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Pittsburgh Council
AMERICAN YOUTH HOSTELS
6300 Fifth Ave.
Pgh, PA 15232

Golden Triangle

August 1988

Vol 39 No 8



PITTSBURGH
COUNCIL



MON VALLEY CENTURY



AMERICAN YOUTH HOSTELS INC.
PITTSBURGH COUNCIL
6300 FIFTH AVE.
PITTSBURGH, PA. 15232



OFFICIAL MEMBERSHIP APPLICATION

Amount and Membership Types Available:

- ☐ \$ 10.00 Youth (17 years and under).
 - ☐ \$ 20.00 Adult (18 years to 54).
 - ☐ \$ 10.00 Senior Citizen (55 years and over).
 - ☐ \$ 30.00 2 Yr. Adult (18 years to 54).
 - ☐ \$ 30.00 Family (Includes children under 18 years).
 - ☐ \$200.00 Life (Individual lifetime membership).
 - ☐ \$ 18.00 Foreign Nationals (Including Canadians).
 - ☐ \$ 1.00 Postage (for each Membership or International Handbook ordered)
- You can save postage by purchasing these items at our Open House Meetings)

NOTE: International Hostel Handbooks are available for \$ 8.00 each at Pittsburgh Council Headquarters (Thursday nights 8-10 PM) Volume I (Europe and the Mediterranean) and Volume II (Africa, America, Asia and Australia). Make all checks payable to "Pittsburgh AYH"

NAME: (Last) (First) (Middle)

STREET: (Permanent Address Only) State Zip Code

CITY: State Zip Code

BIRTHDATE: Month Day Year Phone #

Were you a member of AYH this past year? Yes No

When do you need card? (Signature of Applicant)

If you wish Membership Card sent to a temporary address, give same below:

CARE OF: STREET

CITY: STATE ZIP CODE

AYH MEMBERSHIP BENEFITS:

International Hostel Membership Card plus Council I.D. Card good for discounts at local bike shops and outfitters.

U.S.A. Hostel Handbook.

"The Knapsack", National A.Y.H. Travel Newsletter.

"The Golden Triangle", Pittsburgh Council's Newsletter of Trips and Activities.

Open House Thursday nights 8:00 p.m. at Council Headquarters.

Access to National travel programs and Leadership Training Courses.

NOTE: Memberships valid from Sept. 1 to Dec. 31 of the following year.)



AMERICAN YOUTH HOSTELS, INC.
Pittsburgh Council
6300 Fifth Ave.
Pittsburgh, PA 15232



ACTIVITIES MEMBERSHIP APPLICATION

Membership Types Available (does not provide access to AYH hostels)

- ☐ \$ 5.00 Youth (17 years and under)
- ☐ \$ 5.00 Senior Citizen (55 years and over)
- ☐ \$ 10.00 Adult (18 years to 54)
- ☐ \$ 15.00 Family (Includes children under 18 years)
- ☒ \$ 1.00 Postage and Handling (for each membership ordered)

Note: A full AYH membership or a hostel guest membership is required for access to AYH and international hostels. An AYH membership also includes the current U.S. Hostel Handbook.

Make all checks payable to "Pittsburgh AYH" (include \$1.00 postage). Thank you!



NAME: (Last) (First) (Middle)

STREET:

CITY: STATE: ZIP:

BIRTHDATE: Month Day Year PHONE:

Were you a full member of AYH this past year? Yes No

SIGNATURE:

Pittsburgh AYH Activities Membership Benefits

Council Membership Card good for discounts at local bike shops and outfitters.
Ability to upgrade to full hostel membership at any time for difference in fee.
Access to local Pittsburgh AYH trips without paying non-member fees.
The Knapsack, National AYH Travel Newsletter, available at council headquarters.
Ability to qualify to lead Pittsburgh Council trips.
The Golden Triangle, Pittsburgh's monthly newsletter of trips and activities.
Open House Thursday nights 8:00 p.m. at Council Headquarters.
Access to National travel programs and Leadership Training Courses.

(Note: Memberships valid from Sept. 1st to Dec. 31st of the following year. All candidates for the Pittsburgh Council Activities Board or Board of Directors must hold full AYH memberships to qualify for these positions.)



You've got a friend in Pennsylvania

AMERICAN YOUTH HOSTELS
Pittsburgh Council
6300 Fifth Avenue
Pittsburgh, PA 15232
Phone (412) 362-8181



Pittsburgh Council of American Youth Hostels is a non-profit, volunteer organization dedicated to hostelling, outdoor education and self-powered recreation. We have many activities. The council has some rental equipment available for use on council trips. A full range of skill levels are offered, and we also offer courses in our activities so that everyone may upgrade their skills. Pittsburgh Council AYH maintains about 200 miles of trails in western Pennsylvania, writes and publishes several guides for people interested in outdoor activities and maintains the Ohiopyle State Park Youth Hostel.

Our headquarters is located near the corner of Fifth and Shady Avenues in Mellon Park. We are nestled between the Pittsburgh Center for the Arts and the Pittsburgh Civic Garden Center. Meetings are held every Thursday evening. The building opens at about 8 pm and the program starts around 8:15. Weekly trip announcements are made immediately following the program. Thursday evenings are the only time when you can be sure that a real person will answer the phone. A machine will answer at all other times; leave your name and address and you will receive a response to your message.

Pittsburgh Council AYH trips are listed in the center of this issue. AYH trips are led by competent people who volunteer their time and receive no financial reimbursement. If you'd like to go on an AYH trip, carefully peruse the trip calendar, then look under the activity notes, where you may find more information. After you have read over everything call the trip leader to reserve space on a trip.

Talk things over with the trip leader. Find out what you need to bring; ask where you'll

be going. How late will you get back? What is all this going to cost you? AYH trip registration runs 75¢ per day for members, \$2.25 for non-members. You are expected to bring enough money with you to cover carpool, registration, equipment rental and any other expenses (we often stop at a restaurant on the way home).

Trips listed are open to the public; AYH members are given priority. Trip costs include transportation, rentals, and a 75¢ registration fee. IN ADDITION, non-members are charged \$1.50 per day, which may be deducted from the cost of membership when joining AYH. The registration fee also covers insurance (\$1000 medical/\$1000 accidental death or dismemberment).

AYH PROGRAMS FOR AUGUST 1988

- Aug. 4 Biking from Philadelphia to L.A. on one set of tires by Dino Angelici.
- Aug. 11 Canoeing to Utah by Gordon Bugby and Co.
- Aug. 18 Another fabulous color major motion picture highlighting the beauty of America.
- Aug. 25 Hiking Isle Royale in May by Glenn Oster.

ATTN: Coming in Sept.- Pictures of your summer vacation; after you call Bob Goff with your shows. Call 761-2837 after 6 PM.

Tip of the hat to all of those who helped put the last two issues of the Golden Triangle together. Thanks so much for your time!



Sunday, August 28 is the Mon Valley Century. The MVC is Pittsburgh Council's biggest annual bicycling event and is becoming popular with cyclists all over the Pittsburgh area. The rides are centered along the Monongahela River with ride lengths of 100 miles, 100 km (65 miles), and 50 km (35 miles). All of the rides start and end in Elizabeth, PA which is just a few miles south of Century III Mall on PA Route 51. For those of you who have never ridden in this area before, I believe that you are in for a pleasant surprise. The rides follow some of the gentle terrain along the river through some quiet little towns, past retired steel mills, and include some of the rural countryside Washington County is known for. On the two shorter rides, the terrain is flat to gently rolling. (In fact, the longest climbs are the bridge ramps to cross the river.) The 100 miler must negotiate some hilly sections. All net profits benefit hostel development.

Cost: The registration fee is \$10 before August 13 and \$13 after August 13. This includes lunch, T-shirt, maps, marked roads, and bag.

For application form or further information; call or write to Chuck or Lynn Ejzak, 6858 Wilson St., West Mifflin, PA 15122, phone (412) 466-6196.



MON VALLEY CENTURY VOLUNTEERS NEEDED

The MVC committee could use some help with food stops, registration, parking, and road marking. The jobs are not very hard and are a great opportunity to see how an event like this is run as well as a fun way to meet people. If you would like to help, please contact Lynn or Chuck Ejzak 466-6196.

COMMUTER TIPS

AVOIDING ACCIDENTS

A cyclist who knows what can happen is much more likely to avoid a collision than one who is unaware. Many cyclists have the wrong ideas about car/bike collisions and their misunderstanding will lead them astray.

The following situations are common. If you learn how to recognize and deal with them, you will dramatically cut your chances of getting hit.

Motorist's Failure to Yield: There are two very common types of accidents that result from the motorist's failure to yield the right-of-way to a cyclist. The first happens when the motorist pulls out from a stop sign. The second happens when a motorist turns left in front of an on-coming bike. These two accident types account for nearly 30% of all car/bike collisions in town.

How to avoid the accident: As you approach an intersection, don't hug the curb. The cyclist who swings to the right (sometimes into the crosswalk) gives the motorist the wrong impression. If you are going straight, ride approximately where the right wheel of a car would be if it was going straight.

If you see a car coming toward you preparing to turn left, put your hands on the brake levers and watch closely. Be prepared for an emergency maneuver. Same thing if you see a car waiting to cross your street at a stop sign. Look directly at the driver. If you are riding in a straight line and are right where he or she expects to see traffic, the motorist is much more likely to see you.

Cyclist's Failure to Yield: Nearly 30% of car/bike collisions are caused by cyclists who don't yield when they are supposed to. They ride out of driveways without stopping; they run red lights and stop signs; they turn left in front of cars that they should have waited for.

How to avoid the accident: Easy! Yield when required by law. When entering the roadway, wait for traffic to clear. Don't run red lights or stop signs. Also, don't turn left

unless you have checked for traffic and it is clear.

No Lights at Night: Almost 20% of car/bike collisions are caused by bicyclists who ride without lights at night. They are hit in many different situations—by turning cars, by overtaking cars, by cars pulling out at stop signs.

How to avoid the accident: This one is also easy! Use proper lighting equipment when riding at night.

Wrong-way Riding: Riding against traffic accounts for some 10% of car/bike crashes. These typically involve a cyclist being hit by a car turning or emerging from a side street. The motorist doesn't look in the wrong direction for oncoming traffic and PCMV.

How to avoid the accident: Ride with the traffic, as required by law.

Being Hit from Behind: Between 6 and 8% of crashes result from the cyclist being hit by an overtaking car. Some of these happen at night to an unwitting cyclist. Some involve drunk drivers.

How to avoid the accident: While this is not a big problem statistically, many cyclists are worried about what is behind them (this is why some ride against traffic). The best ways to cut your worries are: 1) become proficient at looking over your shoulder without swerving.

2) Get a rear view mirror. Occasionally checking traffic to the rear can help you blend better with the flow of cars, buses, trucks and other bikes.

Opening Car Doors: Less than 6% of the crashes involve someone who opens a parked car door in front of an overtaking bike. Typically, the motorist fails to check for traffic before emerging. This is, by the way, illegal and the collision is the motorist's fault.

How to avoid the accident: Never ride closer than 3 feet to a parked car. Forget advice to "look in the mirrors or windows." Such advice doesn't take into account high seat backs, pictures on the rear windows or the motorist who momentarily bends down to pick something up before exiting the car.

NEW PUBLICATION COMING OUT

The Pennsylvania Bicycling Guide is being revised by PennDOT and the Depts. of Environmental Resources and Commerce and should be available some time this summer. As before, it will consist of a free statewide map and 4 quadrant maps which will sell for \$1.25 each.

Another revision underway is of the Pennsylvania Trail Guide which came out last in 1980 in the form of a map with several subsequent reprintings. The new format will be a booklet with separate sections for the various types of trails (water, hiking, equestrian, cycling, etc.) and a map section. The Federation is helping identify bike trails around the state.

If anyone would like to suggest trails, they may contact either BIKE/FED or the coordinator of the Guide, Ken Burkholder, Bureau of State Parks, DER, 2150 Herr St., Harrisburg, PA 17103, 717-787-8800. Be sure to include a phone number where they can reach you. The updated Guide should

This winter National AYH offered Councils a evaluation program called Council Assistance by National for Developing Organizations. The Board of Directors of Pittsburgh Council applied and was accepted, and our council is now taking advantage of the program.

Early in April over 30 members of both boards enthusiastically cooperated in answering all or part of a detailed Needs Assessment with questions covering Fund Raising, Organization, Operations, Activities, Education, Hostels, Marketing, Membership, Physical Facilities, Staff and Accounting. The answers were combined into one revealing document which was sent to Kevin Wright who is National's coordinator.

Kevin divided the needs assessment sections among members of a technical review panel who had been selected because of their specialties. Each was asked to comment on the Needs Assessment and to give five recommendations in the category studied. The CANDO evaluation of Pittsburgh Council by the specialists has been finished. It outlines procedures for future development of Council and has many helpful suggestions for both present and future operations. Now we can explore the suggestions concerning our areas of interest and involvement for possible changes and improvements; the whole evaluation for ideas for additional interests and outreach as well as for compliments on what we are doing well.

The evaluators were pleased with the Activities Program which is an outstanding one; our Thursday evening open house which is unique among councils; the dedication of our volunteer leaders; and our emphasis on safety. They all felt that we should be making plans for the future development of Pittsburgh Council.

This summer members of both the Board of Directors and the Activity Board will learn more about the CANDO Evaluation. Some non-board members have already read it and spent an evening discussing it. If you would like to read the evaluation and/or host a workshop to discuss it, please phone

47-MILE TRAIL PLANNED

A coalition of agencies, citizens, and organizations have banded together in a 3 to 5 year project to purchase 47 miles of abandoned Conrail track and convert it into a multi-use trail that would meander thru 9 communities and 4 counties in northwest Ohio.

Project participants envision a park-like greenway where people could walk, hike, jog, cross-country ski, skate, bird watch, etc., along an 8-10 foot wide 47 mile long parkway from Norwalk to Millbury.

Keep your eyes open for more news about this rails-to-trails project.



MEDICAL ASSISTANCE FOR THE INTERNATIONAL TRAVELER

Pittsburgh Council has information on the WorldCare travel protection program. WorldCare is part of one of the world's largest medical assistance programs serving more than 22 million members. Through a toll-free phone call to their U.S. assistance headquarters, WorldCare says that they can provide 24-hour emergency assistance, medical evacuation back home, medical expenses, a family visitor for extended hospitalization, and transportation of your dependents back home if you are hospitalized overseas. Membership starts at \$38 for an 8 day trip. Call or write Pittsburgh Council to get a brochure listing full details and membership fees. Brochures are also available at Headquarters.



SPRINGTIME TIME IN THE ROCKIES by Lynn Ejzak

Thinking about going to Colorado for a vacation? If so, take a break in Boulder. AYH style accommodations come in two options. First there is an unofficial (unaffiliated with AYH) hostel in the heart of the college neighborhood. The other is unofficial too, but the proprietors are Pittsburgh AYH'ers Mark and Ellen Chance. They welcome their Pittsburgh friends to come and visit their home and town, which is exactly what I did.

Boulder is a town about 20 miles northwest of Denver, with a population of over 83,000. It is also an outdoor lover's paradise. There are bike paths, bike routes, and bike shops everywhere. The most notable is the Boulder creek Park and Bike Path. It is a linear park, running about 3 miles, east to west, dissecting the city.

Hiking, climbing and mountain biking are just steps away. Within city limits is Boulder Mountain Park, rising over 2700 ft. above the town. Easy half day hikes, like the one we did to the top of Green Mountain, reward you with panoramic vistas of Boulder and even Denver in the distance. Climbers on the Flatirons and other rock outcroppings are visible from the town. Mountain biking has been limited somewhat in the park, but is plentiful further west on old Canyon roads.

Food, for those who like to eat, is plentiful and varied. We ate in a pizza place that has a world beer tour of 110 different kinds of beer, a Thai restaurant, and a "burger-bar" that is packed with pinball machines, old barber chairs, and old carriages hanging from the ceiling. There are lots of Mexican restaurants, a Russian cafe, a bookstore cafe, and too many others to list.

I had a great time visiting, even though it rained half the time, and plan returning with Chuck sometime in the future. Mark, Ellen and even Funny Face were gracious hosts and didn't mind my comings and goings too much. Their cozy house makes for a great "home hostel" for Pittsburgh friends yearning to head west. Give them a call and say Lynn sent you! P.S. See the Chances and their house on the bicycling bulletin board at HQ.



PITTSBURGH COUNCIL BOARD NOMINATIONS NOW BEING ACCEPTED

The Nominating Committee is now being formed to accept nominations for the Board of Directors and for Activities Board Committee Chairs. The Board of Directors determines policies and development goals for the Council. This will be a very important year for the Council as the Board considers and implements approved recommendations of the recent "CANDO" assessment of Pittsburgh Council through the National Office. The Activities Board committee form the operating division of the Council in the area of activities and program as well as in the broader area of hostel development and hostel operations. If you or someone you know would be a qualified individual to join the board, please submit your nominations to the Council as soon as possible. Elections will be held the third week of October, but nominations need to be published in the September and October newsletter for consideration by the membership. Nominations should be sent to the Nominating Committee at the Pittsburgh Council address.

BUDGET ADVENTURE TRAVEL
THE AYH TRAVEL AGENCY

Budget Adventure Travel, a new full-service travel agency specializing in serving the cost-conscious traveler is a service of American Youth Hostels, the experts in low-cost travel.

BAT's service will appeal to those traveling on a "shoestring" budget, including youth and older travelers. BAT offers "adventure travel" packages, Hosteling packages for individuals and groups, rail passes, and inexpensive air fares on scheduled and charter flights. In addition, BAT provides inexpensive hotel and campground bookings and special shipping information for travelers with backpacks, bicycles and skis.

Write BAT for a free copy of "Fare Flash", timely information on extra low fares and other adventure travel bargains. To make reservations or request additional information, call toll-free 1-800-637-9663 or write Budget Adventure Travel, P.O. Box 37613, Washington DC 20013-7613.

Manter Memorial Youth Hostel

Imagine an island with bike paths and roads that vary in topography from easy level peddling to rolling, pumping terrain. Imagine this with little traffic and spectacular scenery. And imagine, in the midst of this dream set on the edge of a forest finding a two-story cedar shingled AYH hostel! Well, here it is! The first building designed and built as a hostel in the U.S., it is located on the island of Martha's Vineyard.

For many years this hostel has played host to thousands of guests who have come to enjoy the island without paying the unrestrained prices of the motels and guest houses. Local attractions and activities include fresh and salt water swimming, sailing, and the state lobster hatchery. Menemsha fishing village, clay cliffs at Gay Head beach, museums, art galleries, shops and seafood restaurants. A large, well kept lawn surrounds the hostel with shade trees, a volleyball court, picnic tables, and outdoor grills. A wonderful paved bike path winds by the hostel and through the forest for a comfortable seven mile ride to town. Frequent ferries go to the island from Woods Hole and Hyannis.

Manter Memorial AYH-Hostel
 Edgartown Road
 W. Tisbury
 Martha's Vineyard, MA 02575
 85 Beds

VIRGINIA:

Galax, VA ★ Blue Ridge Country
 AYH-Hostel, Mailing Address: 5620 Kapp
 Rd., Pfafftown, NC 27040

☎ (703) 236-4962
 Alex & Lois Kogi

20

X Closed Nov 2-Apr 30, except for
 groups by reservation

● \$7.00

SW No Smoking J. Lowes 4 mi; ☎ Mt.
 Airy, NC 24 mi; ☎ Greensboro, NC Amtrak
 86 mi; ☎ 8 mi; ☎ on site; +
 Charlotte, NC 97 mi ★ Blue Ridge
 Parkway 100ft.; Cumberland Park 5 mi;
 Maley Mill 44 mi; Church Offrescoes,
 Glendale Springs, NC 45 mi → 54 mi
 panoramic view ★ by reservation only.

☎ \$1.00; Galax, VA "World's Capital of
 Old Time Music" DIRECTIONS: located on
 Blue Ridge Parkway at milepost 214.5.
 Paved driveway on EASTside. Blowing
 Rock, NC S-80 mi.



Galax, VA

Blue Ridge Country Hostel Opens

—by Amy Grant

*Amy stayed at this new hostel as RTC
 Board representative to the Southern
 Regional AYH meeting on May 4-6, and
 she's already made a return visit!*

Alex and Lois Kogi's magnificent mountain youth hostel is only three hours from the Triangle by car from the Triangle via Winston-Salem, Mt. Airy to the NC-VA border. Located at mile post 214.5 directly off the Blue Ridge Parkway near Galax, Virginia, the 20-bed superior hostel features a panoramic view and is surrounded by 25 acres.

A mountain stream flows through the property enticing hostellers, deer and wild turkey. Near the hostel are challenging hiking trails, places to launch canoes and rafts in the New River, antique stores, and cheap, scrumptious pizza! The Kogis have a wealth of information to share about the region's culture.

The Kogis have restored a 2-story reproduction of an early Yorktown, Virginia, farmhouse to new splendor... wooden floors, fireplace, two large kitchens, library-music room, and deck overlooking the Blue Ridge. Half-way up the stairs to a second-story

deck, you'll discover a bench and a faithful, gentle dog named Max.

The Kogis have also taken pains to restore a log cabin, which was the home of one of the last 19th century midwives in the community. The cabin was moved piece-by-piece to its present location beside the main house. An early painting by Mrs. William Friday hangs over the cabin mantel. (The still life was purchased at the RTC-AYH Auction in 1987!)

The care that Alex and Lois have taken to provide a wonderful hosteling experience is evident in the comfortable bunks, fluffy pillows, and quilts.

The Blue Ridge Country Hostel is ideal for individuals, families and groups. The Guilford College Board of Directors of Student Government and the Southern Regional AYH groups were impressed with the fresh mountain air and the rewards of sharing food and living space.

The fee for AYH members is \$7 per night. The \$10 fee for non-members, includes a \$3 guest card. (An annual AYH pass can be purchased by sending your name and address, and \$20 check (payable to Research Triangle Council) to RTC-AYH, P.O. Box 842, Durham, NC 27702. For reservations call 924-9343 ...and don't forget to bring your youth hostel membership pass! ***

PITTSBURGH COUNCIL AYH TRIPS FOR AUGUST 1988

ACTIVITY	LEVEL	LEADER	PHONE	TIME	DESCRIPTION
Bike	C	Steve Horwitz	521-0810	Friday, August 5 to Sunday 7	Ironmasters Mansion, about 50 miles. Stay at one of the nicest hostels in the eastern US. Good range of cycling available plus many other activities. Call for information and reservations
Sea Kayaking		Cathy Lynch	361-3707		East Coast sea kayaking symposium in Castine, Maine. Call for info.
Hike	All	Linda Smithyman	531-1868	Saturday, August 6 8:00	Relatively easy hikes at Jennings Nature Reserve and McConnells' Mill.
Canoe	Class II/III	Dave Marschuk	271-4227	8:00	
Bike		Dino Angelisi	787-5624	Sunday, August 7	40 miles
Canoe	Class I/II	Oscar Mayer	422-8216	8:00	
Bicycle	B/C	Fred Parker	856-4713	Friday, August 12 to Sunday, August 14	Pymatuning Weekend, 0-100 miles. Enjoy the pleasant riding around Pymatuning reservoir or venture out into the Country. Primitive car camping with group meals. Callfro info and reserva Also at Pymatuning.
Sea Kayak		Fred Parker	856-4713		
Kayak	Beginner School	Lou Conley	681-8321	Saturday, August 13	Saturday and Sunday Kayaking school Call Lou for information.
Canoe	Class II	Bob Buck	793-1480	Sunday, August 14	
Bicycle Hike	Int.	Dino Angelisi	787-5624		50 miles. Scenery Hill.
		Ben Brugmans	736-2751	8:00	Join Ben in a jaunt along the Laurel Highlands Hiking trail.
Rafting	All	Linda Smithyman	531-1868	Monday, August 15 8:30	Raft the lower Yough at Ohiopyle. Beginners are welcome.
Sea Kayak	All		521-7688	6:00 PM	Evening sea-kayak at North Park.
			647-7609		Basic instruction for beginners or explore the lakes. Call to reserve.
Cave	Int	Norm Snyder		Friday and Saturday, August 19 and 20	Join Norm on a caving trip to West Virginia. Leave Fri night return Sat morning.

TRIPS PAGE 2

ACTIVITY	LEVEL	LEADER	PHONE	TIME	DESCRIPTION
Bicycle	C	Pat Rossi	<u>Saturday, August 20</u> 335-5067	9:00	New Kensington. 15 miles. Scenic route with swimming available.
Kayak	Class I/II		681-8321	8:00	Easy whitewater trip for people who have completed the Beginner Kayaking School
Hike	Easy	Jack Peth	921-7214 269-5265	10:00	Hike in Pittsburgh. See little known places. Call for information.
Raft	All	Linda Smithyman	531-1868 434-6093	8:00	Raft the lower Yough at Ohioyle. Stay overnight at the hostel if you want.
Canoe	Class I	Hank Findling	<u>Sunday, August 21</u> 242-4844		
Bike	C	Lou Conley	681-8321	8:30	9th Annual Duquesne Incline Bike Ride. 30 miles. A classic tour of Pittsburgh
Canoe	Class II	Joel Platt	521-5244	8:00	Raft the lower Yough at Ohioyle.
Raft	All	John Maiman	441-2306	11:00	Long drive, short easy hike at Ryersow Station State Park. Swimming.
Hike	Easy	Jack Peth	921-7214 269-5265	8:00	Easy whitewater trip for people who have completed Beginner Kayak School.
Kayak	Class I/II		681-8321	8:00	
Hike	Adv/Int	Glenn Oster	<u>Saturday, August 27</u> 364-2864 234-3967		John P. Saylor Trail double loop + 17 miles.
Canoe	Flat trip	Karen Pacacha	363-2228		
Canoe	Class III	Becky Staub	<u>Sunday, August 28</u> 521-1945		
Hike	Maint	Pete Serini	921-1238	8:00	Maintainance Hike. No fees. We need your help. Call pete for information.
Bike	ABC	Chuck and Lynn Ejzak	446-6196	6:30	Mon Valley Century, 35-100 miles. The climax of the AYH bicycling season. See write up in this issue.
Sea Kayak	All		<u>Monday, August 29</u> 521-7688 647-7609	6:00	Evening sea kayak at North Park. Basic instruction or on your own. Call for in
Rafting	All	Linda Smithyman	<u>Saturday, September 3</u> 531-1868	9:30	Raft at Ohioyle.
Picnic	All	Carla Steele	921-2069	1:00	Erie Grove at North Park.

NEW ROADS TO THE WEST: THE ST. LOUIS GATEWAY HOSTEL

by Mark Chance

The St. Louis Gateway hostel is only an easy 2 day drive from Pittsburgh. Being a gateway hostel, this one is named Huckleberry Finn. It is located in the historic district of St. Louis. It is within easy walking distance of the St. Louis arch, downtown, and the renovated Union Station railroad station. The Anheuser Busch brewery is nearby as well as Busch stadium for football or baseball games. We had the good fortune of staying there on St. Patrick's day. There are several corner bars which had popular parties that night.

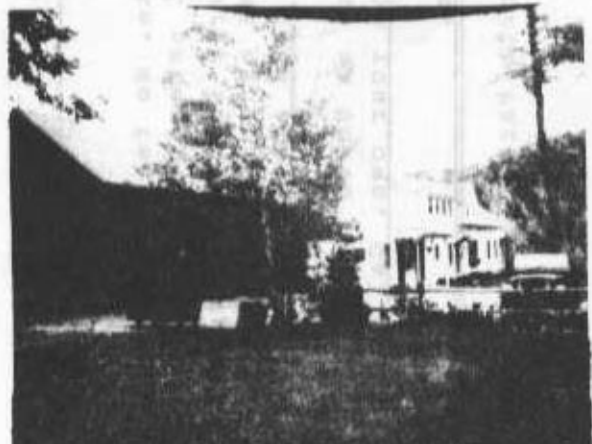
After we arrived and registered, we walked over to the arch and caught one of the last cars to the top. Being a cloudy day we didn't get to see too much, but one could tell that on a clear day one would be able to see quite a lot. The base of the arch has a moderate sized park with an underground museum which documents the west-bound expeditions which explored the new territory west of St. Louis. The primary of these was the Lewis and Clark expedition. There are large murals illustrating the diary of one of the expedition members.

From the arch we walked through downtown to the railroad station. For a long time this was one of the largest railroad stations in the country. When it became unused due to the decline in passenger railroad traffic, it was renovated and converted into a shopping mall and hotel. Visitors are introduced to the history of the building by a series of panels which describe the history in some detail. The highlights of the shopping mall were a model train store and a national park store. Although the model train store is part of a chain, it is well equipped and has a large model train display operating. The national park store is not really associated with the government, but sells the sort of books and brochures that you would find being sold by a concessionaire in any of the parks. This store brings together information from most all the parks into one place. After shopping we went to eat corned beef and cabbage at an Irish place. This was especially appropriate since it was St. Patrick's day and the wife of the hostel owner worked there.

The hostel has dormitory-style accommodations for men and women with a common room with a kitchen and television. From the people we met we learned that it is quite popular for young people to visit this country and contract with companies that hire drivers to move cars across the country. A pair we met from Germany was leaving the same day we were to drive a car from St. Louis to Los Angeles. Fortunately they would have enough time to stop over at the Grand Canyon along the way. They had already seen some of the east coast by driving a car from the northeast to Miami.

Off-street parking is available as well as nearby bus routes. For an interesting urban destination, or a west-bound stopover, check out the Huckleberry Finn Hostel in historic St. Louis.

Peterborough, NH (NH) Peterborough Home
Hostel, Peterborough, NH
P (603) 924-9884
O Peter and Ann Harrison
I 4
S Reservations Required at Home
Hostels (by phone only)
C \$6.50
SN No Smoking T. Roy's 1/2 mi. S +
Keene 20 mi. S 1/2 mi. Peterborough
Keene 20 mi. * Mt. Monadnock 12 mi,
boating 7 mi; swimming 7 mi, Contoocook
River across road from hostel, Temple
Mt. skiing-5 mi, Grotchen Mt. skiing-18
mi, Windblown X-C skiing-10 mi-- Hostel
is 157 years old. DIRECTIONS: North on
Summer St from Main St Hostel 1/2 mi on
left.



EVENING BICYCLE RIDES

All evening bike rides leave from HQ. Call the trip leader to confirm

Tues. 2 Class C 10 miles leave 6:30
Sam Duff 731-5485

Thurs. 4 Class C 10 miles leave 6:30
Bill Johnston 243-1945 MT bike

Tues. 9 Class B 20 miles leave 6:30
Judy Menosky 242-1579

Thurs. 11 Class C 10 miles leave 6:30
Joe Hoechner 242-0781

Tues. 16 Class B 20 miles leave 6:30
Judy Menosky 242-1579

Thurs. 18 Class C 10 miles leave 6:30
Mark Mistrik 647-7609

Tues. 23 Class C 10 miles leave 6:30
Jeff Weiss 661-4807

Thurs 25 Class C 10 miles leave 6:30
Chuck Ejzak 466-6196

Tues. 30 Class C 10 miles leave 6:30
Jeff Weiss 661-4807

RECYCLING CENTERS

CARNEGIE-MELLON - Forbes Ave. Parking Lot, near Skibo Hall Last SUN. 11-1 PM Newspaper	GRIP
CHURCHILL AREA - Woodland Hills H.S. Greensburg Pike 1st SUN. 10-1 PM Paper	H.S. Key Club
FOX CHAPEL High School - Fieldclub Road 2nd SUN. 9:30-12:30 Paper, Aluminum Cans, Glass	
GREENSBURG - Behind the SW Boro Building 3rd SUN. 10-2 PM Paper, Tin and Aluminum Cans, Glass	RINO
GREEN TREE Wallace Memorial U.P. Church - Green Tree Rd. at 2nd SUN. 12 Noon-2 Paper & Alum. Cans Potomac	GRIP
LOWER KISKI - Leechburg - 153 Main Street 3rd SUN. 10-2 PM All materials, except oil	Dr. Duopstadt
MONROEVILLE - Kaufmann's along Route 22 Last SUN. 10-1 PM Paper	Kiwannis
MOUNT LEBANON High School - Cochran Road at Rt. 19 Last SAT. 11-1 PM Paper and Aluminum Cans	H.S. Seniors '87
NORTH HILLS - Former Kaufmann's on McKnight Road Last SAT. 10-12 Noon All materials, except oil	North Area Environmental Council (NAEC)
OAKMONT - Riverview High School at Hulton Bridge 2nd SUN. Noon-4 PM Paper, Aluminum Cans and Glass	Rotary and Jr. Women's Club
SEWICKLEY - YMCA on Blackburn Road 3rd SAT. 8:30-11:30 All materials	Valley Eco-Action
UPPER ST. CLAIR Municipal Building - McLaughlin Run Road Last SUN. 12 Noon-4 Paper, Aluminum and Tin Cans	Girl Scouts

WESTERN PA CANOE GUIDE REVISION UPDATES AND PICTURES REQUESTED by Roy Weil and Mary Shaw, editors

Work is starting on the eighth edition of the "Canoeing Guide to Western Pennsylvania and Northern West Virginia. We will collect information this season and get the new edition out this fall and winter. The "Canoeing Guide" is entirely a volunteer effort by local paddlers. River writeups are contributed by paddlers who know the rivers and then checked by other paddlers.

Technically, the guide covers rivers that flow into the Ohio before it leaves Pennsylvania. Practically, this includes the Allegheny and Monongahela watersheds and whatever flows into the Ohio below the Point, except that coverage is lighter for central and southern West Virginia. We also include other convenient or popular streams, such as those that flow into Lake Erie in northern PA.

You can help make the next edition bigger and better. Volunteers are needed to:

--Send reports on rivers that aren't in the guide yet. Tom Irwin contributed a wonderful set of new reports to the last edition -- can anyone else.

--Check and correct if necessary-- writeups of rivers that are already in the guide. We particularly need corrections to rivers with flood changes (Cheat, Shade, Blacklick).

--Take pictures, preferably black and white. We particularly need camping, heavy water, canoe sailing, and racing. (Don't send original negatives or "only prints"--we'll ask for a negative if it's to be used.

--Help with final editing and checking; we'll be holding editing parties during the fall and winter.

If you can help in any of these capacities please contact Roy or Mary at 681-5131 or write: Canoe Guide Editors, Pittsburgh Council AYH, 6300 Fifth Ave. Pgh, PA 15323.

PITTSBURGH COUNCIL HOSTELS

Ohiopyle State Park Hostel
PO Box 99
Ohiopyle PA 15470
412-329-4476

Point Park College Youth Hostel (SA)
201 Wood Street
Pittsburgh PA 15222
412-392-3824
After 4 pm: 412-391-4100

Dale Boyer Home Hostel
RD # 1 Box 273
Rural Valley PA 16249
412-783-6188

Living Waters Hostel
RD #1 (1 mile west on Route 30)
Schellsburg PA 15559
814-733-4607

ACCESS THREATENED AT CHICKIES ROCKS

Chickies rocks is located along the Susquehanna River north of Columbia, near Harrisburg. The rocks have recently been included in a county park and in keeping with the coopers rocks syndrome, the public servants have become concerned with their liability risk. The rocks have been used by the local climbing community for over 20 years without recorded incident. The locals having few day use outcroppings are working with the local officials and have asked for our support. I urge all climbers and wilderness users to take time out and write the people below and let them know of your concern. Just like Coopers Rocks, it's a mouse against the lion. County Commissioners: James Auber, Brad Fischer, Robert Brennenman.
Mail comments to:
County Commissioners, 50 Duke St.
Lancaster, PA 17602

(Taken from a letter written by Bruce Cox)

THANKS AND A TIP OF THE HAT TO.....

Ted Self for installing the new light in the back room at HQ.

Joe Hoechner and (Grace Pischke?) for representing Pittsburgh AYH at the opening of the Benedum Hall of Geology at the Carnegie Museum.

The dozens of people who helped with the Great Ride this year.

Julie and John Webb for donating a refrigerator for the Ohiopyle Hostel and to Bill Johnston for getting it there.

THE GOLDEN TRIANGLE

The Golden Triangle is the monthly publication of the Pittsburgh Council of American Youth Hostels. Contents are at the discretion of the editor.

CO-EDITORS Joy Layton 421-3975
Veronica Riegel 681-6569
PRODUCTION Don Hoecker
MAILING Marta Hurwitz, Roy Weil
ADVERTISING Sandi Dimatteo
COVER Lynn Ejzak

Deadlines for the Sept. issue:
Aug. 11 ALL submissions
Aug. 25 Production

AYH MEMBER CLASSIFIED

Academic year sublet (Aug '88 to June '89). Spacious, furnished Shadyside apartment in quiet building. Suitable for one or two adults. For further details call Cathy or Dave at 361-3707.

For Sale--Sailboat--Catamaran
Prindle 16' Call Fran 884-5054.

For Sale--Sevylor 10' inflatable boat. model XR106. 5 person-900lb capacity. Coast Guard approved. Large foot pump, 5 ft oars, floor board and motor mount included. Never used. \$275.00 Call Art Kubey at 683-1387 for more info.

COMING SOON !

The United Way of Southwestern Pennsylvania Donor Option Form <small>This is not a Pledge Card (Please Print)</small>	
I WANT MY GIFT TO THE UNITED WAY TO BE DIRECTED TO A. OR B. DESIGNATE \$_____ OF MY TOTAL GIFT OF \$_____ <small>(\$24 minimum)</small>	
A. Allocated by the volunteers to solve community problems:	
<input type="checkbox"/> Unemployment	<input type="checkbox"/> Hunger & Homelessness
<input type="checkbox"/> Frail Elderly & Handicapped	<input type="checkbox"/> Adult Illiteracy
<input type="checkbox"/> Troubled Adolescents	<input type="checkbox"/> Other _____
B. Direct my gift to the following Agency/other United Way	
Name <u>AMERICAN YOUTH HOSTELS</u>	
<u>PITTSBURGH COUNCIL</u>	
Address <u>6300 FIFTH AVE</u>	
City, State, Zip <u>PGH. PA. 15232</u>	
Method of payment (make all checks payable to the United Way)	
<input type="checkbox"/> cash or check <input type="checkbox"/> bill me at home <input type="checkbox"/> payroll deduction	
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Name of Employer _____	
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<input type="checkbox"/> Please inform agency of my designation.	

TO YOUR OFFICE OR SCHOOL.

You can help change the world with a DONOR OPTION contribution.

Just note "American Youth Hostels, Pittsburgh Council" (see above) to direct your United Way tax-deductible contribution.

Please ask for a DONOR OPTION card this fall and help our Pittsburgh Council to grow!

THANK YOU VERY MUCH.