

HOSTELLING
INTERNATIONAL

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 44, NUMBER 6

JUNE 1994

HEADQUARTERS MAINTENANCE

Well, we're a little late on spring cleaning but our activities Headquarters in Mellon Park definitely needs some attention. The Council is looking for volunteers to clean up the building and to do minor routine maintenance on a regular basis. This includes such things as trimming the hedges and weeds around the building, planting and watering flowers at the entrance, vacuuming the rug, emptying the trash, replacing light bulbs as needed, updating the bulletin boards and similar work. This could be done Thursday evenings just before the Open House meetings or at any other convenient time of the week. More aggressive work might include patching some of the plaster, touching up the paint, winterizing the building next fall, and working with Ray Yutzy to update the electrical supply and lighting. One or two people are also needed to coordinate the work, keep track of volunteer time and to report on Headquarters 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 Larry Laude at 665-9554.

Isle Royale - A Wilderness Experience

Story and Illustration by Diane Bialecki

On August 26, 1993, a group of 5 AYH'ers embarked on a sea kayak trip. Our Group consisted of Mark Mistrick (our fearless leader), Vicki Tasky, Keith Jackson and Doug (from Erie) and myself. Our destination was Isle Royale. After months of planning our anticipation was high. We were looking forward to an adventure on this island of wilderness and beauty and we were not disappointed.

When relating to people about our trip we are frequently asked "Where is Isle Royale and what is it like?" So here are some interesting facts and history. Isle Royale is an island approximately 60 miles in length situated in the northwest corner of Lady Superior. It is a roadless land of wild creatures, unspoiled forests, lakes and rugged scenic shores. Travel on the island is by foot or boat. As a wilderness it is a sanctuary of wolves and moose. During the cold winter of 1948 and ice bridge formed between Canada and the island and a small pack of Eastern Timber wolves crossed the 15 miles to Isle Royale. The wolves are the main predators of the moose population, keeping them in healthy balance. It has only one lodge for accommodations as most people prefer to camp in order to enjoy the true nature of its beauty. Isle Royale is also used for research on the timber wolf, it is a designated international biosphere being situated in the middle of Lake Superior unaffected by much of civilization makes it ideal for being the world's largest outdoor laboratory. The surface of the island is the product of glacial ice. It is truly a unique habitat and was made a national park in 1940.

Travel to the island was made by ferry boat and so we left Copper Harbor Michigan and arrived at Rock Harbor 8 hours later. We had our week planned with each day needing to be at a different campsite. We had decided to loop around the southern end of the island. It was important we return to Rock Harbor on time or we would miss the one and only ride back to Michigan on the ferry boat. One of our most difficult challenges was the portaging we did and will probably never do again. 26 miles of portaging in the rain arriving at our campsite at 9:30 p.m. that day exhausted, wet, cold and hungry. Vicki and I lugged every piece of gear and food (including Mark's cantaloupes) while the guys had the pleasure of carrying the Kayaks one by one. It was teamwork at it's finest.

See ISLAND, page 4

OHIOPILE WORK PARTIES

Sunday, June 12

Bob Utz, Hostel Manager at 329-4476

Mary Bates, Work Coordinator at 364-7113

Watch for other dates July 10, August 14, Sept. 18 & Oct. 16

We are continuing to get some maintenance things done at the hostel in Ohiopile. FREE LUNCH for all volunteers!! Meet at HQ at 9:00 am and be back by 5:00 PM. Sneak in a hike too if there is time. If you can volunteer a few hours of your time to help paint, move furniture, clean, wash windows, do yard work or whatever talent you may have, it will be welcome.

AYH volunteers always have a fun time even though they are working. Here is a chance for you to help out and give something back to AYH for the fun times that you have had. You can stay overnight FREE as well but you must book a reservation in advance.

Mary will be fielding phone calls regarding carpooling, what to bring with you, etc. Please call her if you have any questions or would like to sign up!



The Annual AYH's "The Great Ride" nears, See Bicycling, page 6.

FEATURED IN THIS ISSUE

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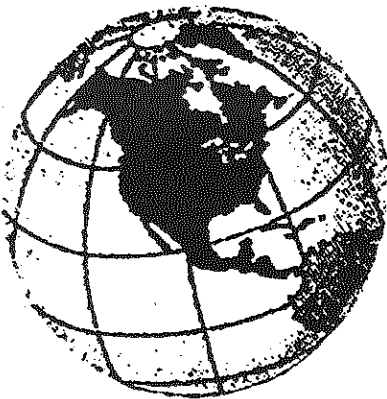
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Oops...

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

MATERIAL...

All material to be published, should be sent to the address below. It Can be submitted on Disk in either IBM or Mactintosh 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 ACTIVITY CHAIRS

Chairman of the
Activities Committee
VACANT.....###.####
Canoeing
Karen Lukas 661-4835

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Steve Tubbs 279-4866
Cycling

Wm Eberle 833-9732
Chuck Ejzak 466-6196

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Jim Ritchie..... 828-0210

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Rock Climbing
Eric Bauer 687-0766
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Bob Zavos 241-0659
Sea Kayaking

Mark Mistrik647-7609

Trips Coordinator
Vicki Krug..... 361-4386
Trail Systems

Glenn Oster 364-2864
Jim Ritchie 828-0210

Headquarters Programs
Tom Rodgers 621-6310
Chris Kline 441-7352

Storekeeper
Wm Eberle 833-9732

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,
Asst. Store Keeper, HQ Volunteers

NOTICE

Please note the deadlines for
future issues of the
GOLDEN TRIANGLE

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

AUGUST
All copy, July 2
Binding/Mailing, July 28

If your work is on computer,
Please contact Bill Eberle
@ 833-9732

or
Larry Laude @ 665-9554

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.

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For People Who Live Their Dreams...

May Slide Shows

June 2nd An Evening of "Sea-kayak Tales and Storytelling"
by AYH Sea-kayakers
June 9th Bicycling Through New Zealand.
by Helen Coyne
June 16th To Be Announced
June 23rd Newsletter Prep night. A little work at HQ,
followed by a drink or meal at a local restaurant
June 30th Pre-Holiday Open House.
No Slide Show.

To Schedule a show or have a show idea call
TOM RODGERS 621-6310

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)
Schellsburg, PA 15559
(814) 733-4212

Charleroi Youth Hostel (SA)
Rogo's Hotel and Restaurant
601 McKean Avenue
Charleroi, PA 15022
(412) 483-6200



President's Corner

Update on the Hostel

The Allentown Center building at the intersection of Arlington and Warrington has been the focus of quite a lot of attention lately. The project is a win-win situation for hostelling as well as the neighborhood of Allentown. Aside from being a good building in a nice neighborhood with great hosteller amenities, we have lots of help in developing the project. On the project development team is Judy Ruskowski from the South Pittsburgh Economic Redevelopment Team, Marcus Stramler from the Urban Redevelopment Authority, Bob Kress from the Allentown Civic Association, Jan *McCollum* from the Allentown Business Association and Linda LeFever of Broadway Development Co. We have also several other interested people from Allentown and the URA helping as well.

The financial package is coming together very well. Total cost of the project will be about \$850,000. Integra Bank is donating the building to the project partnership as well as money for the costs associated with the transfer of the building. The URA has offered \$450,000 in grants and low interest loans. Pittsburgh AYH will be committing the funds from our Hostel Development Fund and conducting additional fundraising to total \$100,000 as our part of the project. The remaining costs will be covered by grants from other sources as well as corporate and foundation contribution. Currently we are exploring the kind of partnership that Pittsburgh AYH and SPERT will form to develop the hostel. Stay tuned for updates, this project is moving quickly.

Activities

For the most part, the activities are making the adjustments necessary to be in compliance with the Risk Management Program smoothly. We had a well-received first aid class for trip leaders in April and have scheduled an additional training class for June 27th at 7:00 pm in the Wightman School conference room. Please call me if you are interested in participating. Leaders must be willing to lead at least two trips this year. Other members may participate as room allows but will be charged a modest fee to cover the council's expenses.

We are in great need of a volunteer to be the Activities Coordinator for the Council. This requires 3 to 4 Activity Committee meetings per year with reports to the Board or to a Board member. Please contact me or Larry Laude if you are interested in helping.

Our headquarters building is sorely in need of attention also. We are looking for one or two people to look after the building, hold 4-6 clean-up sessions per year, make recommendations for repairs or maintenance and follow up on those projects. If you are interested in helping, see the separate story in this issue for the details, or give me a call.

Marianne Kasica, President.. 412-665-9554

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 pledge today.

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

- ☐ \$2500
- ☐ \$1000
- ☐ \$500
- ☐ \$250
- ☐ \$100
- ☐ \$50
- ☐ Other: \$ _____



Yes, I can also volunteer my time for:

- ☐ Fundraising
- ☐ Architecture or Design
- ☐ Construction
- ☐ Public Relations
- ☐ Clerical help
- ☐ other: _____

Name _____

Address _____

Telephone _____

Mail your Pledge to:
AYH

Pittsburgh Hostel Fund
5604 Solway St., Pittsburgh, PA 15217
412-422-2282

PENNSYLVANIA RIVERS CONFERENCE SLATED FOR JUNE 1994

The Department of Environmental Resources (DER) and the Department of Community Affairs (DCA) will host a three day conference on the direction of Pennsylvania's river conservation initiatives into the next century, June 20-22, at the Harrisburg Hilton.

The Pennsylvania Rivers 2000 Conference, "Building Partnerships for River Conservation," will present technical and educational topics to guide interested individuals in river conservation strategies and objectives.

The conference will feature discussion by all participants on how business, industry, agricultural and community leaders can work together to enhance Pennsylvania's river resources.

More than 50 regional, state and national experts in river conservation, water resources and the environment are scheduled to participate in panel discussions, lectures and focus groups. For more information about the conference, contact (814) 234-4272.



BUILDING PARTNERSHIPS FOR RIVER CONSERVATION

MORaine STATE PARK SAILBOAT RACES BEGIN

Sailboat racing on Lake Arthur in Moraine State Park, Butler County, began on Sunday, May 8 with a free and open-to-the-public warm-up event starting at noon. The races will start at the Watts Bay launch area on the north shore of the lake. Moraine Sailing Club, will provide information for new racers at the launch site prior to the start. The number of races depends on weather conditions.

Beginning in May, the club will stage races on ten Saturdays throughout the summer to determine season champions in several classes of boats including Flying Scots, Day Sailors and Sunfish. Remaining races in the Championship series will be sailed on June 4 and 25, July 2, 16 and 30, August 20 and 27, and September 3. The championship series also provides for an open handicap class for boats such as International 470's, Lasers and Albacores that are too few in number to race in a fleet.

An abbreviated race-day schedule known as the Challenger series will be raced concurrently with the Championship series on June 4 and 25, July 30, and August 27. Boats racing in the Challenger series include catamarans, Catalina 22's, other cruising-style boats and an open class.

All races in these series begin at 10:30 AM from the Watts Bay launch area. Normally, two races will be sailed each day. A third race may be sailed for catamarans on Challenger series dates.

Participation in the series races is limited to Moraine Sailing Club members and guests, but membership is open to anyone interested in sailing. Membership and racing fee is \$85 per boat for the ten-day Championship series or \$70 for the Challenger Series.

Several one- and two-day special races are also scheduled this season. Races for women skippers and youth under 19 are being staged on Saturday and Sunday, August 13 and 14. An end-of-summer regatta is scheduled for Saturday, September 10, and a fall series of races will be held on Saturday and Sunday, September 24 and 25. All of these races will start at 10:30 AM at the Watts Bay launch area.

The invitational Pennsylvania catamaran regatta will be sailed on June 11 and 12. Flying Scot class boats from the region will participate in an invitational regatta on September 17 and 18.

Additional information on the Moraine Sailing Club race program may be obtained by writing to the club at PO Box 692, Pittsburgh, PA 15230, or by calling the club race chairman, Gerry Brandt, 412-488-0803. (NOT AN AYH ACTIVITY)

Youghiogheny River Trail - South Section

Ohiopyle State Park

(excerpt from April-May newsletter of the Mon/Yough Trail Council)

A lot will be happening on the South Section of the YRT as the Bureau of State Parks gears up to make major improvements to this monarch of rail-trails. Among the projects being considered for this year and next is an extension of the trail into Confluence. In Ohiopyle, a major undertaking will be the restoration and reconstruction of the Western Maryland Railroad bridge across the Yough and PA Route 381. This will allow a direct connection between the Ferncliff Peninsula and the railroad station/visitors center. This will then eliminate the bridge/highway crossing. Also in the works are additional rest rooms and parking areas. The Ferncliff Peninsula near the Hostelling International - Ohiopyle is one are being considered for both of the needed amenities.

Last year this very popular hike/bike trail was extended northward, almost to Connellsville. This past summer construction was started on the project to bring the trail across the two bridges over Wheeler Bottom (and Red Kimmel's junkyard and farm) into Connellsville Riverfront Park, where next year it will join with the north section of the YRT. However ... construction was halted when the contractor discovered lead paint on the bridges. The contractor quit and the Bureau is preparing to rebid the job. So ... do not expect to be able to ride or hike from Connellsville to the trailhead this summer. Dunbar is being recommended as the best place to reach the beginning of the finished trail to Ohiopyle.

CANOEING

June 5 Sunday Karen Lukas 661-4835

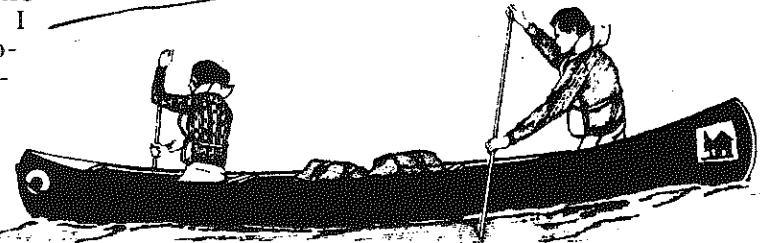
Class I Trip. This will be a good trip for anyone who expects to take the Whitewater I School on June 11. Choice of river will depend on water levels. Meet at HQ at 8:00 a.m.

June 11 Saturday Gordon Bugby 371-4233

Whitewater I School - This is a next step beyond the Basic Canoeing School. The

Whitewater I School provides instruction on the basic skills needed to enjoy canoeing on flowing

water with modest rapids. It's a lot of fun, and gives you a chance to spend the day on one of the beautiful rivers or streams near Pittsburgh. Meet at HQ at 8:00 a.m.



June 18 Saturday Karen Lukas 661-4835

Class II Trip. Choice of river will depend on water levels and the skills of participants. Meet at HQ at 8:00 a.m.

June 19 Sunday Jon Maiman 441-2306

Class II-III Trip. Choice of river will depend on water levels and the skills of participants. Call Jon to get more info about location and meeting time.

July 1-3 Fri-Sun Jon Maiman 441-2306

Canoe camping trip. Jon will go to the New River if there's enough water. The group will leave headquarters Friday evening. Call Jon for more information and to sign up for the trip.

What to Bring on a Canoe Trip

HI-AYH canoe trips are lead by experienced leaders who are familiar with water conditions on local rivers and streams. Trip leaders do everything possible to make your trip safe and enjoyable, but you are responsible for your own safety and comfort, too.

Before being accepted as a trip participant, you must have taken HI-AYH canoeing schools to the appropriate level or be able to demonstrate that you have equivalent experience.

Here are some other suggestions.

- 1) You can use your own canoe, paddle and pfd (vest), or you can rent equipment from the Pittsburgh Council. If you bring your own canoe, it must be equipped with air bags and bow and stern lines.
- 2) All participants must wear a pfd (personal flotation device or safety vest) whenever they are in a canoe on an HI-AYH trip.
- 3) Bring water, a lunch, and sun screen with you.
- 4) Avoid wearing cotton clothing. Cotton holds moisture longer than synthetic fabrics, and can be very cold even in August.
- 5) Bring shoes or sandals that can get wet.
- 6) Bring raingear and a change of clothing in case you do get wet and want to change.
- 7) Bring a change of clothing to wear on the way home. We often stop for dinner, and you'll want to be comfortable.
- 8) Trip participants share the cost of the trip, so you'll need some money to pay transportation, rental and registration fees.

Important Phone Numbers for Water Sports Enthusiasts:

Pittsburgh River Gauges	(412) 262-5290
- via Computer Modem	(412) 644-6462
Southern West Virginia Rivers	(304) 529-5127
(incl. the New, Greenbriar, Gauley & Meadow Rivers)	
Susquehanna River Basin	(717) 234-6812
(incl. Pine Creek, & Susquehanna River, West Branch)	
Yough Dam Recreation Information	(814) 395-3166

ROCK CLIMBING

DATE	LEVEL	TRIP/LOCAL	MEET	Leader
JUN 05, Sun	BEG	Beginner Trip Cooper's Rocks, WV	730am at HQ	Eric Bauer 687-0766
JUN 25, Sat	INT	Seneca Prep Location TBA	730am at HQ	Eric Bauer 687-0766
JUN 26, Sun	BEG	Beginner Trip Cooper's Rocks, WV	730am at HQ	Eric Bauer 687-0766

Beginner trips are geared towards teaching basic rock climbing skills to people that have never climbed before. All you need to bring are tennis shoes and lunch. AYH supplies all climbing equipment. Space is limited so please call trip leader for reservation.

If you are interested in going to Seneca Rocks for multi-pitch climbing (July 09&10) then you must attend the Seneca Prep trip on June 25. Call Eric Bauer for reservation.

CANOE TRIPS

Pittsburgh Council offers a variety of canoeing activities during the canoeing season from May to October. These vary in difficulty from family trips on quiet rivers to Class III whitewater. Trips may be day trips or canoe-camping trips several days in length. To participate in canoe trips you must demonstrate to the leader that you are qualified at the level of the trips by having taken one of our canoe schools or having equivalent experience.

Pittsburgh Council runs several canoe schools to allow new members to get started in canoeing or improve their skills. You may choose to develop your skills as a solo or tandem paddler. The number of schools and types of trips each month reflect the wishes of the membership and trip leaders.

Most of our leaders and instructors were developed through the AYH canoeing program. New members with previous experience are usually asked to attend a whitewater school to see how Council trips are run.

Pittsburgh Council has canoes, pfd's (life vests), and paddles for use on Council trips at a modest rental fee. While Council policy prevents the equipment from being used on higher class rivers, some members paddle their own canoes on more difficult water.

CANOE SCHOOLS

BASIC CANOEING introduces canoeing on flat and moving water. Steering and maneuvering strokes are taught along with the proper method of getting into and out of a canoe, and how to load, unload, lift, and carry a canoe.

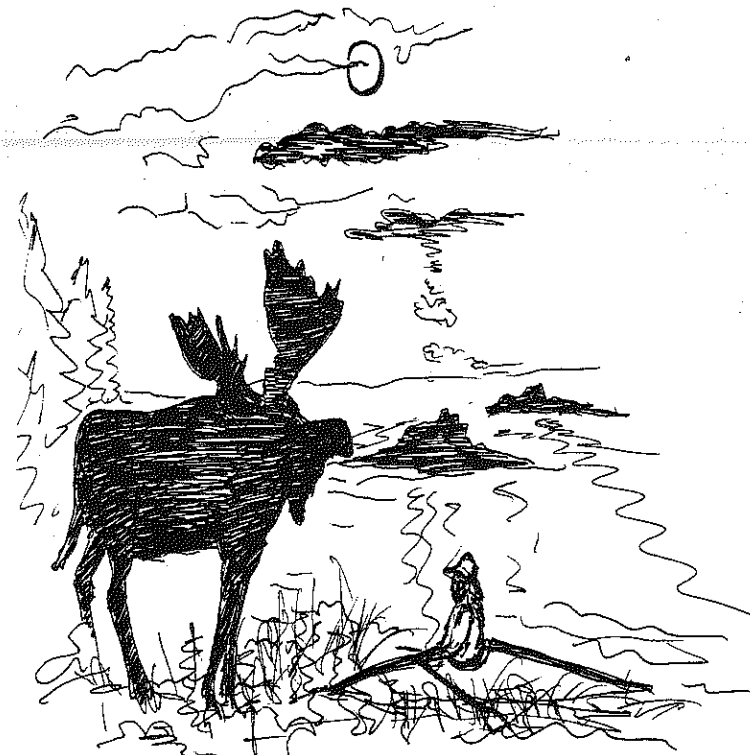
WHITewater I reviews the basic strokes used on whitewater rivers. These are taught on still or quiet water. Progress to moving water follows, and downstream and upstream ferrying skills are taught and practiced. Other skills that are taught include river reading, safety, rescue, river etiquette, and scouting procedures. The school is taught on Class I rivers.

WHITewater II reviews the skills learned in WW I and moves on to eddy turns, peel outs, surfing, rescue, safety, and tactics for river running. WW II is taught on Class II rivers.

POLING is taught on flowing streams. This is an interesting variation to the sport, and not nearly as difficult as it may seem.

ISLAND, from cover

Although it may be true that the suffering endured that day helped us appreciate the easier beauty and scenery of the trip my advice to you is if anyone ever mentions portage to you as part of the trip DON'T DO IT! It may give you strong character but it's also gives you sore feet and broken backs.



The bull moose, symbol of Isle Royale

Some of my more treasured moments of the trip is the very next morning in the early light of sunrise, I paddled quietly through the grassy marsh by our campsite and was treated to the company of a cow moose contentedly eating her breakfast greens in the water. She tolerated me till I got within 25 feet and then slowly walked away. I also spotted a bald eagle on one of our afternoon paddles he was perched high in the craggy nook of a dead tree. This is part of the beauty of Kayaking- you can unobtrusively and quietly find your way into small inlets of lakes and be able to observe the wildlife up close.

Sometimes we were faced with the peril of a cold and unpredictable Lake Superior. Crossing open channels when rocky shores left us with no safe emergency landing was a real challenge. I was the least experienced of the group and relied on the expertise and coaching of the other group members when we paddled around Indian Point. I was exhausted after paddling through the high waves of the open waters. It left me with a healthy respect for the water and the realization that I need to be more prepared the next time I attempt such a challenge.

This is where the value of going on day and weekend trips is felt. You gradually build your paddling skills so you are ready for more adventure some trips. But in sea Kayaking, there is something for everyone. A quiet lake, a lazy river float or a high sea adventure sea kayaking its what you want it to be. There are trips planned all year for everyone from beginner to advanced.

I'll never forget my trip to Isle Royale. I look forward to new experiences and adventures. So what are you waiting for? Join us as we discover new places. Sea Kayaking may be what you're looking for, Hope to see you on one of the trips. Happy Paddling.

SEA - KAYAKING

If you weren't at the sea-kayaker's Annual Meeting, well then, you missed a real zoo. We've on and off held this at the Elbow Room restaurant in Shadyside each year, mainly because to me (philosophically) a good meal is (at least) as important as, for instance, good conference facilities. The problem is that almost 30 people attended this year, whereas a few years ago maybe only about a dozen, and you just can't shout enough to plan anything anymore. My apologies to anyone who wanted to have prolonged, serious or in-depth discussion about sea-kayaking at this thing. If you have a suggestion for where we can hold the planning meeting next year, let me know. Just so long as the food is good.

The sea-kayakers have acquired a reputation over the years for eating well. Cathy Lynch has been known to serve tea at high noon right out of the boat, and properly, on some of her trips. I heard that the idea started when an Aprils Fools joke was taken seriously. Then there's the pre-trip feast. This is something you do when starting out on a long trip-and you may not know where you're going to see edible food again. I myself have even inspired comments when pulling out a small wok and a camp stove from the storage compartment of a sea-kayak, to cook up some tamales or a Chinese stirfry for a quick lunch - but then, I have never envied what my critics were eating. And almost every month the sea-kayakers get together over dinner. You're invited to join us, try out a new restaurant, and discuss ideas for our upcoming trips.

We're going to run some unusual trips in June. We'll be taking the sea kayaks down to the Three Rivers Arts Festival early in the month to attend an evening jazz concert. Seeing the city at night, from the water, during the paddle back to the SouthSide take-out is the finishing touch to the evening. Keith Jackson will lead both an Introductory evening trip and a Saturday trip to tour the scenic Yough Lake in the middle of June. Every year we've run a nine day trip to Maine, and in the middle of the month we'll paddle in Acadia National Park then finish the week in Nova Scotia. Anyone interested in this kind of trip next year should perfect their paddling skills this year. On the last Friday in June we'll have our annual "Cruise to Crusers". This is the only monthly meeting we have that actually involves paddling to the restaurant. Sleep all day on the 25th because we're having our first Nighttrip of the year. We're the only activity that regularly runs trips at night, and if you join us, you'll see why. Night paddling and swimming on a warm, calm lake is a wonderful experience you will not soon forget, and if you get tired, we'll have a campfire and the tents already setup. We'll cook a Sunday morning brunch and kayak on the lake again the next day. And for the rest of the summer, we're organizing trips to the Delaware Water Gap and New York City, the Lake Erie Islands off Sandusky, Ohio, a week-long trip to see Lake Powell in Utah and Arizona and maybe the Saint Lawrence Seaway in Upper State New York, or Boston, or the Apostle Islands. Call me if you want to know more about sea-kayaking, Mark Mistrik 647-7609

June 4 Sat Mark Mistrik 647-7609
Sea-kayaking on Loyalhanna Lake, one hour east of Pgh. Very pretty local lake, rural setting with interesting channels and bays to explore. You'll need water, lunch, & possibly sunscreen or rain gear. MEETS: 8:30 am at HQ.

June 7 Tue Mark Mistrik 647-7609
Introduction to sea-kayaking - evening trip to North Park Lake. Easy trip is a very good way to get acquainted with the Sea-kayak. Basic Instruction, an overview of the sport, and actual paddling on the lake will be covered. This trip is a prerequisite for almost all other trips for anyone who has never sea-kayaked, and recommended if you haven't been in one lately. Please call to reserve.

June Three River's Art Festival Mark Mistrik 647-7609
Sea-Kayak to the Three River's Arts Festival. Paddle down to Monongahala River from the South Side to the Point, see the Festival exhibits and a performance, eat junk food, and then paddle back. Prerequisite: at least one intro trip or previous kayaking experience and you MUST bring a bright flashlight (waterproof or double sealed in a clear plastic bag). Call for the actual date and to reserve a kayak. Meets: 5:30-6PM at Shadyside HQ.

June 14 Tue Keith Jackson 831-7034
Intro trip

June 18 Sat Keith Jackson 831-7034
Daytrip to the Yough Lake

June 24 Fri Mark Mistrik 647-7609
Diane Bialecki 885-1074

Come celebrate St-Jean's day (Whatever that is!!!) with us in style - it's our annual "Cruise to Cruisers". Sea-kayak down the Monongahala and up the Allegheny to the restaurant. You park your kayak at their pier. The view of the city at night, as you paddle back, is breathtaking. An Intro trip (or more) is prerequisite, and you must bring a bright (waterproof or sealed in a bag) flashlight. Meets: 6:00 PM Friday evening in Shadyside

June 25-26 Sat-Sun Mark Mistrik 647-7609
Summer Sea-kayaking Nighttrip to Crooked Creek Lake. Our annual sleep deprivation special - meet Saturday afternoon, load kayaks, and set up at the campground - then kayak, float, swim, eat or just sit by the camp fire. Night paddling is a favorite of many sea-kayakers. Wildlife is much more abundant and the lake and surrounding countryside become almost surrealistic. Wake up to Sunday Brunch and a morning paddle sea-kayak.

July 15-17 Fri-Sun Mark Mistrik 647-7609
Great Lakes Sea-Kayaking to the islands off Sandusky, Ohio. This area includes the most scenic stretches of Lake Erie coastline, and has been described as "a bit of New England tucked away in the Mid West". Trip includes car-camping, two days of kayak touring, sightseeing, and eating. An Int. level of experience is required, and each day's paddle will be determined by the daily condition. EARLY RESERVATIONS ESSENTIAL in order to reserve a camping space. Call for info & to reserve a kayak. Meets: 5:45 to 6:15 at HQ.

September 2-6 Mark Mistrik 647-7609
Labor Day Sea-kayaking trip. Possible destinations include The Delaware Water Gap and New York City, The Saint Lawrence Seaway at Tibbits Point, New York, or at the Atlantic Ocean. We'll decide at the June kayaker's dinner (June 24th), but the trip will be rated Easy to Intermediate level.

SAILING

The Sailing Activity will offer day trips on Lake Arthur, weekend trips to other nearby lakes, and occasional week long sailing trips on larger cruising sailboats. Individuals with prior sailing experience and those with their own sailboats are especially encouraged to join our program. We also need individuals with trailer hitches to pull the sailboat trailers. Individuals who assist in boat maintenance, sailing class instruction, and trailer transportation will receive equivalent free rental time.

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.

Introductory Classes

We offer introductory classes for those who have never sailed before or anyone who desires to brush up on their skills. Individuals must be AYH members and at least 16 years old. Classes consist of two evening classroom sessions, and two full on the water sessions. We use the Red Cross Start Sailing Right textbook and offer Red Cross Certificates to those who pass all Red Cross requirements. Classroom work is at the AYH HQ building in Pittsburgh and the water sessions are at Lake Arthur. The class fee is \$70. The textbook is an additional \$10 and may be shared. Classes are limited to 12 students. Send in your application fee with payment as soon as possible to insure a space. Classes may be canceled up to 7 days prior to the first classroom session for a full refund minus a \$10 administrative fee. After that date refunds will be given only if the space is filled.

	Shore School AYH HQ 7pm-9pm	Shore School AYH HQ 7pm-9pm	On-Water Class Lake Arthur 9am-5pm
Class 1	Mon., June 13	Mon., June 20	Sat. & Sun. June 25 & 26
Class 2	Mon., July 11	Mon., July 18	Sat & Sun. July 23 & 24

SAILING CLASS REGISTRATION

Name: _____

Address: _____

Phone No.: _____
(you may use this form for multiple registrations)

Check class selection: Class 1__ Class 2__

Class fees: \$70 x ____ = ____

Textbooks: \$10 x ____ = ____

TOTAL ENCLOSED _____

Make check payable to Pittsburgh Council AYH. **YOU MUST BE AN AYH MEMBER FOR ALL CLASSES** - See membership inf.(back page), or contact the AYH office for information.

Send registration and fee to: Robert Zavos
AYH Sailing, 1007 Savannah Ave., Pittsburgh PA. 15221

Red Cross Sailing Instructor's Class - June 4 & 5

The Cleveland Chapter, American Red Cross offers a basic sailing instructor's course in Cleveland, Ohio. This class is for experienced sailors who desire to learn how to teach sailing and offers the Red Cross Instructor's certificate to those who meet all course requirements. Individuals who complete the course are required to teach Red Cross courses such as our Introductory Course to maintain certification. The course will be held June 4 & 5th. We will coordinate a trip this year for those interested. Course fee is \$60. An additional short Red Cross Health Services course is required. This is usually taught monthly in the Pittsburgh area and the class fee is \$20. If you want more information please contact Bob Zavos at 241-0659.

Day Trips:

June 11 Beg/Int Sat Bob Zovos 241-0659
Sailing Sampler at Lake Arthur. If you want to try Sailing, we will offer short sails from 11 AM to 3 PM departing from Watts Bay on Lake Arthur. These will be similar to last years Activity Weekend sessions and you may try a Sunfish or Flying Junior. Please signup in advance for specific Times. Fee will be 4 dollars per person for these 50 minute sessions. You can bring a bike or just hike along the Lake Arthur shoreline trails after your sail. Intermediate sailors may also signup for the whole day as usual. Day rentals are 15 dollars per person.

Sailboat Rentals:

At least one Sunfish and one Flying Junior will normally be stored on the racks at Watts Bay on Lake Arthur for day rentals at a fee of \$15 per person per day with a maximum of \$30 per boat. We have additional boats, including a 470, when a vehicle with a trailer hitch is available. Rentals are normally available only to AYH members who have completed our introductory course. Individuals with prior sailing experience who assist with sailing instruction or sailing trips may also rent boats. Individuals who rent boats will be responsible for any lost or damaged equipment. All boat rentals and trips must be approved by the Sailing Activity Chairperson.

BICYCLING (Road & Mountain)

June 10-12 Fri-Sun Helen Coyne 776-0678
Niagra Falls Meander - Ontario, Canada. Leisurely Pace. Ride the beautiful Niagra Falls bike pathways to Fort Erie on Saturday, and Niagra-on-the-Lake on Sunday. On Friday, for those who get to the Hostel early enough, we'll do a ride to the Welland Canal. Call Helen for more details.

June 12 Sun Int Bill Eberle 833-9732
The Montour trail, Fat-tire rides. 27 miles of the montour trail starting at Cecil Park. Faster pace and a few tricky sections of the undeveloped section between the Arrowhead trail and Hendersonville make this an Intermediate ride. Please no beginners.

The Great Ride, July 17th; Sponsored by Pgh Citiparks, rides are planned of 25 and 35 miles with food stops and T-shirts available. A 5 mile downhill on the I-279 H.O.V. lane may be included. Almost 2,000 cyclists are expected! Call the office for an application and details at 412-422-2282.

The Mon Valley Century, August 21st; The MVC starts south of Pittsburgh at Elizabeth PA. There are rides of 35, 65, and 100 miles! A map, food stops, and a sag wagon will be provided, and you will be able to purchase commemorative T-shirts. About 1,200 riders participate.

SABRE, October 2nd; When autumn breezes blow in southwestern Pennsylvania join us at Settlers Cabin County Park. SABRE has cool fall cycling with rides of 15, 35 and 65 miles. We expect 1,500 cyclists this year.. Call Bill Eberle at 412-833-9732 for Information or an application.

Ride Leaders needed: Do you love the adventure that the every day training ride brings? Or what about the fact that gas prices do not affect your riding in the least. Our sport is one of great pride, enjoyment and accomplishment; If you feel about cycling the way I do, then consider being a ride/trip leader.

As a trip leader you would plan a one day or even a one week trip that you feel would be of interest to others and act as the tour guide on that trip. At the very basic level this trip could be as simple as meeting at North Park for a 25 mile ride, or possibly a tour of a suburban PGH neighborhood. You as the trip leader would choose the route, the distance and decide on the level of difficulty of the ride. Once your ride has been approved by one of the cycling chairs you would see it listed, like the rides above for example. All ride leaders must be approved in advance, and helmets are required at all times. Give it some thought!!!! *Wm R Eberle, Cycling Chairperson.*

MID-WEEK RAMBLES

June 1 Wed Cliff & Marilyn Ham 687-4520.
Walk along the Allegheny River, from Millvale to Washington Landing (Herrs Island), along the trail on the Island, and return.

June 8 Wed Cliff Ham 687-4520.
Explore another shoreline of the Allegheny River near Lawrenceville, part of another developing trail.

June 15 Wed Cliff Ham 687-4520.
Possible strawberry picking. Bring a picnic lunch. Walk in Deer Lakes Park. Call for more information.

June 22 Wed Cliff Ham 687-4520.
Exploratory hike in Camp Guyasuta, If permission is granted.

June 29 Wed Marilyn Ham 687-4520.
Possible blueberry picking. Picnic in Freeport Community park; bring lunch. Call for more information.

Notes for all trips:

- * Meet in upper parking lot, Fifth and Shady Avenues, by 10 a.m.
- * Trips are subject to change because of weather, conflicts of schedule, and choice of group. We will plan a walk in all kinds of weather; be prepared.
- * Please share expenses of transportation when trips exceed 10 miles. Suggested: one dollar per passenger.
- * Call the leader for further information about a trip or to inform the leader that you plan to attend. Call Cliff or Marilyn Ham at 687-4520 for information. Please do not call after 10 p.m.

HIKE THE 100 MILE WILDERNESS

THE APPALACHIAN TRAIL IN MAINE
AUGUST 5 - 21, 1994

Been harboring thoughts of experiencing the 100 mile wilderness in Maine some day?

I'm Glenn Oster, and I surely have. I'll bet a number of you have too. Well, someday has arrived; I'm planning to backpack that section of the Appalachian Trail this summer, and you're invited to join me. Actually, we'll hike about 120 miles to the crest of Mount Katahdin so as to round out that end of the AT. Hiking in Maine is said to be rigorous, and this one should be rated as an advanced level hike; so, we'll have to be in good physical condition. But we have plenty of time to get in shape before the hike starts.

We plan to drive, leaving Pittsburgh on Friday evening, August 5, and our routing will depend on where all the hikers live. Our average hiking day will cover twelve miles, but some will be as short as ten miles while others will be as long as fifteen miles. Climbs and descents total some 21,500 feet.

Trip charges per hiker are indeterminate until the number of hikers is known. The number dictates the size of van we rent and how we work out the shuttle details. A ball-park guess is a range of \$250 to \$400 plus meals both on the trail (no group cooking) and while traveling.

Call for more info and to make reservations; I'll be glad to hear from you. I can be reached at (412) 364-2864.

HIKING / BACKPACKING

June 3-5 Fri-Sat Glenn Oster 364-2864
Backpack the Quehanna Trail in Moshannon State Forest from Red Run to the little town of Piper. Intermediate - 19 miles. Enjoy beautiful spring flowers and the clean smell of the wilds. Call for info and reservations.

June 4 Saturday is National Trails Day

June 4 Saturday Steve Tubbs 279-4866
Chestnut Ridge? Steve will lead an on-trail, off-trail (read that "bushwacking") hike somewhere along Chestnut Ridge or Laurel Ridge. Advanced/Expert skills required (over ten miles, moderate to fast pace, steep hills). Leave a message on Steve's machine if he's not home: your name and telephone number. Meets at 8:30 am at AYH Headquarters in Mellon Park.

June 4 Saturday Mike Lubich 883-2238
Cooper's Rock State Forest, Morgantown, W.Va., Orienteering Event. Orienteering involves using a map and compass to locate a series of checkpoints in a forested area. This event sponsored by the Warrior Ridge Orienteering Club. No experience necessary; instruction provided. Courses for all levels from pre-school to expert adult; map fee is \$3; call for starting time. You can also rent a compass for a small additional fee. This is NOT an AYH event. Call Mike for more information.

June 9 Thursday Leo Stember 681-1385
Frick Park. This is a midweek hike through Frick Park with a focus on bird, wildflower and edible wild plant identification. Easy (less than 5 miles, leisurely to moderate pace, moderate hills). Meets at 9:00 am at Headquarters in Mellon Park. Call, daytime is best, for more information.

June 11 Saturday Steve Nydes 661-9357
Oil Creek State Park. This will be a loop hike on the Oil Creek State Park trail system. Intermediate (8-10 miles, moderate pace, moderate hills-some steep). Meets at HQ in Mellon Park at 8:00 am. Call Steve for additional info/reservations.

June 12 Sunday Jim Ritchie 828-0210
Rachel Carson Trail, Section C (Deek Creek Valley). The four sections of the Rachel Carson Trail are nicknamed "hard", "harder", "more harder" and "hardest". This is the "hardest" section. Extremely numerous and steep hills. 8 mile long hike. Moderate pace. Advanced/Expert skills required. We may see turtles, Baltimore Orioles, European Columbine, Deer Creek, and other flora/fauna. Meets at 8:00 am at HQ in Mellon Park. Call for reservations.

June 18 Saturday Tom Kaveney 276-8044
Destination To Be Announced. Intermediate level hike (moderate hills, some steep; 8-10 miles; moderate pace). Meets at 8:30 am at HQ in Mellon Park. Call Tom for details and a reservation.

June 23 Thursday Leo Stember 681-1385
Slippery Rock Creek. Another midweek hike, this time to Slippery Rock Creek with a focus on bird, wildflower and edible wild plant identification. Easy (less than 5 miles, leisurely to moderate pace, moderate hills). Meets at 9:00 am at Headquarters in Mellon Park. Call, daytime is best, for more information.

June 25 Saturday Jim Ritchie 828-0210
Trail Maintenance, Baker Trail, Kiski Station to the Crooked Creek Shelter. We'll paint new blazes, do some lopping, cut down brambles and knotweed, do a little chainsaw and bowsaw work and pick up trash at a series of sites stretching from the mouth of the Kiski River to Kelly Station to Center Valley to Bethel. I know a good place to eat near Crooked Creek when we're all done. If it's hot, we may have the option to plunge in at Paradise Beach at Crooked Creek park. Meets at 8:00 am at HQ in Mellon Park. Limited to 8. Call for information and reservations.

June 26 Sunday Veronique Schreurs 733-1741
Laurel Highlands Trail, Route 30 Crossing to Beam's Rocks. Intermediate level hike (6-8 miles, moderate pace, moderate hills). The mountain laurel will be blooming (we hope); this hike will feature a little bit of off-trail exploration to seek out a special area with a profusion of mountain laurel. Will meet at 9:00 am at the Parkvale Savings and Loan in Monroeville at the junction of Route 48 and William Penn Highway. Call Veronique for additional directions.

July 9 Saturday Steve Nydes 661-9357
Laurel Highlands Trail, Route 653 Parking area to Seven Springs. Intermediate difficulty (8-9 miles, moderate hills-some steep, moderate pace); high atop Laurel Ridge, from milepost 19 to milepost 27; the trail is mostly shaded under a canopy of tall trees. Features include rock outcroppings providing vistas to the east and west, a 19th century cemetery, the Grindle Ridge Shelters and Lake Tahoe. Meets at AYH Headquarters in Mellon Park at 8:00 am. Call for info/reservations.

REQUEST-A-HIKE

Is there an area in Western Pennsylvania that you've always wanted to hike? But you don't want to go alone? And you don't know the area very well? If your answers to these questions is "Yes", call Jim Ritchie at 828-0210 and we'll find leaders that knows that area and ask them to schedule and lead a hike there. If you want to keep the difficulty level to easy or intermediate or you would like a strenuous, exploratory hike, let me know that also and I will pass that information along as well.

The Facts about Hostelling International

Hostelling International has always been known as an inexpensive, unique way to travel. But did you know how much your membership card is really worth? Hostelling International is a worldwide network of volunteers and staff whose mission is to enable you to travel exactly the way you want.

Benefits include:

- Access to 6,000 hostels in 70 countries
- A free guidebooks of all the hostels in Canada and the United States upon request
- The IBN global computer network which lets you reserve a bed at any of 70 major international hostels

- up to six months in advance.
- Discounts on food, transportation, equipment, attractions and entertainment

- 39 councils in the United States which provide programs and fun activities for hostellers at the local level

- such as sailing, cycling, hiking, canoeing.

- Opportunities for volunteering to help develop hostelling

- Local travel stores for travel information and supplies

But the most important benefit is the hostelling experience. Take a walking tour of Washington DC or the Amalfi coast, a guided trek in a tropical rain forest or the Redwood National Park, climb Mount Monadnock, visit Sri Lanka or go rafting in Ohio. You'll be meeting hostellers from all over the world and making friends.

Whether you're staying in the states or traveling overseas, we hope we'll see you hostelling around.

DID YOU KNOW...

Karen Lukas will be leading one of the national AYH Discovery Tours next summer? Karen is the leader of the hiking trip in Canada's Mountain Parks, a class B trip (averaging 7 - 12 miles per day over hilly and some mountainous terrain). If you join Karen, you will explore Banff, Jasper and Yoho National Parks. The tour begins in the Canadian Rocky gateway city of Edmonton and ends in Calgary, Alberta.

The trip is organized for the 50+ age group, and is scheduled for August 6 through 20, 1994. The cost is \$995 for the 15-day trip. Call Karen at 661-4835 for details.

HOSTEL UPDATES

Delaware Valley Council is still working on it, but it looks like the Bowmansville Hostel in eastern PA will not be reopening.

The hostels in Marsh Creek, Tyler and Evansburg State Parks in eastern PA have been closed temporarily. We hope that they will be reopening later this year. Watch this newsletter for the latest information.

Hyannis Hostel on Cape Cod is being sold. Try the Mid-Cape Hostel or the hostels on Nantucket or Martha's Vineyard as alternatives.

NORTH AMERICA HOSTEL HANDBOOKS

A new policy has been established for distribution of the North America hostel handbooks. A map listing hostels in the US will normally be sent with each new or renewal membership along with a postcard to send in for a free copy of the complete handbook. If you want the new handbook, you must ask for it. Also, anyone can pick up a complimentary copy at any hostel or Council office rather than having to buy one as in the past.

The reason for this change is the fact that 80% of all AYH memberships are bought for use at foreign hostels; the great majority of visitors at US hostels are foreign travelers. Therefore, the emphasis will be on distributing the North American handbooks at the hostels to hostellers traveling in this country.

DISTRIBUTING AYH BROCHURES

We are looking for places to distribute hostelling brochures, primarily brochures describing hostelling and how to purchase a Hostelling International membership, but also some specific hostel brochures. If you have 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 send a supply.

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).

*Mon Valley Century (Chuck and Lynn Ejzak, 466-6196)

*SABRE(Wm Eberle, 833-9732)

*Typing articles for the newsletter into a computer (Bill Eberle, 833-9732)

*Hostel development and fund-raising (Marianne Kasica, 665-9554)

*Ohiopyle hostel support and work parties (Linda Smithyman, 531-1868)

*Travel and Hostel Editor for the newsletter, Larry Laude, 665-9554

*Answering questions & council office Joe Hoechner, 422-2282

*Leading Pittsburgh Council trips (Jon Maiman, 441-2306)

*Scouting trails for the next Hiking Guide Joe Hoechner, 422-2282

*Slide shows at the Thursday Open House (office, 422-2282)

*Trail Maintenance, Baker Trail and Rachel Carson Trail (Jim Ritchie, 828-0210)

ADOPT THE BAKER TRAIL

AYH volunteers are beginning to adopt sections of the 141-mile long Baker Trail even though the "official" call has not yet gone out. As reported last year, Sam Saccamango and Hal and Elizabeth Sommer have each volunteered to take care of sections of the Baker Trail, Sam near Schenley, PA and Hal and Elizabeth, near Elderton, PA. This past month Cindy Rogers, of Indiana, PA has volunteered to maintain some of the Baker Trail, the section still to be determined. Tom Brandon, of Brookville, has offered the services of his Boy Scout troop to help us care for the BT in the Brookville area. And, there are others in discussion.

AYH especially needs volunteers in Armstrong, Clarion, Jefferson, and Forest Counties to assist us with sections of the Baker Trail located in those areas. There are 11 sections of the BT available for adoption at this time. If you are interested, call Jim Ritchie at (412) 828-0210.

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.

I'm returning to Greenland in July - August 1994. Anyone interested in the US-Iceland-Greenland circuit please call 681-1385, Leo.

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: Women's Tanner all leather Gortex hiking boots. Size 7 1/2 m, like new. Asking \$95. Judy 443-6795.

Early retired Sierra Nut seeks likewise with flexible schedule for late summer or fall trip. Call Jerry Gaines 475-3957.

For Sale: Schwinn Tempo Bicycle, teal & white, 26" 12 speed, Mavic 40 rims, Cateye Micro-computer, very good condition \$250.00 Phone John 775-2767.

For Sale: Coleman Tent Trailer - Basic trailer, no stove, sink, etc. All new canvas. \$300 or BO. evenings 371-1384.

For Sale: Slick Tires for Road use of Mountain bikes. 26x1.5". Hardly used \$19 for two. Kathleen 341-1564

Editor, The Golden Triangle
6300 5th Ave
Pittsburgh, PA 15232

Your Dream Vacation

North Cascades National Park
Olympic National Park
Mount Rainier National Park
Mount Saint Helens
July 2 - 16, 1994

Can you see yourself watching the Rocky Mountains from the air and then descending to Seattle as you gaze, awe inspired, at the chain of snow covered mountain peaks visible to the south - majestic Mount Rainier, Mount Adams, Mount St. Helens and Mount Hood - incredible. Then travel by van to backpack for six days in the rugged, scenic and unbelievable spiny mountains of North Cascades National Park. (If you are not up to backpacking, you can use the van to car camp and sightsee or day hike while others are in the wilderness.)

For the next seven days, tour and day hike. We'll visit Olympic National Park - snowy Hurricane Ridge, the lush Hoh Rain Forest, and impressive sea-stacks and arches offshore in the Pacific Ocean. Next we'll head for Mount Rainier and climb up to Frying Pan Gap for absolutely overwhelming views. Lastly, we'll drive through Mount St. Helens and see the devastating effect of a big-time volcanic eruption.

It's pretty hard to imagine more scenic beauty packed into a two week vacation. You can elect not to backpack, as mentioned, but if you do join the backpackers, you'll need to be able to hike at an advanced level.

Assuming all openings are filled, the cost is estimated to be about \$500 plus transportation to and from Seattle, hostel beds and meals.

The trip will be limited to eight, and three hikers have already signed up; so, if you are interested, better let me know soon. These western trips usually fill quickly.

Phone Glenn Oster at (412) 364-2864 for more info/reservations.

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