show. Many of Rowell's books and other publications will be available for purchase at the Workshop and Show. Send a check for the correct amount to Sierra Club, Allegheny Group, 205 Elysian Street, Pittsburgh, PA 15206, enclosing a stamped, self-addressed envelope, to arrive by April 10th.

**Tickets are also available through Pittsburgh AYH, both at Headquarters and the Office.**

## New Student ID Discount for 1996

Travelex, the world's largest operator of passenger-terminal Bureaux de Change, offers a commission-free foreign currency service to all ISIC ("student ID card") and ITIC ("Teacher ID card") holders. Also available is the Travelex Buy Back Guarantee. Exchange the equivalent of \$500 or more in a single currency, and on return ISIC/ITIC holders can exchange up to 30% of their unused currency at the same exchange rate that they bought it, commission free. Travelex services are available at airports and retail outlets in Australia, Germany, the Netherlands, New Zealand, the United States, and the United Kingdom. Just look for the Mutual of Omaha / Travelex logo and present your ISIC/ITIC.

Call Pittsburgh AYH to get your student/teacher ID card as well as the Hostelling International membership card/hostel pass.

## AYH Sheet Sleeping Sack.... DON'T LEAVE HOME WITHOUT ONE!



Required in all youth hostels, the sleeping sack serves as your top & bottom sheets, with a built-in pillowcase. Regular sleeping bags are not allowed at hostels due to public health regulations. Our nylon sleep sack is especially light, compact, and dries extremely quickly (handy on trips). The cotton/polyester sleep sack is a little heavier and bulkier, but feels just like your bedsheets.

Order one today! See the order form on the back page for prices.



## Spring Cycling in Bedford County

A new guide for bicyclists - Bicycle Scenic Country Roads in Bedford County - is now available free of charge. The compact folder contains detailed route maps for five bicycle tours through the scenic countryside of rural Bedford County in southwestern Pennsylvania. Tours vary from 9.6 to 40 miles in length with ratings from "easy" to "difficult". Enthusiasts and beginners alike may also take advantage of mountain bike areas and rentals.

Descriptions of two loops whet-your-whistle for the cycling experiences that await you in Bedford County. On the Covered Bridge Loop, pass by three of the county's 14 covered bridges built in the late 1800s. Rated "difficult", this 16.7 mile-loop is on an asphalt surface with rolling hills and climbs. Begin in the town of Bedford's National Historic District on the 9.6 mile "easy" Schellsburg/Shawnee Loop. Travel through the antique-laden town of Schellsburg, Shawnee State Park and take a side trip to a covered bridge.

In addition to cycling, enjoy the country pleasures of Bedford's outdoors. Hike at Shawnee, Blue Knob and Warriors Path state parks. Fish for a variety of species, including bass, walleye and trout in Shawnee, Koon and Cordon lakes, Yellow Creek and many miles of other streams and waterways. Swim, golf, or simply tour the countryside - covered bridges, orchards, Historic Lincoln Highway - through suggested drive routes.

For your free bicycle tour guide and 32-page guide listing area attractions, events, dining facilities, lodging (including hotel, motel, inn and resort accommodations), contact the Bedford County Conference and Visitors Bureau by calling toll-free 1-800-765-3331 (throughout the United States and Canada) or (814) 523-1711 or by writing to 141 South Juliana St, Dept HMC, Bedford, PA 15522.

**Editor's Note:** The Living Waters Hostel in Schellsburg would be a great place to stay while cycling in Bedford County. For information or reservations, call 814-733-4212 or 814-733-2162.

## First Aid, CPR Class

Basic three hour first aid and CPR class will be offered at AYH. The price is only \$10! This has applications to almost all activities. You never know when you're going to need it! If interested, please call Tracy Duggins at 963-0675.

## Pittsburgh AYH is accepting pledges and donations for the Pittsburgh Hostel.

Our Fundraising efforts are escalating to foundations and will include corporations as well. If any member is involved or knows of someone involved with these groups we would appreciate it if you would take a few minutes to let us know. Having a contact person really helps to get some attention. We need to raise a ton of money for this building and we need all the help that we can get.

Thanks for your interest and help.

Clip out the coupon below and make your donation today.

Yes, I would like to make a donation of support for a Hostel in Pittsburgh in the amount of:

☐ \$2500  
☐ \$1000  
☐ \$500  
☐ \$250  
☐ \$100  
☐ \$50  
☐ Other: \$ \_\_\_\_\_



Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

Mail your Donation to:  
 AYH  
 Pittsburgh Hostel Fund  
 5604 Solway St.; Pittsburgh, PA 15217  
 412-422-2282

SAILING

The AYH owns Flying Juniors, Sunfish, and an International 470. Several members also use their own sailboats. Most of our day sailing trips and classes will be on Lake Arthur in Moraine State Park near Butler, Pa. Additional weekend trips and extended trips are also planned.

All trips require previous sailing experience unless otherwise stated. This generally means a minimum of a Red Cross certified Basic Sailing Class or equivalent. Participants for all sailing activities must be in good physical condition and able to pass minimum Red Cross recommendations for swimming competency. Personal Floatation Devices are required on all trips. Individuals with their own sailboats are encouraged to join our program. We also need individuals with trailer hitches to pull the sailboat trailers.

**April 6 Sat. Lake Arthur** **Bob Zavos 241-0659**  
**RACK MAINTENANCE DAY.** We need help in rebuilding two boat racks at Watts Bay, Lake Arthur. These racks are important to maintaining our sailing program as they allow us to store boats by the shoreline without trailers. This is a joint project with the Moraine Sailing Club. You don't have to be a carpenter or a civil engineer. Lunch will be provided!

**April 10 Wed., 7PM** **Bob & Sara Zavos 241-0659**  
**SAILING PLANNING MEETING.** Anyone interested in the AYH Sailing Program is invited to a planning meeting at the home of Bob and Sara Zavos, 1007 Savannah Avenue (Regent Square area). If you can help with sailboat maintenance, our sailing schools, leading trips, or just want to go sailing please give us a call. Coffee and desserts will be served.

**April 27 Sat. Lake Arthur** **Sara Zavos 241-0659**  
**SAILBOAT EQUIPMENT DAY.** We will transport sailboats to the racks, do equipment shakedown and try to get in some sailing. Optional dinner at Brown's Country Kitchen in Portersville.

**May 18 & 25 Sat Lake Arthur** **Bob Zavos 241-0659**  
**DAY SAILING.** Take a day sail in a Sunfish or Flying Junior or try racing in the Moraine Sailing Club's Races in our Olympic Class International 470. Prerequisite: Basic Sailing Class or demonstrate equivalent skills.

**Fees:** Day sail fee at Lake Arthur is \$14 AYH members, \$16 non-members). Racing in the International 470 is open to members only and the fee is \$20. Day sails start at the Watts Bay area at 10AM.

Introductory Classes

We offer introductory Red Cross Certified classes for those who have never sailed before or anyone who desires to brush up on their skills. Participants must be at least 13 years old (anyone under 16 must be accompanied by an adult), in good physical condition, be comfortable in the water and know how to swim. Classes consist of two evening classroom sessions, and two full day on the water sessions. We use the Red Cross Start Sailing Right textbook and offer Red Cross Certificates to those who complete all requirements. On the water sessions take place at Lake Arthur and Classroom work is at the Pittsburgh AYH Activity HQ building at Fifth and Shady Avenues. Sailing classes fill up fast. Send in your application early to insure a space. Enrollment will be closed once we reach maximum class size. AYH reserves the right to cancel or reschedule classes due to weather or low enrollment for a full refund. Individuals may cancel up to 14 days prior to the first meeting and receive a full refund minus a \$5 administration fee.

1996 SAILING COURSE SCHEDULE

	Shore School	Shore School	On Water Classes
	Mon 7-930pm AYH Hq	Wed 7-930pm AYH Hq	Sat & Sun 9am-5pm Lake Arthur
Class 1	June 10	June 12	June 15&16
Class 2	July 8	July 10	July 13&14

*Please use the following form to enroll in classes.  
If you are not an AYH member you may fill in the application form that appears on the back page.*

1996 SAILING CLASS REGISTRATION

Name: \_\_\_\_\_

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

Phone No.(H) \_\_\_\_\_ (W) \_\_\_\_\_

Check class desired: Class 1\_\_ Class 2\_\_

Fee Enclosed \$\_\_\_\_\_ (Payable to Pittsburgh Council AYH)  
Class Fee \$75 AYH members, \$85 non-members; \$10 discount for 2nd person registering together and sharing one textbook.

Mail this form with your check to: Robert Zavos, 1007 Savannah Ave. Pittsburgh PA 15221

CANOEING

**Wednesday April 10 7 pm**  
**Paul Henry 962-1511**  
Clean-up, inspection, and repair of the AYH canoe fleet. Feel free to bring any or none of the following: trouble lights, extension cords, shop vacs, sand paper, spar varnish, paint brushes, Mop & Glo. Everyone is welcome. Meet at Headquarters.

**Saturday April 13 Class I trip**  
**Paul Henry 962-1511**  
Twelve mile canoe and sea kayak outing for experienced cold water paddlers. Call Mark Mistrik at 344-8665 for sea kayak reservations. Call Paul Henry for trip information and canoe reservations. Join us on the Shenango River along the route of the historic Erie Extension Canal.

**Saturday April 20 -**  
**Sunday April 21 Class I-II**  
**Mark Mistrik 344-8665**  
Paddle and camp with the Sierra Club along either French or Buffalo Creek. This trip is limited to experienced campers and cold water paddlers. For sea kayak reservations, call Mark Mistrik at 344-8665. For canoe reservations, call Joyce Appel at 526-3407.

**Saturday April 20 or Sunday April 21 Class II-III**  
**Brian Mcbane 443-8972**  
Whitewater trip, weather permitting. Call for details.

**Friday April 26 -**  
**Sunday April 28 Class I-II**  
**Mark Mistrik 344-8665**  
Paddle and camp on Pine Creek in the Grand Canyon of Pennsylvania. This trip is limited to experienced campers and cold water paddlers. We depart on Friday night to camp near Saturday's put in. Please give at least one week's notice so we can get camping permits. Call Mark Mistrik at 344-8665 for sea kayak reservations. Call Paul Henry at 962-1511 for canoe reservations.

**Sat. April 27 or Sun. April 28 Class II-III**  
**Brian Mcbane 443-8972**  
Whitewater trip, weather permitting. Call for details.

**Wednesdays in May: 1, 8, 15, 22, 29. Canoe Schools**  
**Frank Bruns 561-8579**  
Come to any one or come to all. Whether you have never been in a canoe or you just want to brush up on your skills, this class is for you. Meet at headquarters at 6:00 pm. Reservations are required, so call for reservations and more details.

**Sat.- Sun., May 4-5 Class I**  
Paddle and camp on the Mohican River in Ohio. Call Mark Mistrik for sea kayaks at 344-8665. For more information and/or canoe reservations, call Paul Henry at 962-1511.

**Sat., May 11**  
**Whitewater Refresher School**  
**Gordon Bugby 371-4233**  
Call for more info or reservations.

**Sat.- Sun., May 11-12**  
**Moraine State Park**  
Butler Outdoor Club will sponsor a symposium featuring seminars on outdoor activities. Come either day, or camp and stay for both. For information on sea kayaking seminars, call Mark Mistrik at 344-8665. To find out about canoe seminars, call Paul Henry at 962-1511. To volunteer or get more information about the symposium, call Bob Tait at 287-3382

BASIC SAILING INSTRUCTOR

The course is taught by the American Red Cross, Cleveland Chapter in Cleveland, Ohio. We will coordinate a trip to the class for those interested. Dates are June 8 & 9. Fee is \$60. Individuals who pass the course may fulfill their teaching requirements in our Basic Sailing Classes.

**MID-WEEK RAMBLES**

"Rambles" are casual Wednesday outings sponsored by the of Hostelling International - American Youth Hostels. Most take place in and around the city of Pittsburgh. The group normally meets at 10 a.m. in the upper parking lot of Mellon Park in Shadyside, off Shady Avenue near the intersection with Fifth Avenue. Starting May 29th, the group will meet at 9 a.m.

Trips are normally three to four miles in length, at a leisurely pace. Trips are always subject to change because of weather, conflicts of schedule, and the choice of the group. We do plan to walk in all kinds of weather, so please dress appropriately. From time to time, we will schedule lunch at a restaurant or a brown bag lunch. These are optional. We also try to carpool to save energy and to enjoy each other's company. Please share the expenses of transportation when trips exceed 10 miles; the suggested contribution is \$1 per passenger.

Call the leaders listed below for information about a trip or to inform the leader that you plan to walk with the group (especially when reservations are requested), but please call before 10 o'clock at night.

- April 3 Yough Rail-Trail. Lunch at a restaurant. Walter Patton 672-0213.
- April 10 Highland Park. Lunch at Vintage followed by a slide show. Joe Levine 421-9706. Advance reservation required.
- April 17 Beechwood Farms. Ruth Fischer 421-9215.
- April 24 Duff Park. Bring picnic lunch. Marge patterson 823-4218. (strenuous hill climbing)
- May 1 Raccoon Creek Park. Bring picnic lunch. Jim Hurst 276-0447.
- May 8 Trillium Trail. Dave Sadler 361-3707.
- May 15 Carnegie Mellon University & Botanical Institute. Luc Berger 683-3131.
- May 22 Deer Lakes Park. Bring picnic lunch. Don Hoecker 243-8298.
- May 29 Harrison Hills. Joe Levine 421-9706.
- June 5 South Park. Billie Woodland 563-5419.
- June 12 Strawberry picking at Paskorz Farm - Picnic lunch in Freeport Park. Dick Fischer 421-9215.
- June 19 Boyce park. Marge Patterson 823-4218.
- June 26 Hartwood Acres. George Westcott 279-5375.

**HIKING / BACKPACKING**

Saturday April 6 Donna Allen 372-2993  
Intermediate hilly 11.5 miles on South end of Laurel Mountain Hiking Trail. Great view of Yough gorge before the leaves. This hike is sponsored by Sierra club, not an AYH hike. Call for information.

Sunday April 14 Leo Stember 681-1385  
Intermediate hike at McConnell's Mill. Call for information and a reservation.

Sunday April 21 Paul Bronder 882-9255  
Intermediate hike 8 - 10 miles somewhere in Laurel Highlands. Call for information and a reservation.

**VOLUNTEERS NEEDED**

Do you have extra hours to donate to the Council? Current volunteer opportunities in Pittsburgh Council are listed below. Contact the person listed or leave your name and telephone number at the office (412-422-2282).

\*Southwestern Autumn Breeze Bicycle tour; Bill Eberle, 833-9732

\*The Great Ride, Bicycle tour; Larry Laude, 665-9554

\*Weekend bicycling trip leaders; Wm Eberle, 833-9732

\*The Mon Valley Century bicycle tour; Chuck Ejzak, 466-6196

\*MS-150 Bicycle tour; Bill Eberle, 833-9732

\*Hostel development and fund-raising; Marianne Kasica, 665-9554

\*Ohiopyle hostel support and work parties; Wm Eberle, 574-2025

\*Office help answering phones and assisting hostellers;

Larry Laude, 422-2282

\*Leading Pittsburgh Council trips; Wm Eberle, 833-9732

\*Slide shows at the Thursday Open House; office, 422-2282

\*Trail Maintenance, Baker Trail and Rachel Carson Trail;

Jim Ritchie, 828-0210

\*HQ Maintenance, minor routine maintenance on a regular basis..

1-2 people are also needed to coordinate the work, track of volunteer time and to report on HQ to the board and to identify any problems or required major repairs. If you can help as little as one hour a month, please call Ray Yutzy at 341-5682.

**TRAIL MAINTENANCE '96**

March 24 Sunday Jim Ritchie 828-0210  
Rachel Carson Trail. An all day maintenance trip; leave early in the morning and work a full day. An eight-person crew will be required: chain saw, lopper, blazers, bow saw, draw knife, brush hog, etc. We will work in several woodlots around Harrison Hills. Call Jim for information and a reservation.

March 29-31 Fri-Sun Keystone Trails 828-0210  
KTA Spring Meeting at the Pennsylvania Grand Canyon. KTA meets twice a year, in the fall and in the spring. Join us at this year's Spring meeting in Wellsboro, PA, near the PA Grand Canyon. Great hiking program, great folks; KTA is Pennsylvania's premiere, trail maintenance umbrella organization. AYH is an organizational member of KTA. Opportunities to carpool. Call Jim for more information.

April 13 Saturday Jim Ritchie 828-0210  
Bear Mountain (Litchfield Hills, Connecticut). This is a trail maintenance observation trip to learn from trail maintenance techniques used on the Appalachian Trail through western Connecticut. You must provide your own transportation and meet me in Hartford. Observation hike consists of trip to the summit of Bear Mountain, highest summit located in Conn. Call Jim for more details.

April 20 Saturday Jim Ritchie 828-0210  
Baker Trail, Cook Forest Area. Our objective will be to blaze and clear from the Gravel Lick Bridge, down Cathers Run, all the way to Mill Creek. Two crews and more are needed. Call Jim to volunteer and to get the details.

June 1 Saturday Ed Beck 469-2588  
Jim Ritchie 828-0210  
National Trails Day. Join Ed, President of Keystone Trails Association, the people from Eastern Mountain Sports from the South Hills, and Jim for a day of trail maintenance. We will work on the Rachel Carson Trail near Long Run in Indiana Township with the objective of restoring the Trailway through the area. Call Jim or Ed for more information.

June 8-15 Sat-Sat Jim Ritchie 828-0210  
Laurel Highlands Trail. This is another observation trip, this time a week-long backpack trip as we through-hike the Laurel Highlands Trail across the spine of Laurel Ridge. The LHT is maintained mostly by the Bureau of Forestry. Come along, see what a beautiful job they do, learn some pointers. Call Jim for more details.

June 22 Saturday Leo Stember 681-1385  
Jim Ritchie 828-0210  
Summer Solstice End-to-End on the Rachel Carson Trail, 34 miles in one day. This is the First Annual "AYH End-to-End on the RCT" hike, a 34-mile endurance hike for the best of the best. The hike begins at sunrise and ends at sunset, approximately 16 hours. Can you do it? Can you stay on the Trail? Only experts and the strongest of the strong will make it. Registration fee includes t-shirt, recognition for completers. Call Jim or Leo for more information.

July 13 Saturday Jim Ritchie 828-0210  
Rachel Carson Trail, Transitions Day. The emphasis on the day's trail maintenance will be to spruce up all the transitions along the trail; transitions are the points where the trail goes into or comes out of the woods. Blazing, clearing, trash detail. Call Jim for information and a reservation.

July 14 Sunday Jim Ritchie 828-0210  
Rachel Carson Trail. A variety of work sites today: Butler-Logan Road, Eisele Road, Alter Road, Springdale Hollow Road; this is a continuation of work on transition sites, making sure hikers can follow the trail out of the woods and back in once again. Blazing, clearing, trash detail. A good chain-saw operator will be needed today. Call Jim for information and a reservation.

August 2-4 Fri-Sun Mary Ruth Aull 795-7078  
Jim Ritchie 828-0210  
Wilderness Lodge Bicycle Touring Weekend. This weekend all trailworkers are invited to a trailworker's holiday; bring your bike-we're all going to go bicycle touring through the relatively flat roads near Wilderness Lodge in Erie County. All kinds of bikes are invited-relaxed country touring only; racers need not apply. Call Mary Ruth or Jim for more information.

September 14-15 Sat-Sun Jim Ritchie 828-0210  
Baker Trail. A weekend-long trail maintenance project. We'll camp at the Milton Loop Campground near the Mahoning Reservoir. We will have two objectives: one to clear trail for the Armstrong Fall Foliage Hike from the dam to Smicksburg Road; the other to blaze miles of trail along the dirt roads passing through Amish country. Call Jim for information and a reservation.

October 4-6 Fri-Sun Keystone Trails 828-0210  
KTA Annual (Fall) Meeting, Pine Creek Valley/Sawmill Lodge. KTA is Pennsylvania's premiere trail maintenance umbrella organization representing over 50 hiking clubs. KTA meetings always have an outstanding hiking program with six or more hikes to choose from each day, all ability levels. Come learn about trail maintenance activities and issues all over the state of Pennsylvania and meet some of PA's legendary trail maintenance leaders. Call Jim for more details.

November 16 Saturday Jim Ritchie 828-0210  
Bicycle Touring, Princeton, NJ. You'll need cold weather gear to do this one; several riding options; one will be an 80 mile round trip to Asbury Park on the Atlantic; others include a 40 mile tour of the Princeton area, on mostly flat ground. You must provide your own transportation to and from Princeton. Call Jim for more details.



**SEA-KAYAKING**

One blustery evening last January, we met two canoer-friends of ours, over dinner, to discuss one of the sea-kayak/canoe paradoxes that currently exist in Paddling. You see, whitewater canoers and kayakers live for the early spring runoff, while sea-kayakers are either in Florida, Baja, or hibernating. Most sea-kayakers don't understand why anyone would want to immerse themselves in ice cold water, but we do think the total carnage that results when our whitewater cousins run highly technical creeks is, to say the least, amusing. Anyway, the feeling persists that maybe we are, in fact, missing something good here.

So in April and early May, we're going to join forces and try a few easier sea-kayaking and canoe joint trips. We'll run a very nice stretch of the Shenango as a daytrip on the 13th, followed by two weekend trips at the end of April. The trip down French Creek on the 20th & 21st is our traditional ice-breaker weekend with Ed Divers. I can promise a nice, scenic, quiet trip with warm campfires and Ed's own homemade ginseng muscatel. Our following weekend trip on the 27th is down Pine Creek Gorge - the famous Pennsylvania Grand Canyon. This is a larger trip with a party-atmosphere that's actually put together by Bob Phillips in the Explorer's Club each year. This run has breathtaking scenery and usually more than its share of "extroverts". We'll finish up riding down the spring floods on the first weekend of May with a Saturday run on Ohio's Grand River and overnighing in a country-hostel located in the heart of the Cuyahoga Recreation Area.

These trips are something new, so call us for more information if you're interested, or come to one of our monthly dinners. A current schedule of trips is available free with a self-addressed, stamped envelope.

**April Paddler's Dinner**

Diane Bialecki 885-1074

Monthly dinner for paddle-folk and anyone else interested in Outdoor-related conversation. We try a different restaurant every month. Call Diane early in the month for the date & location.

**Saturday April 13th, 1996**

Mark Mistrik 344-8665 (h) 624-3446 (w)

Sea-kayak & canoe daytrip on the Shenango River (Northwestern Pennsylvania). Easy Class I, B & C rapids.

**Sunday April 14th, 1996**

Tracy Duggins 963-0675

Sea-kayaking daytrip to a nearby destination (to be announced). Appropriate for beginners. Call for more information and to reserve a kayak. No late calls (after 8:30 pm) please.

**Saturday morning April 20th thru Sunday evening April 21st, 1996**Mark Mistrik 344-8665 (h) 624-3446 (w)  
Ed Divers 828-5154

Mark & Ed's annual Spring canoe and kayak camping weekend. This year's destination will be Buffalo or French Creek. Trip comes complete with blazing campfires and Ed's own Ginseng muscatel. Call for more information and to reserve a boat.

**Friday evening April 26th thru Sunday evening April 28th, 1996**

Mark Mistrik 344-8665 (h) 624-3446 (w)

Weekend sea-kayak & canoe run down Pine Creek gorge a.k.a. the "Pennsylvania Grand Canyon. 19 miles of very scenic and sometimes splashy paddling down a class I river, with one possible class II rapid which you may portage around easily. This is one of the most popular paddling trips in Pennsylvania. We're running it early when the water is up, and avoiding the heaviest crowds. Call for more information and to reserve a kayak. Canoes also welcome.

**Wednesday evening May 1st, 1996**

Mark Mistrik 344-8665 (h) 624-3446 (w)

Intro to Sea-Kayaking. Evening paddling trips cover all basic aspects of sea-kayaking as you need it - from getting into the boat correctly through intermediate instruction in open water rescue and kayak rolls. You can also use the time to simply paddle around the lake. We use a learning-by-doing approach, and keep it fun. After a few intros, you will be ready for almost any daytrip. We finish off the evening with a cookout. Call for more information and to reserve a kayak.

**Saturday morning May 4th thru Sunday May 5th, 1996**

Mark Mistrik 344-8665 (h) 624-3446 (w)

Ohio Rivers Weekend. Saturday we'll paddle a section of the Grand River - called the "Grand Canyon" of Ohio then run a stretch of the Mohican River on Sunday morning. Saturday evening entertainment includes a visit to the "Flats" in Cleveland. Overnight in a country-house hostel, which is very nice. Reservations are required. Call for more information

**Wednesday evening May 8th, 1996**

Mark Mistrik 344-8665 624-3446

Sea-kayak Slide Show, Sierra Club. Free & open to the public. The Sierra club meets at the Pittsburgh Garden Center, Fifth & Shady Avenue in Shadyside.

**Saturday May 11th, 1996**

Vickie Gotaskie 344-4929

Sea-kayaking daytrip, destination to be announced, but appropriate for beginners. Call for more information and to reserve a kayak.

**Sunday May 19th, 1996**

Tracy Duggins 963-0675

Sea-kayaking daytrip, destination to be announced, but appropriate for beginners. Call for more information and to reserve a kayak.

**Monday evening May 20th, 1996**

Mark Mistrik 344-8665 (h) 624-3446 (w)

Paddler's dinner for May. Please call at least a week in advance so we can make the appropriate reservations at the restaurant.

**Thursday evening May 23rd, 1996**

Mark Mistrik 344-8665 624-3446

Sea-kayak slide show at the AYH. "Sea-Kayak Tales & Storytelling: Trips from 1995"

**Friday evening May 24th thru Monday evening May 27th or Tuesday evening May 28th, 1996**

Mark Mistrik 344-8665 (h) 624-3446 (v)

Memorial Day Weekend sea-kayaking trip to Maryland's Eastern shore. Paddle down the Pocomoke National Scenic River on Saturday & Sunday, with an overnight at a full-service state Park (Hot showers!). This is the height of the wildflower bloom, so the river should essentially be Maryland's longest garden. The cypress and cedar forests, and abundant wildlife seem much more indicative of coastal rivers further south. We'll finish off the weekend at Assateague National Seashore on Monday (and if you can stay, Tuesday) with ocean paddling, eating great seafood and a visit to ocean city. Call for more information and to reserve a kayak.

**Wednesday evening May 29th, 1996**

Tracy Duggins 963-0675

Evening Intro to Sea-Kayaking. Fun, easy evening trip is the ideal way to become acquainted with the sea-kayak, and a good refresher trip if you haven't been in one lately. Call to reserve a kayak.

**Friday evening May 31st thru Saturday June 1st, 1996**

Mark Mistrik 344-8665 (h) and 624-3446 (w)

Our first Night-trip of the year. We got the idea for this when paddler's didn't want to quit kayaking after dark on the regular intros. Here, we'll set up tents on the shore of Crooked Creek Lake, build a campfire, and then you can paddle, talk, snooze, eat.. whatever, until Saturday afternoon. This trip is usually very well attended so call early if you need to reserve a kayak. Trip is appropriate for beginners.

**Friday evening June 7th thru Sunday evening June 9th, 1996**

Mark Mistrik 344-8665 (h) 624-3446 (v)

Weekend sea-kayak roadtrip to Lake Erie at Sandusky, Ohio. This is the "Vacationland" of Lake Erie. One day we'll paddle and relax in the warm, shallow waters of Sandusky Bay, the other we'll kayak out to one of the islands offshore. Beginners may take their kayak aboard the Ferry and meet us at the island to paddle around it. Overnight car-camping at a very nice State Park campground, and Saturday night pizza party and swimming at Marblehead Lighthouse, probably the most picturesque on Lake Erie. Call early for reservations and more information.

**Saturday June 22nd and Sunday June 23rd 1996**

Mark Mistrik 344-8665 (h) 624-3446 (v)

Sea-kayak Leader's Weekend. This trip was inspired by the one Cathy Lynch (one of our program founder's) used to lead up to a few years ago. It's basically a sharing of information among participants. We'll cover advanced paddling technique, sea-kayak rescue, emergency & first aid, kayak design, the fundamentals of kayak touring, trip preparation & packing, and equipment maintenance & repair. Communal breakfast and dinner; bring your own lunches. One overnight at the Ohiopyle Youth Hostel. Call for more information and to reserve.

**TRIPS CONTINUED ON PAGE 7.**

## SEA-KAYAKING CONTINUED

Wednesday evening July 3rd thru Sunday evening July 7th, 1996

Mark Mistrik 344-8665 (h) 624-3446 (v)

Fourth of July trip to the Outer Banks of North Carolina. Trip includes ocean kayak surfing, relaxing in the quaint village of Ocracoke, seashell collecting, snoozing, and paddling to Portsmouth-a barrier island ghost town. Call for more information. Early reservations absolutely required to guarantee a carping space during the holiday weekend. Getting Tuesday off is highly recommended.

Friday evening July 26th thru Sunday evening August 4th, 1996

Mark Mistrik 344-8665 (h) 624-3446 (v)

Sea-kayak touring and camping trip to Killarney Provincial Park, Ontario, Canada. This is our pristine Wilderness trip this year, paddling into a land of ancient mountains & open sea. The park is located at the northernmost extreme of the Georgian Bay on Lake Huron. A preview book highlighting the park's history and natural features will be available for review at the monthly dinners. Call for more information.

Friday evening August 30th thru Monday September 2nd or Tuesday September 3rd, 1996

Mark Mistrik 344-8665 (h) 624-3446 (v)

Labor Day Weekend sea-kayaking trip to the Southern Chesapeake. We stay in Crisfield Maryland - the blue crab capital of the world, and Chincoteague, a National Wildlife Refuge on the seashore that has some very good paddling available. Last year, we watched porpoises, wild ponies, and waterspouts (safely offshore) while we paddled to Tom's cove. Call for more information and to reserve.

Friday evening September 27th thru Monday evening October 7th, 1996

Mark Mistrik 344-8665 (h) and 624-3446 (v)

Sea-kayak the redrock canyons of Lake Powell in Southwestern Utah. This trip will be supported by a maxivan and a houseboat while we're on the lake. Each morning, we'll move the houseboat to a new side canyon, then you'll have the entire day to explore the area by kayak and/or on foot. You may camp back in the canyons or return to the houseboat at night. We expect daytime air temperatures of mid to upper 70's and the water should be warm enough for swimming. This is the easiest of our long trips this year - suitable for beginners. Trip includes some quick sightseeing and a visit to a hot springs along the way. Space is limited so call early for more information.

Saturday October 12th thru Sunday October 13th, 1996

Ed Ostrovecky 224-1419

Ed's annual Kinzua Fall Foliage Weekend.

Wednesday evening November 27th thru Sunday December 1st, 1996

Mark Mistrik 344-8665 (h) 624-3446 (w)

Sea-kayaking trip to South Carolina. Spend the holiday where it's warm & sunny.

## CAR CAMPING / BACKPACKING TRIP TO OREGON JUNE 28 - JULY 14

Join me, Glenn Oster, on another of my scenic trips to the far west. If you have never traveled out there, this is an inexpensive way to see it.

The trip will focus on backpacking the Three Sisters Wilderness in Oregon. Don't let this intimidate you, however, because the backpacking part of the trip will be only for fifty miles spread over six days. Also, if someone does not care to backpack, they can remain behind with the van and camp, day hike or sightsee as they choose.

The Three Sisters Wilderness gets its name from three extinct volcano mountain peaks, usually snow covered. The scenery is unusual and beautiful. I've flown over it and driven thirty miles east of it, but I never entered the wilderness. I'm salivating at the prospect.

We will travel by van and alternate drivers (don't have to take a turn at driving if you're uncomfortable with it.) Once we get past the mid-west, the scenery will be incredible. Also, we'll visit (but won't have time to hike at) super places such as Scottsbluff, Nebraska; spectacular Jackson Hole and Grand Tetons, Wyoming; Crater Lake, Oregon; Mount Shasta, Lassen Volcanic National Park, Yosemite National Park and Mono Lake California; Arches National Park, Utah; and Maroon Bells and the Garden of the Gods, Colorado.

Costs will approximate \$500 - \$600 plus meals. We will use campgrounds and eat our meals in restaurants while traveling.

The trip will be limited to eight persons, and several have shown interest already. If you believe you want to go, let me know early. Otherwise, you might be on a waiting list. Give me a call at (412) 364-2864 or write to me at 784 Olive Street, Pittsburgh, PA 15237-4882.

## BACKPACK THE APPALACHIAN TRAIL IN VERMONT AND NEW HAMPSHIRE

You know you've always wanted to backpack a scenic part of the Appalachian Trail, but you didn't like hiking it on your own. Here's your opportunity. Hike with me, Glenn Oster, through the beautiful mountains of Vermont and New Hampshire. Enjoy the views and majesty of the Presidential Range. This won't be easy, but the hikes will average only eight miles per day, partially making up for the climbs and descents.

The trip will start Friday, July 30 and return Friday, September 13, 1996. After car shuttling and making food drops, we'll start hiking at North Adams, Massachusetts near Mount Greylock. The hike will extend for 295 miles to Gorham, New Hampshire with some easy days for trail food replenishment, showers, laundry and restaurant food. If you would like to do it but can't be gone for more than a couple weeks, we can most likely work out a way.

The trip will be limited to five persons. Its cost will vary with the number who participate and whether some hikers plan on only completing a segment and drive on their own. Completing the entire hike and traveling with the group rather than driving on your own would cost approximately \$300 each for two persons and \$230 each if five of us are hiking. Cost variables reflect motel and campground accommodations on evenings off the trail, countering the economies of group travel. Of course, all food cost would be additional.

You may be concerned about the pace at which we will be hiking. Relax. Only worry about it if you are a fast hiker, because I'm not. If you are fast, I won't mind your getting to the day's destination ahead of me.

If this sounds interesting to you, give me a call at (412) 364-2864 or write to me at 784 Olive Street, Pittsburgh, PA 15237-4882.

### Lewisburg Trips

For information on activities in the Lewisburg area,  
call Chris Olsen at 717-523-8471.

## CLASSIFIED

All trips and products listed here are private and are **not sponsored or endorsed** by American Youth Hostels. Non-commercial ads are free for members. Contact the Editor for more info on Ads for Members and Non-members.

**Free:** Assorted car-top canoe racks for open and closed boats. Call 327-8737.

**Massage Therapist:** Relaxing \* Stress Reduction \* Injury Prevention. Call 421-5872.

**FOR SALE:** Used clipless Nashbar leather bicycling shoes. Men's size 9, \$15. Warren 687-1680

**FOR SALE:** NIKON FG SLR. 28 mm 52 mm and 70-210 mm zoom macro lens closeup lens tripod and bag mint condition \$400.00. Call RICHARD GREGO, 412-533-5725

**FOR SALE:** Feathered friends sleeping bag, Tern model, -10 degrees, goose down, gore-tex, like new, \$200. Call KIRKSLATER, 658-5904 evenings.

**FOR SALE:** Northface internal-frame backpack \$150; Northface tadpole tent (1-2 person) \$140; Whisper light stove \$50; First-Need water filter \$40. Call 242-9747(w) or 1-800-917-4763(pager) and leave message.

**FOR SALE:** Sail board/wind surfer; Mistral-large older model in good condition. Fiberglass mast, hardware, 2 sails (4m&6m) \$250. Perfect for starter. Night 766-3972 or Day 762-7440.

**FOR SALE:** 2 Dolfino professional silicone dive masks; low volume, fog-free, double edge. Used once and in original box. (older snorkels free) \$35 Eileen 531-9610

**For Sale:** Cross-country skis, boots (size 44) and poles. "Trak" waxless skis. As new - used once. \$85 for all. Peggy 361-4781.

**For Sale:** 60" metal desk, 55" wood roll top desk, steno chair Peg Cline @ 372,1782

**For Sale:** 16 ft Canoe - Blue Hole style hull, ABS, with Bugby style gunwales and seats. \$300.00. Call Linda or Jim Roberts - daytime at 268-6731, Nights until 9:00 at 244-8332.

**Distributing AYH brochures** We are looking for places to distribute hosting brochures, primarily brochures describing hosting and how to purchase a Hosting International membership, but also some specific hostel brochures. If you have some suggestions on where we can display brochures for potential hostellers - such as colleges, travel agencies and travel bookstores, please call the office at 412-422-2282. We will be happy to deliver them.

**Editor, The Golden Triangle**  
5604 Solway ST.  
Pittsburgh, PA 15217

### REMINDER TO TRIP LEADERS

All trips and equipment usage must be approved by the appropriate activity chair or co-chair. Trip reports and fees should be turned in by the end of each month at either the AYH Activities Building or AYH Office or mailed to Pittsburgh Council, 5604 Solway St., Pittsburgh PA 15217

The Pittsburgh Council Travel Store is open Mon. 9 to 3, Wed. 11 to 6 and Fri. from 9 to 3. Hours are subject to change, so it's a good idea to call the office at 412-422-2282 before coming in. We're in Room 202 of the Wightman School Building at 5604 Solway Street in Squirrel Hill, near the intersection of Wilkins and South Negley. All passes, ID cards, rail passes, and books are available.