



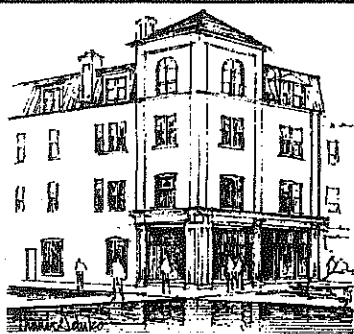
# GOLDEN TRIANGLE

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 47, NUMBER 3

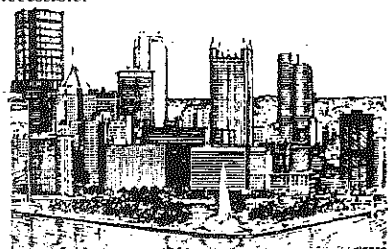
MAY 1997



## Hostelling - International Pittsburgh PA

New for Spring 1997:

A 60 bed full service hostel in a converted bank building. Free parking, travel store, handicapped accessible!



Be Sure To Visit:

- Andy Warhol Museum
- Station Square
- Nearby Southside
- The Downtown Cultural District
- Riverfront Bike Trails
- Nearby Universities
- The Carnegie Science Center
- The Zoo & National Aviary
- Phipps Conservatory
- Historic Point State Park
- Three Rivers Stadium

For information, reservations, grand opening date, or rates contact the Pittsburgh Council AYH office at 412-422-2282, fax 412-422-2509 or <http://trfn.clpgh.org/ayh/>

HI-Pgh on the  
information super  
highway, point your  
browser to;



<http://trfn.clpgh.org/ayh/> for the  
latest on activities, slide  
shows & local hostelling or  
you can email us at  
[ayh@trfn.clpgh.org](mailto:ayh@trfn.clpgh.org)

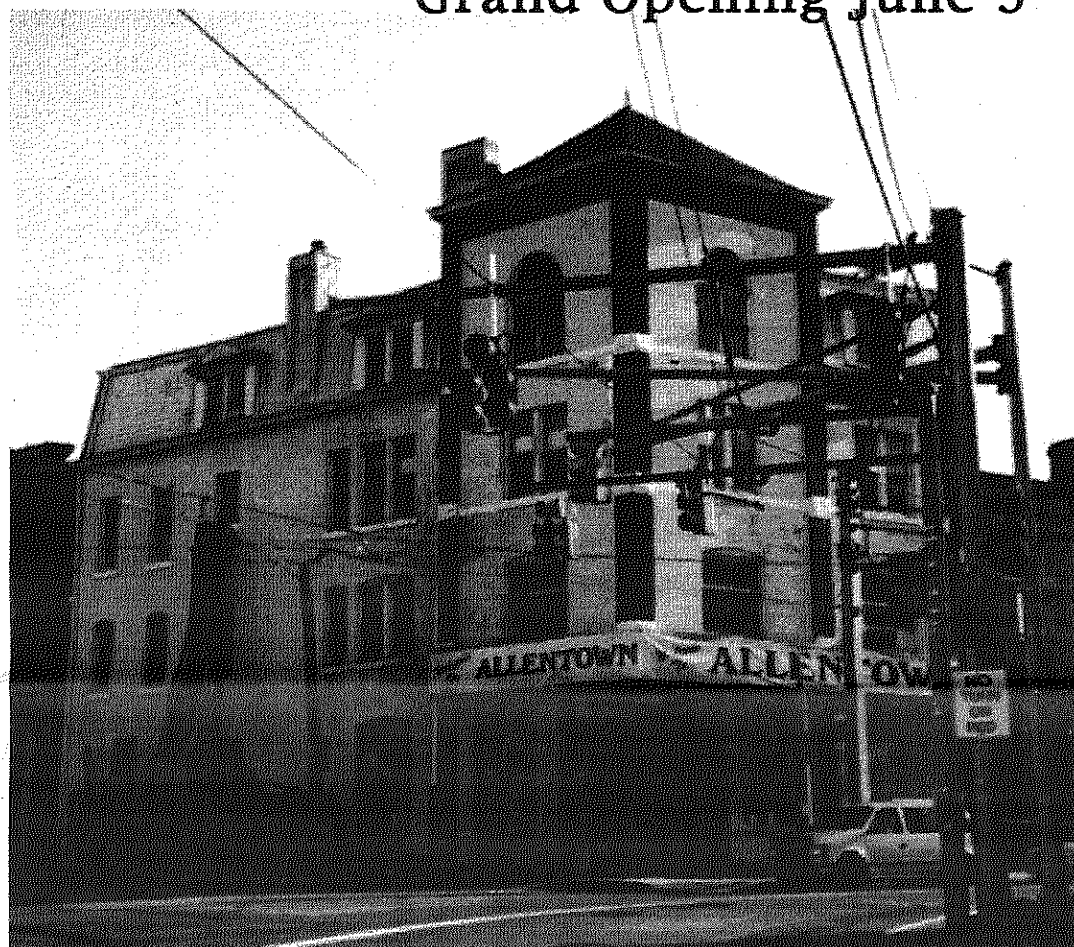
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.....And MORE!!!

## Pittsburgh Hostel about to Open

Grand Opening June 5



### Pittsburgh Hostel

After months of construction, the new Pittsburgh Hostel will be opening its doors to hostellers by the middle of May. The exact date depends on completion of final construction items and getting the certificate of occupancy. The Hostel will be open and operating by mid May, with the grand opening on Thursday June 5th at 10 am followed by an open house for members on Saturday June 7th. (Please call 412-431-1267 to make a reservation and to find out the exact date) Stop by and check out the hostel and say hello to Holly Ridenour, our hostel manager.

**NOTE:** Please make note of our new address.

HI-Pittsburgh Hostel  
830 Warrington Ave.  
Pgh, PA 15210  
412-431-1267

## US Hostel Handbook Update

The '97 US Hostel Handbooks are now available and again this year include the hostels in Canada. When you renew, send in the postcard that comes with your membership or pick one up at Headquarters or the Office. Two corrections, however:

The phone number for the HI - Al Lester Hostel in Conway New Hampshire should be 603-447-1001.

The phone number for the HI - Bar-G Ranch Hostel in Estes Park Colorado should be 970-586-3688.

## TRANSLATION HELP WANTED

To help promote the future Pittsburgh International hostel, Joe Hoechner needs to translate information into French, German, Japanese and Spanish. If you can help with a few paragraphs please call Joe at 242-0781. Thanks!



Sea-Kayak  
Surf Launch  
at  
Assateague  
Island  
National  
Seashore  
Turn to Page  
8 for Sea-  
kayaking

HOSTELLING INTERNATIONAL

PITTSBURGH COUNCIL-AYH  
5604 SOLWAY STREET #202  
PITTSBURGH, PA 15217-1268

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Address correction requested

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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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## Triangle Staff

Managing Editor ... **Wm. Eberle**  
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Copy Editor ... **VACANT**  
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Office Staff  
(412-431-1267)  
**Amy Sincine**

## Oops...

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

Mail regarding this Newsletter should be addressed to:

**American Youth Hostels**  
**The Golden Triangle**  
830 Warrington AVE  
Pittsburgh, PA 15210

Office: (412) 431-1267

or

HI-Pgh on the information super highway,  
point your browser to:  
<http://trfn.clpgh.org/ayh/>  
or you can email us at  
[ayh@trfn.clpgh.org](mailto:ayh@trfn.clpgh.org)

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Luc Berger ..... 683-3131  
VACANT ..... ###-####  
Storekeeper  
Wm Eberle ..... 921-1932

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

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

## NOTICE

Please note the deadlines for  
future issues of the  
**GOLDEN TRIANGLE**

## JUNE

All copy, May 1  
Binding/Mailing, May 29

## JULY

All copy, June 5  
Binding/Mailing, June 26

If your work is on computer,  
Please contact Bill Eberle  
@ 921-1932 or  
[76202.3051@Compuserve.com](mailto: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) 431-1267.

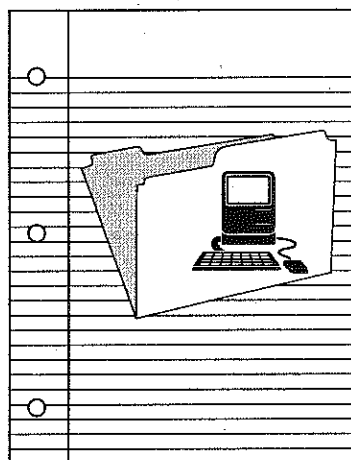
## About AYH

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. NO EXCEPTIONS. Call if you have questions.
- Submitted 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"

**Please note**, the Golden Triangle frequency of publication.

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:  
and Number 10 issue ->Dec. / January

Editor...

## Upcoming Slide Shows

May 1: We show the video "A Journey Through The Alps". See Zermatt, Lucerne, and the biblical play at Oberammergau.

May 8: Kathleen Donnelly, "Mysteries Of A Medieval Irish Monastery". Archeological digs off the western coast of Ireland.

May 15: Helen Coyne, "World Wander By Bicycle: Delhi To Singapore". See Nepal and Thailand.

May 22: Memorial Day weekend; no show.

May 29: We show the 16 mm film "Amsterdam". Canals and 18th-century palaces.

June 5: Helen Coyne, "World Wander By Bicycle: New Zealand and Australia".

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.

## 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





## The Lancaster Hiking Club, in conjunction with the Butler Outdoor Club, The Duquesne Incline, and The Gateway Clipper Fleet proudly presents:

### 'IRON CITY UNDER THE STARS' "ALL-NIGHT" - MOONLIGHT HIKE

JUNE 20 - 22, 1997 (Friday Through Sunday)

Deadline for registration is May 16, 1997. This enjoyable and spectacular week-end in Pittsburgh includes an all-night hike from 10:30 PM. Saturday to after sunrise Sunday, the first day of summer and one night past a full moon. The bus will depart Lancaster Friday evening and return Sunday afternoon. Cost for this week-end will be \$150.00 which includes transportation from Lancaster, lodging, admission to all scheduled attractions and 2 breakfasts. We will visit the Pittsburgh History Center, University Of Pittsburgh, Carnegie Science Center, the Duquesne Incline, take a cruise on the rivers and more. A full night's sleep Friday night and time to rest/sleep before the hike begins Saturday night. Every effort will be made to insure your comfort and safety. There will be adequate rest stops and an opportunity to have a snack during the hike; which will be easy as a grand finale to this unique recreational week-end in Pittsburgh, the group will have Sunday breakfast at "Le Mont", one of the top 350 restaurants in North America and winner of the Dirona award for dining distinction. (cost of trip includes breakfast and gratuity!)

Tickets or Gift Certificates are available by mailing a check for \$150.00. Make checks payable to:

Pittsburgh Hike Committee, P.O. Box 7922, Lancaster Pa 17604-7922

**HIKE ONLY - INCLUDES TRIPS ON INCLINES, CRUISE ON RIVERS AND BREAKFAST AT LE MONT. COST OF HIKE ONLY IS \$40.00**

(412) 287-3382 or (717) 684-4474 FOR ADDITIONAL INFORMATION

A WHALE OF A GOOD TIME - GUARANTEED

## AYH FAMILY GROUP

Memorial Day Outing at Blue Knob State Park  
May 24 (Saturday) - May 26 (Monday) Cabin Camping

Each family will have its own cabin and meals will be planned and prepared by all. Activities will include hikes, campfires, swimming if weather permits. Fees are slightly higher this year because state parks fees are higher.

Camper fee per night	over age 9	\$11.00 for non-members 9.00 for members
	age 3-9	5.50 for non-members 4.50 for members
	under 3	.50 (for HI-AYH national)

There are additional costs for food. We need an additional leader for this outing. Leaders fees are reimbursed.

Contact Barbara Hanusa at 441-7205.

## RACHEL CARSON HOMESTEAD OBTAINS \$1,000 GRANT To Be Used for Improve ments to Rachel Carson Trail

The good news from Mark Tomlinson, Executive Director of the Rachel Carson Homestead Association, is that, as a result of his initiative requesting support from the Monroeville Eastern Mountain Sports (EMS) store, the Homestead Association has been awarded \$1,000 to be used for supplies for trail development and trail maintenance on the Rachel Carson Trail.

Mark is now in the process of data-gathering with Jim Ritchie and Leo Stember, pulling together an inventory of trail projects such as needed bridges for stream crossings, posts to be used to mark the trail across large open areas, elevated wooden walkways for several bog areas, and possibly, permanent yellow plastic blazing that would reduce trail maintenance requirements significantly.

As soon as the inventory is completed, a meeting will be held with Kim Scott, manager of the Monroeville EMS during which the several projects will be prioritized for action. In any case, the beneficiaries of the EMS grant will be the hikers who utilize the RCT throughout the year. You can help support the Trail, as well, by supporting the companies who support our hiking trails. The next time you are shopping for outdoor gear, stop in EMS to see what they have in exchange for their support.

Some of the projects on the preliminary list include bridges for Crouse Run near Sample Station, Cunningham Run in Indiana Township, just off Eisele Road, and Hemlock Run in North Park. Several bog areas, including one near the horse farm in Harrison Hills, another in the Hampton Nature Reserve, and a third in North Park, are candidates for elevated wooden walkways, and posting will be considered for the new power line cuts through Fawn and Harrison Townships.

Hopefully, we will have all our chicks in line by National Trails Day so we can initiate a worthy project on the Rachel Carson Trail with supplies obtained through the EMS grant. YOU can participate by volunteering to work on a Trail Crew, on National Trails Day, June 7, 1997. To do so, call Mark Tomlinson at 828-1969, Jim Ritchie at 828-0210, or Leo Stember at 681-1385.

## The vacation of a lifetime ALASKA

Here's your opportunity

You've read the stories and seen the slide shows of Glenn Oster's western trips. Well, he's at it again - in a big way. **ALASKA.** This tour focuses on sightseeing, but plans are to do a few days of backpacking (Chilkoot Trail) and day hiking, (in Denali National Park and at Exit Glacier.) Others may opt to sightsee instead. Throughout the trip, we'll camp or use hostels, and while traveling, most of our meals will be eaten in restaurants.

The trip can be taken as a whole, or you can fly to Vancouver, BC or Anchorage, Alaska to join the group. The entire tour will begin June 21 and end on or about August 3. However, by flying out and meeting the tour in the Pacific Northwest, you can concentrate on the Alaska portion of the adventure. The shortest time frame is eleven days, a more inclusive portion, twenty-eight days and the full trip forty-four days. Other meeting locations and durations could be worked out as well.

Taking the entire trip will involve starting on June 21 and driving by van across the "lower forty-eight" and up to Prince Rupert, BC. Along the way, we'll see the amber colored Tahquamenon Falls in Michigan's Upper Peninsula and day hike the awesome Pictured Rocks National Lakeshore along the high cliffs above Lake Superior. Other scenic wonders while we're traveling to the Pacific Northwest will include the Two Medicine and Mary Lake areas of Glacier National Park plus its unique "Going to the Sun Highway." In Washington, we'll overnight in the mid-nineteenth century (preserved as such) town of Winthrop and follow an amazing, scenic highway across North Cascades National Park with its saw blade mountains and turquoise lakes. Next, we'll ferry across the Strait of Juan de Fuca to Port Townsend and see snow covered Hurricane Ridge in Olympic National Park. After another ferry ride to Victoria, BC, we'll "smell the roses" at world renowned Butchart Gardens and then head on to Prince Rupert.

Continuing with the entire trip, at Prince Rupert we'll put the van on an inland passage ferry and camp out on the sheltered and heated decks. Along the way, we'll make stops in Alaska at Ketchikan, (where we'll take a boat ride to see eerie Misty Fjords National Monument,) Juneau (where we'll see the Mendenhall Glacier and enjoy a sumptuous salmon bake) and Skagway (where those who choose to will enjoy four days backpacking the historic Chilkoot Trail of Klondike Gold Rush fame.) We'll then drive to see Fairbanks, and on to Denali National Park for a few days of camping and day hiking with Mount Mc Kinley, hopefully, in view. Next, we'll drive to Anchorage and on to the Kenai Peninsula to day hike out to Exit Glacier. In that area, we'll also take a boat trip along the ponderous rock wall coast line of Kenai Fjords National Park.

And winding up the entire trip, we'll head back to Anchorage, drive down the Alcan Highway and work our way over to the Ice Fields Parkway. There, we'll travel beside glaciers and waterfalls along the Canadian Rockies from Jasper to Banff, Alberta (Lake Louise.) Our journey will continue south to visit Waterton National Park and to see a different area of Glacier National Park (from what we saw traveling out.) Lastly, we'll sample the best of Yellowstone National Park and the Grand Tetons. This trip will cross or touch on fifteen states, three Canadian provinces and will entail 10,000 miles of driving, fun and scenic wonders beyond description.

Obviously, a tour of this size will be expensive, compared with our earlier trips. However, it's a real value when you consider the enormity of distance covered and the length of time over which we'll be lodging and eating meals. Cost estimates vary, of course, with the portion of the tour elected and the number of trippers over which to average van and campground costs. Assuming three trippers, and not counting personal items purchased along the way, rough estimates of cost range from \$1650 for the ten day portion starting at Anchorage, to \$2822 for the entire forty-four day tour.

Phone Glenn at (412) 364 - 2864 for more information and to make reservations.

## Lewisburg Trips Central Susquehanna Hostellers

### CSH Meetings

Meetings are the third Thursday of each month at 7:15 pm at the Lewisburg Area Community Center at 100 North 5th Street in Lewisburg.

### Bike Rides

In addition to longer weekend rides, there are normally shorter bike rides every Thursday evening. Call Chris Olsen at 717-523-8471.

### CSH Information

Call Chris Olsen at 717-523-8471.

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.

May 10 Sat Lake Arthur Sara Zavos 241-0659  
DAY SAILING. Opening day of sailing if the weather permits. If you have a wet suit be sure to bring it along. Prerequisite: Basic Sailing Class or demonstrate equivalent skills.

May 17 Sat Lake Arthur Bob Zavos 241-0659  
RACING DAY. Moraine Sailing Club's (MSC) first day of sailboat racing. If you don't want to race try a day sail in a Flying Junior or Sunfish.

May 24 -26 Sat.-Mon. Chesapeake Bay Cruise Bob Zavos 241-0659  
SAILING CHARTER Tentative arrangements will be completed in April but we may have space available. Call for late information if you are interested.

June 7-8 Sat.-Sun. Cleveland, Ohio Bob Zavos 241-0659  
RED CROSS SAILING INSTRUCTOR CLASS. The American Red Cross, Cleveland Chapter, will offer a Basic Sailing Instructor Class. This is not an AYH Activity but many of our sailing instructors have completed this course.

June 28 Sat Lake Arthur Bob Zavos 241-0659  
DAY SAILING Join us for a day sail or try racing in MSC's Saturday racing series. Optional dinner at Brown's in Portersville.

July 26-27 Sat-Sun. Lake Pymatuning PA Jerry Gaines 475-3957  
PYMATUNING WEEKEND Leave early Saturday and drive to the group tenting area at Pymatuning State Park near Jamestown PA. . Activities will include cook outs, hiking in nearby areas, a short drive to the State fish hatchery, and sailing on the lake. Return to Pittsburgh late Sunday.

Aug 30-Sept 1 Sat-Mon. Lake Chautauqua, NY Marilyn Marrari 441-6764  
WEEKEND TRIP. Our 6th annual sailing trip to Lake Chautauqua, New York will provide time to sail, bike, walk or just relax. The Chautauqua Institute is one of America's totally unique settings reminiscent of a late nineteenth century village with a wide variety of cultural, religious, and outdoor activities. You will need to sign up early because space is limited and this trip is always filled. Fee (about \$75) includes 2 nights lodging on the Chautauqua Institution grounds, 2 breakfasts, and use of the AYH sailboats. There will be at least one dinner out at a local restaurant. Please reserve by August 15.

**Fees: Day sail fee at Lake Arthur is \$14 plus the AYH activity fee of \$1 for members and \$3 non members**

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 or the new Pittsburgh Hostel. 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 7 days prior to the first meeting and receive a full refund minus a \$10 administration fee.

Following is the tentative 1997 schedule.

1997 SAILING COURSE SCHEDULE

	Shore School	Shore School	On Water Classes
Class 1	Wed. May 28 7-9PM	Wed. June 4 7-9PM	Sat. & Sun. June 7&8 9AM-6PM
Class 2	Tue. July 8 7-9PM	Tue. July 15 7-9PM	Sat. & Sun. July 19& 20 9AM-6PM

In the event of bad weather for the Water Classes we may reschedule for the following weekend or by appointment in subsequent weeks.

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 elsewhere in this newsletter. Fees include a textbook which will be sent to each student upon enrollment.

1997 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 \$85 AYH members, \$95 non-members;  
\$10 discount for two people registering together.

Mail this form along with your check to:

Robert Zavos, 1007 Savannah Ave., Pittsburgh PA 15221

CANOEING

May 3 Sat.  
Paul Henry 347-3282  
Class I school and trip on French Creek with the Butler Outdoor Club. Call for details.

May 4 Sun.  
Don Hoecker 243-8298  
Class I+ trip on Red Bank Creek. Call for details,

May 6, 13, 20, 27  
Tues evenings  
George Schnakenberg 731-3046

Basic canoe school for those with little or no experience. Prepare for moving water schools and river trips. Learn the strokes and the jargon as you practice paddling on the Allegheny River. The complete program is repeated each week, so plan to attend any or all of the classes. Call early for reservations.

May 10 Sat.  
Paul Henry 347-3282  
Class I trip on the Shenango River in Mercer County. Call for details.

May 11 Suns  
Brian McBane 443-8972  
Class II+ trip on the North Branch of the Potomac River, near the West Virginia- Maryland border. Possibility of camping on Saturday evening, so call early for details and reservations

May 17  
Jim Porcelli 271-4776  
Moving water school will give you a chance to brush up on your skills or expand upon what you have learned in the basic canoe school. Class size is limited, so call early.

May 25 Sun  
Janet Supowitz 247-4016  
Class II trip. Class II whitewater skills are required to participate. Call for details,

May 31  
Becky Heimberger 242-7179  
Class I trip. This trip is open to people who have attended both basic canoe school and a moving water school. Call for details and reservations.

June 7 Sat.  
Oscar Mayer 828-7123  
Moving water school. Call for details.

June 14 Sat.  
Hope 898-1891  
Class I trip on the Little Beaver River. Call for details

June 21 Sat.  
Jon Maiman 441-2306  
Class 11 solo canoe school. Call for details.

June 28 Sat.  
Brian McBane 443-8972  
Whitewater 11 school. Call for details.

July 3-6 Thu eve.- Sun.  
Jon Maiman 441-2306  
Class I-II canoe camping. Mark your calendars now.

Oct. 17-19 Fri eve.- Sun.  
Jon Maiman 441-2306  
Class I-II Fall leaf trip. Mark your calendar now.

## SPRING HIKING ON THE RCT Hardy Hikers Hike Hefty Hills

Twelve hikers on Saturday and nine on Sunday, March 22 and 23, opened the spring hiking season on the Rachel Carson Trail, hiking from Bull Creek Road in Tarentum to the northern terminus on Saturday and from Springdale Hollow Road to Bull Creek on Sunday. The weather was cool but comfortable for climbing the roller coaster hills of the RCT.

As a hike leader, you hear everyone's reason at least once for being on the hike, as if being there requires some sort of explanation. Just for the record, I heard the following: Ingeborg Kerenyai told me she hasn't been hiking for awhile and needs to get back in shape; Mike Doerr needs to come with the group because, after the 1996 Rachel Carson Trail Challenge, his wife refuses to hike that trail again; Jack and Blanche Asherman are getting in shape for summer backpacking in Alaska at Denali and Gates of the Arctic; Alan Aliskovitz is getting ready to assault the Challenge this year—maybe Alan will be the first two-time finisher on the Challenge. Brian McBaine is there because it's too cold to canoe "60 degrees or higher, I canoe" (it was only 40 or so).

In April, on the 12<sup>th</sup> and the 13<sup>th</sup>, two more hikes on the RCT completed the end-to-end coverage of the trail. On Saturday, the 12<sup>th</sup>, it rained all day long; it rained hard and it rained lighter, but it did rain, for the entire day. It never quit. Five diehards did the 10 hardest miles of the trail from Springdale to Dorseyville, over the Roller Coaster, Mile 14, Rich Hill and Myers Hill. Sunday the 13<sup>th</sup>, was breezy, chilly, with mixed rain and sleet, not very good Spring weather. As a result there was not much to see in the way of wildflowers.

Overall, the Trail was in excellent condition, being marked and cleared better than I have ever remembered, thanks to the efforts of Hugh Downing, Mary Pitzer, Barb Peterson, Dana Anderson, Mike, Leo Stember, Mike Kennelly and his scout troop, Tim Henigin, and many others. In spite of the many problems we've encountered over the past few years, the trail survives; in fact, it thrives!!

## CYCLING

May 3 C Joe Hoechner 242-0781  
Pittsburgh Hostel Ride See the ride description above, except call Joe for more info.

June 14-15 A/C Joan Roolf 795-8345  
Stanford House Hostel In the Cuyahoga Valley National Recreation Area (in Ohio). This whole area is a bicyclists delight. Ride on rail trails going in many directions. Stanford House is a wonderful hostel that has long been a favorite destination for Pittsburgh AYH trips. Call Joan for more info and to reserve.

June 29 C Joe Hoechner 242-0781  
Pymatung Ride around all or part of the reservoir in an area that does not have many big hills. Lots of quiet rural roads. Swimming and some other sightseeing are options. Call Joe for details and to reserve.

JULY 25-27 ALL Joan Roolf 795-8345  
STANFORD HOUSE BIKING WEEKEND Stanford House is in the Cuyahoga National Recreation area in Ohio. A two hour drive from Pittsburgh takes you into the valley where towpaths and Railtrails branch out in all directions. This trip is suitable for riders who wish to go at a more relaxed pace. The more experienced cyclist will find many miles to cover at a faster pace. Weekend evenings offer many concerts and programs in the local area. Stanford House has always been one of Pittsburgh AYH's favorite Hostels. Sign up early because this trip usually fills up fast. A limited number of spaces are available.

July 27 A/B/C 431-1267  
The Great Ride Famous tour of the city. Call AYH office for more details

August 9-10 B/C Judy Menosky 242-1573  
Bedford Hostelling or camping in Schellsburg which is just west of Bedford. Camp at Shawnee State Park. In addition to great biking, there is swimming at the park.

August 24 A/B/C Lynn and Chuck Ejzak 653-3257  
Mon Valley Century Bicycle Tour Choose from a challenging 100 miles, 70 miles, 50 miles and 35 miles. Rides start in Elizabeth, PA. Call AYH office (after July 1) for an application or get one at AYH. Discount for registrations received by July 31. We are looking for volunteers for this ride. If you or someone you know would volunteer, please contact Lynn or Chuck.

October 5 A/B/C Bill Eberle  
SABRE (Southwestern Autumn BReze) Southwestern Allegheny county and Washington county. 100 km (65 mile) and 50 km (35 mile) rides offered. Rides start at Settler's Cabin Park. Registration includes marked roads, map, snack stops and a picnic lunch at the end. Call AYH office (after Aug 1) for an application or get one at AYH. Discount for registrations received by Sept 15.

Oct 11-12 C Pat Rossi  
Wilderness Lodge Off road and On road riding near the New York / PA border. Stay overnight at the lodge. Contact Pat for more details.

Ride Class: A Adv. (50+ miles), B Inter. (30-60 miles), C Easy (15-40 miles), D Beg. (10-20 miles)

All Trips: Trips are generally open to riders of all ages, subject to the trip leaders' approval. (Most riders tend to be between ages 18 and 70) AYH Members are given priority over nonmembers for trips with limited space. Bicycle Helmets (ANSI or Snell approved) are required on all rides. Riders are responsible for their own equipment.

## HIKER ALERT REPEALED Wagner Road, Rachel Carson Trail

I am happy to report that the conflict and problems previously reported on the Rachel Carson Trail along Wagner Road, in the vicinity of Hartwood Acres, has been resolved and that hikers may proceed to use the Trail through that area without restriction. The landowners have consented to the continued use of the Trail across their property on the condition that hikers STAY ON THE TRAIL!!!! Apparently, there had been some problems with hikers or others coming off the trail, up the driveway to the house, and through the yard of the residents.

AYH has agreed to evaluate the blazing, on site, and make any necessary improvements needed by hikers to locate and stay on the trail. This was accomplished on April 14<sup>th</sup>. Any further incidents in that area should be reported to Leo Stember, 681-1385, or Jim Ritchie, 828-0210.

### ADOPT THE BAKER TRAIL

Do you have an interest in Trail Maintenance??? You must love hiking and the outdoors; you must be responsible enough to assume personal responsibility for blazing, clearing, and cleaning a section of the Baker Trail on your own time, once a year. I will provide a personal walk-through orientation on your section. AYH provides or reimburses you for paint, brushes, and other needs. Right now there are sections available near Crooked Creek, Indiana County (near Elderton and Plumville), Armstrong County (near the Mahoning Dam), and Jefferson County.

Reply to Jim Ritchie,  
(412) 828-0210, or send e-mail to  
jlr@vms.cis.pitt.edu

## 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 Tax - Deductible  
donation of support for the  
Hostel in Pittsburgh in the amount of:

— \$2500  
— \$1000  
— \$500  
— \$250  
— \$100  
— \$50  
— Other: \$



Donations of goods, furnishings or services are also needed! Please drop us a note describing what you have available.

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

Mail your Donation to:

AYH  
Pittsburgh Hostel Fund  
830 Warrington Ave; Pittsburgh, PA 15210  
412-431-1267



## MID-WEEK RAMBLES

- May 7 Riding Meadow Park. Bag lunch. Luc Berger 683-3131
- May 14 Glassport Area Steel Heritage Trail. Lunch at restaurant (optional) Walther Patton 672-0213
- May 21 Mayview Biodiversity Area. Bag lunch. Marilyn Ham 687-4520
- May 28 Herr's Island. Bag lunch.
- June 4 Swisshelm Park. Mary Frances Garrison 341-5683
- June 11 Deer Lakes Park. Bag lunch. Don Hoeker 243-8298
- June 18 West Mifflin Architectural Ramble. Fred Mauk 361-6299
- June 25 Frick Park. Bag Lunch. Eat at Thelma Moroso's new home. Margaret Laske 421-5219

## NOTES FOR RAMBLES!

Meet in Mellon Park upper parking lot at Fifth and Shady Avenues by 10 A.M. Carpooling is encouraged. For trips over 10 miles, please pay driver \$2.00.

Call trip leader for more information, especially if you plan to meet us at the trail head. Please do not call after 10 P.M.!

## HIKING / BACKPACKING

- June 7, 1997 Saturday Mark Tomlinson 828-1969  
Jim Ritchie 828-0210  
Leo Stember 681-1385

**National Trails Day: Trailwork on the Rachel Carson Trail.** For details, see the article elsewhere in this issue of the Golden Triangle. Please call to confirm your intentions to participate in our National Trails Day celebration.

- June 21, 1997 Saturday Jim Ritchie 828-0210  
Leo Stember 681-1385

**RACHEL CARSON TRAIL CHALLENGE.** The Challenge is a 34-mile, one-day, endurance hike on the Rachel Carson Trail. Planned to start at Harrison Hills County Park at 5:50 AM, you must finish by 8:54 PM in North Park. Pre-registration and fees (\$17) required; see elsewhere in the newsletter for registration form.

**RACHEL CARSON TRAIL HALF-CHALLENGE.** The Half Challenge is a 17-mile endurance hike on the most difficult half of the Rachel Carson Trail, from Harrison Hills County Park to the Rachel Carson Homestead in Springdale. Start at 5:50 AM and, at an average 2 mph, you should arrive at the Homestead by 1:30 PM. Pre-registration and fees (\$12) required; see elsewhere in the newsletter for registration form.

**RACHEL CARSON TRAIL FAMILY CHALLENGE.** The RCT Family Challenge is a 5-mile family event that will occur on the Rachel Carson Trail and other trails in Harrison Hills County Park. The hike will be a loop-hike, and you may start any time between 7 AM and 8 AM. Pre-registration is required; the form is elsewhere in this newsletter.

- July 11-13 Fri Eve-Sat-Sun Jim Ritchie 828-0210

**Baker Trail Weekend at Cook Forest.** This event will include a hike on Saturday from the northern terminus of the Baker Trail, in the Allegheny National Forest, to the Cook Forest Public Campground where those who choose to stay for both days may camp. You may want to come on Friday night and find a good campsite; we'll try to all camp in the same area of the campground. Cook Forest campground has hot showers, flush toilets, and running water. On Sunday, we'll hike from the campground to the Cook Forest Fire Tower, to the Lookout, cross the Clarion River and head for the wet crossing at Iron Bridge and beyond. We'll do 8-10 miles and return to the campground. Call Jim for information and reservations. Day hikers are welcome to join us for a single day Saturday or Sunday.

- August 1-3 Fri Eve-Sat-Sun Jim Ritchie 828-0210

**Baker Trail Weekend #2, Backpacking the Baker Trail.** Weekend #2 will be starting near Mill Creek in Jefferson County, hiking along the Mill Creek Game Lands, down the gas line to Corsica, and then along rural dirt roads to the Summerville Shelter where we will spend the night. The second day will take us through the village of Summerville, to Heathville on Red Bank Creek, past Tarkiln Run, Bethlehem Chapel, and ending near the village of North Freedom. On Saturday, we plan to do about 8-10 miles, hiking aggressively on the dirt road sections, i.e. 2 mph minimum. Sunday will be easier, doing 6-8 miles. Friday night we will camp at the site of the (nonexistent) Corsica Shelter.

Pedal Pennsylvania is offering 3 tours in '97:  
Revolutionary War Battlefields, June 28 - July 5;  
Pittsburgh to Philadelphia, July 19 - 26;  
and Erie to Philadelphia, August 9 - 17.

If you'd like more info, please point your browser to  
Pedal PA's website, complete with photos (<http://www.pedal-pa.com>).

Happy biking,

AYH at KTA  
Camp Hebron, April 4-5-6, 1997

AYH representative Glenn Oster, along with other AYHer's Jim Ritchie, Mary Pitzer, Joyce Appel, Paul Henry, and Bob Tait (who is really the President of the Butler Outdoor Club, in disguise) attended the KTA Spring Meeting at Camp Hebron, PA, about 15 miles north of Harrisburg, on April 4-5-6, 1997. Camp Hebron is in the shadow of Mt. Peter, on whose ridge runs the Appalachian Trail (AT). In fact, there is a hiking trail going directly up Mt. Peter from the Camp, leading one to the new Mt. Peter shelter, constructed in 1994 by the Susquehanna Appalachian Trail Club using the proceeds of a donation made by the parents of a deceased young AT through-hiker.

The hiking program, put together by the Susquehanna Appalachian Trail Club (SATC), included your choice of 7 hikes on Saturday, ranging from 3 miles to 12 miles, and 4 more on Sunday. John Stein, of the SATC, a frequent participant on Baker Trail and other Western Pennsylvania trail projects was present, and was a featured hike leader on a 12-mile, fast-paced, boot-buster, on Saturday. On another hike, I hiked the Appalachian Trail on Cove Mountain up to Hawk Rock, a vista point overlooking the confluence of the Juniata and the Susquehanna Rivers, as well as the AT-town of Duncannon.

The meeting featured appearances by representatives of the State Bureau of Forestry, the Bureau of State Parks, PennDOT, and the State Game Commission, and the Appalachian Trail Conference, all major players in the construction of hiking trails in PA. Other agenda items included KTA's new TrailCrew program, with three 5-day extended trail maintenance camps in June (space is still open...all lodging and meals are included in exchange for 5 days building trails alongside legendary PA hikers-call Judy Treu at 814-867-2917 for more information); a new KTA hiking program, initiated by AYHer Mary Pitzer (call Mary at 279-7154 for details), the KTA Web Page, implications of ISTEPA renewal or non-renewal, and a progress report on the *Lost Mountain Trail*, currently under construction along the Allegheny Front.

The Saturday evening program headlined Larry Luxembourg, whose 1984 book, *Walking the Appalachian Trail*, has become the classic of wannabe AT through-hikers. Larry gave an outstanding presentation, talking about the *people* of the AT-like Georgia Maine Stafford, conceived and carried in her mother's womb for nine months on the Trail and born two weeks after Mom hit the summit at Katahdin, Grandma Gatewood, the first woman to through-hike the AT alone, and doing it at the age of 74; the two dreamers, one a visionary, the other a workhorse, who dreamed and built the AT; about the other hikers he had met and the bonds they formed, and closed with a slide show with shots taken on the trail from Georgia to Maine. PA slides included the view from the Pinnacle, Pole Steeple, and Peter's Mountain overlooking the Susquehanna River.

KTA also unveiled its new AT map, one of several in the works, that will replace the six black-and-white map series that has been the mainstay of KTA for many years. The new map is 4-color, and highly-detailed; it may be ordered through AYH-see the back of your Golden Triangle.

AYH is a trail-building and trail-maintaining club, by virtue of its history, one of the 56 organizational members of KTA. AYHer's built the 141-mile Baker Trail, and, later, the 34-mile Rachel Carson Trail. AYHer's maintain those trails today, nearly 50 years after their inception. KTA is an advocacy organization, representing the hiking and trail building-maintaining community to the State Parks, State Forests, State Game Commission, and others around Pennsylvania.

KTA provides grants to organizations for trail-maintaining equipment. And KTA goes out on the trail, fixing trails, building trails, and providing a demonstration work crew from which others learn how to work on trails. Over the years, KTA and AYH have been partners in various trail projects. If you would like more information about how to get involved with KTA or the trail-building activities of AYH, call Jim Ritchie at 828-0210.

NATIONAL TRAILS DAY  
Saturday, June 7, 1997

## Work on the Rachel Carson Trail

National Trails Day, 1997, will be on June 7<sup>th</sup>. AYH will be working with the Rachel Carson Homestead Association on the Rachel Carson Trail. Details are not available at this time; but, if you want to pitch in and spend the day helping to build a *great trail*, call Jim Ritchie at 828-0210 or Mark Tomlinson, Executive Director of the Homestead Association, at 828-1969, to get on the volunteer list; that way, you will be given the details as they become available and you won't miss out.

The day will begin at 10 am at a selected work site and participants will work until 5 PM. You will meet and work alongside other volunteers from the Homestead, Eastern Mountain Sports, and AYH. We are hoping to utilize the proceeds of the EMS grant money (see elsewhere, this issue) to purchase materials that will be used on National Trails Day.



KENN HOWARD  
MASSAGE THERAPIST  
412 242 2424

Great for tired and  
sore swimming muscles!



Aye, There's the rub.  
—Hamlet

## RACHEL CARSON TRAIL CHALLENGE II SATURDAY, JUNE 21, 1997 "34 MILES IN ONE DAY"

The 1997 Rachel Carson Trail Challenge is a 34-mile, one-day, endurance hiking event, held in the spirit of the Alaskan Iditarod, the Boston Marathon, the 70-mile Laurel Highlands Trail Run, and the various Ironman Triathlons held around the country each year. Sponsored by the Pittsburgh Council, American Youth Hostels, the Challenge will be held this year on June 21st (taking advantage of the summer solstice), at the crack of dawn, and will extend through the 34-mile roller coaster of hills and bluffs between North Park and Harrison Hills in Allegheny County, ending as the sun sets under the horizon. The "Challenge" is to endure, to finish the hike in one day, rather than to "come in first" or "win" the hike.

The Rachel Carson Trail stretches from North Park, in Shaler, to Harrison Hills County Park, lying entirely within Allegheny County. The trail is characterized by its roller coaster hills and is often said to be one of the most difficult hiking trails in the United States. A typical hiking pace is 2 miles per hour. The hike will begin at sunrise and will officially end at sunset, 5:50 A.M. to 8:54 P.M., a total of 15 hours and 4 minutes.

The Challenge consists of two dimensions: the first challenge is to endure 34 miles of tortuous hill-climbing and descent in whatever weather conditions we are dealt; the second, more subtle, is your ability to keep on the route. Obviously, those who have hiked the trail before will have some advantage in maintaining the proper route.

The endurance hiker participants will be given a trip sheet and a set of topographic maps to guide them on their journey. There will be a half dozen checkpoints throughout the hike, offering minimal support. Hikers are expected to carry all their own gear and necessities, including food, water, and snacks, first aid equipment, raingear, maps and a trip sheet.

One hundred thirty-five people registered for the three 1996 Rachel Carson Challenge events: the Challenge (34 miles), the Half Challenge (17 miles), and the Family Challenge (5 miles). Of those who registered for the 34-mile Challenge in 1996, only 5 people finished.

The Rachel Carson Trail is an "undeveloped" trail in the sense that no special grading or surfacing materials are used on the trail. It is a typical Western Pennsylvania hiking trail and hikers should expect to find all the conditions a typical hiker would encounter on a typical hiking trail. While the trail is blazed with yellow paint blazes, there will be an occasional missing blaze where a tree has fallen or you are following a logging road or a power line or gas line; there will be blowdowns, washouts, poison ivy, nettles, bugs, loose gravel and rocks, steep inclines, and wet stream crossings. You must even be prepared to expect the unexpected. The better hiker you are, the better you will do on the Challenge.

Final details concerning the Rachel Carson Trail Challenge will be in the June issue of the Golden Triangle, including news about sponsorship, the starting point for 1997, and the route to be followed. Be sure to read it. A REGISTRATION FORM is included in this issue.

### THE 1997 RACHEL CARSON TRAIL CHALLENGE OFFICIAL ENTRY FORM JUNE 21, 1997

\*\*\*\*\*REGISTRATION DEADLINE: June 9, 1997\*\*\*\*\*

Please provide the following information and return this form with a check or money order for the proper amount, payable to:  
"AYH-Pittsburgh Council"

NOTE: Each participant must complete and sign an individual form for a valid registration.

Mail to: RACHEL CARSON CHALLENGE  
c/o Pittsburgh AYH  
830 Warrington AVE  
Pittsburgh, PA 15210

\_\_\_\_\_  
Last Name (please print)

\_\_\_\_\_  
First Name

\_\_\_\_\_  
Middle Initial

\_\_\_\_\_  
Age (as of 6/21/97)

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City, State

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

\_\_\_\_\_  
Telephone: daytime

\_\_\_\_\_  
evening

Hike Desired: Full Challenge \_\_\_\_\_ (\$17) Half-Challenge \_\_\_\_\_ (\$12) Family Challenge \_\_\_\_\_ (\$7 ea)

#### LIABILITY WAIVER

In consideration of your acceptance of my application for participation in the Rachel Carson Challenge, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property I may have, or which may accrue to me as a result of my participation. I, the undersigned, discharge and release the Pittsburgh Council, HI-AYH, its activity leaders, and their respective agents, boards, commissions, and any other involved employees and representatives from all liability arising out of or connected in any way with my participation in the Challenge, whether or not caused by the negligence of any of the above parties.

I acknowledge that there are inherent risks and dangers which may arise at any time during the Challenge. My participation is voluntary and is done at my own risk. I voluntarily assume all risks of loss, damage or injury that may be sustained while participating in the Challenge. I attest that I am physically fit and sufficiently trained for the completion of this event. I understand and agree that medical or other services rendered to me by or at the insistence of any of the above parties is not an admission of liability to provide or to continue to provide any such service and is not a waiver of any of said parties of any right hereunder. I understand that serious accidents occasionally occur during hiking and that participants in the Challenge may sustain mortal or serious injury as a consequence thereof. Nevertheless, I agree to assume those risks and to release and indemnify and hold harmless all the persons mentioned above who might otherwise be liable to me (or my heirs or assigns) for damages, of whatsoever kind or nature.

I attest that the equipment and clothing I will use in this activity is in good condition. I UNDERSTAND THAT PROPER EQUIPMENT IN GOOD CONDITION CAN PREVENT SERIOUS INJURY. I agree to abide by the rules of this event as established by the Pittsburgh Council, HI-AYH and to obey the directions of the event officials. I hereby grant full permission to the trip leaders, the Pittsburgh Council, HI-AYH and their respective agents, boards, commissions, and any other involved parties of the foregoing to use photographs, videotapes, motion pictures, or any other record of this event, including my name, likeness and/or voice for any legitimate purpose.

\_\_\_\_\_  
Participant's Signature in Full

\_\_\_\_\_  
Parent or Guardian's Signature if hiker is under 18

## SEA-KAYAKING

Here's a fact that may surprise many AYH members - the sea-kayaking program is the largest and most active non-profit outings group of its kind anywhere. We've been busy running trips and otherwise not giving this much thought for years. But late last year, I was talking to Robin Snow, the new editor of ANorAK (Association of North Atlantic Kayakers), and when she found out what we were doing, said "I thought we were lucky to have one sea-kayak in the Philadelphia Canoe Club!" The Pittsburgh Council currently maintains a fleet of expedition-quality sea-kayaks with sizes to fit large children and almost every adult, uses specially ordered precision Werner touring paddles, and provides life jackets, safety equipment, and an extensive first-aid kit. Through the program, we've lead trips from Nova Scotia to Florida and paddled as far west as the redrock canyons of Utah.

It seemed that we were doing great, but the program was growing too large to keep things the way they were. For instance, it often took trip leaders an hour to load the kayaks onto everyone's cars; we had become cartop tie-down experts. So I talked to other trip leaders and paddlers, sea-kayak retailers and professional guides, and have come up with a range of improvements to really enhance the trips we offer. Here are the more noticeable changes: we now have the use of a trailer. From now on, you can simply meet us at-site, or join us for breakfast beforehand to discuss the trip. On many trips, this will also make it easier to come later or leave earlier than the rest of the group. Everyone gets a Trip Information letter a week prior to the trip. This will include everything from the trip's itinerary and what stuff to bring to directions to the put-in and whether meals are included. We now list our trips regionally in ANorAK and East Atlantic Coastal Kayaker. We'll attract interesting paddlers from other areas like New York City, the Great Lakes, and the Chesapeake Bay on our longer trips, and certainly benefit from their experiences. Current sea-kayaking trips schedules are free if you send a self-addressed stamped envelope, or pick one up on a trip. This way you can find out about the activities, even if the newsletter arrives late or a friend wants a copy. And join us at our Monthly Paddlers dinners, where we try out a new restaurant over outdoor-related conversation. Come and see pictures from the latest trips on a portable tabletop slide projector & screen. We've put a lot of effort into all of this, so let us know what you think.

Finally, a few notes about upcoming trips. Our Intro to Sea-Kayaking trips will run through the end of summer. These easy trips are the best way to learn sea-kayaking. We choose small, quiet and scenic local lakes to practice on, and you won't have to keep up with anyone. The Sierra Club suggested our motto "Sea-Kayaking taught from scratch" and we really can teach anyone how to paddle their own touring kayak. You don't even have to know how to swim. Our Memorial Weekend Assateague trip is another kind of learning trip, in this case, for aggressive beginner and intermediate-level paddlers to learn how to ocean surf a kayak, and to fully use the boats for their originally intended purpose - completely free self-sustained ocean touring. Being offshore in the Atlantic looking back across the water towards the very edge of the continent, while rising and dropping to the rhythm of gentle ocean swells, is quite an experience. Then add to that, gulls & pelicans flying overhead and curious porpoises underneath. And at the end of the year, we're offering a Christmas-time sightseeing trip to New York City. We're leaving Friday morning December 26th and returning Tuesday the 30th. Transportation is by train and once we're in New York by subway and on foot. Think of it as an urban hike. Overnight accommodations will probably be at the AYH Hostel. Call early if you're interested in joining us. Train fares will increase appreciably with time, so signing up early will save you money.



Brown Pelican Taking A Break.  
Chincoteague Bay, Virginia

Mark Mistrik; Chairperson, Sea-Kayaking Program. 361-2943

**Friday evening May 2nd thru Sunday May 4th, 1997**  
**Tionesta Creek, Kellettville, Pa.**

**Trip begins:** Kellettville campground 8:30 AM Sat. morning.

Mark & Ed's annual canoe and sea-kayak Spring weekend camping trip. This year we're proud to announce a few upgrades. Saturday's run is Lynch to Kellettville (15 miles) and on Sunday we're paddling from Kellettville to the Nebraska Bridge (11.4 miles). Overnight car camping along Tionesta creek at a public campground in Kellettville, so you don't need to pack and haul all your gear down the river. Great scenery, occasional class I ripples, and Ed's own (in)famous Ginseng Muscatel and campfire stories. You can join us Saturday, Sunday, or both. Call for more information and to reserve.

**Mark Mistrik 361-2943**

**Level:** Aggressive beginners & up

**Ends:** 5:00 PM return home

**Wednesday evening May 7th, 1997**

**Intro to Sea-Kayaking, Glade Run Lake, Pa.**

**Trip begins:** 6:00 PM at the lake

Fun and easy evening paddling trips for new and experienced paddlers. Intros cover all basic aspects of sea-kayaking: beginners can learn how to fit a boat correctly through intermediate instruction in open water rescue and kayak rolling. This is an excellent way to try sea-kayaking, learn or improve your skills and practice, or just relax and explore the lake on your own. We finish off the evening with a cookout. Please call for more information and to reserve a kayak.

**Mark Mistrik 361-2943**

**Level:** New, Beginners and up

**Ends:** Returns 5:00 PM

**Thursday evening May 8th, 1997**

**Slide Show on Sea-Kayaking**

**Begins:** 8:00 PM

Free and open to the public. Hosted by the Explorer's Club of Pittsburgh at their monthly meeting at Chatham College, Coolidge Hall, First floor. Free parking behind the building.

**Mark Mistrik 361-2943**

**Everyone welcome**

**Ends:** Approx. 9:00 PM

**Sunday May 11th, 1997**

**Conemaugh River, Saltsburg, Pa.**

**Trip begins:** Meets at 12:00 Noon in Saltsburg

A fast and easy seven mile run from the Conemaugh Dam to Saltsburg past farms and woodlands. Bring water and a snack. Call for more information and to reserve.

**Mark Mistrik 361-2943**

**Level:** New, Beginners & up

**Ends:** Take-out 5:30 PM

**Friday evening May 16th thru Sunday May 18th, 1997**

**Allegheny River, Warren, Pa.**

**Trip begins:** 9:00 AM at the Put-in.

Weekend Sea-kayaking & canoe trip down the Allegheny River starting from just below the Kinzua Dam. We'll cover about twenty miles total during two days. Expect easy moving flatwater conditions, mostly rural scenery and lots of nice campsites to choose from. This trip is run in conjunction with the annual ECP flotilla each year, and is a great way to meet other paddlers. There is an option for a Saturday only daytrip. Call for more information and to reserve.

**Mark Mistrik 361-2943**

**Level:** Beginners & up

**Ends:** Take-out Sun. afternoon

**Tuesday evening May 20th, 1997**

**Sea-Kayakers Dinner**

**Dinner meets:** Anytime between 6:00 - 8:00 PM

Our monthly dinner for paddle-folk and anyone else interested in outdoor related conversation. We try a different restaurant each month or so during the kayaking season. This is the first of our monthly paddler's dinners, at Dingbats Restaurant in the Waterworks Mall. Please let us know you're coming so we make enough reservations.

**Mark Mistrik 361-2943**

**Everyone welcome**

**Ends:** by 9:00 PM

**Wednesday evening May 21st, 1997**

**Intro to Sea-Kayaking, North Park**

**Trip begins:** 6:00 PM at the lake

Fun and easy evening paddling trips for new and experienced paddlers. Intros cover all basic aspects of sea-kayaking: beginners can learn how to fit a boat correctly through intermediate instruction in open water rescue and kayak rolling. This is an excellent way to try sea-kayaking, learn or improve your skills and practice, or just relax and explore the lake on your own. We finish off the evening with a cookout. Please call for more information and to reserve a kayak.

**Mark Mistrik 361-2943**

**Level:** New, Beginners & up.

**Ends:** Returns 9:00 PM

**Friday eve. May 23rd thru Mon. May 26th or Tues. May 27th, 1997**

**Assateague Isl. National Seashore & Chincoteague National Wildlife Refuge**

**Trip begins:** Friday afternoon & evening carpools.

**Mark Mistrik 361-2943**  
**Level:** Aggressive beginners & up.  
**Ends:** Leaves shore at noon back Mon. or Tues. 9:00 PM

*Continued on page 9*



**CONTINUED FROM PAGE 8**

Traditional Memorial Day trip begins our summer paddling season. Three days of exploring undeveloped beaches and saltwater marshes, learning to surf kayaks on the ocean, and camping right on the seashore. Trip includes dinner at Hooper's famous crab and seafood restaurant and an obligatory visit to Ocean City, Maryland afterwards to walk it all off. We'll see one of the East Coast's grand lighthouses and relax by a campfire on the beach one evening. Porpoises, sea-turtles, and countless species of birds have been seen on this trip, and the whole island is overrun with wild ponies. Prerequisite: open to beginners with at least two previous sea-kayaking trips experience. Call for more information and to reserve. You may return Monday, but getting Tuesday off is recommended.

**Friday evening May 31st thru Saturday June 1st, 1997**  
**Clarion River, Cooksburg, Pa.**

**Trip begins: Belltown Put-in at 9:00 AM**

Belltown Bridge to Cooksburg. Popular 12 mile run with fast moving flatwater and easy Class I ripples. The Clarion is a National Scenic River which flows through a very pretty wooded valley. We'll car camp at a state park campground Friday night, or you can join us early Saturday morning. Call for information and to reserve.

**First or second week of June 1997**

**Three Rivers Arts Festival, Pittsburgh**

**Trip begins: Southside Put-in 6:00 PM**

Weekday evening paddling trip from the South Side down the Monongahela River to the Point and back, about six miles total both ways. We'll take out at the Point to see the sights and hear the sounds of the Festival (free Jazz concert). Buy Festival "delicacies" or bring your own. Call for more information or to reserve.

**Friday evening June 13th thru Saturday afternoon June 14th.**

**Night Trip at Crooked Creek Lake, Kittanning, Pa.**

**Trip begins: 6:00 PM or when you arrive at the Lake.**

Our first summer night trip this year. We originally got the idea for this when paddlers didn't want to quit kayaking after dark on our regular Intros. Here, we'll set up tents and build a campfire on a large open field with shade trees right above the lake. All evening you can kayak, talk, snooze, swim, eat or just sit by the campfire and enjoy the evening. Night paddling is a favorite of many sea-kayakers. Wildlife becomes more abundant and the lake and shoreline seem to turn almost surrealistic. Wake up to Saturday morning brunch and explore the lake before returning home. Call for more information and to reserve.

**Tuesday evening June 17th, 1997**

**Sea-Kayakers Monthly dinner**

**Dinner meets: 6:00 - 8:00 PM at the restaurant.**

**Wednesday evening June 18th, 1997**

**Intro to Sea-Kayaking, Glade Run Lake**

**Trip begins: 6:00 PM at the lake**

**Saturday June 21st, 1997**

**Presque Isle State Park, Pa.**

**Trip begins: 8:00 AM breakfast or 10:15 at the Put-in.**

**Sunday June 22nd, 1997**

**Donley Island, Freeport, Pa.**

**Trip begins: 1:00 PM at the Put-In.**

**Tuesday evening June 24th, 1997**

**Intro to Sea-Kayaking, Glade Run Lake**

**Trip begins: 6:00 PM at the lake**

**Fri. eve. June 27th thru Sat. June 28 or Sun June 29, 1997**

**Lake Erie Islands, Sandusky, Ohio**

**Trip begins: Friday afternoon & evening carpools**

**Thursday evening July 3rd thru Monday July 14th, 1997**

**Acadia National Park & DownEast Maine**

**Trip Begins: Carpools arranged beginning July 3rd and after.** Sea-kayaking, hiking and sightseeing "modular" trip in three parts. The first part of the trip will drive up the Northeastern seaboard with paddling at the Thimble Islands in Connecticut and a visit to the outdoor outlets in Freeport, Maine. From Sunday through Thursday we'll take daytrips throughout Acadia National Park including islands on the Maine Island Trail and hikes on the Carriage Trails. The East Coast Sea-Kayak Symposium will be held in Castine, Maine Friday through Sunday and on Monday we'll stop at Mystic Seaport in Connecticut on the way home. Call for more information.

**Friday evening August 29th thru Tuesday September 2nd.**

**Outer Banks of the Atlantic, North Carolina**

**Trip begins: carpools organized Friday afternoon & evening**

Labor Day Weekend is the traditional close of the summer paddling season, so we're going to the quaint old Bank's village of Ocracoke to catch all the warm surf and golden sand we can. Friendly porpoises and curious pelicans have been commonly seen here, and fresh seafood cookouts are the rule. After relaxing in Ocracoke for a day or two with car camping right on the seashore, we'll paddle out to explore our own barrier island and camp overnight there. Expect bioluminescence (a natural sparkling of the water at night), a beachside bonfire, and stars out over the ocean right down to the horizon. Call for more information and to reserve.

**Friday evening September 26th thru Monday October 6th.**

**Lake Powell, Utah**

**Trip begins: Vanpool leaves Pgh 6:00 PM or fly & meet us**

Explore spectacular redrock canyons of the Colorado River and see some of the most fantastic scenery in America's West - all from a gentle flatwater lake and with the conveniences of a houseboat at hand. Now an annual trip, we envisioned this several years ago as a way to accommodate inexperienced paddlers and even hikers on a longer, extremely interesting trip, and the result has been exceeding expectations ever since. The idea is simple: the houseboat does all the long-distance work, leaving your days free to hike, paddle, explore ancient Indian ruins, or relax as you please. Call for more information

**Wednesday evening November 26th thru Nov**

**30th. Mark Mistrik 361-2943 Charleston & Sur-**

**rounding Lowcountry Region, South Carolina**

**Level: Intermediate & up. Trip begins: Carpools**

**arranged Wednesday afternoon & evening Re-**

**turns: Pgh 8:00 PM Sun. Our second South Carolina**

**Lowcountry paddling trip. Come spend a Southern style**

**Thanksgiving with us in sunny & warm Santee, South**

**Carolina. Sightseeing in historic Charleston, beach walks,**

**palm trees, plenty of wildlife, and maybe porpoises if we're**

**lucky. This trip will be a collection of daytrips and include**

**saltwater and freshwater paddling, and a blackwater river.**

**All overnights in a modern condo built on stilts on a pier, over**

**a lake. Space is very limited. Call for more info/to reserve.**

**Friday evening December 26th thru Tuesday**

**December 30th, 1997 Mark Mistrik 361-2943**

**New York City (Not a sea-kayaking trip) Trip**

**begins: Thursday evening TBA Returns: Mon.**

**evening TBA Sightseeing and Urban hiking through New**

**York City to see the Christmas festivities and decorum.**

**Late February/Early March 1998 Call: 361-**

**2943 Florida Sea-Kayaking Winter Trip Level:**

**Aggressive beginners & up Trip begins: TBA**

**Trip ends: TBA**

**Friday evening August 7th thru Sunday August**

**16th, 1998 Call: Mark Mistrik 361-2943 Isle**

**Royale National Park, Lake Superior Level:**

**Intermediate w/ Sea-Kayaking Wilderness Trip**

**kayak camping experience**

**Mark Mistrik 361-2943**

**Level: Aggressive beginners & up**

**Ends: Take-out 4:45 PM**

**Mark Mistrik 361-2943**

**Level: Beginners & up**

**Ends: Returns 9:30 PM**

**Mark Mistrik 361-2943**

**Level: New, beginners & up**

**Ends: Returns Saturday 4:00 PM**

**Yuh'Fu Lin 371-4083**

**Everyone welcome**

**Ends: 8:30 PM or so**

**Mark Mistrik 361-2943**

**Level: New, Beginners & up**

**Ends: Returns 9:15 PM**

**Mark Mistrik 361-2943**

**Level: Beginners & up**

**Ends: Returns 6:30 PM**

**Mark Mistrik 361-2943**

**Level: New, Beginners & up**

**Ends: Leaves river 6:30 PM**

**Mark Mistrik 361-2943**

**Level: New, Beginners & up**

**Ends: Leave lake 9:15 PM**

**Mark Mistrik 361-2943**

**Level: Aggressive beginners & up.**

**Ends: Leave Bay Sun. 3:00 PM**

**Mark Mistrik 361-2943**

**Level: Intermediate & up**

**Ends: Pgh. 7/14 9:00 PM**

**Mark Mistrik 361-2943**

**Level: Intermediate & up.**

**Ends: back in Pgh 9:00 PM**

**Mark Mistrik 361-2943**

**Level: New, beginner & up.**

**Ends: Monday evening.**

## Ambridge Bike Shop

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## The Lost World of Marco Polo

by Walter G. Vaux

*The following is the final part of a series, describing the trip that Diane Vaux and Walter took through the Pamir Mountains of Kyrgystan.*

The next day was our next-to-last day of hiking. It was to be a long, hot hike, and it indeed was. For breakfast, I ate three bowls of the Kyrgyz equivalent of Cream of Wheat to carry me through a long, long day of hiking.

The Lyaylyak River gives no first chance. If one were to fall in, there would be no gentle bank to exit, no branch or rock to cling to, no still water or pool. The freezing turbulence and smashing against boulders would render escape impossible.

In the early morning the air was fresh and the trail gentle through level meadows. The sun was still hidden behind the high peaks directly above us and the air stayed cool. It was delightful. In the late morning, the trail was forced to a narrow track along the steepening cliffs bordering the river. At places the trail was steep, loose, and just a few inches wide. Both Diane and I walked cautiously, carefully keeping our eyes on the trail, not the swirling, hypnotizing water of the Lyaylyak.

Surprisingly, the trail suddenly entered a broad flat area along the river. Here a small forest of perhaps four acres provided a kind of oasis where we walked through pleasant shade with a carpet of leaves underfoot. At a bend in the trail, an elderly man and woman and a young man were sitting in the shade preparing a mid-day meal over a tiny fire. Their small horse stood patiently by. We greeted them with a friendly salaam, and hoped that they were gentle friendly people. The man smiled back, greeted me with a salaam, and the woman reached in her bag, withdrew a small white ball about the size of a golf ball, smiled, and offered it to me. I had no idea what it was. I smiled back, gnawed on it appreciatively, hoping I was doing the right thing. It was much too hard to bite or eat. I worried that it might be some kind of icon or relic, given to a traveler as a talisman, and that gnawing on it would be offensive. We all smiled and salaamed a few more times in closing, and the two of us continued along the trail. I have no idea of who those people were and what they were doing in this lost place. I discovered later that this dead-white ball is a kind of hard cheese. Gnawing on it was appropriate.

During the rest of the morning and into the early afternoon, the trail became more and more desperate and both of us felt weary. At about noon, our horsepackers, Satubai and Marali, caught up with Diane and me. They assessed that Diane was running out of energy and graciously placed her on one of their overloaded horses. Marali removed my felt fedora, placed his Kyrgyz felt hat on me, and the four of us continued along.

Lunch was in a grove of poplar trees at a bend in the river. We were no longer in the cool hills. The canyon, now a thousand-feet-deep trench of treeless rock was hot and dry. As we continued, the canyon ended abruptly, the surrounding walls of rock disappeared and we entered a broad plain. Just ahead was a small grouping of log buildings. A group of local people emerged and herded our entire group into a dark lodge.

This event was right out of a desert adventure story. Inside the lodge, a circle of men sat cross-legged on carpets. A patriarch at one end wore a suit and was pouring himself tea from an ornate teapot. At the other end, a richly dressed ancient matriarch sat silently, sometimes giving directives to a platoon of younger women and children who were working and preparing food in an adjacent cookhouse.

Farida interpreted as we talked back and forth. I passed around my collection of snapshots and postcards. Tea and bread appeared, then bowls of yogurt. Finally a huge platter of steamed rice with lamb and vegetable cubes was placed in the center of our cross-legged circle of twelve. Following the lead of our hosts, Diane and I ate from the enormous mound of food with our fingers.

I reflected once again on how these nomadic people with so little were sharing an abundant meal with absolute strangers. They had invited us into the center of their small community and the center of their home and given us the best they had to offer.

These people were Moslems. They were not the vicious, violent people portrayed on the evening news or stereotyped in the Indiana Jones movies. These were gentle, generous nomads who were honoring the traveler. They were unknowingly ambassadors who showed more good will to Americans than will ever be evidenced in print, travelogues, or political speech. They lived their good will and generosity.

We exchanged fond farewells with these gracious people and continued along a broad path, far from the river. Our days journey ended with a steep descent to the river. There was our camp. The fantasy of our tenting in an apricot orchard was realized. Our welcoming dome tents were pitched in soft grass in the middle of an expansive orchard of apricots. The icy Lyaylyak River swept past the edge of this orchard. Our Russian and Kyrgyz cooks were preparing a dinner around a pleasant fire. Diane and I found a hidden spot along a side channel of the river, and, oblivious to the chill of the water, enjoyed a refreshing dip, washing off many days' worth of dust and sweat.

During the afternoon, Pasha rode one of the horses to the nearby settlement of Ogornsh and returned with fresh lamb, fresh local bread, and surprises. That evening, our Asian hosts prepared an expansive repast of lamb stew, local bread, and popcorn. Diane and I offered the Pringles that we had carried for just this festive moment. Ellie, a USAir flight attendant, and

I acted as emcees and presented group gifts to the staff. They reciprocated with vast and unending supply of Russian vodka and Kyrgyz wine. Diane and I fell into our tent at 11 PM. The others partied far into the night.

The next morning dawned fresh and bright, a perfect day. Not all celebrated the dewy freshness of the perfect morning in this wild garden. Three of the women suffered unexcelled hangovers and unsurpassed headaches from the night's partying. Their quality hangovers lasted into the next day.

Our final hours of hiking were along a lane through miles of apricot orchards, in gentle shade. In meadows between the orchards, tall, wild hollyhocks with large white blossoms waved in the soft breeze. Abruptly, a bus festooned with tinsel and ribbons honked to a stop, turned around, loaded us. The hiking was over.

This charming bus continued past the settlement of Ogornsh, through the town of Katran and entered a strange desert. Vertical cliffs of very soft, mudlike stone rose perhaps 60 feet to dry plateaus. Our road wended through canyons, then along steppe-like rolling land, into the first real cities, and finally to Isfana, which I had seen from the helicopter.

Our group explored the Isfana bazaar where merchants were selling tomatoes, melons, squashes, roasted peanuts, and many fresh vegetables. One stall offered kumiss, fermented mares' milk, which I had intended to try while in central Asia. But one look at the sanitation quelled my curiosity. To escape the hot sun, I found a bench under a tin roof at the bus stop. A local woman sitting next to me smiled and I smiled back and said salaam and gave her a bar of hotel soap from my belt pack. She smiled, said salaam reached into her purse, and gave me a hard, white cheese ball. I gave her another hotel soap and she gave me another cheese ball. With that I said farewell and walked over to our bus, she followed me, put her arm around me and indicated that someone should take a picture. I do wish that such events occurred in Pittsburgh.

The rest of the day was a long hot journey across desert that had been irrigated for cotton and tobacco. Our road headed north through the panhandle of Tajikistan into Uzbekistan, continued to the Syr Darya or Jaxartes River, then headed southwest to Samarkand, the oldest city in Asia.

The road to Samarkand was all two-lane, dull, flat like small-town sprawl in Kansas with little traffic and little beauty other than the magnificent Turkestan Range and Malguzar Peak 20 miles south. A delightful moment of the trip was a stop for dinner at a cool oasis in this semi-desert. We stopped at a restaurant called the Sanzar. Huge sycamores provided shade from the intense sun and along the immense patio under the sycamores was a garden filled with roses and bordered by a grape arbor. I was surprised that the flagstones were cool. I suspected, from the immense spread of the sycamores, that this had been a rest stop for travelers for a long, long time.

Until 1991, Samarkand, a city of romantic magic, was under the domination of the Soviets. Today's crumbling infrastructure of Samarkand was evidenced by our being turned away at two hotels because there was no water available in them. We stopped at a Turkish bath with hot sauna and warm pool, then headed for the Hotel Sayer where utilities were operating. Just as we entered our room, two enterprising fellows followed us in, one with a ladder, ostensibly to change a light bulb, one with post cards for sale and a fast sales line. Suspecting a ruse, I frog marched both of them out.

Our group found itself in the hotel's night club for a full dinner and show at \$5 American. The women in our group generally looked sour as a revue of belly dancers entertained us; the men in the group did not seem to suffer. The dinner was extensive with course after course of third rate food and caviar that tasted like fish bait. I enjoyed all of it immensely.

The next morning, some of our group was still suffering from the party in the apricot orchard. Diane and I arose early and walked the streets of Samarkand. Again we met friendly, kind people. A memorable event was my attempt to buy tea in a small shop. A pleasant girl who wasn't supposed to sell to non-Uzbek people, laughed, smiled, accepted our rubles, and we walked out with the tea. Not an intelligible word was spoken, but all in the shop quite enjoyed the encounter.

Samarkand has a turbulent and tragic history. Occupied millennia before recorded history, Samarkand has encountered periods of devastation and opulence. The chief city of ancient Sogdiana on the trade route between the middle east and China, Samarkand was conquered in 329 BC by Alexander the Great and became a meeting point of Western and Chinese culture. After the 8th-century Arab conquest, it flourished in the 9th and 10th centuries before it fell to Genghis Khan in 1219. Samarkand revived in the 14th Century when Tamerlane made it the capital of his empire. Under his rule, the city reached it greatest splendor; sumptuous palaces standing in their magnificence today, were erected and mosques and gardens laid out; Samarkand was a city of wealth and prosperity. Under Tamerlane's successors, the Timurids, the empire shrank, then disintegrated in the late 15th century and was ruled by the Uzbeks for the following four centuries. It declined in the 18th century and fell under the sway of neighboring Bukhara before the mid-19th-century Russian conquest of central Asia. Finally, with the collapse of the Soviet Union in 1991, the Uzbek Soviet Socialist Republic became Uzbekistan, and today Samarkand is still reeling from the damaging rule of the Soviets.

I was humbled to see the small hill in Samarkand where the oral record tells us that Alexander once stood to survey the city. We marveled at the beauty of the blue and gold tiles that still reflect the intense sunlight from the Gur Emir, Tamerlane's mausoleum. The day of touring in Samarkand and the visit to the bazaar in the old section of the city were magical.

*Continued on Page 11*

## CONTINUED FROM PAGE 10

After this full day of sightseeing, our group boarded one of the omnipresent buses and headed for the long ride to Tashkent. Well after midnight - I slept as we crossed the Syr Darya river on a modern bridge - our bus arrived at the small hotel in a remote section of Tashkent. The toilet didn't work; I made field repairs to the shower and tub; cockroaches watched our preparations. A few hours later, we were awakened for a breakfast of cold tea and the CIS equivalent of Scooter Pies, a perfectly dreadful breakfast. After a fast morning ride to the airport, there was the lengthy, inexplicable delay as passports and never-seen visas were processed; finally we boarded Aeroflot for the return to Moscow.

At some point in the preceding hours, a bacterium found Diane and she became miserably ill. A short time later, a bacterium found me and I too was woozy and rumbly.

The next three days were a repeat of two previous visits to Moscow and St. Petersburg. We had the chance to visit the various sites in the two cities and sense their poignant history. We noted the decline of Moscow, particularly in the sadness and decay at Gorky Park in Moscow. The opera and circus, in contrast were splendid.

Diane and I share a regularly recurring nightmare: we are in a foreign city and must catch a departing flight within the hour. For some reason, we are unable to keep on schedule and know that we will miss the flight. An amazing scene, right out of that recurring dream unfolded in our last hour in St. Petersburg.

Our guide was a mere slip of a young woman named Natasha, unexpectedly a native of Moscow. Small as she was, Natasha was a mountain climber with an impressive record of ascents. We arrived at the St. Petersburg airport and were barely able to enter the terminal. The entire building was crammed with travelers and their luggage, seemingly eddying like stirred, stagnant water. Natasha had never been to this airport and was unsure of what to do. We stood in various lines as changing reports drifted through the building, a strong contrast to a Western airport.

As the time remaining to our scheduled departure squeezed, Natasha began trying to herd us toward the small, guarded door where travelers were entering infrequently one at a time. Unable to learn what was on the other side of the doors, Natasha scaled the dividing wall and peered over to the other side. With some fast talking, she moved our group forward. Suddenly, a beefy American blocked my movement with, "Where do you think you're going, buddy!" I responded with fast double talk and negotiated the door before he could react.

The loud hubbub of the main terminal was lost in the quiet other side. Only the one last hurdle, SECURITY, remained. I am not sure if the officials at security were harassing the travelers or were stalling for bribes. The man in front of us was queried with,

*How did you enter St. Petersburg?*

*On a bus.*

*Can you document your arrival?*

*I don't think so.*

*You must prove that you entered the city. Search your baggage for proof.*

The man searched vainly for some ticket stub or receipt that he knew was not there. Finally the guard pushed him along with a look of contempt. Diane was next. The guard studied the x-ray image of Diane's baggage and asked

*What are the cups I see in your baggage. Are they antiques or contraband?*

*I don't have any cups in my baggage.*

*I see the image right there! SHOW ME THE CUPS!*

Diane suddenly realized what was happening and pointed out that the image was that of another's baggage. Without a word, the guard beckoned both of through this last hurdle.

Travelers seem to hold their breath before takeoff from Russian airports. An hour after the security ordeal, we lifted off from Russian soil and a collective exhalation of 120 passengers was the only sound made.

That night we had dinner at a Burger King in Copenhagen. It was not a refined or sensitive dining experience. But we desperately needed something familiar and safe. Burger King was familiar and safe. That evening we strolled the lovely cobblestone streets of Copenhagen. I stopped to join a street musician in playing baroque duets. I was tempted to be professional and accept my half of the take contributed to his open music case.

The next afternoon, our plane touched down at Kennedy Airport. As is the custom, the passengers applauded our safe return to America. I was glad to be home in a land where most things are reliable, where the food is safe, where the airports are civilized, and where the hotels are free of cockroaches.

At 10 PM we finally arrived at our house in Murrysville, PA. Tired as we were, I poured mothballs into our luggage and stowed it under a tree, well away from the house. The last thing we needed was a living souvenir of immigrant cockroaches.

A week later our stomachs were settled, our jet lag gone, and the photos from the trip arrived in the mail. The real meaning of the trip settled in. We had been to a corner of the world, not known and not understood by Westerners. We had hiked day after day in exquisite beauty. We had been blessed by the gracious hospitality of Central Asian nomads. We had found true spiritual peace.

## THE APPALACHIAN TRAIL, COME NIBBLE ON IT

The urge to hike some part of the seductive Appalachian Trail (AT) dwells within most of us hikers - and that probably includes you. Plan now to join Glenn Oster for one, two or three weeks hiking the AT through the states of Massachusetts, Connecticut and a bit of New York. The hike itself will extend from August 25 through September 14, 1997, plus two days travel time before and afterwards.

There's no way to call any part of the AT easy, but compared with the trail north and south of this sector, it is easier. We'll average a modest ten miles per day, but every now and then there will be a twelve or thirteen mile day thrown in to challenge us. While there will be long stretches of reasonably flat hiking, there will a few zingers of ups and downs in there to keep us from getting bored. Our average daily climbs will be 1300 feet and descents, 1550 feet. Backpacking, of course, assumes that we'll be self-sufficient as we hike and carry all our needs for food, clothing and shelter. However, if someone wants to go on the trip and is willing to drive, it might be possible to work out sections that could be slackpacked (a day at a time from one vehicle to another without the need for the full backpack.) That tends to run costs up beyond what is discussed below, but it can be considered.

With all the variables possible, it is difficult to provide crisp figures as to your cost to join the trip. The following cost estimates assume a tripper travels with the group in one vehicle from Pittsburgh to North Adams, Massachusetts (where the hike will begin), completes the hike and returns with the group. His/her cost would range from approximately \$200 each for four trippers to \$300 if only one tripper were to join the leader. Normally, the leader's travel and lodging expense is borne by the other trippers. However, on this trip, the leader will share travel expenses along with the trippers. The cost estimates include an HI/AYH fee of \$25 (Will be \$50 higher for a non-member; so, would pay to join.) Meals while traveling and while hiking are not included in these cost estimates. If a person wants to hike for only a portion of the three weeks and can provide his/her own transportation, lesser costs would apply.

For a copy of the hiking plan, send a note and a self-addressed stamped envelope to Glenn Oster, 784 Olive Street, Pittsburgh, PA 15237-4882. To discuss the trip, phone Glenn - (412) 364-2864.

## 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.

**For Sale:** Rhode Gear Eurosport twin rear-mounted bike rack, hardly used, fits most cars. \$75. Glenn, 731-7415.

**WANTED TO BUY:** Tandem Bicycle, John Gayler, 366-4062

**For Sale:** Oakley sweep lens, blue, M frame, new in box, \$75. Canondale shorts, size S, new, \$8. 2 bicycle jerseys, used but clean, size S and M, \$5 each. Call Michael, 412-322-7206.

**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:** Epoke 205 mm x-country skis, good condition, \$50; Contact ski boots, size 11, hardly used, \$35; free poles. Call 731-7415.

**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 Dolfin 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:** Kneissl (XC) Skate Skis; Size 190; without bindings; Used once! (Too long for me.) \$50.00 Call 372-1068 eve.

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

**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 some suggestions on where we can display brochures for potential hostellers - such as colleges, travel agencies and travel bookstores, please call the office at 412-431-1267. We will be happy to deliver them.

**Editor, The Golden Triangle**  
830 Warrington AVE.  
Pittsburgh, PA 15210

## 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, 830 Warrington AVE., Pittsburgh PA 15210



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 412-431-1267 before coming in. We're in the Pittsburgh Hostel at 830 Warrington Avenue in Allentown. All passes, ID cards, rail passes, and books are available.