



# Golden

Volume 43, Number 8

# Triangle

August 1992

## Mon Valley Century August 23, 1992

If we follow tradition, this year's ride should be the largest yet. With good weather the number of riders will exceed 1000. The MVC committee is scouting for additional parking, to handle the increased number of cars, and for additional volunteers to handle the increased number of everything. The route and rest stops will be almost identical to last year's ride so this will be a good opportunity to compare yourself against last year. We are working on some improvements to the map as well as other areas. We are still looking for additional volunteers, as well. If you would like more information about the ride or would like to volunteer, call Chuck or Lynn at 466-6196.

## MVC Riding Hints

No, this article does not have any magic formula to make you a faster rider, but there are some common sense items worth covering:

1. Make sure your bike is in good shape. It's best to make any adjustments or maintenance on your bike several days before the ride so that you have a chance to test ride it to make sure that everything still works. In many cases, last minute changes to the bike can mean disaster if you find something wrong in the first 10 miles of the MVC.
2. Make sure that you are in good shape. Dehydration is a big problem in warm weather riding. A good way to avoid dehydration is to drink water. I've heard that it is a good idea to increase your water intake several days before the ride. Also it is a good idea to avoid alcohol and other diuretic drinks like coffee a couple of days before the ride.
3. Allow lots of time to get ready before your desired start time. Don't rush getting ready.
4. The suggested start times will help you to get to the lunch stop when it is open.
5. Be especially careful when riding in a large group of cyclists. Accidents happen in these situations more often than when riding alone.
6. The 100 mile route is about 15 miles longer than the return routes for the 35 and 65 mile routes. Keep this in mind at the lunch stop in case you opted for one of the shorter rides and want to add some miles or if you want to shorten the 100 mile ride.

## AYH Annual Picnic

Saturday, August 29th at Settler's Cabin Park at the Seneca shelter. Be there for a little afternoon hiking, cycling (bring your own bike and maybe one to share), swimming, volleyball, badminton (if somebody has it), twister, horseshoes, food fights, water balloon battles, (insert your contribution here) and lots of laughter. The more you bring the more fun you can have. The wave pool will be open and the charge is \$4.00.

All ages are welcome to the fun! Members and non-members too. Come as early as you want but we'll try to get things kicked off by 1:00 pm and stay as late as the park permits.

How to get there?? Take the parkway west through the Fort Pitt Tunnels and get off at the Campbells Run Exit, it's only a few miles. Follow the signs to the park. The entrance is Ridge Road. To get to the Seneca Shelter make a left onto Papoose Drive and a left onto Teepee Drive. Seneca is on the right and there is a parking area there. We'll try to put up some AYH signs to let you know where to go.

This is a bring your own food picnic and just a little extra to share with a few others. Everyone knows that AYHers love to sample food and are always hungry. Please do not bring alcoholic beverages (as usual) or anything in glass bottles. If you can bring a grill or a game or something else to provide some entertainment please call Mary Ellen Kristofik who is coordinating this event at 731-9356. Be sure to mark your calendar this time.

### Featured in this Issue...

#### Baker Trail

Experienced help (and some inexperienced muscle, too) is needed to get the trail in shape.

Page 10

#### The Mon

Make sure you get your application in for the Mon Century Bike Ride! The application can be found on...

Page 10

#### Hostels

Notes from the Greenhouse: a visit to a Hostel in Tel Aviv, Israel is recounted by a Squirrel Hill traveller and writer.

Page 3

### I N S I D E

|  |            |
|--|------------|
| Volunteer News and Opportunities ..... | 2          |
| Hostelling International Page .....    | 3          |
| Activities and Calendar .....          | 5-7        |
| Allegheny Bike Program Proposed .....  | 8          |
| President's Corner .....               | 10         |
| AYH Application and Order Form .....   | 11         |
| Sailing .....                          | 12         |
| Classified .....                       | Back cover |

## American Youth Hostels

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## Newsletter Contributions

Contributions to the newsletter are welcome. You can submit them in three ways:

- ◆ Typed
- ◆ On diskette
- ◆ By email

Handwritten submissions can be difficult to read, so avoid them if at all possible.

There are several diskettes in the newsletter box at headquarters; please feel free to use these for submissions. To send by email, use the editor's Compuserve address:

75330,3711

# Volunteer News and Opportunities

## Pittsburgh Council Activity Chairs

**Bicycling**  
Chuck Ejzak ..... 466-6196  
Bill Eberle ..... 833-9732

**Canoeing**  
Royanne Mac ..... 335-7326

**Climbing**  
Eric Bauer ..... 687-0766

**Cross-County Skiing**  
Fred Parker ..... 856-4713

**Family Activities**  
Barbara Hanusa ..... 441-7205

**Hiking & Backpacking**  
Jim Ritchie ..... 828-0210  
Pat Tieman ..... 561-3286

**Kayaking**  
John Gayler ..... 366-4062  
Ray Yutzy ..... 341-5682

**Mid-Week Rambles**  
Cliff Ham ..... 687-4520

**Rafting**  
Jon Maiman ..... 441-2306  
Linda Smithyman ..... 531-1868

**Sailing**  
Bob Zavos ..... 241-0659

**Sea Kayaking**  
Mark Mistrik ..... 441-8293

**Volleyball**  
Jeff Marsh ..... 384-7827

**Trips Coordinator**  
Janet Supowitz

## 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 the International Youth Hostel Federation (IYHF) which coordinates more than 5,400 hostels worldwide—the largest network of accommodations in the world.



### Sept. Deadlines

**All Copy**  
August 13

**Labeling and Mailing**  
August 27



John Truckley and Linda Smithyman do their rendition of "dueling paint brushes" at a recent AYH workparty at the Ohiopyle Hostel.

## Headquarters Repair Work

Volunteers are needed to help repair and possibly replace the roof at headquarters and do some other general cleaning. We need people who can use a hammer and don't mind a little height. We also need volunteers to help do a little running around, transporting materials, be entertaining and to help with the free lunch provided for every volunteer.

The *tentative weekend dates* for this event are Saturday and Sunday, August 8th and 9th. Early birds can arrive by 8:00 am to get started. If you don't like to get up early that's OK. Come over anytime to put yourself to work. Saturday and/or Sunday help is fine. We'll provide *free training* on how to put on a roof with immediate hands on experience! Teamwork will be emphasized. All spectators will be put to work.

If you think you can help, even for a few hours, please call Linda at 531-1868.

This is tentative pending financial approval from the Board of Directors.

## Letters...

[Letters to the editor are welcome. Letters will be edited to conserve space when necessary. Letters are published at the discretion of the editor.]

## Oops...

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

## Pittsburgh Council Hostels

### Ohiopyle AYH Hostel

Ohiopyle State Park  
PO Box 99  
Ohiopyle, PA 15470  
(412) 329-4476

### Living Waters AYH Hostel

RD #1 (1 mile west on Route 30)  
Schellsburg, PA 15559  
(814) 733-4212

### Charleroi Youth Hostel (SA)

Rego's Hotel and Restaurant  
601 McKean Avenue  
Charleroi, PA 15022  
(412) 483-6200



HOSTELLING  
INTERNATIONAL

# Hostelling International



*Pigeon Point  
Lighthouse AYH  
Hostel in Pescadero,  
CA. AYH photo by  
Torsten Blackwood.*



*"If you are scared to go  
to the brink, you are lost.*

*John Foster Dulles*

## Notes from the Greenhouse, Tel Aviv

by Ed Bortz

Cheng was a student from Beijing who had gotten out just in time and had no intentions of going back in the near future. The blood hadn't washed off of Tiananmen Square and never will, but if it ever ease up and people aren't just picked up and beaten, humiliated, and incarcerated for speaking their minds, then maybe she'll return and pick up the pieces of her life, see her family again and yes, dream and strive for a democratic China.

Dmitri had been living in Israel for two years now, spoke fluently in Hebrew, English, and his natural Russian tongue, but as he approached his thirtieth birthday he was still unable to find a niche in the fast and often rude life-style of Tel Aviv. He worked hard at several

Jobs that had no future, made friends easily, but had his eyes and heart set on moving to the States —the place of "opportunity." Everyone wished him luck.

The several pairs and small groups of South Africans that passed through the Greenhouse doors brought with them all of the variations and colors of that society. Black, Dutch, English —Christian and Jewish — their prejudices, anxieties, and dreams found their way into our conversations around a large rectangular wooden table in

the common Living room. I guess we all learned something from each other.

Cynthia was a beautiful young woman from Singapore who had traveled Europe and Asia as an exchange student, was fluent in Mandarin, English, and French, and who had a character that radiated with the adventure of the remote and compassion for the dispossessed. She trekked through the length and breadth of Israel, saw the best and the worst of Jewish and Arab life, felt a particular closeness to the Christian history, and left with a smile and a positive feelings about her experience. She'll be back.

Eamon wailed away the blues each night along Dizengoff street near the fountain with his saxophone case open and inviting to the throngs of passersby. He crashed each night at the Greenhouse feeling half-empty from the few shekels he gathered, but more than half-full from the musical expression. A couple of weeks passed and he was on his way back to upstate New York, but not before a short stopover in the streets of Paris.

There was a work ethic and routine of cleanliness at the Greenhouse that made it rather unique among hostels in this part of the world. Be that as it may, it was still a transient place, a quiet place in the midst of a noisy city, a shelter from the storm, a place where you began to think of your next steps and previous steps along your unique pathway, where you thought of the people you had met and ones you had left, but where life had a way of melting together a most unusual group of people in need of each other, if only for a short time, in a world often too busy or indifferent to feel the human touch.

There was no substitute for being there.

*[Ed Bortz is a Squirrel Hill free-lance writer.]*

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## City Slickers on Horseback

by Linda Smithyman

Seven AYH members went horseback riding on Sunday, July 12th. Fortunately the rain quit before we reached Rolling Hills ranch in Bridgeville. For \$10 for one hour we poked, pleaded, and tried to bribe the horses to move. Sometimes they did and sometimes they didn't. Ron Boone even got off of Brownie once but she still wouldn't go. Vickie Gotoshie got stuck on Dennis for a few minutes at one point; he wouldn't move. A.J. Stones got his horse moving and got separated for a little while. Linda Pepper, Sandy Qyckoff, Suzanne Kelly and I decided we'll get the more spirited horses next time. We asked for the quieter, slower moving horses this time and that's what we got. So, there will be a next time!

## New Life Member

AYH is pleased to announce that Siddath Pant, of Monroeville, recently became a Life member of American Youth Hostels.

## Mon Valley Century

The MVC committee is hard at work preparing for this year's ride. We will be recruiting volunteers for stuffing envelopes, drawing maps, marking roads as well as the "day-of" jobs like parking, registration, rest stops and course marshals. Many of these jobs do not require a great deal of time but they are very helpful. In addition, volunteers get to ride on the warm up ride and are entitled to a free registration for MVC or SABRE. If any of these interest you, call Chuck or Lynn Ejzak at 466-6196.

## Special Non-AYH Events

Three Rivers Regatta at Point State Park, August 8th & 9th. Paddle boat races, water ski show, Formula One Races, high diving exhibition.

Shadyside Arts Festival, Walnut Street, August 14 - 16.

Hartwood Acres has a variety of special events, some free. 767-9200

## Hostel Work Party

by Linda Smithyman

Sunday, August 16th. Meet at headquarters at 8:30 am. Free lunch for all volunteers. There's always something to do there. If you can lend a hand for a few hours on this Sunday please give Joe Hoechner a call at 242-0781 or Linda at 531-1868. (Linda may be on vacation and out of town this time.) We sometimes take a short hike in the late afternoon before returning to Pittsburgh by 6:00 pm or so. Or come back earlier if you want to.

Special thanks to these people who stayed all day on June 14th: A.J. Stones for his expertise, equipment and whistling, Sandy Wyckoff who ended up with poison ivy, Betsy Hood who kept her new perm intact, Angela Youngblood who stayed overnight for the first time and enjoyed it, Tom and Mary Bates for their undying energy every time they help out, Joe Hoechner for taking care of 'all those other things' and John Truckley for climbing up those tall ladders. We painted the dining room and boy does it look good. Brighter. Too bad this photo is not in color but the walls are now painted gingerbread. \*\* (See attached photo of John Truckley or Linda, pick one to put in if you wish.)\*\* There is photographic evidence of Linda's accident with the can of paint which will never be printed here, but her single-handed destruction of the Tiffany Lamp light bulb with her head went completely unnoticed until we were all done.

Very special thanks go out to John Truckley and The Moon Adventure Club run by George Nowak for their \$150 contributions to purchase new bunkbeds at the hostel and Aylene Harper for her donation too. We really appreciate your donations to make the building a more hospitable place.

## Sea Kayaking Basics

Sea Kayaks are the direct descendents of the Huntsman's boats or Eskimo kayaks and are now gaining popularity as versatile recreational craft. Structurally, they are longer than whitewater kayaks and they incorporate more stable hull designs with keels for straighter tracking. Sea kayaks are touring craft. You paddle them rather than relying on a river current for motion, and proper paddling technique is a good form of low-impact aerobic exercise.

The AYH sea kayaks have been used in local flatwater rivers and lakes, swamps rich in wildlife, exploring coastlines on the Great Lakes, and ocean touring in the Atlantic from the Outer Banks of North Carolina to the seacoast of Down East Maine. The boat and sprayskirt provide insulation to keep you warm even in cold weather and protect against the wind, water and waves. In cooler weather you will need layered clothing that can be adjusted for comfort, an old pair of shoes that might get wet or muddy, a hat, sun lotion and sunglasses, raingear, a water bottle and lunch. A complete change of clothes and a towel should be double wrapped in water-proof bags and brought along. Contact the trip leader about local conditions and details about a trip.

The AYH Program: If you are interested in learning sea kayaking, remember: easier trips are planned earlier in the season, then longer and more technical trips for later in the summer and autumn. Introductory trips are scheduled weekday evenings to small, local lakes where there is no destination, or a group to keep up with. You can learn to paddle straight and efficiently, carve turns, brace or roll the kayaks at your own pace.

In June and July, the Evening Intro trips will be continued, but with longer intermediate-level trips to Sandusky in June and Down East Maine in July. There is a possible nine day trip to Lake Powell in Arizona, at the end of the Grand Canyon, in late September or early October. We would be paddling on flatwater at the bottom of deep canyons, under stone arches, and surrounded by some of the best scenery in the Southwest. Call if you're interested in any of these trip or want more information.



*A little fraternization at the Indian Country International AYH Hostel at Taos, New Mexico. Llama trekking is just one of several recreational activities available. AYH photo by Torsten Blackwood.*

## Headquarters Repair Work

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## Rafting

Rafting is a great way to have fun in the sun. The American Youth Hostels has an extensive rafting program. We have trips for all skill levels from first timers to experts. Our 1992 trip schedule is listed below. So pick out a trip and sign up today. Don't miss out on the fun! For more information or to sign up for any trip, please call the trip leader or the AYH office at 422-2282.

### River: Lower Yough.

Location: Ohiopyle, PA.  
 Leader: Jon Maiman (H)441-2306 Put-In: 11:45 AM Dates: 8/29  
 Leader: Doug Bruce (H)561-5037 Put-In: 11:45 AM Dates: 8/8  
 Leader: Jenny Suchin (H)486-8710 Put-In: 11:45 AM Dates: 8/2  
 Leader: Kevin Craig (H)487-1538 Put-In: 11:45 AM Dates: 8/1  
 Leader: Linda Smithyman (H)531-1868 Put-In: 11:45 AM Dates: 8/22

Cost: Aprox. \$25/person (including the deposit)

Skill Level: ALL

Format: Day Trip

Reservations: OHIOPLYE STATE PARK HAS STARTED CHARGING A NON-REFUNDABLE LAUNCH FEE FOR EACH BOATER RUNNING THE LOWER YOUGH. SO WE WILL NOW BE REQUIRING A NON-REFUNDABLE DEPOSIT OF \$5/PERSON TO RESERVE A SPACE FOR ALL OF OUR LOWER YOUGH. TRIPS. IF YOU SIGN UP FOR A TRIP AND CAN'T GO AND CAN'T FIND SOMEONE ELSE TO TAKE YOUR PLACE, YOU LOSE YOUR DEPOSIT!

Description: The Lower Yough. is aprox. 7 miles of Class III-IV water. We run it as a day trip and we usually use 4 man rafts. This is a good introductory trip for first time rafters. We frequently stop for dinner on the way home.

### River: New River Gorge

Location: Fayetteville, West Virginia  
 Leader: Jon Maiman (H)441-2306 Dates: 8/14-8/16, 9/4-9/7  
 Cost: Aprox. \$65/person for 2 day trips Aprox. \$81/person for 3 day trips  
 Skill Level: Advanced Beginner & Up.  
 Format: Weekend Trip

Description: The New River is one of the oldest rivers in the world. We run aprox. 7 miles of Class IV water. The New is a high volume river with lots of big waves. Depending on the water level, we use 4 and/or 6 man rafts. Anyone who has been on the Lower Yough. at least once or would like a more aggressive introduction to rafting is welcome to come on New River trips. An optional group dinner is offered as part of the trip.

### River: Gauley

Location: Summersville, West Virginia  
 Leader: Jon Maiman (H)441-2306 Dates: 9/18-9/20, 10/2-10/4, 10/16-10/18  
 Cost: Aprox. \$70/person  
 Skill Level: Advanced Beginner & Up.  
 Format: Weekend Trip

Description: The Gauley River is considered to be the classic run in the East. The scenery is spectacular and the water is great. The Gauley is generally only runnable in the fall when they drain Summersville lake in preparation for Winter. We usually run the lower section which is aprox. 9 miles of Class IV water. Runs on this section are slightly more challenging than the New River and are suitable for anyone who has run the Lower Yough. or New at least once. We ran the upper section which is 13 miles of class V/VI water once last year. This section is only suitable for advanced rafters and space will be very limited if we run it again. We use both 4 and 6 man rafts on the Gauley. An optional group dinner is offered as part of this trip.

## Canoeing

Aug 1

Saturday

### Class II School

Gordon Bugby 371-4233  
 Pre-requisite: Class I school. Learn eddy turns and how to fill your neighbor's boat with water using paddle strokes. Curious? Call Gordon.

Aug 8

Saturday

### Class I, II

Mort Kurman 621-1062  
 Practice skills. Enjoy a day wherever there is enough water.

Aug 18

Sunday

### Class I, II

Janet Supowitz 247-4016  
 Meet at headquarters at 8:30 am.

## Sea Kayaking

### Tuesday evening 18 - August, 1992

Introductory level Sea-Kayaking trips to Glade Run Lake. Beginner instruction provided on a calm, flat water lake, intermediate rescue instruction, sea-kayak rolling, or come out and spend an evening on the water. Beaver and herons inhabit the lake and are usually seen. This is a good way to become acquainted with sea-kayaking if you're interested in one of the longer trips. Call to reserve. Meets 6:15 PM Tuesday at Shadyside HQ.

Mark Mistrik 441-8293 (h).

### Friday evening 7 - August, 1992 "Cruise to Crewsers"

Evening sea-kayaking "Barge-Bash!" on the three rivers. Meet at Headquarters to pick up the boats and take a short drive to the South side to put-in at Riverfront Park. Easy, leisurely paddle to 'Crewsers on the Water' in the Strip District for dancing, dinner, etc., etc. Paddle past the Fountain at the Point and the submarine Requin at the Science Center. Diane suggests you bring your camera for shots of the city at sunset. **Reservations, and a previous sea-kayaking trip (or intro trip) are required. A large, bright flashlight is required for legal night paddling on the river!** Meets 6:15 pm Friday evening at HQ.

Mark Mistrik 441-8293 (h). Diane Bialecki 885-1074 (h).

### Saturday 29 - August, 1992.

Easy day-paddle on Loyalhanna lake in New Alexandria, Pa (less than 40 miles east of Pgh). Large, meandering, scenic lake with some exposed rock cliffs and woodlands, and lots of interesting backwater areas. See "General Information" on sea-kayaking for what to bring. Trip will probably stop for dinner en route home. 10:30 AM at Shadyside HQ.

Mark Mistrik 441-8293 (h).

### Thursday evening 3 - September to Tuesday evening 8 - September, 1992.

Sea-Kayaking road-trip to Ontario's Bruce Peninsula in the Georgian Bay, Lake Huron. See one of the most spectacular regions of the Great Lakes, including the white nature-sculpted cliffs of the Niagara Escarpment (responsible for Niagara Falls), rugged beaches, clear azure water, and a Northern forest of Cedar and White Birch. Trip will include car and possibly kayak camping, short, moderately strenuous hikes, riding aboard a ferry to Flowerpot island, seeing lighthouses and a sunken 18th century shipwreck in 20 feet of clear water, possibly fossil hunting, and maybe check out the entrance of a cave. TBA Thursday at Shadyside HQ.

Mark Mistrik 441-8293 (h).

### Friday evening 25 - September to Sunday night 4 - October, 1992.

Sea-kayaking "Epic Voyage" to Lake Powell, Arizona. Drive and sleep aboard a bus featuring a bedroom, kitchen and bathroom while we drive from Pittsburgh to somewhere in Arizona or Utah. Paddle into fascinating gorges and hike up remote trails. See natural stone Arches, Indian ruins and Petroglyphs, water-caves, abandoned mines, and rock formations unlike anything in the East. Expect easy paddling on the flat-water lake, kayak and Canoe camping, hiking, and sight-seeing everywhere. Call for more information and costs. Rental Sea kayaks available. Early reservations are required (by September 11) for final planning. Leaving: TBA Friday at AYH HQ.

Mark Mistrik 441-8293 Ben Brugmans

## Hiking & Backpacking

### July 31-Aug 2 North Country Trail

Fri-Sun Glenn Oster 364-2864  
Hike the North Country Trail in the Allegheny Reservoir area—16 miles. Phone for information and reservations.

### Aug 8 Ohiopyle

Saturday Glenn Oster 364-2864  
Enjoy the climbs and beauty of Ohiopyle — intermediate. Phone for information and reservations.

### August 15 Baker Trail, Cochran's Mill to Idaho

Saturday Jim Ritchie 828-0210  
Intermediate level hike, 9 miles. Hike starts at the Cochran's Mill Shelter and follows Cherry Run to the former cable crossing. After following dirt and paved rural roads, the hike ends in Idaho at the Idaho Shelter with a side trip to the Keystone Station Power Plant overlook. Meets at 8:00 am at HQ.

### Aug 16 Rachel Carson Trail

Sunday Blanche Asherman 828-8158  
North Park to Hartwood. Intermediate hike through North Park, Hampton Nature Reserve, and into Hartwood Acres. Meets 8:00 am at AYH headquarters. About 10 miles.

### Aug 23 Laurel Highlands Trail

Sunday Ron Boone 222-0906  
Rugged 11-mile intermediate hike on the Laurel Highlands Trail. First hike in a series that will cover all 70 miles of the trail. Meets at HQ at 8:00 am.

### August 30 Baker Trail @ Crooked Creek Lake

Sunday John Dern 824-9756  
Easy to intermediate level hike in the vicinity of the dam at Crooked Creek Lake. Approximately 6 miles. After the hike, we'll stop at the beach and swim for awhile. Meets at 8:00 am. Call for meeting place and additional information.

### Sep 4-7 Old Loggers Path

Fri-Mon Glenn Oster 364-2864  
Follow the grades of the old logging trains in North Central Pennsylvania. See the view from Sprout Point and bring your bikini for a dip in Rock Run. Intermediate level—10 miles per day. Phone for info and reservations

### Sep 13 Beginner Hike

Sunday Ron Boone 222-0906  
Beginners hike with some bold friends at Ohiopyle State Park. More details in September Golden Triangle.

## Mid-Week Rambles

NOTE: This month begins the fourth year of Rambles, with one walk almost every Wednesday throughout the year.

### August 5 Walk in Townsend Park.

Wed Picnic and swim afterward.  
Leaders: Douglas and Ann Howorth. Tel: 327-7188.

### August 12 Explore Fineview above the city's north side.

Wed You will see some fine views.  
Leader: Fred Mauk, 361-6299.

### August 19 Explore an Abandoned Railroad

Wed Along Plum Creek (or Little Plum Creek)  
Blanche Asherman, 828-8158.

### August 26 Southside Riverfront Park

Wed and part of the Heritage Trail, from the old steelworks to Ninth Street.  
Leaders: Cliff & Marilyn Ham, 687-4520.

### September 2 Flower show at the Phipps Conservatory.

## Cycling

### Aug 1-2

Sat-Sun

### B/C Niagara Falls, 30 miles

Ober Rooney 364-3956  
See one of the seven wonders of the world! Ride on the Niagara Parkway from Lake Erie to Lake Ontario or along the Welland Canal, or somewhere else. Stay overnight in a hostel. Call Ober for more information and to reserve.

### Aug 15-16

Sat-Sun

### B/C Stanford House, 50 miles

Joe Hoechner 242-0781  
Located in the Cuyahoga National Recreation Area, the hostel is close to great cycling. Rides on bike trails and roads are available. The hostel is a renovated farm house which alone is worth the trip.

### Aug 16

Sun

### A-C MVC Volunteers' Ride

Chuck Ejzak 466-6196  
Exclusively for MVC volunteers. A chance to ride one of the three MVC rides. Each of the rides will start at different times. Call Chuck for more details.

### Aug 20-22

Thu-Sat

### Malabar Farms cycling weekend.

Mark Mistrik/Debbie Mistrik 441-8293  
Two overnights at the Malabar Farm AYH Hostel in Lucas, Ohio. Local bicycle rides through the region and some sight-seeing, swimming, easy hiking, and looking for the best restaurants in the area. Trip returns early so leaders can ride in the Mon Valley Century. Call for more information, and early so we can make the correct number of reservations. TBA Thursday at Shadyside HQ.

### Aug 23

Sun

### A-C The Mon Valley Century

Chuck Ejzak 466-6196  
This is the big one. Ride starts in Elizabeth at the Dance Studio (former Bingo Hall) in Elizabeth. See the July AYH Triangle for an application form or call Chuck. "Day of" registrations are also welcome.

### Aug 30

Sun

### 13th Annual Duquesne Incline Bike Ride

Lou Conley 681-8321  
8:30 at HQ, 30 miles Join Lou and friends on their late August tour of America's No. 1 city. The tour is done at a leisurely pace with much sight-seeing, including an incline ride. Bring \$2 + lunch money. Call to Reserve.

## Climbing

### Aug 9

Sun

### Sun BEG Beginner Trip 8:00 am

Eric Bauer 687-0766

### Aug 29

Sat

### Sat NOW Seneca Prep Trip 8:00 am

Eric Bauer 687-0766

### Aug 30

Sun

### Sun BEG Beginner Trip 8:00 am

Eric Bauer 687-0766

Beginner trips are geared towards teaching basic rock climbing skills to people that have never climbed before. All you need to bring are tennis shoes and lunch AYH supplies all climbing equipment. Space is limited so please call trip leader for reservation.

The Seneca Prep trip is for those people who have been on a beginner climb or two and would like to learn about multi-pitch climbing (i.e., climbing higher than the standard rope length of 150 feet) You must attend the Seneca Prep Trip in order to be eligible for the Seneca Rocks trip on September 12th and 13th (the weekend after Labor Day).

## Tuesday Hikes

Hikers are welcome to join us on Tuesday evenings as we walk a 5-mile course up over Ridge Drive in North Park. We meet at the North Park Boat House at 7:00 pm. Good opportunity for backpackers to get a workout wearing their backpacks. For more information, call Helen Coyne at 776-0678.

# August Activities Calendar

| Sunday  | Monday        | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   |
|---|---------------|--|---|--|--|--|
| <b>Aug 30</b><br>Baker Trail: 824-9756<br>13th Duquesne Incline Cycle<br>681-8321<br>Climb: Beginner trip<br>687-0766   | <b>Aug 31</b> |  |   |  |  | <b>1</b><br>Raft Lower Yough<br>487-1538<br>Canoe: Class I school<br>371-4233<br>Niagara Falls Cycle: 364-3956   |
| <b>2</b><br>Raft Lower Yough<br>561-5037<br>Niagara Falls Cycle: 364-3956<br>Sailing: Lake Arthur<br>241-0659   | <b>3</b>      | <b>4</b><br>Hiking<br>North Park<br>Helen Coyne 776-0678   | <b>5</b><br>Mid-week Ramble<br>Townsend Park: 327-7188<br>Sailing: Shore School | <b>6</b><br>HQ Slide Show<br>Buhl/Carnegie Presentation              | <b>7</b><br>"Cruise to Crewsers"<br>441-8293 (Sea kayaking)<br>Begin Crystal Lake Sailing Trip<br>371-4986 | <b>8</b><br>Headquarters repair work<br>Raft Lower Yough<br>486-8710<br>Canoe, Class I-II<br>621-1062<br>Ohiopyle Hike: 364-2864<br>Sailing: Lake Arthur<br>241-0659 |
| <b>9</b><br>Headquarters repair work<br>Climb: Beginner trip<br>687-0766  | <b>10</b>     | <b>11</b><br>Hiking<br>North Park<br>Helen Coyne 776-0678  | <b>12</b><br>Mid-week Ramble<br>Fineview: 361-6299                              | <b>13</b><br>HQ Slide Show<br>Paradise Isles of the South Pacific    | <b>14</b><br>Raft New River Gorge<br>441-2306  | <b>15</b><br>Raft New River Gorge<br>Baker Trail hike<br>828-0210<br>Cycle: Stanford House<br>242-0781   |
| <b>16</b><br>Hostel Work Party<br>242-0781<br>Raft New River Gorge<br>Canoe: Class I-II<br>247-4016<br>Racehl Caron Trail: 828-8158<br>Cycle: Stanford House<br>Cycle: MVC Vols: 466-6196 | <b>17</b>     | <b>18</b><br>Hiking<br>North Park<br>Helen Coyne 776-0678<br>Sea Kayaking: Intro Class<br>441-8293 | <b>19</b><br>Mid-week Ramble<br>Abandoned Railroad: 828-8158                    | <b>20</b><br>HQ Slide Show<br>TBA<br>Malabar Farms Cycle<br>441-8293 | <b>21</b><br>Malabar Farms Cycle   | <b>22</b><br>Raft Lower Yough<br>531-1868<br>Malabar Farms Cycle<br>Sailing: Lake Arthur<br>241-0659   |
| <b>23</b><br>Mon Valley Century<br>466-6196<br>Laurel Highlands Hike:<br>222-0906   | <b>24</b>     | <b>25</b><br>Hiking<br>North Park<br>Helen Coyne 776-0678  | <b>26</b><br>Mid-week Ramble<br>Riverfront Park: 687-4520                       | <b>27</b><br>HQ Slide Show<br>TBA                                    | <b>28</b>  | <b>29</b><br><b>AYH Picnic!</b><br>Raft Lower Yough<br>441-2306<br>Sea Kayak: 441-8293<br>Climb: Seneca Prep: 687-0766   |



*What's so great about the great ride? How about a T-shirt design that looks this good?*

## August Slide Shows

Pittsburgh Council has a weekly Open House from 8 to 10 pm Thursday evenings at its headquarters at 6300 Fifth Avenue (near Fifth and Shady; we're next to the Pittsburgh Center for the Arts). A slide show starts at 8:15 pm and is followed by announcements for the week's activities. Memberships and publications are available at the membership desk.

**August 6**

Buhl-Carnegie Science Center  
Presentation

**August 13**

Paradise Isles of the South  
Pacific  
Jerry Reitter

**August 20**

*To be announced...*

**August 27**

*To be announced...*

To volunteer to do a show, call Tom Rodgers at 621-6310

# Proposed Bicycle Program, Allegheny County

The proposed bicycle program was presented by Allegheny County on May 12, 1992. The program represents \$5 million of improvements over a 4 year period and includes the design, acquisition and construction for the development of both class 1 and class 2 facilities in the County. The program represents a balance between recreational and commuter bikeways.

In order to advance these projects, collective support of the program by the various interest groups is vital. It will be necessary for you to not only write, but call and, if possible, personally visit with your representatives, senators, state transportation commissioners, county commissioners and others. For your information, a list of important contacts follows

We hope this will be of help in bringing a balanced and safe system of bikeways to Allegheny County.

## Allegheny County Four-Year Plan for Bicycling:

|                                   |  |
|-----------------------------------|--|
| Three Rivers Heritage Trail ..... | Development of a 10 mile semi-circumferential belt about the Pittsburgh central business district largely following the riverfronts. |
| Montour Trail .....               | Design and construction of a 40 mile recreational trail from Coraopolis to Clairton.   |
| Oakland Downtown Bikeway ....     | Study to establish a preferred corridor.   |
| Youghiogheny River Trail .....    | Design and construction of undeveloped portions in three counties.   |
| Mon River Bikeway .....           | Acquisition, design and construction of 12 mile arterial bike way from Clairton to Sandcastle via McKeesport.                        |
| Carnegie West End Bikeway .....   | Acquisition, design, construction of 5-mile arterial bike-way from West End to Carnegie via former trolley ROW.                      |
| North Hills Bikeway .....         | Acquisition, design and construction of 19 mile arterial from downtown Pittsburgh to Cranberry via the Ross Park and Ride.           |

## Local Contacts:

The Honorable Tom Foerster  
Chairman  
Allegheny County Board of Commissioners  
119 Courthouse  
Pittsburgh, Pa 15219

The Honorable Lawrence W. Dunn  
Allegheny County Board of Commissioners  
119 Courthouse  
Pittsburgh, Pa 15219

The Honorable Eugene Scanlon  
State Senator  
42nd District  
1212 Manor Building  
Pittsburgh, Pa 15219

The Honorable Fred Trello  
State Representative  
45th District  
1004 Fifth Avenue  
Coraopolis, Pa 15108

The Honorable D. Michael Fisher  
State Senator  
37th District  
71 McMurray Road  
Pittsburgh, PA 15241

The Honorable Pete Flaherty  
Allegheny County Board of Commissioners  
119 Courthouse  
Pittsburgh, Pa 15219

The Honorable Ron Gamble  
State Representative  
44th District  
2 Union Avenue  
Oakdale, Pa 15071

The Honorable Mark Singel  
Lieutenant Governor  
State of Pennsylvania  
200 Main Capital  
Harrisburg, Pa 17120

The Honorable Elaine Farmer  
State Representative  
28th District  
9600 Perry Highway  
Suite 200  
Pittsburgh, PA 15237

The Honorable Thomas Murphy  
State Representative  
4059 Penn Avenue  
Pittsburgh, PA 15222

The Honorable Alice Langtry  
State Representative  
1750 North Highland Road  
Pittsburgh, PA 15241

The Honorable Barbara Hafer  
Auditor General State of Pennsylvania  
Finance Building  
Room 229  
Harrisburg, PA 17120

Mr. Arthur A. Davis, Secretary  
Pennsylvania Department of Environmental Resources  
Executive Office  
9th Floor, Fulton Building  
Third and Locust Streets  
P.O. Box 2063  
Harrisburg, PA 17120

"An active line on a walk, moving freely, without goal. A walk for a walk's sake."

Paul Klee

## FORUM TRAVEL

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(Off South Craig St. in Oakland)



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Mt. Lebanon

**343-6885**

Bill Green Shopping  
Center  
Across from Pool City  
Pleasant Hills

**653-6022**

**TREK USA**  
American Bicycle Technology



## Pa. Transportation Comm. Members:

Honorable Richard J. Cessar  
45 East Wing  
Main Capital Building  
Harrisburg, PA 17120

Honorable J. Doyle Corman  
9 East Wing, Main Capitol Building  
Harrisburg, PA 17120

Honorable Frank D. O'Reilly, Jr.  
1313 W. Fourth Street  
Lock Haven, PA 17745

Honorable Robert B. Pease  
326 Dewey Street  
Pittsburgh, PA 15218

Honorable Harold C. Reslink  
966 W. Arlington Road  
Erie, PA 16509

Honorable Roy O. Christman  
R.D. #1, Box 1374-C  
Hamburg, PA 19526

Honorable Frank M. Henry  
Martz Tower  
P.O. Box 1007  
Wilkes-Barre, PA 18773

Honorable Edwinn W. Parkinson  
812 Riverview Road  
Lemoyne, PA 17043

Honorable Joseph A. Petrarca  
201 South Office Building  
Harrisburg, PA 17120

Honorable Isadore A. Shrager  
Fox, Rothschild, O'Brien & Frankel  
2000 Market Street, 10th Floor  
Philadelphia, PA 19103

Honorable Gene G. Smith  
Greenville-Reynolds Development  
Corporation  
301 Arlington Drive  
Greenville, PA 16125

Honorable Ernest E. Wadsworth  
301 Linden Avenue  
Johnstown, PA 15902

Mr. Howard Yerusalim  
Secretary of Transportation  
Pennsylvania Department of Transportation  
Transportation and Safety Building  
Harrisburg, PA 17120

Honorable J. Barry Stout  
535E Main Capitol Building  
Harrisburg, PA 17120

## SABRE

# Southwestern Autumn Breeze Bicycle Tour

Sunday, October 4, 1992

SABRE starts in Settler's Cabin Park at the Cayuga Picnic Grove. Pick up Registration Packet before starting the tour. Registration opens at 7:30 am with the Metric Tour riders leaving at 8:30 am. The 25 and 15 milers depart at 9:30 and 10:30 am respectively.

SABRE is a tour of southwestern Pennsylvania, and more specifically of the small rural and farming communities southwest of Pittsburgh. Cycle SABRE and see Western Pennsylvania's fading orchards and rolling fields filled with red, orange and fire yellow trees while the October skies are clear and a fresh breeze fills the air. We promise the route which during this Autumn period will be ablaze with colors, leaving you with memories that will easily carry you through the cold, slush-filled winter to come. SABRE consists of three routes for cyclists of all abilities: a challenging metric century (65 miles), as well as the 35 mile route and the 15 miler.

SABRE costs \$8 on or before September 26, 1992 (\$10 thereafter and day of Tour registration). This includes the official 1992 SABRE Pin (Guaranteed tour day to the first 1000 registered). In addition you will get a ride map and cue sheets, a rider number, sag support, and snack stops. When you finish the Tour, there will be the famous **SABRE Feast** picnic lunch awaiting you at the Cayuga Picnic Shelter.

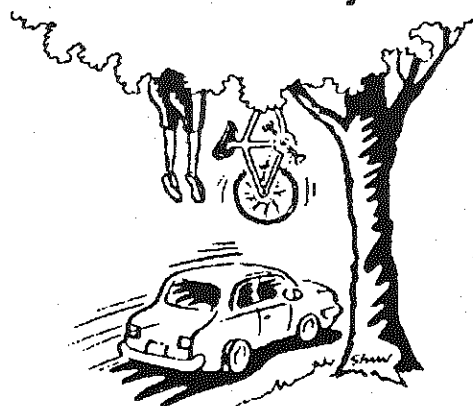
The Pittsburgh Council AYH requires you to wear a helmet.

A sag will pick up those who can't finish due to bike problems or fatigue (you and your bike are expected to be in good condition before the ride starts).

Questions, concerns, suggestions, or if you wish to volunteer, please contact Bill Eberle at (412) 833-9732 (phones answered 24 hours).

## Cycling Accident?

If you have suffered injury or damage  
in a cycling accident, contact our  
law offices to discuss your legal rights  
with a fellow cyclist.



**Marc S. Reisman**  
Attorney at Law

**412-456-2005**  
**800-548-6267**

There is no charge for legal services on injury claims  
unless benefits are obtained

## Where is Headquarters?

Trips listed as meeting at Headquarters meet at the AYH building in Mellon Park in Shadyside. It's next to the Pittsburgh Center for the Arts at Fifth and Shady Avenues.

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# President's Corner

*Jan Fank*

Compuserve: 73467,3201  
412-665-9554

## The 1992 Great Ride

Yes, the Great Ride turned out just Great once again. While the number of riders was down somewhat this year (due in part I suspect to the newspaper strike and related factors) it was nevertheless a beautiful day for a bike ride. Almost 1500 riders enjoyed the cycling tours of Pittsburgh's neighborhoods and over half had the opportunity to ride down the car pool lane of I-279 into the North Side -- and without a head wind this year! Thanks to the City of Pittsburgh and in particular Bob Stumpf and Tony DiMaria of Citiparks for putting this event on for area cyclists. And additional thanks to the many AYH volunteers who made it all possible. By the way, we're still getting raves over this year's t-shirts. A limited number are still available at the office and headquarters for \$7 and by mail for \$9.

## Hostelling Vacations

When Marianne and I talk to people about hostelling, we're often asked "Yes, but do *you* stay at hostels?" Well, yes, we do. In July we stayed at Pat Eaton's Long Valley Ranch Hostel near Mammoth Lakes and just east of Yosemite. We recommend it and the neighboring Hilton Creek Hostel just down the road to anyone spending time out there. Each has a different style. Hilton Creek is open year round and would be the place to stay during the winter. Long Valley is especially pleasant and also features freshly baked muffins and cookies in the morning to help you on your way. By the way, Marianne has also recently enjoyed stays at the new San Francisco Hostel at Union Square and the New Orleans hostel. Try them out.

## Baker Trail Needs Experienced Construction Volunteers

A recent walking inspection of the Baker Trail in the vicinity of Crooked Creek Lake in Armstrong County reveals a number of repairs that need to be made on several of the Trail's enhancements. There are about a half dozen foot bridges of various designs that are in need of repair. Also, the Cochran's Mill Shelter, an Appalachian-style backpacking shelter built by AYH in 1963, has been stripped of its walls from the ground up to about waist height. This shelter is used frequently by boy scout troops in the Armstrong area for weekend backpacking trips.

AYH also built a cable crossing of Cherry Run, about 2 miles from the Cochran's Mill Shelter back in 19???. A cable crossing consists of two cables, one about 4 feet above the other, running parallel to each other across a stream. The hiker walks along the lower cable while holding onto the upper cable with his/her hands. As legend has it, about two months after the cable crossing was constructed, a major storm flooded Cherry Run, washing a huge tree into the crossing and wiping out the lower cable.

Other bridges that desperately need repairs or rebuilding include crossings of Pine Run and Elbow Run. The Pine Run crossing, also not very far from the Cochran's Mill Shelter is especially troublesome because the water level is very seldom low enough for an easy crossing. The Crooked Creek Shelter near Cook's Summit is basically in good condition but does need a little bit of roof repair.

We need several volunteers who have experience building decks or homes or otherwise working with wooden structures who believe they can supervise and direct these reconstruction projects. We also need a number of people who are willing to provide the labor necessary to complete these projects under someone else's supervision. AYH has written specifications for the cable crossing constructed over Cherry Run. AYH will pay for all materials needed for the reconstruction of the structures. To discuss how you may be able to help with these special maintenance projects, call Jim Ritchie at 828-0210.

## Mon Valley Century Registration Form

Mail to: Pittsburgh AYH, Dept MVC, 6300 Fifth Ave., Pittsburgh PA 15232

Include a self-addressed, stamped envelope for confirmation.

One person per form, please. Copies accepted.

**Make checks payable to: Pittsburgh AYH**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Emergency phone, day of ride: \_\_\_\_\_

☐ 100 mile ☐ 65 mile ☐ 35 mile

Age: ☐ Under 18 ☐ 18 or older

T-shirt size: ☐ Small ☐ Medium ☐ Large ☐ XLarge

(If none marked, a Large will be provided.)

### Registration

\$8 by August 2 \_\_\_\_\_

\$10 after August 2 \_\_\_\_\_

Official T-shirt \_\_\_\_\_

\$6 by August 2 \_\_\_\_\_

\$8 after August 2 \_\_\_\_\_

Donation to Pittsburgh AYH: \_\_\_\_\_

Total: \_\_\_\_\_

**Make check payable to Pittsburgh AYH**

### Liability Release

Must be signed by all riders (or legal guardian if under 18)

I have read and understand this form and the bicycling event it describes, and I understand that the Pittsburgh Council American Youth Hostels REQUIRES me to WEAR a Snell or ANSI approved helmet during all of my bicycle riding on the Mon Valley Century. If I stop wearing an approved helmet, I understand that my participation in this ride is IMMEDIATELY TERMINATED. I do voluntarily request the right to participate in this bicycling event. In consideration of the Pittsburgh Council, AYH, admitting me to this program and its administration of the same, I do hereby discharge, release, and hold harmless the American Youth Hostels, Inc., Pittsburgh Council, AYH, its officers, trip leaders, volunteers, and workers participating in this bicycling event, individually and collectively from any and all liability for damages of any kind or character resulting from any injury or condition I may suffer, or which may result from my participation in this bicycling event.

I do hereby request and consent to, and permit emergency treatment in the event of injury or illness.

I will abide by traffic laws and regulations and will practice courtesy and safety in bicycling. I acknowledge that collisions, falls and various types of injuries do occur when bicycling. I have trained sufficiently for participation in this bicycling event and have inspected my bicycle to assure that it is in good and safe condition.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(parent or guardian if under 18)

**"If you start throwing hedgehogs under me, I shall throw two porcupines under you."**

Nikita S. Krushchev

## Outdoor Recreation Books

- ☐ Allegheny National Forest Hiking Guide describes more than 250 miles of trails for hiking, backpacking and ski touring in the 800-square mile Allegheny National Forest. It also describes ski touring opportunities and points of scenic interest. Published by the Allegheny Group of the Sierra Club. 192 pages, 49 maps, 33 photos. Third Edition (1990) ..... \$8.00
- ☐ AYH Outdoor Food Book contains menus, recipes, food preparation tips and food planning ideas for canoeists, bicyclists, backpackers, ski tourers and other outdoor-oriented people. 144 pages, 25 photos and illustrations. 1st Edition (1981) ..... \$3.00
- ☐ Baker Trail Guide describes the 141 miles of the Baker Trail from Allegheny National Forest to Freeport PA. 38 pages with complete topographic maps. Published by AYH. 35th Anniversary Edition (1987) ..... \$4.00
- ☐ Canoeing Guide to Western Pennsylvania and Northern West Virginia contains information of 270 canoe trips on 3,040 miles of streams in western Pennsylvania and northern West Virginia. 480 pages, illustrated. Published by AYH. 8th Edition (1991) ..... \$13.95
- ☐ Fifty Hikes in Western Pennsylvania by Tom Thwaites describes 50 of his favorite hiking trails in western Pennsylvania. *Fifty Hikes* contains lots of interesting background material on the history and geology of each area. 206 pages, 60 pages of maps, 48 photos. Published by Backpacker Books. 1st Edition (1983) ..... \$8.00
- ☐ Hiker's Guide to Laurel Highlands Trail describes the 70 miles of the Trail from Ohiopyle State Park to Conemaugh Gorge atop Laurel Ridge. Published by the Allegheny Group of the Sierra Club and the Western Pennsylvania Conservancy. 128 pages, 24 pages of maps. New 4th Edition (1992) ..... \$5.00
- ☐ Hiking Guide to Western Pennsylvania describes over 2,000 miles of hiking trails and dozens of other areas for hiking in and near western Pennsylvania. Published by AYH. 290 pages, 53 pages of maps, 47 photos. 5th Edition (1986) ..... \$7.00
- ☐ Monongahela National Forest Hiking Guide describes more than 160 Forest Service trails in 1,350 square miles of the Mon National Forest - one of the best areas for hiking, backpacking and ski touring in this part of the country. Published by the West Virginia Conservancy. 320 pages, 60 maps, 39 photos. 5th Edition (1988) ..... \$9.95
- ☐ Pennsylvania Hiking Trails describes more than 290 trails and hiking areas throughout Pennsylvania. Published by Keystone Trails Association. 224 pages, 94 maps. 10th Edition (1987) ..... \$5.65
- ☐ Rachel Carson Trail Guide describes the Rachel Carson trail from North Park to Freeport in Allegheny County. Published by AYH. (1991) ..... \$4.00

## Travel Books

- International Hostel Handbooks** A complete listing of the Hostelling International youth hostels with descriptions, prices, addresses, and phone numbers.
- ☐ Volume I Europe and the Mediterranean ..... \$10.95
  - ☐ Volume II Asia, Africa, Americas, Pacific ..... \$10.95

## Ordering Information

Include 10% for postage (\$1 minimum). Pennsylvania residents must also include 6% sales tax. Postage and taxes not required for AYH memberships and Eurail Passes. Memberships and merchandise also available at AYH Headquarters and the AYH office. Cash or money orders required for Eurail Passes.

Please allow **two weeks** for delivery of mail orders. For faster service, visit the office or call for a membership sales agency near you. Collect 2 day delivery by UPS available for additional charge.

AYH Membership (Type: \_\_\_\_\_) .....

Eurail Passes ..... ..

Merchandise ..... ..

Merchandise Postage ..... ..

Merchandise Tax ..... ..

Donation to AYH ..... ..

Total ..... ..

Let's Go The famous series of books for the budget traveler published by Harvard Student Agencies.

- ☐ Let's Go Europe ..... \$15.95
- ☐ Let's Go USA ..... \$15.95
- ☐ Let's Go Britain ..... \$14.95
- ☐ Work, Study, Travel Abroad Comprehensive guide on traveling and especially working abroad through the CIEE. (1992-1993 Edition) ..... \$12.95

## Travel Accessories

- Sheet Sacks Used in place of sheets at youth hostels
  - ☐ Cotton Sheet Sack Comfortable cotton blend ..... \$13.00
  - ☐ Nylon Sheet Sack Lightweight nylon ..... \$12.00
  - ☐ Advance Booking Voucher worth \$5 as deposit for reservation ..... \$6.00
  - ☐ Advance Booking Postcards Set of 10 ..... \$1.00
  - ☐ Hostel Stamp Book Use to record your hostel visits ..... \$0.50
  - ☐ Hostel Pass Cover Plastic cover for your membership card ..... \$0.50
  - ☐ Student ID Card ..... \$14.00
- Universal student ID issued by CIEE. Good for worldwide student discounts. Send 1-1/8 x 1-3/8 photo, name of your country of citizenship and proof that you're a student. Or ask for a free brochure.

## AYH Memberships

Valid for 12 months from date of purchase. Renewals valid for 12 months from expiration of current pass and include book of discount coupons for U.S. hostels. Provides access to 5,000 Hostelling International hostels around the world. Includes free handbook of North American hostels and 12 month subscription to Pittsburgh Council newsletter.

- ☐ Adult ..... \$25.00
- ☐ Adult Renewal ..... \$20.00
- ☐ Youth (17 and under) ..... \$10.00
- ☐ Senior Citizen (55 and over) ..... \$15.00
- ☐ Family ..... \$35.00
- ☐ Family Renewal ..... \$25.00
- ☐ Life (all ages) ..... \$250.00

## Eurail Passes

The economic solution to rail travel in Europe. Valid throughout all Europe except Britain. Available only in the U.S. The more popular passes are described below. Ask for a free brochure on other Eurail and Single Country passes. Credit cards accepted but require two-day delivery. Cash or money order required for immediate delivery.

- ☐ Eurail Pass 1 month unlimited (youth) ..... \$470.00
- ☐ Eurail Flexipass 5 days travel in 15 days ..... \$280.00
- ☐ Eurail Flexipass 9 days travel in 21 days ..... \$450.00
- ☐ Eurail Flexipass 15 days travel in 2 months (youth) ..... \$420.00
- ☐ Eurail Saverpass 15 days travel with 2/3 friends ..... \$340.00

Mail to: AYH Room 204  
5604 Solway Street  
Pittsburgh, PA 15217

The AYH office is open from 9 am to 2 pm on Mondays, Wednesdays, and Fridays, and from 12:30 to 5:30 pm on Tuesdays. Call 412-422-2282 for more information.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Birthdate: \_\_\_\_\_ (day) \_\_\_\_\_ (eve) M F

## Montour Trail Construction Begins

Construction has begun on the first section of the Montour Trail, a 4.4 mile stretch between Cecil Park and Hendersonville in Cecil Township. The Montour Trail Council awarded the approximate \$166,000 contract to Sluciak Contracting of Hendersonville, the low bidder. The contract work includes cleaning the drainage ditches, forming and rolling the bed of the trail and installing a crushed limestone surface. The contractor moved on site June 26. Work is expected to take about six to eight weeks.

A crew from the Washington County Jobs Corps is also working on the Trail. They'll be clearing brush, clearing culverts, and spreading grass seed and mulch.

Volunteer trailblazers will still be performing a large chunk of the work which will consist of building and placing fences, posting signs and cleaning up after the contractor.

Work continues on schedule for an official opening ceremony in early October in time for the National Rails-to-Trails Celebration which will mark the opening of the 500th rail-trail in the United States.

A progress report on the construction of the trail will be part of the next Montour Trail Council meeting to be held at the Cecil Township Fire Hall on Route 50, Monday, July 27, 1992 at 7:30 p.m. Guest speaker will be Terry Gossard who will discuss bicycle touring in Wisconsin, on the Skyline Drive in Virginia and other locations.

If you would like to help out in the volunteer trailblazing effort you can contact Jack Swisher at 221-7708 and for more about the Montour Trail Council 831-2030.



*What makes  
the Great  
Ride great?  
How about an  
unidentified  
rider on a  
unicycle?*

## Sailboat Rentals

Once you have completed a training clinic or have been verified as a competent sailor by one of the leaders, you may use the AYH sailboats for practice and recreation.

We have three 14-foot Flying Junior sloops for rentals during the summer. These will be available for sailing Lake Arthur during the week as well as on weekends, except for time periods reserved for classes or extended trips. Two of the boats are stored on a trailer and at least one individual must be able to tow the trailer as well as possess necessary sailing skills. An additional boat is stored on racks along Watts Bay and is available to AYH members. Rental fees are \$10 per person per day or \$25 for one sailboat. An additional activity fee of \$1 per day for AYH members or \$2.50 for guests is added.

## Sailing

|                            |   |
|----------------------------|---|
| <b>Aug 2</b><br>Sun        | <b>Lake Arthur</b><br>Bob Zavos<br>241-0659<br>Day sailing on Lake Arthur. Cruise around the Lake on one of our three Flying Juniors or if you feel daring try the new addition to our fleet—the International 470. The 470 is one of seven racing class boats to be used at Barcelona Harbor from July 27 to August 4 for the 1992 Summer Olympics.  |
| <b>Aug 8</b><br>Sat        | <b>Lake Arthur</b><br>Bob Zavos<br>241-0659<br>Take a leisurely sail around the lake or try racing in the Moraine Sailing Clubs (MS.) weekend racing series. Day fee is \$11 per person.  |
| <b>Aug 7-15</b><br>Fri-Sun | <b>Crystal Lake Michigan</b><br>Joel Hough<br>371-4986 (h)<br>Travel to the northwestern part of Michigan's Lower Peninsula to beautiful Crystal Lake. This 3 by 9 mile sandy-bottomed lake has clear waters and a steady breeze from Lake Michigan. Sleeping Bear Dunes National Lake Shore is less than 15 miles away; we'll offer hikes along the sand. The area is host to marine museums, light houses, candy shops, and bike trails.    |
| <b>Aug 22</b><br>Sat       | <b>Lake Arthur</b><br>Bob Zavos<br>241-0659<br>Join us for the day at Lake Arthur. MSC has two races scheduled today and we can enter a Flying Junior or the 470. Stop off for Dinner at Kaufman's in Zellenople on the way home.   |
| <b>Sept 4-7</b><br>Fri-Sun | <b>Lake Chautauqua, New York</b><br>Bob Zavos<br>241-0659 (h)<br>Take advantage of the last long weekend for a delightful trip to western New York State and beautiful Lake Chautauqua. The hectic summer activity at Chautauqua Institute will be over and we should have great sailing weather. Add in short trips to quaint Mayville for antique hunting and Jamestown for shopping. Then sail to Bemus Point for some exceptional dining. |

## AYH Hostels in National Parks

American Youth Hostels, in cooperation with the National Park Service, provides seven hostels in six U.S. national parks, with over-night fees ranging from just \$8 to \$13, per person, per night. These AYH hostels also offer a variety of special programs and activities to increase the visitor's enjoyment of the parks.

**Cape Cod National Seashore** - The Little America AYH-Hostel sits atop a dune near the tip of the Cape at Truro, Massachusetts. Just minutes from the beach, the hostel offers stunning views of the coastline. The hostel is open from June 18th to September 13th and is the perfect base from which to explore the Cape. Phone reservations are accepted with credit card confirmation, either Visa or MasterCard. Phone: (508) 349-3889.

**Cuyahoga Valley National Recreation Area** - The Stanford House Am-Hos-tel, an 1843 Greek Revival farmhouse, is mid-way between Cleveland and Akron, Ohio. Trails for biking and hiking start at the hostel's door.

The hostel offers a variety of programs. Phone reservations are accepted. Phone: (216) 467-8711.

**Delaware Water Gap National Recreation Area** - The Old Mine Road AYH-Hostel, named for the oldest road in continuous use in the USA, is just an hour outside New York City. Canoeing, rafting, and kayaking on the Delaware River, and hiking on the nearby Appalachian Trail are the main summer attractions. The hostel, situated on the banks of the River, has picnic tables, barbecue and a campfire area. Phone reservations are accepted. Phone: (201) 948-6750.

**Golden Gate National Recreation Area** - AYH has two hostels in this National Recreation Area. The San Francisco International AYH-Hostel, a restored historic Civil War-era building, is located in downtown San Francisco in Fort Mason, within easy walking distance of Fisherman's Wharf, Ghiradelli Square and Chinatown. Reservations are essential at this busy hostel and can be made by phone with Visa or MasterCard and 48 hours notice. Phone: (415) 771-7277.

Just across the Golden Gate Bridge the Golden Gate AYH-Hostel sits on a hillside in the scenic Marin Headlands. Enjoy the many hiking trails, stroll along Rodeo Lagoon and Beach or explore the John Muir Woods. Reservations are essential. Phone: (415) 331-2777.

**Point Reyes National Seashore** - This National Park is a haven for wildlife such as deer, elk, sea lions and bobcats. The Point Reyes AYH-Hostel is tucked into a secluded valley, just two miles from the ocean. The hostel has a patio with barbecue and a comfortable common room with a wood-burning stove. Reservations are advisable. Phone: (415) 663-8811.

**Redwood National Park** - The Redwood AYH-Hostel, located in a turn-of-the-century pioneer home, is just a stone's throw from the Pacific Ocean. The Park,

## Classified

All trips and products listed here are private and are not sponsored or endorsed by American Youth Hostels.

**For Sale: Sailboat "Bandit" 17' and trailer.** Good condition. Cabin, wide 6 foot beam, roller jib. \$2500 Eileen 241-0421

**Cargo van, 1984 Toyota, 108,000 miles,** still gets 300 miles per tank, one owner, excellent service record, minor body work, runs very well: \$1,500.00 322-7207 day or eve.

**ADVERTISE!** Classified ad space available for \$5 per month. Non-commercial ads for trips, travel, and outdoor equipment are free to AYH members. Ads normally are run for two consecutive months. Send your ad copy (preferably typed!) and AYH pass number to:

**Editor, The Golden Triangle**  
6300 5th Ave  
Pittsburgh, PA 15232

home to the world's tallest tree (367 feet), has numerous walking trails leading to beautiful sea coves and beaches. The hostel provides a variety of programs on the Park's environment and the history of Native Americans in the area. Reservations are advisable. Phone: (707) 482-8265.

All AYH hostels have dormitory-style accommodations with separate quarters for males and females, fully equipped self-service kitchens, dining areas and common rooms for relaxing and meeting other travelers from around the world. Many hostels have family rooms which can be reserved in advance.

American Youth Hostels, a member of the International Youth Hostel Federation (IYHF) which maintains 6,000 hostels in 70 countries, is a not-for-profit corporation. AYH promotes international understanding through its network of 220 hostels throughout the USA and its educational and travel programs.

## Bike/Pedestrian Coordinator

According to the Bicycling Federation of Pennsylvania, PennDOT plans to select and hire a full-time Bicycling and Pedestrian Coordinator for the state in the near future.

The position was mandated by the recently-passed federal Intermodal Surface Transportation Efficiency Act. The position will involve:

- Organizing and directing new programs
- Developing a statewide bicycle and pedestrian transportation plan
- Assisting in facility development
- Assist local governments in planning