



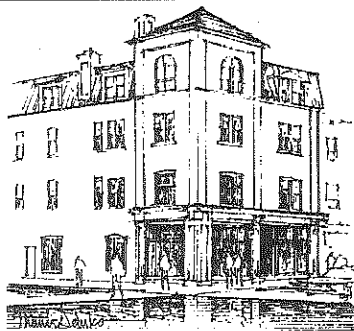
GOLDEN TRIANGLE

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 7

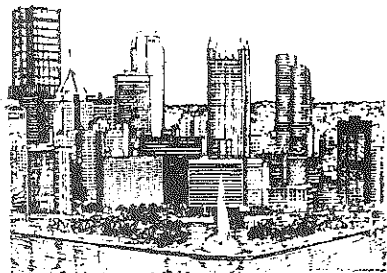
SEPTEMBER 1997



Hostelling - International Pittsburgh PA

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



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- Phipps Conservatory
- Historic Point State Park
- Three Rivers Stadium

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



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.....And MORE!!!

My Days in Dharamsala

Dharamsala is one of India's most popular destinations as its the home of the Dalai Lama and the starting point for many Himalayan treks. Originally, Dharamsala was a British hill station, yet its been transformed by the influx of refugees fleeing Chinese oppression in Tibet since 1960. The Tibetans live in the upper town, McLeodganj, where they have established temples, schools, monasteries, nunneries, meditation centers and the Library of Tibetan Works and Archives, one of the world's most comprehensive collections of Tibetan literature.

My British friend, Bob, and I visited Dharamsala upon the recommendation of many friends. Being in the mountains, the clean and fresh air was a welcome change from some other Indian cities! Tibetans, Indians, monks, nuns, and an increasing number of westerners hope to meet the Dalai Lama while visiting Dharamsala. While he occasionally holds a "public audience," when he greets and shakes hands with hundreds of people, he is a very busy man and cannot accommodate everyone. Its almost like going to Rome and hoping to meet the Pope! On second day we planned a six hour hike to see a series of waterfalls. Our first few weeks in India, we visited lots of temples, pilgrimage sites and historical buildings, so a few days in the mountains, clean air, few crowds and some solitude would suit us well. During our hike, I stumbled on a rock. Bob spun around to make sure I was okay. I replied, if I'm not okay, I'll let you know. We had hiked about 2.5 hours and I lost my footing on a steep ledge as the path grew. Before I knew it I was tumbling head over heels down a cliff. I shouted to Bob who could only hear me shouting and crashing noises. Not only could I not stop, I gained momentum rapidly. Believe me I thought I was going to die. I have never felt so completely out of control. I crashed into a rock, 40 vertical feet from the path, which launched me further and faster down the mountain. I'm terrified as I see no way to stop. Finally, I landed in a small shrub, another 40 feet from the rock, which I clung to for dear life!

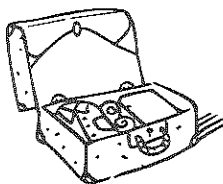
Once I had a firm grip on the bush, I called up to Bob letting him know that I was alright. Here I sat in a bush 80 feet from the path on the face of a 1,000 foot cliff thinking how did I live? I rested for a few minutes and checked for broken bones. Phew, nothing broken and I'm alive. Bob took a less direct route down than me and helped me scramble up to the path. We sat huddled together for about 15 minutes as I was really shaken up, in fact I was shaking. My clothes were stained, my watch and sunglasses fell off. From head to toe, bruises, cuts, abrasions and scratches covered my skin, but that's relatively minor considering I fell off a cliff. Bob said it looked like I took a razor to my entire body. Needless to say, we skipped the waterfalls and started the walk back to McLeodganj. Not being too keen about heights before this incident, I became terrified afterwards. Bob, walking behind me back to the hotel, watched me for signs of shock or other complications. Needless to say, I ached severely yet none of my cuts were deep enough to need stitches.

At the hotel, I carefully cleaned my sores with antibiotic soap. My clothes were permanently blood and mud stained. Had my joints not been so stiff, I would have jumped for joy. Its a miracle I had lived. Sitting in a tiny cafe that night, some people asked me why I had my legs propped up and why I was limping. Repeating the story that night and for several weeks thereafter, I knew I had been extremely lucky! I thanked the Buddha, Dalai Lama, Vishnu, Shiva, Mohammed, God and whomever else saved me that day. Dharamsala certainly has different memories for me than for most other visitors. Its a lovely spot but I do not recommend falling off a cliff.

Elizabeth Lochbaum, an independent traveller from State College, PA. LLochbaum@aol.com

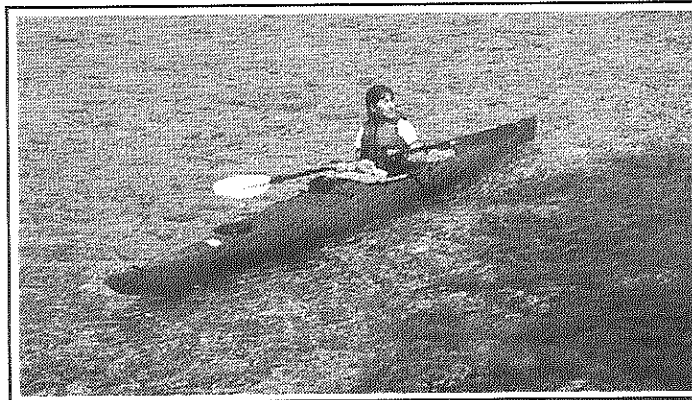
AYH Sheet Sleeping Sack....

**DON'T
LEAVE
HOME
WITH-
OUT ONE!**



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

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



Sea-kayaking's Tracy Duggins off Echo Island, Fathom Five National Marine Park, Georgian Bay, Canada. Fourth of July trip 1997.

**MORE ON
PAGE 5**

HOSTELLING INTERNATIONAL

PITTSBURGH COUNCIL-AYH
830 E. WARRINGTON AVE
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(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:

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The Golden Triangle
830 Warrington Ave
Pittsburgh, PA 15210

Office: (412) 431-4910
or

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The following positions are currently open and we are in need of responsible people to fill them. If you are interested please call 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

OCTOBER
All copy, Sept 4
Binding/Mailing, Sept 25

NOVEMBER
All copy, Oct 2
Binding/Mailing, Oct 30

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

Moving?

If you move, or have any subscription problems, please notify us right away. Returned mail costs 52 cents for each piece, so we can save money if you let us know about any changes in your address. You can also phone in changes to the office at (412) 431-1267.

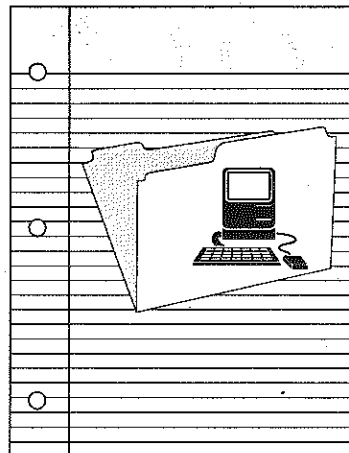
About AYH

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

September 4: David Sadler narrates his own videotape "Sea Kayaking In Maine: Penobscot Bay And Cape Rosier".
September 11: Jim Ritchie, "Baker Trail- Historical Slides". Shows AYH trips and hikers of the period 1971-1985. Part of Pittsburgh AYH 50-year celebration.
September 18: Sally Martin, "World Wander By Bicycle: France, Switzerland, Germany And Italy".
September 25: We show the 16mm film "Arctic Window". See Iceland. See puffins.
October 2: Joan Roelf, "1962 AYH Trip To The Cascade Mountains And Seattle World Fair". Part of Pittsburgh AYH 50-year celebration.
October 9: Annual Astro-Festival. Bring telescopes and binoculars. See craters and mountains on Moon, phases of Venus, moons and belts of Jupiter. If cloudy, we show the slide show "Jupiter Photos From Voyager I".

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

HI-Pittsburgh Hostel
830 E. Warrington Ave
Pittsburgh, PA 15210
(412) 431-1267

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



Hostel Happenings...

August is traditionally the busiest travel month of the year and business here is certainly brisk, especially considering that we haven't been open that long. It seems there may be some truth to the saying: "If we build it, they will come!" After so long spent dealing with construction issues, we've finally gotten to the FUN PART!: Greeting guests from all over the world.

Some comments from our guest book:

"This is the very best hostel I ever see in the world! And I see a lot of the world!" Zurich, Switzerland.

"A wonderful stay here in Pittsburgh! This is the best hostel I've ever stayed in. Keep such atmosphere up!" Denver.

"The USA's 5 star hostel. In the words of Richie Benaud, 'marvelous'." Anonymous.

"The cleanest, most comfortable & best equipped hostel I've ever stayed in - hopefully, it'll stay this way."

"Great Hostel! Once the word gets out, Pittsburgh will be flooded with travelers. Thanks!"

"I had a very good night's rest. The kitchen is nice. But tune the piano."

And these are just some of the comments we've been receiving, folks. Everyone involved in making this hostel happen should be extremely proud of our achievement.

August Events at the Hostel

On August 16th, the Pittsburgh International Hostel hosted the first in a series of World Travel 101 - Budget Travel Workshops. Turnout was better than expected (with standing room only) for this two-hour seminar on how to gallop the globe for less. As mentioned on the 16th, keep your eyes on this space for future seminars to be held this fall and winter.

During the same weekend, we hosted staff from several AYH Councils for a training session in how to lead a Budget Travel Seminar. Hostel Program Directors from five gateway city hostels also met here during the same weekend. The Pittsburgh Council had a great chance to show these folks around town and heard from some people who know about hostels how great they thought ours is.

September's Wish List

Volunteers for: piano tuning (we knew it needed help, now a fantastic piano player and a German choir group confirm it); hostel-based programming; marketing and outreach; photographic restoration and framing; Allentown, building, and Pittsburgh historical interpretation; telephone installation help.

IBM 486 or faster computer, plain paper fax machine, adding machine/calculators, pots & pans (no other kitchen items, except a colander, are needed), 2 commercial vacuum cleaners, floor buffer, VCR, sofa bed or futon, 2 small tables, small bookshelf or storage rack, outside bench, flower pots, piano sheet music/ song books.

If you or anyone you know can donate something from this list, please contact Holly Ridenour, the Hostel Manager, at 431-1267 prior to dropping off items from this list. We may already have received items from the wish list by the time you read this.

Volunteer Work Parties

Introduced in last month's edition of the Golden Triangle is the chance to help out the hostel with a few hours of your time and a great chance to have a tour when the hostel is closed. We have an ongoing need for people to help with some of the extras in maintaining the building and have set aside one Saturday a month this fall. Volunteers are needed from 9 am to 12 noon on the following Saturdays at the Pittsburgh International Hostel: September 13, October 18, November 15. Please call Holly at 431-1267 in advance of each Saturday so we'll know to expect you. It wouldn't be a party without refreshments, so come get yours.

That's it for this month. Thought for the month: What would we talk about if we were all the same?

Holly Ridenour, Hostel Manager.

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Rachel Carson Nature Weekend Blends Fun and Learning!

The Rachel Carson Homestead and Deer Valley YMCA Family Camp have organized an activity-filled Rachel Carson Nature Weekend that will appeal to families, birders, naturalists, stargazers, teachers and nature fans of all stripes. From Friday, September 19, through Sunday, September 21, staff of both facilities will be joined by some of Western Pennsylvania's best-known naturalists and educators to present a variety of programs and workshops in the camp's serene 740-acre setting in the shadow of Mt. Davis, Pennsylvania's highest point.

Programs planned include Beginning and Advanced Birding, Fall Flower Identification, Micro-Habitat Exploration, Children's Crafts and Nature Programs, a hike to the top of Mt. Davis, plus lots more. On Saturday evening, a special program around the campfire is guaranteed to be a howling good time, and an owl prowls will help to uncover these denizens of the night. Sailing on a 125-acre lake, horseback riding, mountain biking, hiking and stargazing are other activity options at the camp.

Mt. Davis and Deer Valley are excellent locations to observe the annual fall bird migration, which will be at its peak in mid-September. Over 100 species of migratory birds, highlighted by bald eagles, evening grosbeaks, ospreys and even rare olive-sided flycatchers, are typically seen during this period. The area also is home to many unique and unusual plant species and animals as diverse as bobcats, fishers, snowshoe hares, and water shrews.

Weekend fees of \$100 for adults and \$60 for children ages 3-14 include lodging, meals, and all activities (horseback riding is additional). Lodging is in spacious, heated cabins with running water, and meals are served family-style in a dining hall overlooking the lake. For registration information or a brochure call 1-800-YMCA-FUN (1-800-962-2386).

Other area attractions include Frank Lloyd Wright homes at Fallingwater and Kentuck Knob, Ohio State Park, the Youghiogheny River Bike Trail, and the Laurel Highlands Trail.

Deer Valley YMCA Family Camp, owned and operated by the YMCA of Pittsburgh, offers a variety of children's, adult and family programs year-round. The camp is approximately 1 1/2 hours from Pittsburgh and 2 hours from Baltimore.

The Rachel Carson Homestead is the birthplace and childhood home of ecologist and author Rachel Carson (1907-1964), whose 1962 best-seller "Silent Spring" helped launch the modern environmental movement. Ongoing education programs for children and adults promote an understanding and respect of the natural world. Guided tours of the house and grounds are offered on Saturdays from 10 am to 4 pm and Sundays from 1 pm to 5 pm, year-round. Regular museum admission is \$4.00 for adults and \$2.50 for children. Senior citizen and group discounts are available. For more information, call (412) 274-5459 or visit www.rachelcarson.org on the World Wide Web.

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 E Warrington AVE; Pittsburgh, PA 15210
412-431-4910

CYCLING

Sept 27 A/B/C Joan Roelf 795-8345

TOURING RIDE ON THE GHOST TOWN TRAIL Come ride the ghost town trail, and explore the small towns of vintondale and nanty glo. . The distance is about 35 miles, and we do "see the world" as we go..call Joan for the time and other details.

October 5 A/B/C/D Bill Eberle

SABRE (Southwestern Autumn BRreeze) 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 A/B/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.

TOUR DE HARVEST WILDERNESS LODGE OCTOBER 10 - 12

Once more Don Hutchinson has agreed to lead us on an "easy to intermediate" ride on through vineyards, orchards and off roads in the scenic environs of North East, PA. Mountain or hybrid bike and a helmet are a must. A stop at a local winery (free samples!) and lunch on the shores of Lake Erie will also be featured. We will enjoy two overnights in the cozy comfort of Nansi Janes' Wilderness Lodge and dinner at one of the superb local eateries. There are many possibilities for an additional Sunday ride (on your own): Peek 'n' Peak, French Creek, and Findlay Lake. A road bike may be used on the trail at Presque Isle. **COST:** \$45 per person for AYH members, \$55 for non-members for bed in hostel-style room (3-6 persons). There are three private double rooms, two persons per room @ \$120 for members, \$140 for non-members. The cost includes Friday and Saturday night lodging. A varied breakfast menu is offered at extra cost. We usually enjoy a Singalong on Saturday night after dinner. Reserve early by calling the AYH office at 412-431-4910. Space is limited to 36 people. Send a check for the full amount payable to Pittsburgh AYH a.s.a.p. after your call to guarantee your space. There will be no refunds after September 15 unless a replacement for you is found. A waiting list will be kept. Fees include a non-refundable \$10 per person, or \$20 per double room.

For more information call Pat Rossi, 335-5067.

Wilderness Lodge Bicycle Touring Weekend October 10-11-12

Name: _____

AYH Pass #: _____

Street Add: _____

City/ST/Zip: _____

Telephone: _____

Enclosed is a check for \$ _____

_____ I am driving and can take _____ passengers.

_____ I need help finding a ride. (We'll try!)

_____ I will drive and meet the group at Wilderness Lodge

Liability Waiver

In consideration of your acceptance of my application for participation in the Cycling Weekend at Wilderness Lodge, I, the undersigned, for myself and 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, American Youth Hostels Inc, Wilderness Lodge, their activity leaders, and their respective agents, boards, commissions, and any other involved employees, representatives, and volunteers from all liability arising out of or connected in any way with my participation, 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 Weekend. 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. I attest that I am physically fit and sufficiently trained for participation in 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 services and is not a waiver of any of the said parties of any right hereunder.

Signature: _____ Date: _____

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

Aug 30-Sept 1 Lake Chautauqua, NY Marilyn 441-6764
WEEKEND TRIP. TRIP FILLED. 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.

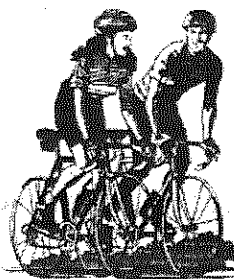
Sep 13 Sat Lake Arthur Sara Zavos 241-0659
DAY SAILING. September usually offers great sailing weather at Lake Arthur and we offer days sails or try racing in the Moraine Sailing Club's Saturday Race. The first race usually starts around 10:30AM. and there are three races scheduled. Prerequisite: Basic Sailing Class or demonstrate equivalent skills.

Sep 27 Sat Lake Arthur Bob Zavos 241-0659
FALL FINALE. Moraine Sailing Club's (MSC) last day of sailboat racing. Three races are scheduled and if you don't care to join in the race you can watch or just cruise around the lake at your leisure.

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Rock Out With AYH!

Rock climbing trips from Pittsburgh Council of American Youth Hostels

The AYH Rock Climbing program is a great way to experience the thrill of rock climbing. Our Beginner trips are focused on teaching "never ever" the basics of rock climbing. AYH supplies the climbing gear plus a group of experienced climbers to set up the climbs and teach the course. All you need to bring is a lunch and a sunny disposition. Wear loose-fitting, comfortable clothes (shorts and T-shirts in the summer) and tennis shoes. It's not a bad idea to pack rain gear or a jacket in the event of a late-afternoon thunderstorm.

Beginner trips are held at Coopers Rocks State Forest, Exit 15 on Rt 68, east of Morgantown, WV. Trips leave from AYH headquarters at 7:30am. We arrive at Coopers Rocks around 9:30 am and take a short walk to the climbing area. We are back at the cars by 4:30 or so. Many climbers stop at a local restaurant for dinner before driving back to Pittsburgh. We arrive back at AYH headquarters before 8pm. Cost is \$9 for AYH members (\$11 for non-members). Gas money (if you car pool) and dinner are NOT included in the trip fees.

Experienced climbers are welcome on our "Beginner" trips since we top-rope climbs of varying difficulty (up to 5.11). We also teach the skills to become a "second" on a multi-pitch climbing trip to Seneca Rocks, WV. The AYH climbers make frequent "unofficial" trips to Seneca Rocks, New River Gorge, the Gunks, and other climbing areas. Several AYH climbers can be found hanging out at The Climbing Wall (in The Factory on Penn Ave) on Thursday nights (7-9:30pm) before retiring to the Evergreen pub (also on Penn Ave) for a few cold ones and to make plans for the coming weekend.

To find out more about the AYH climbing program, call Jim "Woj" Wojciechowski @ 322-4524 or Vern Miller @ 935-3434. To sign up for a specific trip, call the Trip Leader listed in the table below.

Trip size is limited. Call the Leader (not the climbing chairmen) to sign up.

| DATE | DAY | LEVEL | TRIP LEADER | PHONE |
|----------|-----|----------|---------------|----------|
| Sept. 28 | Sun | Beginner | Garry Simmons | 327-8338 |

SEA-KAYAKING

We were pulling into the parking lot of Brown's Country Kitchen for breakfast on our way to Lake Erie, and I was explaining how you can often zero in on the best neighborhood eateries by noting which establishments have the most cars with local license plates when we saw it - a red pickup truck with farm tools in the bed, raccoon tracks on the bumper and fresh manure around the wheel wells - parked in front of the restaurant. On one side of the rear gate was a sticker, partially obscured by mud, which proclaimed "Possum: The Other White Meat". This was further elaborated on the other side of the gate with "Kosky's Creamed Possum: It's Not Just For Breakfast Anymore!" While we were gawking at this (and loosing our appetites), the good-natured owner of the truck came out of the restaurant, assured us that the food inside was indeed first-rate (And it was), and restored our desire to eat to pre-possum levels.

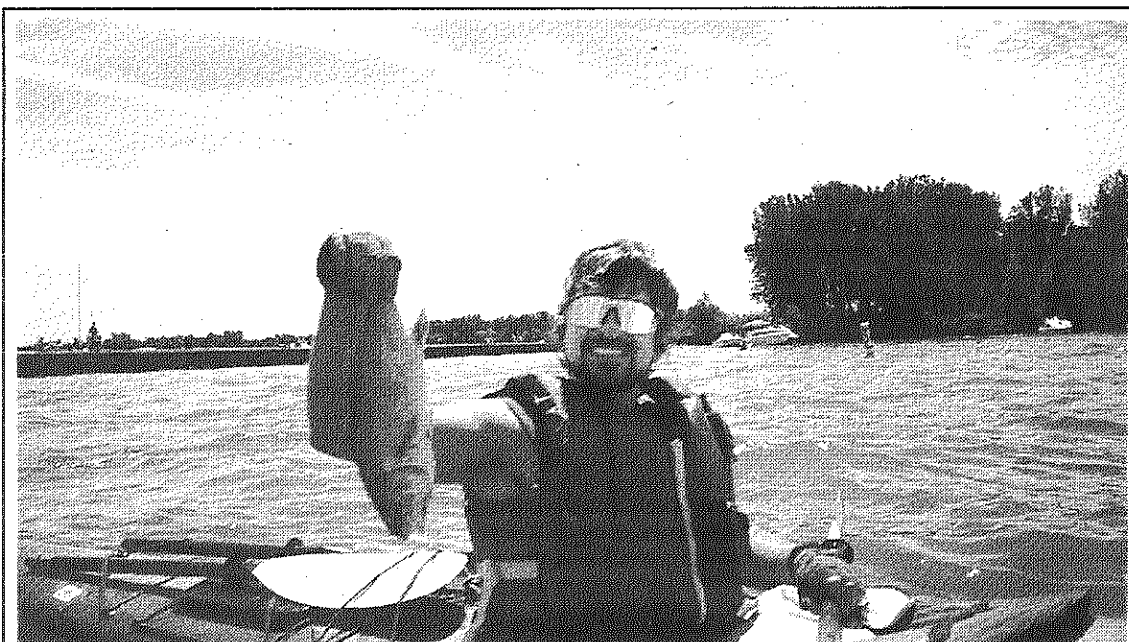
September ends our late-summer trips with still warm water, beaches and sunshine. September is also a transition month. We're preparing and teaching new paddlers ways to adapt to and cope with cooler and wetter weather and shorter days while still having a great time. And the payoff for coming on cooler weather paddling trips is considerable. Early October, with the spectacular colors of autumn across Western Pennsylvania and the Appalachians, is probably the prettiest time of year to kayak on our region's scenic lakes and rivers.

We've scheduled four weekends this Fall specifically to enjoy the best of our annual Fall Foliage season.

The Kinzua Fall Foliage Weekend is already an annual trip, with calm lake paddling and hiking trails throughout the area. On the following weekend, try out your costume & join us at the Explorer's Club of Pittsburgh's annual (Pre) Halloween Party at nearby Cooper's Rocks State Park in Morgantown, West Virginia. We'll stay overnights in a cabin there, party Saturday night, and offer daytrips to Cheat River lake and Tygart Lake in West Virginia. On October 24th, we will be heading to Lake Moomaw in the Shenandoah region of Virginia. The lake lies over an ancient faultline, fossilized devil's corkscrews and craggy pines line the banks, and you're surrounded by the most rugged terrain in Virginia. This is the perfect spot to tell ghost stories around a warm campfire, and relax in a natural geothermal hot springs before returning home. And we'll finish up our autumn trips lineup with a weekend on Virginia's 'way-warmer-than-Pittsburgh' Eastern Shore eating fresh seafood, paddling the intimate backbay waters of the Chesapeake Bay, and sleeping indoors for a change, in a condo at the AYH Hostel & resort Sangrall-by-the-Sea.

Let us know if you would like any information about the sea-kayaking program or would like to join us on a trip. We'll be happy to teach you everything you need to know about kayaking and camping, and can help you get everything you'll need to have fun comfortably and safely. Just remember to wear something bright red when you're outside during hunting season, and check what's being served for breakfast:

It could be possum season!... Mark Mistrik, AYH Sea-Kayaking Program., "Sea-Kayaking Taught From Scratch"



Catch of the Day? Sea-kayaking off Beach #11, Presque Isle on Lake Erie.
(Mistrik / AYH Sea-Kayaking Program)

Friday evening August 29th thru Tues. September 2nd, 1997

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. Sea-kayaks and equipment available from the AYH if needed. Call for more information and to reserve.

Mark Mistrik 361-2943

Level: Intermediate & up.

Ends: back in Pgh 9:00 PM

Friday evening September 5th thru Sat. 6th or Sun. 7th, 1997

Lake Erie seashore & Lake Chautauqua Weekend, Pa & NY

Trip begins: Carpools organized Friday afternoon & evening

Saturday day trip to paddle on Lake Chautauqua and stroll the paths through the Victorian Chautauqua Institute. Sunday we'll paddle a stretch of canal or a river trail, depending on water and climate conditions. Car camping overnights on a bluff with a spectacular panorama of Lake Erie. You may meet us at Lake Erie early Saturday morning or return to Pittsburgh Saturday evening. Sea-kayaks and equipment available from the AYH if needed. Call for more information and to reserve.

Mark Mistrik 361-2943

Level: Aggressive beginner & up

Ends: 9:00 (Sat) or 6:00 (Sun)

Monday evening September 8th, 1997

Paddler's Monthly dinner

Dinner begins: Arrive anytime between 6:00-7:30 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 month we're planning dinner at PaPa J's Mercato in the Strip District. Please let us know you're coming so we make enough reservations.

Mark Mistrik 361-2943

Everyone welcome

Ends: 9:00 PM or so

Tuesday evening Tuesday evening September 16th, 1997

Intro to Sea-Kayaking, North Park 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. Sea-kayaks and equipment available from the AYH if needed. Please call for more information and to reserve a kayak.

Mark Mistrik 361-2943

Level: New, Beginners & up.

Saturday September 20th, 1997

Presque Isle State Park, Lake Erie, Pa.

Trip begins: 8:45 AM breakfast or 10:15 AM at the Put-in

Spend the last day of summer at the beach! This trip is a circumnavigation of Presque Isle rather than our usual paddling through it. We'll start in Lake Erie Bay exploring a mix of recreational and industrial development along the water, pass around the low sandspits of the bird sanctuary and finish the trip paddling along the sandy beaches in Lake Erie. We'll have lunch at a rest stop and a picnic dinner on the beach before heading home. We are planning on joining an Erie area sea-kayaking group on Presque Isle, so we could have a very large combined group. Sea-kayaks and equipment available from the AYH if needed. Call for more information and to reserve.

Mark Mistrik 361-2943

Level: Aggressive beginner & up.

Ends: Leaves lake 6:30 PM

Sunday afternoon September 21st, 1997

Final Youghiogheny River, Suttersville to Boston

Trip begins: 12:00 Noon in Suttersville

This is a very pleasant run with fast-moving flatwater pools and ripples. Bring a snack for a rest stop. Sea-kayaks and equipment available from the AYH if needed. Call for more information and to reserve.

Mark Mistrik 361-2943

Level: Beginner & up.

Ends: 6:30 in Boston

Friday evening September 26th thru Monday October 6th, 1997

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. This trip is full, and we're now considering which part of the lake to explore next year. It's not too early to call for more information as this trip fills up in early March each year.

Mark Mistrik 361-2943

Level: New, beginner & up.

Ends: Monday evening.

Trips Continued on Page 7

HIKING/BACKPACKING

Sunday September 7

Veronique Schreurs 422-0358

Easy joint hike with BOLD (Blind Outdoor Leisure Development) in Frick Park. We need sighted guides from AYH to walk with the Bold people. Meet at HQ at 10am. Bring a lunch. We will walk 2 or 3 miles, possibly including the cemetery. Call for info & a reservation.

Saturday September 13

Luc Berger

683 3131

Easy 4 mile hike in North Park. First, we do a loop near Pine Creek. Then, we visit the very beautiful pond by the nature center, with frogs and muskrats, and hike the adjacent trails. Call for meeting time and place.

Fri Eve-Sat-Sun Sept. 26-27-28

Jim Ritchie

828-0210

KTA Fall Meeting, Near Gettysburg, PA. The Fall Meeting of the Keystone Trails Association is scheduled at Camp Nawakwa, in Adams County, near Gettysburg, PA. KTA is the organization for hiker's hikers; KTA is also the driving force behind "Keeping Trails Alive" in Pennsylvania by maintaining trails and advocating trail maintenance programs statewide. The program includes a Friday afternoon hike for early birds, an impromptu slide show Friday night (bring your slides), a choice of 6-8 different hikes on Saturday or stay for the business meeting, an entertaining program on Saturday night, and a choice of 4 hikes on Sunday. Lodging and meals available on site. Campsites also available. Call Jim for more information or call KTA at 717-322-0276 for a meeting registration form.

Saturday September 27

Loraine Johnson

829-0345

Intermediate hike in Cook Forest. The leaves will probably start turning colors, they are 10 days earlier up there than in Pittsburgh. Call for info & a reservation.

Sunday October 5

Maynard Hansen

751-7615

Easy joint hike with AYH & BOLD to Fort Necessity. We will hike 4-5 miles. There is a \$2 fee to see the Mt Washington tavern & visitor center. Meet at 10am at HQ. Call for info & a reservation.

RAMBLES

October 1

Montour Trail. Don Hoecker 243-8289

October 8

West Newton. Alex Federowicz 421-5219. Bag lunch or optional lunch in cafe

October 15

Kellman Reserve. Mount Fitzpatrick 327-6517. Bag lunch

October 22

Boyce Park. Joan Roelf 795-8345. Bag lunch

October 29

North Park. Earl McCabe 761-1844. Bag lunch

NOVEMBER

November 5

South Park. Bonnie Trelease 882-0949. Bag lunch

November 12

Southside Heritage Trail. Ruth & Dick Fischer 421-9215. Optional lunch at Station Square

November 19

Downtown walk. Joan Roelf 795-8345. Lunch in a Strip District restaurant

November 26

No Ramble. Happy Thanksgiving

DECEMBER

December 3

CMU new student center and other points of interest. Luc Berger 683-3131. Walk from our usual Art Center meeting place to CMU. Optional lunch in Student Center food court

December 10

Morningside. Marilyn Ham 687-4520

December 17

Shadyside. Dave & Kathy Sadler 361-3707. Bag lunch

December 24

No Ramble. Christmas Eve. Happy Holidays!!

December 31

No Ramble. New Years Eve. Happy Holidays!!

NOTES FOR RAMBLES!

10:00 AM is the starting time for all Fall rambles. Meet in Mellon Park upper parking lot at Fifth and Shady Avenues. 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.

ENJOY CALCUTTA!

The mere mention of "Calcutta" conjures up images of extreme poverty, over-crowding, hopelessness, and urban decay. While to a certain extent this is undeniable, Calcutta exudes a warmth that leaves few unmoved. The Bengalis of Calcutta consider themselves as the intellectuals of India as the long standing axiom states "what Bengal does today, India will do tomorrow." Artists are at home in Calcutta with music festivals, dance festivals, theatre, cinema and museums, including the Indian Museum, one of the largest in Asia. To my surprise, after visiting nearly 40 towns and cities in my 3 months in India, Calcutta was one of my favorites. My train pulled into Howrah Station only one hour late just in time for 9 o'clock rush hour. Howrah Station situated on the west bank of the Hooghly River meant I would have to cross the infamous Howrah Bridge during rush hour. Howrah Bridge is reputedly the busiest bridge in the world. It was built during World War II to give Allied troops access to the Burmese front. Instead, I decided to take the ferry across the river rather than battling the traffic. Then I jumped on a bus heading for Sudder Street near the New Market, the backpackers mecca.

The bus drove through the Maidan and past Fort William. The Maidan, the field, is one of the largest city parks in the world. The wide open spaces for cricket, polo, golf, grass bowling, walking, sheep grazing, and horse riding contrast wonderfully with the congested streets. Fort William is the military headquarters of eastern command. Completed in 1781 and named for King William III, the fort was designed to hold all the city's Europeans in case of an attack.

On Sudder Street, I opted to stay at the basic Salvation Army Red Shield Guest House, one of the most popular guest houses for backpackers. For 80 rupees, \$2.15, you get a bed in a dormitory, cold showers and a lounge room for relaxation. Having been in India for so long, I became very accustomed to cold showers and uncomfortable beds. The best part of staying in a dormitory is meeting other travellers, most of whom had been in Calcutta for months if not years! In my room alone, were people from Europe, America, Canada, Japan, and Australia. One Japanese woman had been working in Calcutta for 4 years and staying in the Salvation Army dormitory. Another British woman had been teaching English for 7 years. And an American woman volunteered with one of Mother Theresa's missions.

Mother Theresa, one of Calcutta's most famous citizens, was born Agnes Gonxha Gojaxhiu in Albania 1910 and grew up in Yugoslavia. Upon joining the Sisters of Loreto, an Irish order, she went to Darjeeling as a teacher. Taking her vows in 1931, she became Theresa. With her work at St. Mary's School in Calcutta, she became increasing aware of the poverty around her. So, with the permission from the Vatican, put aside her nun's habit and donned her signature blue bordered white sari that became the uniform of the Missionaries of Charity. Her devotion to the poor have won her world wide notoriety and the Nobel Peace Prize in 1979. Getting around Calcutta is easy enough once you have decided how you want to get around: walking, trams, taxis, buses, cycle rickshaws, subway and human-pulled rickshaws. Calcutta and Hong Kong are the only two cities with human pulled rickshaws. During the monsoon when the streets are flooded to hip height, the rickshaw pullers earn every rupee they make. India's first subway, the Metro, opened in 1984 and its as good as any subway in the world. While exiting the Metro, I watched a man so frightened to ride the escalator—he probably had never ridden on one before.

One of the most interesting areas of Calcutta is BBD Bagh or Dalhousie Square. The GPO, built in 1868 on the site of the original Fort William, sits atop a secret from its colonial past. An angry British public was told that 146 prisoners were forced into a stuffy chamber with tiny windows for ventilation on a stifling hot night in June 1756 leaving most to die from suffocation. A memorial for those men stands in front of St. John's Church south of the GPO. Around the corner from the GPO is the Writers' Building. Currently, its the seat of the West Bengal Government, yet initially it was to replace the original structure used to house the clerks or "writers" of the East India Company.

In the 1800's Calcutta enjoyed a renaissance as trade was prosperous, art and literature flourished, splendid buildings were erected and until 1869, it was an important international port. In 1869, the Suez Canal opened thus the emergence of Bombay as an important port for India. By 1911, the imperial capital moved from Calcutta to Delhi, thereby changing the role of Calcutta permanently. Calcutta was affected by the partition, in 1947, more than any other Indian city. Bengal and Punjab were the two areas with mixed Hindus and Muslim populations and the dividing line was drawn through them. During the war with Pakistan in the 1970, thousands of refugees fled East Pakistan, which led to the creation of Bangladesh; most refugees have returned to Bangladesh.

I spent several days in Calcutta, wandering the streets, visiting markets, drinking chai (tea) and watching a matinee of a western movie. Going to the cinema in India is an unforgettable experience. During the few movies I saw, the volume was so loud, I put in my earplugs to soften the earsplitting noise!

India remains a mystery to me. Three months in Calcutta would not be enough to explore all the levels and intricacies of Indian life, let alone three months in all of India. Its a fascinating and sometimes frustrating country to learn about and to explore.

Elizabeth Lochbaum, an independent traveller from State College, PA. LLochbaum@aol.com

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SEA-KAYAKING, Continued from page 5**Friday evening October 10th thru Sunday October 12th****Kinzua Fall Foliage Weekend**

This is our annual trip coinciding with the best autumn colors. Weekend trip combines paddling, hiking, camping & relaxing on the lake above the Kinzua Dam, the vast reservoir of the Allegheny river that winds through the northern Allegheny National Forest and into the Allegheny Indian Reservation in Southwestern New York. Sea-kayaks and equipment available from the AYH if needed. Call for more information and to reserve.

Leader: TBA**Level: aggressive beginner & up.****Saturday October 18th, 1997****Tygart Lake, Grafton, West Virginia****Sunday October 19th, 1997****Cheat Lake, Morgantown, West Virginia**

Something new here: We're running two great lakes in Wild, Wonderful West Virginia and joining the Explorer's Club at Clare Lodge in Cooper's Rocks State Forest for their annual Halloween Party and general fun. Both lakes are in wooded valleys and the autumn colors here should still be very good. These are run as individual daytrips, so you may paddle either day or both, and round out the weekend with rock climbing, mountain biking or hiking. Sea-kayaks and equipment available from the AYH if needed. Call for more information and to reserve.

Leader: Mark Mistrik 361-2943**Beginner and up.****Begins: Coopers Rock 9:00 AM****Ends: 5:00 PM each day****Friday evening October 24th thru Sunday October 26th, 1997****Lake Moomaw, Shenandoah region of Virginia****Trip begins: carpools leave Pgh Friday afternoon & evening**

Pre-Halloween paddling and camping trip to Lake Moomaw, Virginia and our last fall foliage weekend. Strange, but scenic area features an ancient faultline, Shenandoah mountains, waterfalls, abandoned homesteads, and even natural hot springs to soak in before returning home. Fossilized Devil's corkscrews are abundant here. More than anything, this place reminds me of hiking through Shenandoah National Park, but with a kayak! Car camping both nights. Sea-kayaks and equipment available from the AYH if needed. Call for more information and to reserve.

Mark Mistrik 361-2943**Level: Aggressive beginner & up.****Returns: Pgh at 9:00 PM****Friday evening October 31st thru Sun. November 2nd, 1997****Virginia's Eastern Shore, Urbanna, Virginia****Trip begins: Carpools arranged Friday afternoon & evening**

Take advantage of warmer Southern autumn temperatures for our late season Chesapeake Bay sea-kayaking trip. Two overnights in a resort-quality condo and gourmet breakfasts made fresh each morning, provided on the trip. Paddling daytrips through Virginia's most scenic tidewater region both days and an evening paddling trip after dinner (if your not worn out already) to see the saltwater's bioluminescence, water that actually sparkles with light, naturally. You may choose to join us for a group-effort dinner at the Condo Saturday evening or choose among several good restaurants. Pack a lunch for Saturday. Sea-kayaks and equipment available from the AYH if needed. Call for more information and to reserve.

Mark Mistrik 361-2943**Level: Aggressive beginner & up.****Returns: Pgh at 8:30 PM****Friday evening, November 1997****Light Up Night 1997, Downtown Pittsburgh****Trip begins: Southside Put-in at 6:00 PM****Mark Mistrik 361-2943****Level: Aggressive beginner & up.****Returns: 10:00 PM for home****Wednesday evening November 26th thru Nov 30th, 1997****Charleston & Surrounding Lowcountry Region, South Carolina****Trip begins: Carpools arranged Wednesday afternoon & evening**

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. Sea-kayaks and equipment available from the AYH if needed. Call for more information and to reserve.

Mark Mistrik 361-2943**Level: Intermediate & up.****Returns: Pgh 8:00 PM Sunday****Saturday December 13th, 1997****Old Bedford Village, Bedford, Pa.****Trip begins: 2:30 Lunch or 5:00 PM at the Village****361-2943****Easy Walking Tour****Returns: Pgh 10:00 PM****Friday evening December 19th, 1997****Christmas Dinner and Walking Tour of Downtown Pittsburgh****Trip begins: 6:00-7:30 PM at Station Square****Leader: TBA****Everyone welcome****Ends: anytime****Friday evening December 26th thru Tue December 30th, 1997****New York City****Trip begins: Thursday evening TBA**

Sightseeing and Urban hiking through New York City to see the Christmas festivities and decorum. Return in time for New Year's Festivities with family & friends. Call for more information and to reserve.

361-2943**(Not a sea-kayaking trip)****Returns: Mon. evening TBA****Late February/Early March 1998****Florida Escape Sea-Kayaking Winter Trip****Trip begins: TBA****Call: 361-2943****Level: Aggressive beg & up****Trip ends: TBA****Easter Holiday Weekend 1998****South Carolina Spring Weekend.****Call: 361-2943****Level: Aggressive beg & up.****Memorial Day Weekend 1998****Assateague Island National Seashore & Chincoteague National Wildlife Refuge, Maryland and Virginia.****Call: 361-2943****Level: Aggressive beg & up.****Fourth of July Weekend 1998****Georgian Bay, Canada****Call: 361-2943****Level: Aggressive beg & up.****Mid July 1998****New England, DownEast Maine****& the East Coast Sea-Kayaking Symposium****Call: 361-2943****Level: Intermediate & up.****Labor Day Weekend 1998****Chesapeake Bay & Tangier Island Eastern Shore Weekend****Call: 361-2943****Level: Intermediate & up.****Early October 1998****Lake Powell, Utah Houseboat & Kayak tour**

We will be putting the finishing touches on next year's Lake Powell Adventure by Christmas. You must sign up for this trip by March 1998 to get on this trip. References available. Call for more information.

Call: 361-2943**Level: Beginners & up.****See Ya On The Water...****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: Two Recumbent Easy Racer Bicycles. #1 6,000mi, \$800.00, good condition. #2 500mi, \$1,350.00, new condition. Many extras. Also Burley Deluxe Trailer, nearly new, \$325.00 Call 814-734-1358 eve, for info or to ride!

For Sale: North Face Back Magic, external frame backpack; flexhip joints, heavy duty, large capacity. Will deliver. \$75.00 obo. Call 304-233-5960.

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

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

CANOEING**Saturday****September 6****Brian McBane 443-8972****Moving water school.****Call for details.****Saturday****September 13****Joyce Appel 526-5407****Flatwater day trip.****Call for details.****Friday Evening to Sunday****October 17-19****Jon Maiman 441-2306****Class I-II Fall leaf trip.****Mark your calendar now.****Saturday and Sunday****October 25-26****Joyce Appel 526-5407**

Flatwater canoe camping. Paddle in your Halloween costume on the second annual Masquerade trip down the Allegheny River. Join us for either or both days, meet us at the restaurant in costume, or spend the evening around the campfire. This trip is geared toward the fun of the season, so we will try to attend a haunted house or hayride in a small town along the river. Please bring a pumpkin to carve around the campfire. Call for details and reservations.

**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. 10 to 4, Wed. 11 to 6 and Fri. from 10 to 4. Hours are subject to change, so it's a good idea to call the office at 412-431-4910 before coming in. We're in the Pittsburgh Hostel at 830 E Warrington Avenue in Allentown. All passes, ID cards, rail passes, and books are available.