



golden triangle ayh


pittsburgh council, american youth hostel, inc.

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CANOE



SCHOOLS



BICYCLE CAMPING TIPS

So you're thinking of a cycle trip, eh?? You've done the trips..."around the block" and "thru the park", etc. Maybe you can do 80 kilometers a day on your 13 kilogram lightweight. Are you now ready for a few weeks on the road?? NO WAY!!!

For a long duration trip there are only two things that demand attention -- yourself and your equipment. In other words, everything!!! You may be in great shape for an occasional Sunday day trip, carrying only what you need for one day on the road. You not only have all week to ease your sore muscles but also plenty of time to take care of all those mechanical problems that keep popping up. Unlike the day tripper, the cycle camper must try to reach a happy medium between the following:

- 1) His physical condition
- 2) The distance to be covered
- 3) His bicycle
- 4) The limitations of his camping gear

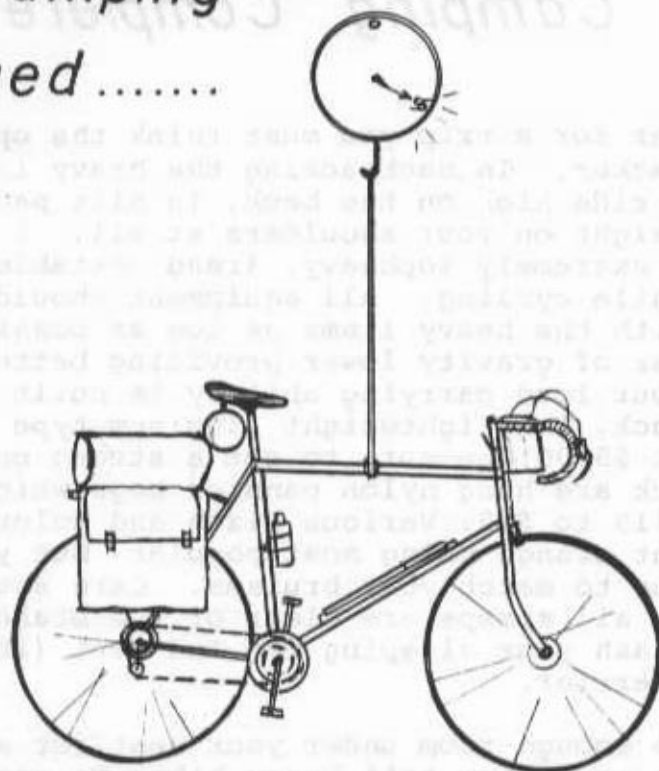
Let's face it, it is tough to get into shape and to stay in shape. For example the T.O.S.R.V. ride (325 kilometers) urges you to have ridden at least 500 kilometers that season before the ride. A cycle camper should be riding at least 25-30 kilometers a day in the weeks preceeding his departure with longer extended trips on the weekends. For the average cyclists this is less than 2 hours per day.

Do not make the mistake of overestimating the distances that you can cover in a day. You may be able to do 125 kilometers a day now, but for two straight weeks?? Also do not expect to "get into shape" as the trip progresses. Attempting this will ruin your trip and also delay the rest of the people in your group. You should expect to cover more distance per day as the trip progresses. This is due in part to the weight of your load decreasing as you eat the food and ship home any extra gear you've discovered that you do not need.

At first your daily distance should be no more than 50 kilometers. This not only gives you a chance to get used to the extra weight, but also to stop and readjust the load as you "get the bugs out". As you become accustomed to the routine of riding you may find your distance covered increasing to 150-170 kilometers per day. As you travel on, you realize that you are not out to set distance records, but to enjoy the sights of the new and different scenery that is passing by.

Take the time before the trip to prepare your bicycle. After all, you're working out to shape up, why not the bike??? Toss out all those patched tubes you've been nursing along and

Bike Camping Continued



buy a few new ones. Get a new tire to replace that one held together by electrical tape. Check the wheels for loose or missing spokes. (Remember all that extra weight.) Repack the bearings, adjust the derailleurs, true the wheels if necessary, etc. In other words, do the spring checkout on the bike again about a week before leaving and then ride your 25-30 kilometers per day the last week to shake out the bugs.

Consider your present gears and the terrain you will be covering. If you are going west to visit Aunty Betsy in Kansas there is no problem; however if you plan a grand tour of New England then a new gear cluster may be in order. For flat country touring the number of teeth on the rear cluster should range from 14 up to 28 with the front gears being 50 and 42. For mountain touring you will want a wider range on both front and back with 14 to 34 teeth on back and 50 and 36 on the front. Many derailleurs can not handle the wide mountain ranges so check before you buy. A 15 speed bike may seem to be the answer to the gear selection problem but it may not increase the actual gear range much and, because of the extreme angles on the chain, maintenance and adjustment are more frequent.

.....Bike Camping Completed

To pack the gear for a trip you must think the opposite way from the backpacker. In backpacking the heavy items are packed last to ride high on the back. In bike packing there should be no weight on your shoulders at all. A back pack would make you extremely topheavy, (read unstable) and cause rapid tiring while cycling. All equipment should be packed on the frame with the heavy items as low as possible. This keeps the center of gravity lower providing better stability. The basis of your load carrying ability is built around the rear carrier rack. The lightweight aluminum type usually sells for about \$5.00; be sure to get a strong one. On either side of the rack are hung nylon pannier bags which range in price from \$15 to \$30. Various sizes and colors are available with fluorescent orange being most popular. But you can also pick a dark blue to match your bruises. Care should be taken to be sure that all straps are clear of the brakes and the spokes. You lash your sleeping bag and tent (if you have one) on top of the carrier.

There should be enough room under your seat for a small tool bag. You now have a very tail heavy bike. To counteract this, a front bag will help balance the load. Front bags are available for \$10 to \$15. Some have and some require their own metal hangers, \$3 to \$5, to keep the bag off of the front wheel. You should attach your tire pump and water bottle to the bike's midsection.

Now you are ready to start packing. Into the front bag goes those items that you want to keep handy: Maps, first aid kit, lunch or snacks, windbreaker or poncho, camera, sunglasses, AYH pass, etc. In your seat bag goes the spare tire, patch kit, and all the assorted bicycle tools you think you will need and are willing to lug around. If you are carrying extra spokes (aren't you??) you can stash them in the seat post tube or tape them to the frame under the pump. Into and onto your rear carrier and pannier bags go the tent, sleeping bag, clothing, mess kit, food, stove and fuel. The food wants to be in a different bag from the stove and fuel so that your sandwiches do not taste of gasoline. Did I forget anything?? Naturally if you are traveling in a group some of the load can be shared.

Well that's it. Now that you and the bike are in shape, all the gear sorted and packed, and your route laid out, you are ready to go. All you have to worry about now is dogs, hailstorms, potholes, insects, redneck truck drivers, gravel on the curves, getting lost, railroad tracks, etc, etc, etc.

HAVE FUN!!!!!!

HOSTEL of the MONTH

Old Stonehouse Hostel

You've heard of hostels in old castles and mansions... Would you believe in a former slave quarters? The Old Stonehouse Hostel at Seneca, Maryland is just that: a stone wing on a farmhouse in the rolling hills of the Piedmont plateau. It has been open since 1953, and the owners and houseparents, Dr. and Mrs. William Frank, received an AYH National Award for exceptionally meritorious service with the Hostel.

The Stonehouse Hostel is part of the C & O Canal chain, with the Washington Hostel 40 km southeast and the Sandy Hook Hostel 60 km west. The C & O Canal is one of the most unusual cycling or hiking trips in the country. Not only do you travel back into history but you travel on the history as you ride on the towpath and walk through the ruins of the locks and canal buildings. Canoes and rowboats can be rented near Lock 24 at the mouth of Seneca Creek about 2 km from the hostel. If you prefer to cycle on pavement, the back country roads of the area are very pleasant and lightly traveled.

For reservations and further information, contact the Franks at 16701 River Road, Poolesville, Md, 20837. 301-926-2288.



Old Stonehouse Youth Hostel

ADVANCE NOTICE

Cycle-Camping Trip

Now that you have read about the C & O Canal and the Stonehouse Hostel join Roy Weil and Mary Shaw as they lead a cycle-camping trip over the long Fourth of July weekend. They will ride the northern section of the towpath, traveling at a leisurely pace to spend time examining ruins of various canal features such as locks, dams, aqueducts, and lock houses. Camping will be at the "Hiker-Biker Overnighter" campsites along the canal. The towpath is packed dirt, and sometimes is very rough, so you should have experience off of paved roads. You will need your own food, a tent, and panniers (saddlebags) on a rear carrier to handle equipment. They will leave either Wednesday evening or early Thursday morning, with return being Sunday night. cost will be about 10 to 12 dollars.

AYH PASS SALES

Are you planning to take a trip this spring or summer?? Knowing the fun and benefits of hosteling in the United States and Europe you most definately would like to become an AYH member before your departure. But one problem arises! You are leaving in a few weeks and just don't have the time to hassel through membership forms or to wait for the often delayed mail.

Pittsburgh Council of AYH TO THE RESCUE!!! Membership passes with the international sticker are being issued from our very own headquarters building each and every Thursday night at our open house meeting. You need bring only your fee, name, address and telephone number to the meeting or mail it to Pittsburgh Council AYH, 6300 Fifth Avenue, Pittsburgh, Pa, 15232. Your membership pass, with sticker, will be either issued on-the-spot or mailed to you within two weeks. This on-the-spot membership pass issuance is a new endeavor of the Council to provide a better service to all hostellers.

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WANT ADS

For sale one epoxy K1 (SL6) good condition- max paddler weight 70 kilograms. call Alex Speyer 242-1090. \$90.

I am interested in sharing an island campsite with two to four persons on Lake George, NY. Canoe, hike, and swim. Call Karly Grapes 863-6870

International handbooks still available. cost \$2. find out about all the hostels in Europe,

Friendly tennis matches can be arranged by signing the tennis list in the back of the headquarters building.

VERMONT CYCLE GUIDE

The State of Vermont has recently published a 35 page guide, "Bicycle Touring in Vermont". The guide lists a total of 19 different tours thru the State. These vary from a grand tour of 730 kilometers to several one-day trips of 40-85 kilometers. The guide also includes information about Vermont Bicycle laws, safety suggestions, overnight accomodations, bike dealers and repair shops.

The guide is a handy 15 cm by 20 cm size and includes both maps and text. The price is \$1.00 which includes postage and handling. Send your check or money order to Vermont Recreation and Park Society, Agency of Environmental Conservation, Montpelier Vermont, 05602.

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TITANIUM BICYCLES???

A new advance in the design of 10-speed bikes has been made possible: the use of the space age metal titanium. Titanium is a unique metal. It is non-corroding, it absorbs physical shock, it is lighter and more resilient then steel, with a higher strength to weight ratio. All these properties tend to give it a more comfortable ride.

A frame made out of this metal will weigh less than 1.8 kilograms, compared to 4.5 kilograms for a standard lightweight steel bike frame. There is only a minor problem - the cost. A typical price for only the frame would be about \$400.

If you are interested in more information you can contact the manufacturer for your nearest dealer: Teledyne Linair Co. 651 W. Knox St. Gardena, Calif. 90248

MORGANTOWN WEEKEND

The spectacular display of lightning during Friday evening's thundershower set the Morgantown weekend off to a crashing start. By Saturday the drenching downpour had slackened to an occasional drizzle as the hostellers ate a hearty breakfast of French toast and sausage. After the clean-up, groups gathered in different areas of the hostel to finalize plans for rafting, hiking, rock climbing, and strolling. The drizzle had finally stopped and the day turned warm when the Saturday trips began returning to the Chestnut Ridge Youth Hostel overlooking Darnell Hollow. The returning trippers were greeted by the purr of an electric typewriter - the Golden Triangle in creation - and the smells of dinner on the stove.

The fifteen kilometer hike, which led past the Henery Clay iron furnace, through the "Rock City" area of Coopers Rocks, and across some truly pretty areas returned at 6:30. The path to Lake Lynn, a most scenic lake in the area, is now abruptly cut off by a mudslide caused by the construction of a new highway.

Rafters began floating in around 7:30. The water was HIGH!! The 2.5 foot marker at Albright was not a true indicator as there were many feeder streams emptying in below the marker. Stories of rafts flipping, and folding circulated, setting apprehensions and/or expectation in the minds of Sunday's to be rafters.

Wet rocks were met by the five Saturday climbers, But -- climbers prevail!! -- traverses rapelling, jumarring, a good time was had by all.

After a hot dinner of chicken and rice and some folk singing, most everyone slept quite soundly. Some contented snoring was reported to be emanating from the sleeping rooms.

Sunday morning's breakfast of scrambled eggs and English muffins started a day of much better weather. The sun was actually shining as the groups gathered again to plan this day's activities. In addition to the trips of Saturday there was a mountaineering hike to the bottom of the Cheat Canyon and back out again. The rock climbing group was larger, this time, with a few more beginners.

As I sit here Sunday morning, with my trip leader encouraging the hikers to hike, I know that I am having a fine weekend, and everyone else seems to be having fun to.

Thank you, Mike and Marta, for all your time and effort put into the weekend to make it a success!

LAW & YOU

The Dept. of Transportation's Federal Highway Administration has announced the release of new guidelines authorizing for the first time spending of Federal Highway Funds for the construction of bikeways & walkways outside the normal right-of-way of federal-aid built highways.

This program, established under the Federal Highway Act of 1973, provides for the use of any Federal aid money (except on interstates), for construction of cycling & walking facilities on a 70/30 matching fund basis.

According to the Federal Highway Administrator the new program does not involve a separate fund for bikeways or walkways; rather it simply authorizes the funds to be used at the discretion of the state agency administering the project. Therefore each state highway dept. must decide what part of its apportionment will be used for bike or walkways.

On Friday, May 17, 1974, PennDOT approved use of up to \$2 million in federal funds for bikeways. When this is matched by 30% local funding over 2.8 million will be available for bikeways and cycle support facilities. In order to be approved the bikeways must have commuter or transportation value as opposed to being of recreational use. The responsibility for construction would rest with state agencies or local governments.

It is up to you to urge your city or local government to obtain funding assistance for your favorite bikeway project. Write your local highway department today.

OPEN HOUSE

Open House is held every Thursday evening. Everyone is welcome, member or not. Doors open about 7:45 with the program starting at 8:30. Come find out about us.

June 6 Mark Powder presents tonight's program on bicycle racing - equipment, conditioning, current racing activities.

June 13 David Marshall of Environment Pittsburgh shows slides and tells us what is current in water pollution and environmental action in Pittsburgh.

June 20 Jim Metcalfe recently returned from a trip home to Australia and tonight he shares his slides and experiences.

June 27 Bikeways for Better Living - A film describing the advantages of bikeways for recreational and commuter use.

Late Trips

SUN June 23 Beginners hike in the Roaring Run area of the Mountain Streams Area that was described in the Golden Triangle dated April 1974. This nature walk follows along a stream bed crossing it numerous times. The hike is all down hill. Leave headquarters at 8:30. Reservations are necessary. call Mary Lou Brown, 364-8229.

Sun June 30 Beginners hike lead by Marilyn Ham to someplace. Leave headquarters at 9:00 AM. Find out the location by calling Marilyn at 687-4960

Sat Jun 15, Sun Jun 16 Backpack Bob Schatz leads a backpacking trip. call Bob at 653-1613 for details

WAG '74

Washington and Greene County Cycling

The fifth annual WAG ride (Washington and Green county) bicycle ride is on June 22 and 23 this year!! The ride is sponsored by the Western Pennsylvania Wheelmen and the Washington-Greene County Tourist Promotion Agency and features scenic country roads set in historical Southwestern Pennsylvania.

The tour is moderately difficult and a ten speed bicycle is recommended.

Saturday rides

- 7:00 AM - 8 kilometer breakfast ride - a warm-up ride
- 9:00 AM - 100 mile century ride- advanced cyclist- hilly
- 9:00 AM - 50 mile half-century ride - intermediate cyclist
100 in 10, and 50 in 5 patches will be given
for those completeing either ride.
- 9:00 AM - 50 kilometers - for the touring cyclist, interested
in enjoying the scenery
- 9:00 AM - 25 kilometers - tour of meadow race track and surroundings
- 1:00 PM - 40 kilometers - for the early finishers or late starters

Sunday rides

- 7:00 AM - 8 kilometers breakfast ride
- 8:00 AM - 100 kilometers - advanced cyclist - hilly
- 8:00 AM - 80 kilometers - intermediate cyclist
- 8:00 AM - 50 kilometers - touring cyclist
- 8:00 AM - 25 kilometers - history ride - for the history buff

The rides on Sunday are entirely different from the rides on Saturday. All rides start at Wahington and Jefferson College, headquarters for the WAG ride, and leave town under police escort, with sagwagons, Dan Henery route markers, and bike route maps. RIDE RAIN OR SHINE.

The entry fee of \$3.50 includes the cost of WAG'74 patch, ride maps, and literature on W and G county. Bag lunches will be available at moderate price in the morning of each ride. Saturday evening at 8:00 PM there will be a dinner at the W & J College dining hall.

WAG headquarters willopen at 5:00 PM Friday June 21 for those wanting accomodations for a good nights sleep and an early start Saturday morning. Dormitory rooms are available at \$5 perperson per night, with two per room. Linens and towels will be supplied, but you make your own bed. Reservations for rooms must be sent in before June 1. Make checks payable to Jim Meyers

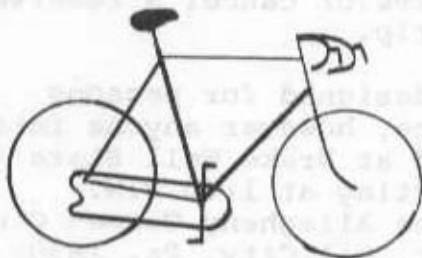
Those wishing full service accomodations, contact the George Washington Hotel only one block away from the campus.

Registration information: \$3.50 per adult, childern under 12 must be accompanied by an adult \$1.00 each. Saturday night dinner \$4.50, Lodging at W & J College Dormotory \$5.00 per person, pernight. Make check payable to Jim Meyers, Wag'74, P.O. BOX 47, Meadow Lands, Penn.. 15347.

PEUGEOT

RALEIGH

SCHWINN



SALES AND SERVICE

Floyd Newingham

Schwinn Bicycle Center
740 Fifth Avenue

New Kensington, Pa. 15068

335-6464

CANOE KAYAK
SAILING CRAFT

701 Wood Street
Wilkinsburg, Pa 15221
(412) 371-4802



New, used boats
Instruction, Information

Premolded Fiberglass Kayak & Canoe
kits. Only \$150 and a weekend's
work. Fun for the whole family!

Fiberglass and Resin supplies
Molds, Epoxy resin only \$10.49/gal

Parkway wet suits (20% discount for
AYH members). Neoprene skirt kits

Clement-Norse-Iliad-Swanson paddle
Stearns and Featherlite life
jackets. Quick-N-Easy and Concord
car top racks.

Waterproof paks/ Windbreakers
Ponchos/ Float bags/ Rope/ Helmets

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EVENING CYCLE TRIPS leave the Headquarters each Tuesday and Thursday evening at 6:30, and return to headquarters before dark. Usually City Parks or City Bikeway or City back, side streets are toured. A few bikes are available for rental. Call the trip leader.

- | | |
|--|----------------------------|
| 4 Jack Batchalor 963-7868 | 6 Gary Ludwig 521-4964 |
| 11 Dave Barbour 243-2870 | 13 Joe Hoechner 343-2465 |
| 18 Jack Batchalor 963-7868
at North Park boat house | 20 Jack Kowalski 681-1611 |
| 25 Jim Roberts 362-5792 | 27 Larry Giventer 422-9282 |

The Golden Triangle is a monthly publication of the Pittsburgh Council, American Youth Hostels, Inc., 6300 Fifth Avenue, Pittsburgh, Penn, 15232.

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WAG '74

TRIPS and TRAILS

The trips listed below are open to the public except that AYH members have priority when the trip size is limited. The trip costs includes 40¢ for registration and insurance (\$500 medical) plus transportation cost and equipment rental. Call the trip leader to reserve or cancel a reservation, Or just to obtain more information about the trip.

- Sat June 1 Basic Canoeing Class The class is designed for persons with little or no canoeing experience, however anyone interested may attend. The class is being held at Drake Well State Park in Titusville, Pa. on Oil Creek starting at 1:00 P.M. Applications may be obtained from the Allegheny Canoe Club's secretary Don Ward, at 109 E. 6th St. Oil City, Pa. 16301. A certificate will be given to everyone completing the class.
- Sat June 1 For you folks with some canoeing experience who want to learn Whitewater skills. This trip will introduce basic whitewater strokes and maneuvers. Bring lunch, kneepads and sun protection. Call Kathy Spindt for information at 364-2447 This trip is a Beginning Whitewater School.
- Sat June 1 Beginners Cycle Spend a couple of hours on an easy afternoon trip with John Hayes. Visit various city parks on this easy trip. Some experience riding in traffic needed. Be at Hostel at 1 P.M. with bike, water bottle and 40¢ fee. For more information and reservations, call John at 325-2345.
- Sun June 2 Strong Beginning Cycle Join Ralph Hemper for a Sunday ride into hilly Fox Chapel. Cover about 20-25 miles. O.K. for strong beginning cyclers with 10 speeds. Leave directly from Hostel at 8:30 A.M. cost 40¢ Bring lunch. To reserve call Ralph at 963-8080
- Sun June 2 Beginners Hike for Fossil Finding in the Alleghany Valley. This will be a repeat of the trip that was half-cancelled by frost in Dec. Bring lunch, hammer and collecting bags. No fossil finding experience necessary. Reserve with Cathy Lynch at 361-3707
- Mon June 3 Beginning Cycle 10 speed class Get out that 10 speed and learn how to use all 10 gears. Jack Batchelor holds instruction class on climbing parking lot hills. Meet at Hostel at 7:00 P.M. For info call Jack at 963-7868
- Tue June 4 Cycle Leaders Workshop All cycling trip leaders (past, present and future) should attend this workshop on Safety, Repairs, Leadership Problems, Security Measures etc. Meet in Hostel after park ride Approx. 8:30 P.M. For info call Jack Batchelor at 963-7868 or Joe Hoechner at 343-2465
- Sat June 8 Work Party Spring work party time. Need experienced people for roofwork, electrical wiring, indoor carpentry, painting etc. Cheap trip-no fee. Be at Hostel with tools at 9:00 A.M. For info call Joe Hoechner at 343-2465

TRIPS AND TRAILS (COND.'T)

Fri and Sat June 7&8 Intermediate Hike

Norm Snyder is leading a hike down Spruce Knobe, West Virginia
Call 371-2371 between 6&7

Sat June 8 Flatwater and Wild Flowers Join Cathy Lynch in search of wild flowers along some scenic river. Bring lunch, wildflower guide (in plastic bag) and about \$4.00. For information and reservations call Cathy at 361-3707

Sun June 9 Closed Boat School Wild Water and Flat Flowers (if trillium is still out) Bring your new kayaks and C-1 or bring your old ones and improve your skills. Highly qualified instructors will teach paddle strokes, water reading, eddy turns, surfing and other fabulous unfilled frolics. Call Mary Shaw 681-5131 for reservation to this fantastic festival. You'll need your own boat with flotation bags and grabloop, spray skirt, life preservers, paddle, helmet, lunch (waterproof) and approximately \$2.50

Sun June 9 Intermediate Cycle trip Cycle with Mike and Tina Lamark on an exploratory ride thru Washington County. Cover about 30 miles Meet at the Hostel at 8:15 A.M. To reserve call Mike at 921-1801. Bring lunch, water bottle, rain gear and about 3 dollars

Fri and Sat June 14&15 Caving Trip

Cave trip with Norm Snyder in West Virginia. Car camp Fri. night Bring caving equipment, breakfast, lunch, and dinner. Reserve with Norm at 371-2371 between 6 and 7 on week days. Departure time from the Hostel at 7 P.M. Fri. Time of return Sat eve.

Sun June 16 Intermediate Cycle Trip Join Jay and Margaret Angel for a Washington County covered bridge tour. Cycle about 30-35 miles of quiet back roads. Bring lunch, tools, spare tubes and about \$4.00. Be at the Hostel at 8:15 A.M. To reserve call Jay at 362-5282

Sun June 16 Beginning Hike Join Joe Levine on a beginners hike on section 1 of the Bakers Trail. Bring lunch. Cost about \$1.65 Call for reservations at 422-8287

Sat June 15 Easy Whitewater Canoeing Follow "Phil's Phrigate" on a pun philled phrolic. Phil will run Harris to Wurtemberg on the Slippery Rock or something similar. Phil's number is 521-2793. You'll need lunch, dry clothes, and about \$5.00.

Sun June 16 Intermediate Canoeing Don's double dip delayed and detoured. Dynamic Don declined to hike the Loyalhanna so his daring endeavor has been deferred to a different date and destination. Deal with Don at 243-8298. Bring lunch and about \$5.00 (If you dare)

Sun June 16 Rafting Join Jolly Joe as he breaks the dull bicycle habit and shatter the solitude of the Youghiogheny Gorge. Reserve with Joe at 343-2465. Bring lunch, dry clothes and about \$6.00. Plan to get wet.

Sat June 22 Rafting on the Yough Join all your friends and neighbors on the great gorge of the Youghiogheny. Alex Speyer will lead rafts and closed boats from Headquarters at 8:30. Bring lunch, dry clothes, and about \$6.00. Reserve with Alex at 242-1090.

TRIPS AND TRAILS (CONT'D)

- Sat June 22 Intermediate Whitewater Canoe School Happily hassle the hideous hydraulics with Gordon Bugby. You'll try eddy turns, surfing, and recovery techniques under the terrific tutelage of Splash Gordon and other topnotch teachers. Bring about \$5.00, kneepads, lunch and some drys. Reserve at 371-4733.
- Sun June 23 Intermediate Hike in Greene County led by Jim Gogots. See a Beaver Lodge? Bring lunch and stamina and leave headquarters at 9:00. The trip will last about 15 kilometers. Reserve at 281-4462.
- Fri June 21 "WAG" Cycle Trip in Washington and Greene Counties. This thru is the 5th annual "Wag" Ride. 40 to 160 kilometers designed for all levels of cyclers. Make it a weekend or a day trip. See special write up in this issue. For more information and possible car pool call Joe Hoechner at 343-2465.
- Sun June 23
- Sat June 22 Canoe Camping on the Allegheny with the Allegheny Canoe Club. Meet at Hunter Bridge on Rt. 62, 4 Miles south of Tionesta at 10:00 A.M. on the 22nd. First day East Hickory to Kibbe's Island below Hunter Bridge. On the 23rd Kibbe's Island to Oil City.
- Sun June 23
- Fri June 28 Norm Snyder Cave Trip Leave Friday Night at 6-7 PM and Sat June 29 Car Camp. Return late Saturday or Early Sunday. Bring cave equipment. Reserve with Norm at 371-2371 between 6:00 and 7:00 weekdays.
- Sat June 29 Intermediate Hike led by Jack Batchelar on the Laurel Ridge Trail area. Leave Headquarters at 8:30 AM with lunch and about \$2.60. If interested, call Jack at 963-7868.
- Sat June 29 Intermediate Hike led by Terry Sick^{ler}. Time and location to be announced. For information call Terry at 243-2710.
- Sat June 29 Intermediate Backpack Trip with Mike Hurwitz in Slate Run. Sun June 30 Bring backpack equipment. Call Mike Hurwitz at 731-1083.
- Sun June 30 Intermediate Hike Go somewhere with Mary Giventer (nee Leathen). Bring your own lunch. Call Mrs. Giventer at 422-9282.
- Sun June 30 Intermediate-beginner bicycle Spend a day at scenic Lake Pymatuning with Jack Batchelor. Cover an easy 50-60 km of flat roads. Quick swim possible. Need lunch, water bottle, and about \$6.00. Leave headquarters at 8:00 AM. To reserve call Jack at 963-7868
- ??? ???? ?? Family Canoe Trip No adults will be allowed to attend with out a child. Easy flat flowing water. Bring lunch and life jackets for all children. Call Gordon Bugby, 371-4233 if you qualify and to find out the date.

Evening Cycle Rides on page 11

Late Hiking Notices on page 9

EXTENDED AND FUTURE TRIPS AND TRAILS

- Thur June 13 Baker Trail Backpack John Bohrer will leave Freeport
Sun June 23 for ten days of hiking the Baker Trail and will attempt
to walk the entire 225 kilometers. Backpacking experience
is essential. Packs will be limited to 10 kilograms, including
tent, sleeping bag, personal food and gear. Limit 8 people.
Cost \$2.00 for registration and insurance. Call John at
561-6563 to reserve.
- Thur July 3
Sun July 7 Intermediate cycle Join Roy Weil and Mary Shaw for a
cycle camping trip on the C & O Canal towpath over the
July 4th weekend. See the Hostel of the Month Article for
details of this trip.
- Sat July 20 Intermediate cycle T.O.L.I.N.Y. Joe Hoechner is planning
Sun July 28 spend a week on the "Tour of Long Island New York". Enjoy
flat roads, salty air, Potato farms, Ocean Swimming, and Sea
weed. Trip is limited to 6-8 Hostel members with reservations
as early as possible. Riders should be able to do at least
1 or 2 days of 100 kilometers on easy roads. Tents, sleeping
bags and gear will be car shuttled. For more info call Joe
at 343-2465. Cost approximately \$25-\$30 for campsites.
- ??? ???? ?? Beginner-intermediate cycle Gettysburg cycle!! coming in
late July, date not yet known. This is just the trip for the
history buff or if you just like to cycle and stop and look
often. Reserve with Marta Hurwitz 731-1083.
- Sat July 27 Intermediate Canoe Confluence Lions Club is sponsoring the
first Open Canoe Race, on the beautiful Youghiogheny River,
Confluence to Ohio pyle. An 18 kilometer course. For entry
blanks write to Tom Beggs, Confluence Pa, 15424.
- Aug 30 Jion Norm Snyder on a trip to Zion Canyon, Utah. Explore
Sept 15 the Great west canyon few people ever see. From there a
four day backpack trip to the North Rim Trail of the Grand
Canyon. We will also explore a lava tube. Call Norm
371-2371 between 6 and 7.



JUNE 1974

BEG FAMILY
CANOE
DATE UNCERTAIN

1
BEG WW SCHOOL
BEG CYCLE
BEG CANOE

2
BEG/INT CYCLE
BEG HIKE; FOSSILS

3
10 SPEED BIKE
CLASS

4
CYCLE
LEADERS
EVE
CYCLE

5

6
OPEN HOUSE:
BIKE RACING
EVE CYCLE
ARTICLES DUE

7

8
WORK PARTY
BEG FW CANOE
INT HIKE

9
KI/CI SCHOOL
INT CYCLE

10

11
ACTIVITY
BOARD
EVE
CYCLE

12

13
OPEN HOUSE:
ENVIRONMENT
EVE CYCLE
TRIPS DUE

14

CAVE
13 to 23
BACKPACK
BAKER
TRAIL

15
BEG WW CANOE
BACKPACK MAHONING

16 RAFT
INT CYCLE
BEG HIKE
INT CANOE

17

18
EVE
CYCLE

19

20
OPEN HOUSE:
AUSTRALIA
EVE CYCLE

21

22 RAFT
INT WW SCHOOL
CANOE CAMP
WAG RIDE.....WAG RIDE.....

23
BEG. HIKE
INT HIKE

24

25
EVE
CYCLE

26

27
OPEN HOUSE:
BIKEWAYS
EVE CYCLE

28

29
INT HIKE
INT HIKE
CAVE INT BACKPACK SLATE RUN

30
BEG HIKE
INT HIKE
BEG/INT CYCLE

M

T

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S

Pittsburgh Council
AMERICAN YOUTH HOSTELS INC.
6300 Fifth Avenue
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