



pittsburgh council, american youth hostel, inc.

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### NEW STARTING POINT FOR TRIPS

Because there are two private residences immediately adjacent to the parking lot behind the Arts and Crafts Center, and because people frequently meet there for trips early (8:00 a.m.) in the morning, and because of the noise inherent to such a procedure, all trippers are asked to meet for trips in the upper lot (behind the Scaife Unit.) Cars used for loading canoes and cycles can be parked (temporarily) on the road just outside the door to our headquarters.

### OPEN HOUSE

- Dec. 4 David Tomko will lead us on a readventure of Yellowstone National Park on the Grand Loop tour.
- Dec. 11 Come "Ski High on Skis" as we open the ski season. Think snow!
- Dec. 18 New Winter Sports Chairman, Jim Hurst presents an equipment show to help you on your way this season. Refreshments served after to ward off the chill.
- Dec. 25 CHRISTMAS DAY - no open house.
- Correction: Norm Snyder is the new Caving Chairman.

### WINTER SPORTS ACTIVITIES

November has seen the formation and falling of small tabular and columnar crystals of frozen water formed directly from the water vapor of the air when its temperature at time of condensation is lower than 0° C. (32° F.), giving promise of a great winter.

Man has not only learned to cope with the reduced coefficient of friction of this frozen water, but has developed ice skates, skis, toboggans, and stretch pants for enjoying life in the snowy season.

We don't want to be caught with our skis off this winter, so an active A.Y.H. program is in the formative stages to cover every week-end in January and February, and possibly into March if the snow holds. It is proposed to have one ski-touring trip every week-end and one down-hill trip - either a single day or a full week-end trip every Saturday and/or Sunday. Full pleasure in winter sports takes proper equipment and skills, in addition to time, money, and friends. A.Y.H. can offer you everything but the time and money. There will be an equipment demonstration on Thursday, Dec. 18th at A.Y.H. and ski instruction will be offered at a group rate, through A.Y.H. at Boyce Park for six weeks - starting the first week of January. Sign up at A.Y.H. Headquarters. Instruction will be wither Monday or Wednesday evening - cost is \$26.00 with your own equipment, or \$36.00 with rental equipment.

A second toboggan is being purchased  
(continued on page 2)

## CYCLE-A-PATHS

Be not deterred by the cold, cycling is a year-round activity. As long as it doesn't snow, we go! Cycling can be quite pleasant even with temperatures in the 20's or lower, if you are properly dressed. The clothing requirements in cycling are quite similar to those for skiing, and ski clothing is generally good for cycling since it is warm, light and gives freedom of motion.

Let's start from the top and work down. Wear a warm hat (or a wig), for on a cold day, as much as 50% of the heat your body loses is from your head (especially if you are balding.) A ski jacket is perfect for cycling. For your hands, make sure you have a very warm pair of gloves or mittens because your hands stay quite stationary on the handle bars and are exposed to the wind. Ski mittens are a good choice - they give all the freedom you need and are generally warmer than gloves. You can get a pair of foam, insulated leather ski mittens for about \$5.00. Stretch pants are fine for cycling, though not essential. Any warm slacks or pants, except bell bottoms are alright. You also may find thermal underwear useful. Conventional wisdom on keeping your feet warm suggests that you wear a pair of heavy socks over a pair of light socks and avoid having your foot so tightly packed in your shoe that circulation is impaired. Your shoes or boots should have a good non-slip rubber sole.

There will be cycle trips each Saturday and Sunday in December, except when the roads are wet or slippery. On Saturdays, Mike Hurwitz or Dave Pattison will lead trips for advanced cyclists, and on Sundays, Allan Sher, Helen Rincka and Vince Widmer will lead leisurely trips through the city parks or for cyclists of all abilities.

Whenever the weather is questionable, call the leader about an hour before the trip is scheduled.

And for those of you who are skiers - come on and cycle when there is no snow, it's great for keeping your legs in shape for skiing.

**In the North Hills--**  
**Scholls Cycle Center**  
 406 Perry Highway  
 Pittsburgh, Pa. 15229 (931-6711)

**In the South Hills--**  
**Baker's Bicycle Center**  
 2639 West Liberty Avenue  
 Pittsburgh, Pa. 15216 (343-4230)



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**In the East Hills--**  
**Schwinn Bicycle Center**  
 740 Fifth Avenue  
 New Kensington, Pa. (335-6464)

## WINTER SPORTS continued

for fun in the snow, either after a Thursday night meeting or possibly a spontaneous Sat. or Sun. outing to North or South Parks can be arranged when the snow falls.

For variety, a new event will be tried - an easy semi-giant ski slalom race for all to enter, at Hidden Valley.

A meeting for all winter sports trip leaders, potential leaders, and parties interested in promoting winter sports will be held prior to the regular meeting at A.Y.H. Headquarters - Thursday night, December 11th at 7:15 p.m., to firmly plan the trip schedule for the winter.

Announcing: **NEW TRAIL SUPPLIES SHOP**

Saturday, November 29 is the opening of THE MOUNTAIN TRAIL SHOP, which will be able to supply AYH'ers with name brand equipment right here in the area without having to mail away for it. The shop is located at 4758 Old Wm. Penn Highway, Murrys ville, Pa. 15668. Weekday hours are 12 to 9, Saturdays 9 to 9. Some items are specially priced such as:

Bluet Stoves, lightweight, one burner - \$6.39

Goldline climbing ropes, 120 feet - \$18.00

Stop in and browse, get acquainted.

WANT ADS

For sale - 8 mm movie camera - Bell and Howell Director series. Excellent condition. Has automatic eye and setting control with Zoom lens. Price includes heavy duty case that holds accessories and extra film. Price \$56.24. Call Ann or Henry Fisher 521-8992

For Sale - K-1 paddles, flat or feathered (specify length if desired) - \$13.50. C-1 paddles available also if interested. Contact Dean Tomko 466-7195

CHEAT CANYON REPORT

The system of trails in Cheat Canyon is now nearly complete and ready for hikers and backpackers to enjoy. On November 1st, 6 AYHers cleaned up 6 of the 9 miles of trail along the east bank of the Cheat River from Jenkins Bridge to Albright. The remaining 3 miles could be used in their present state without great difficulty. On Sunday November 2nd, 14 AYHers cleaned up 4 of the 6 miles of trail along Big Sandy Creek from Jenkins Bridge to Rockville. Both these trails begin near a sharp bend in the main road about 50 yards up the hill from Jenkins Bridge. The trail along the west bank of the Cheat River from Jenkins Bridge to Cheat Lake was cleaned up several months ago by AYH. All that remains to be done is the trail along Cheat Lake (about 3 miles), the 3 miles of trail near Albright and the 2 miles of trail near Rockville.

When completed, this trail system will offer

by far the best backpacking within a 140 mile radius of Pittsburgh. It is only 80 miles from Pittsburgh, compared to 140 to 180 miles for comparable areas like Dolly Sods, Otter Creek, the Appalachian Trail, etc.

The Cheat Canyon trail system offers the hiker access to a densely wooded, 1000 ft. deep canyon filled with scenic views, spectacular rapids and waterfalls, sandy beaches, swimming holes, sheer rock walls, etc. Only about 1 mile of the trails show evidence of recent logging. There is very little evidence of the works of man along the rest of the trail system. It would be great if it could be kept that way. The land is owned by West Penn Power Company and the prospects for a dam in Cheat Canyon are virtually nil. Thus if West Penn Power could be persuaded to abolish logging in the area, the canyon would probably remain in its natural state for generations. West Penn Power has shown a great deal of social consciousness by leasing a large tract of land along the Lower Youghiogheny to the Western Pa. Conservancy for a park and by leasing a large tract of land along Cheat Lake to the Boy Scouts for a camp. It would seem almost out of character for them to let their most scenic land holding fall into disuse.

Our Hiking Guide to Western Pa. and Northern West Virginia (to be out soon) will describe the Cheat Canyon Trail System in greater detail.

The GOLDEN TRIANGLE is published by:  
Pittsburgh Council  
American Youth Hostels, Inc.  
6300 Fifth Avenue, Pittsburgh 15232  
Phone: (Thursday evenings) 362-8181  
Editor: Judy Miller 481-1552

TRIP LEADERS

Please make sure you turn in all trip reports and money to Fred Hull, or leave them in the box attached to the door at the Hostel. It is important that you turn them in soon as the year end report is due.



## TRIPS AND TRAILS

- FRI 5th ICE SKATING - Flashing blades across the ice at North Park. Vince Widmer leads this trip which meets at the Hostel at 9:30 p.m. for the late night adult session from 10:30 to 1:00.
- SAT 6th CYCLE - Mike Hurwitz (731-1083 or 256-3343) leads a 40-50 mile ride near Ligonier for experienced cyclists only - weather permitting, hopefully riding over a few mountains. Bring a lunch - cost \$2.00, leave HQ at 9:00 a.m. - no rentals. Call Saturday after 8:00 a.m. to confirm whether trip is going.
- SUN 7th RUGGED HIKE - Jim Hurst leads a rugged canoers hike to explore the upper Yough canoeing territory from Friendsville, Md. to Sang Run. Call 434-3964 during the day. Bring lunch - good hiking boots required. Cost \$2.50, leave Hostel at 8:30 a.m.
- SUN 7th HIKE - Eb Moll leads an easy hike for those who want to enjoy the day and the weather (whatever it may be.) Location to be decided. Call 441-0226. Leave Hostel at 8:30 a.m.
- SUN 7th CYCLE - Take a leisurely Sunday afternoon trip through the city parks with Allan Sher (421-4429), Helen Brincka, or Vince Widmer (339-1165) from 1:00 p.m. to 4:00 p.m. (weather permitting; i.e. dry, and no blizzards.) Cyclists of all abilities welcome and instruction on riding 10 speed bicycles will be available for beginners. Call to reserve a bicycle and call after 12 noon to confirm that the trip will be going.
- FRI 12th ICE SKATING - Regular Friday night skating trip to North Park. Meet at HQ at 9:30 p.m. Kathy Bullano leads.
- SAT 13th HIKE - Cliff Ham leads an all-day hike near Pittsburgh, on the Forbes Trail, - Hannastown to Murrysburg. Leave HQ at 8:30 a.m. with lunch and good hiking boots. Call 621-7825 to reserve.
- SAT 13th CYCLE - Advanced cyclists call Mike Hurwitz or Dave Pattison (242-9224) to arrange for an informal trip.
- SAT 13th CAVING - This trip goes to Lemon Hole - requires some rock climbing, (trippers should have been on at least one rock climbing trip before attempting this one.) Cost about \$2.00 - bring lunch, rubber soled shoes and a change of clothes. You must have a lamp - carbide or flashlight (carbide lamps are available for rent.) Bob Strong leads - leave Hostel at 9:00 a.m.
- SUN 14th HIKE - Try a short, fairly easy trip along Slippery Rock Creek near McConnells Mills. Wear good hiking boots, bring lunch. Leave HQ at 9:00 a.m., Armand Panson leads.
- SUN 14th CYCLE - Another leisurely Sunday afternoon trip - from 1:00 to 4:00 p.m. - See description on the 7th for details.
- FRI 19th ICE SKATING - Once again the Hostel challenges the ice at North Park. Bob Taylor leads - meet at HQ at 9:30 for late night session.

# TRIPS AND TRAILS continued

- SAT 20th CYCLE - Dave Pattison (242-9224 or Mike Hurwitz (731-1083 or 256-3343) leads a 40-50 mile ride for experienced cyclists only (weather permitting) in an area to be announced. (How about Florida?) Leave Hostel at 9:00 a.m. with a lunch - no rentals. Call Saturday morning after 8:00 a.m. to confirm trip.
- SUN 21st CHRISTMAS CAROLING - Warmup the vocal cords, bone up on the words and bundle up for an evening of sharing with others our Christmas good wishes and glorious (?) voices. Judy Miller (481-1552) maps out a route in the Shadyside area. Sing for a couple of hours, then moisten the throats at Cliff and Marilyn Ham's house, 4723 Wallingford Street, near Neville. Meet at the Hostel at 7:00 p.m.
- SUN 21st CYCLE - Put on your snow tires for another leisurely Sunday cycling trip - from 1:00 to 4:00 p.m. Call after 12 noon to confirm whether or not trip is going. See description for Sun, the 7th for details.
- SAT 27th CAMPING - Two-day camping trip for all you Eskimos, in the beautiful Dolly Sods area of West Virginia. Be prepared for snow and cold weather! (Perhaps there will be Igloo building instruction) Led by the "fantastic" Henry Polak (421-9413, after 11:00 p.m.)
- SUN 28th CYCLE - Advanced cyclists and St. Bernards call Mike Hurwitz or Dave Pattison to arrange for an informal trip.
- SUN 28th CYCLE - Wheel leisurely over the ice from 1:00 to 4:00 p.m. Cyclists of all abilities welcome. If the weather is dry, reserve a bicycle with Allan Sher (421-4429), or Vince Widmer (339-1165). Call Hostel after 12 noon to confirm whether or not trip is going.

## APPLICATION FOR MEMBERSHIP

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Age \_\_\_\_\_

City \_\_\_\_\_ Zip Code \_\_\_\_\_

Will you use you AYH pass abroad? \_\_\_\_\_ Ever held an AYH pass before? \_\_\_\_\_

### Types of Passes:

Youth (under 18....\$5.00	Family ...\$12.00	Subscription....\$2.00
Sr. Youth (18-20)..\$7.00	Life.....\$50.00	Organization...\$15.00
Adult.....\$10.00	Family Life..\$100.00	Sustaining... \$100.00

Make checks payable to: Pittsburgh Council, American Youth Hostels, Inc.  
6300 Fifth Avenue, Pittsburgh, Pennsylvania 15232

# DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4 Open House	5 Ice Skating	6 CYCLE	7 RUGGED HIKE HIKE CYCLE
8	9	10	11 Open House	12 Ice Skating	13 HIKE CYCLE CAVING	14 HIKE CYCLE
15	16	17	18 Open House Triangle Articles Due	19 Ice Skating	20 CYCLE	21 CAROLING CYCLE
22 TRIANGLE PARTY	23	24	25 CHRISTMAS	26	27 CAMPING WEEKEND	28
					CYCLE	CYCLE
29	30	31				

Pittsburgh Council  
AMERICAN YOUTH HOSTELS, INC.  
6300 Fifth Avenue  
Pittsburgh, Pennsylvania 15232

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