



GOLDEN TRIANGLE

American Youth Hostels, Pittsburgh Council

Hostelling International, is a nonprofit organization dedicated to helping all people, especially the young, gain a greater understanding of the world and its people through hostelling.

VOLUME 44, NUMBER 5

MAY 1994

The Facts about Hostelling International

Hostelling International has always been known as an inexpensive, unique way to travel. But did you know how much your membership card is really worth? Hostelling International is a worldwide network of volunteers and staff whose mission is to enable you to travel exactly the way you want.

Benefits include:

- Access to 6,000 hostels in 70 countries
- A free guidebooks of all the hostels in Canada and the United States upon request
- The IBN global computer network which lets you reserve a bed at any of 70 major international hostels up to six months in advance.
- Discounts on food, transportation, equipment, attractions and entertainment
- 39 councils in the United States which provide programs and fun activities for hostellers at the local level such as sailing, cycling, hiking, canoeing.
- Opportunities for volunteering to help develop hostelling
- Local travel stores for travel information and supplies

But the most important benefit is the hostelling experience. Take a walking tour of Washington DC or the Amalfi coast, a guided trek in a tropical rain forest or the Redwood National Park, climb Mount Monadnock, visit Sri Lanka or go rafting in Ohiopyle. You'll be meeting hostellers from all over the world and making friends.

Whether you're staying in the states or traveling overseas, we hope we'll see you hostelling around.



OHIOPYLE WORK PARTIES

Sunday, May 15

Bob Utz, Hostel Manager at 329-4476

Watch for other dates in June, July, August, Sept. & Oct

We are continuing to get some maintenance things done at the hostel in Ohiopyle. FREE LUNCH for all volunteers!! Meet at HQ at 9:00 am and be back by 5:00 PM. Sneak in a hike too if there is time. If you can volunteer a few hours of your time to help paint, move furniture, clean, wash windows, do yard work or whatever talent you may have, it will be welcome.

AYH volunteers always have a fun time even though they are working. Here is a chance for you to help out and give something back to AYH for the fun times that you have had. You can stay overnight FREE as well but you must book a reservation in advance.

Thanks to Marianne Kasica, Ron Boone, Joan and Vince Roof, Sandy Wyckoff, John Truckley, Joe and Cheryl Hoechner and Linda Smithyman for their work on March 6th painting the sun room and cleaning and Bob the hostel manager for the surprise pancake breakfast! Thanks to Marianne Kasica, Larry Laude, Tom and Mary Bates, Leslie Clark, Joanne Windwood, Carol Lewanski, Linda Smithyman and Lenny Sypulski for their help painting the living room, yard work and all the rest on April 2nd. It looks great down there folks!

Thanks to Margaret Groweg for the crib, Jeff Marshall for the wooden desk, Roland R. for the stepladder and Amy Hildabiddle for the microwave, air conditioner, gorgeous framed posters (and desk and carpets) as donations to the hostel. Other donations are still needed for the Ohiopyle Hostel. If you have any of the following items to donate please let me know as soon as possible and we will be willing to take them off of your hands:

end tables rugs/area rugs computer TV
machine wall hangings/photos coffee table fax
entertainment center-stereo, CD etc.

We are always accepting monetary donations for Ohiopyle Hostel. For \$150 you can purchase a set of bunk beds for the men's bunk room and have your name engraved on a nameplate as a thank you for all the world to see. I'll be happy to discuss any type of donation that you might want to give.

Linda Smithyman

CULTURE CLUB

Due to the lack of participation the last two months Culture Club will no longer be an activity with Pittsburgh AYH. Thanks to all of those members who participated, we enjoyed your company and hopefully you enjoyed our events.

Community Outreach: San Francisco

Imagine a program that takes inner-city youth into an unknown land.

This is the Hostel Adventure program that serves kids ages eight through eighteen in San Francisco. Since 1986, the Golden Gate Council program has introduced more than 1,000 children a year to the wonders of nature and experience of hostelling.

The program combines environmental education with interpersonal skill development. It focuses on enhanced self-esteem, trust building, and intercultural understanding through hostel living, games and activities.

FEATURED IN THIS ISSUE

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AMERICAN YOUTH HOSTELS

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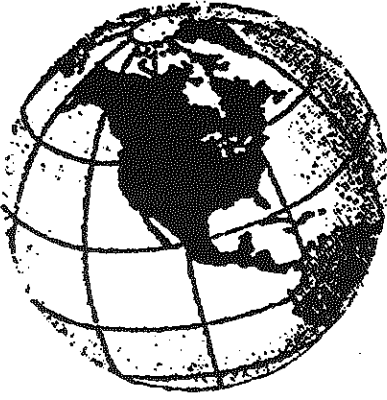
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HOSTELLING



Pittsburgh Council, American Youth Hostels, Inc.
Serving Western Pennsylvania & West Virginia Pan Handle
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Oops...

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

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.]

Mail regarding this Newsletter should be addressed to:

American Youth Hostels
The Golden Triangle
5604 Solway ST.
Pittsburgh, PA 15217
Office: (412) 422-2282

PITTSBURGH COUNCIL ACTIVITY CHAIRS

Chairman of the
Activities Committee
VACANT.....###-####
Canoeing
Karen Lukas 661-4835

Cross Country Skiing
Steve Tubbs 279-4866
Cycling

Wm Eberle 833-9732
Chuck Ejzak 466-6196

Family Activities
Barbara Hanusa 441-7205
Hiking / Backpacking
Helen Coyne.....776-0678
Jim Ritchie..... 828-0210

Kayaking
VACANT ###-####
Ray Yutzy..... 341-5682
Midweek Rambles
Cliff Ham 687-4520

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Rock Climbing
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Joel Hough 727-2807
Bob Zavos 241-0659
Sea Kayaking
Mark Mistrik 647-7609

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Trail Systems
Glenn Oster 364-2864
Jim Ritchie 828-0210
Headquarters Programs
Tom Rodgers 621-6310
Chris Kline 441-7352
Storekeeper

Wm Eberle 833-9732

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

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

NOTICE

Please note the deadlines for
future issues of the
GOLDEN TRIANGLE

JUNE

All copy, May 5
Binding/Mailing, May 19

JULY

All copy, June 2
Binding/Mailing, June 23

If your work is on computer,
Please contact Bill Eberle
@ 833-9732
or

Larry Laude @ 665-9554

Moving?

If you move, or have any subscription problems, please notify us right away. Returned mail costs 52 cents for each piece, so we can save money if you let us know about any changes in your address. You can also phone in changes to the office at (412) 422-2282.

About AYH

American Youth Hostels is a non-profit organization which promotes international understanding, educational and recreational travel, good citizenship and an appreciation of America. AYH does this by bringing travelers of all ages, backgrounds and nationalities together in hostels and by providing low-cost travel programs. AYH is the US affiliate of Hostelling International (HI), [Formerly named International Youth Hostel Federation (IYHF)], which coordinates more than 5,400 hostels worldwide-the largest network of accommodations in the world.

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For People Who Live Their Dreams...

May Slide Shows

May	5th	To Be Announced
May	14th	Rockclimbing; Events & accomplishments of the year past and a preview of exciting Summer trips by Eric Bauer
May	19th	Newsletter Prep night. A little work at HQ, followed by a drink or meal at a local restaurant
May	26th	Russia, Siberia and Mongolia. by Helen and Curt Marquard.
June	2nd	Summer Evening of Sea-kayaking Tales and story tellers by AYH Sea-kayakers

To Schedule a show or have a show idea call
TOM RODGERS 621-6310

Pittsburgh Council Hostels

Ohiopyle AYH Hostel
Ohiopyle State Park
PO Box 99
Ohiopyle, PA 151470
(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



ON THE GO? BE IN THE KNOW!

* BritRail Travel is holding prices for their passes at the 1993 rates. Several money-saving options are available, including the London Pass, good for unlimited travel in the London area for up to 7 days. Check the back page for sample prices or call Pittsburgh Council at 422-2282 for a free brochure on BritRail Passes, Eurail Passes and EuroPasses.

* The Great British Heritage Pass provides admission to more than 600 castles, gardens, and other historical sites in England, Scotland and Wales. The pass costs \$50 for 15 days. For information, call 1-212-986-2200.

* The Association to Promote Intercultural Relations (ASPIRE), a federation of organizations which offer homestay and language programs in Europe, has just released information on their 1994 programs. Call 1-800-453-6802 for a copy.

* Green Tortoise Adventure Travel offers bus trips around the country, including two-week excursions into Baja California, five-week expeditions in Alaska and Canada, month-long sojourns through Mexico to Costa Rica, and shorter loops around the deserts and national parks of the western US. For information and a copy of the tour catalog, write Green Tortoise Adventure Travel / PO Box 24459 / San Francisco CA 94124 or call 1-800-227-4766.

* A free catalog of more than 2,500 map titles is available from MapLink / 25 E Mason St / Dept A / Santa Barbara CA 93101.

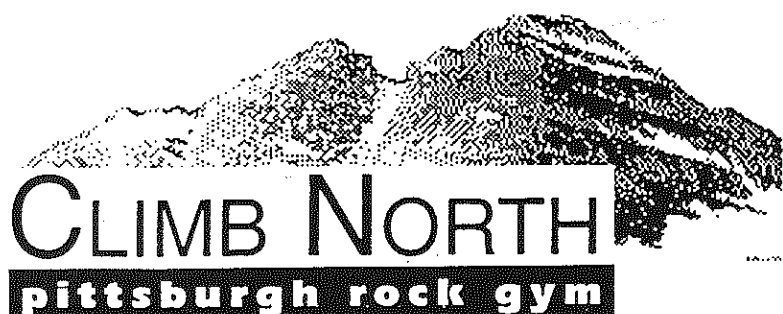
* A free copy of Hostelling International's Discovery Tours Catalog is available by calling Pittsburgh Council at 1-412-422-2282.

* Two brochures concerning air travel for persons with disabilities — New Horizons for Air Travelers with a Disability and Access Travel: Airports — are available from the Consumer Information Center / Pueblo CO 81009.

* A free copy of A Consumer's Guide to Renting a Car is available by sending a SASE (self addressed stamped envelope) to McCool Communications / 3808 Roswell Rd / Atlanta GA 30305. This 20 page booklet address such issues as discounts, fuel policies, insurance options, potential surcharges and travel safety.

* The Guide to Discounts for Travelers 50 and Beyond, a 48-page book, is available. Send \$3.95 plus \$2 postage and handling to Vacation Publications / 1502 Augusta Suite 415 / Houston TX 77057. Call 713-974-6903 for more information.

* New York City has a new trolley shuttle service with a circuit of 16 stops. Riders can get on and off all day for \$15 (\$7.50 for children). Passes purchased after 2 pm remain valid for all the next day as well. Passengers are given a 48-page walking-tour booklet to help them once they get off the shuttles. Tickets are available at Gray Lines terminals, at many central Manhattan hotels, and from trolley drivers. For information, call 212-397-2620.



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CURRENT HOURS

MON-FRI 4:00pm-9:00pm
SAT 10:00pm-6:00pm
SUN 1:00pm-5:00pm

LOCATION:

Conveniently located in the North Hills between route 8 and North Park at 2468 Wildwood Rd

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For more information call 487-2145

ATTENTION ALL MEMBERS**From the president of Pittsburgh Council:
Marianne Kasica**

Dear AYH members:

Hostelling International is implementing a new Risk Management Program nationally and locally to examine risks and to promote safety for participants in all AYH activities. You will be noticing a number of changes in our trips programs as we implement this program. For example, all trip leaders will be taking first aid training, and new safety guidelines are being developed for each activity.

As part of this program, each participant will be required to sign a liability release for every AYH trip beginning May 1, 1994. For trippers under the age of 18, a parent's or guardian's signature will be required. A sample copy of the release is provided below for your information.

The trip leader will require your signature for each and every trip that you will take with Pittsburgh AYH. A refusal to sign the liability release form will mean that you will not be able to participate in that activity on that day.

**PITTSBURGH COUNCIL
HOSTELLING INTERNATIONAL - AMERICAN YOUTH HOSTELS
LIABILITY RELEASE**

ACTIVITY: _____ LOCATION: _____ DATE: _____

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

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

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

I have read and understand everything written above, and I voluntarily sign this agreement.

Please be sure to sign this form. **THIS ENTRY WILL NOT BE ACCEPTED WITHOUT A VALID SIGNATURE.**

BOARD MEETING MINUTES

At the March 15th board meeting, the budget for the fiscal year beginning April 1st was approved. In addition to the continuing budgets for activities, a new computer for the editor and a new copier for the office were approved. Additional funds were approved for trail maintenance, including rebuilding shelters and bridges on the Baker Trail. A new item was funding for first aid training for all Council trip leaders.

Love, Scherle and Bauer was selected to audit the Council's financial records for the last fiscal year.

The Board approved the development of a hostel in the Allentown section of Pittsburgh as an alternative to the firehouse hostel.

The implementation of the new risk management plan was reviewed.

The next board meeting will be May 17th at the Council office.

OHIOPYLE HOSTEL OVERNIGHT

The coupon below is good for \$1.00 off of one overnight at the Ohiopyle Hostel during a weekday stay (Sunday through Thursday night) during the month of May 1994 from May 1st through May 26th. Present this coupon when making reservations or signing in.

Good for a saving of \$1.00 off one overnight at Ohiopyle Hostel during May 1994, Sun. through Thurs.

Call the hostel manager, Bob Utz at 329-4476 for reservations and directions if needed.

Mid-Week Rambles

May 4 Wed Jim & Judy Hurst 276-0447
Wildflower hike in the Raccoon Creek Wild Flower Preserve. Bring a lunch.

May 11 Wed Marilyn & Cliff Ham 687-4520.
Our first exploration of the Borough of Carnegie. See the magnificent churches, Carnegie Library, and other features. Possible restaurant meal after the Ramble.

May 18 Wed Cliff Ham 687-4520.
Walk through a fancy area of squirrel Hill.

May 25 Wed Cliff Ham 687-4520.
Wildflower walk in South Park with naturalist John Doyle. Bring lunch and good walking shoes. Call Cliff for info.

Notes for all trips:

- * Meet in upper parking lot, Fifth and Shady Avenues, by 10 a.m.
- * Trips are subject to change because of weather, conflicts of schedule, and choice of group. We will plan a walk in all kinds of weather; be prepared.
- * Please share expenses of transportation when trips exceed 10 miles. Suggested: one dollar per passenger.
- * Call the leader for further information about a trip or to inform the leader that you plan to attend. Call Cliff or Marilyn Ham at 687-4520 for information. Please do not call after 10 p.m.

BICYCLE.....VIRGINIA CREEPER TRAIL MEMORIAL DAY WEEKEND

Ride the scenic Virginia Creeper Trail. This is a rail-trail conversion which starts at Abingdon, Virginia and ends thirty three+ miles to the east at the North Carolina border. The first day's ride will extend some 15.5 miles from Damascus through Virginia farmland to Abingdon and back with gentle gradients. The second day will call for a climb from Damascus for 18 miles into the mountains in The Mount Rogers National Recreation Area and return. The trail follows and crosses stream valleys over numerous bridges and climbs at 2-3% average gradients (6% in at least one section) for most of its length. The return trip should reward us for our climb and make it easier to fully enjoy the mountainous terrain. The riding surface is packed cinders and probably not suitable for bike tires as narrow as 1_ inch. This will require riding skill and endurance at a B/C level.

We'll leave Pittsburgh early Friday evening, May 27, and camp along the way reaching Damascus by noon the following day. We'll stay at the hostel (not an AYH facility) Saturday and Sunday nights. Monday will be spent driving home. For info and reservations, call Glenn at 364 - 2864.

BICYCLING (Road & Mountain)

MAY 7 Sat D Joan Roolf 795-8345
Wildflower Ride, Ohiopyle trail. Explore the newly opened section of the Yough River Trail from Ohiopyle to Connellsville. 30 miles. Bring lunch and water. Meet at trail 11AM Call for Info/directions. **NOT AN AYH RIDE!**

MAY 14 Sat Int Bill Eberle 833-9732
The Montour trail, Fat-tire rides. 27 miles of the montour trail starting at Cecil Park. Faster pace and a few tricky sections of the undeveloped section between the Arrowhead trail and Hendersonville make this an Intermediate ride. Please no beginners.

MAY 22 Sat D Joan Roolf 795-8345
Picnic Glide, Starting at Twin Lakes Pavilion #1 parking lot. This is a leisurely pace ride for beginners and especially suited for first time road riding. 15 miles. Please bring lunch and water. Meet at lot 11AM Call for Info/directions. **NOT AN AYH RIDE!**

May 27-30 Fri-Mon Int Glenn Oster' 364 - 2864
Ride the scenic Virginia Creeper Trail in the mountains of western Virginia - see description elsewhere in this issue of The Golden Triangle. Call for info and reservations.

The Great Ride, July 17th; Sponsored by Pgh Citiparks, rides are planned of 25 and 35 miles with food stops and T-shirts available. A 5 mile downhill on the I-279 H.O.V. lane may be included. Almost 2,000 cyclists are expected!

The Mon Valley Century, August 21st; The MVC starts south of Pittsburgh at Elizabeth PA. There are rides of 35, 65, and 100 miles! A map, food stops, and a sag wagon will be provided, and you will be able to purchase commemorative T-shirts. About 1,200 riders participate.

SABRE, October 2nd; When autumn breezes blow in southwestern Pennsylvania join us at Settlers Cabin County Park. SABRE has cool fall cycling with rides of 15, 35 and 65 miles. We expect 1,500 cyclists this year..

Ride Leaders needed: Do you love the adventure that the every day training ride brings? Or what about the fact that gas prices do not affect your riding in the least. Our sport is one of great pride, enjoyment and accomplishment; If you feel about cycling the way I do, then consider being a ride/trip leader.

As a trip leader you would plan a one day or even a one week trip that you feel would be of interest to others and act as the tour guide on that trip. At the very basic level this trip could be as simple as meeting at North Park for a 25 mile ride, or possibly a tour of a suburban PGH neighborhood. You as the trip leader would choose the route, the distance and decide on the level of difficulty of the ride. Once your ride has been approved by one of the cycling chairs you would see it listed, like the rides above for example. All ride leaders must be approved in advance, and helmets are required at all times. Give it some thought!!!! *Wm R Eberle, Cycling Chairperson.*

HIKING / BACKPACKING

April 30 Saturday Pat Rossi 335-5067
Veronique Schreurs 733-1741

Baker Trail, Freeport to Schenley. Short hike, about 5 miles, but with some steep hills (intermediate skills necessary). We will look for wildflowers, and see the confluence of the Kiski and Allegheny Rivers. Meet at 10:00 am at the Integra Bank in the Ames Plaza, directly off the Harmarville exit of the Route 28 Expressway. Call Pat or Veronique for information and a reservation.

May 1 Sunday Paul Henry 962-1511
Annual wildflower hike, sponsored by the Shenango Outing Club, on the Shenango Trail, meets at 12 noon at the "Big Bend Access" to the Trail. Call for directions and more information. **Not an AYH event!**

May 12 Thursday Leo Stember 681-1385
Rachel Carson Trail, North Park. Here's a midweek hike through North Park on the Rachel Carson Trail, 5-6 miles at the very most. The focus of this hike will be on bird and wildflower identification. Leo has also taught classes on edible wild plants. Moderate pace. Meets at 9:00 am at Headquarters in Mellon Park. Call, daytime is best, for more information.

May 14 Saturday Blanche Asherman 828-8158
The Laurel Highlands Trail, the Johnstown Flood Museum, and the Johnstown Flood National Memorial. We'll start off with a 4.5 mile hike from the WJAC-TV Transmission Tower to Seward, milepost 66 to milepost 70, along the northernmost section of the Laurel Highlands Trail. Afterwards, we go into Johnstown to visit the Johnstown Flood Museum to see a short film and flood exhibits; if there's time, we can continue to the National Memorial, near the remains of the infamous South Fork Dam, for more exhibits, ranger talks, and to see where the flood began. We will stop for dinner on the way home. Meets at 8:00 am at Headquarters in Mellon Park. Call for more information and to make a reservation.

May 14 Saturday Mike Lubich 883-2238
Cooper's Rock State Forest, Morgantown, W.Va., Orienteering Event. Orienteering involves using a map and compass to locate a series of checkpoints in a forested area. This event sponsored by the Warrior Ridge Orienteering Club. No experience necessary; instruction provided. Courses for all levels from pre-school to expert adult; map fee is \$3; call for starting time. You can also rent a compass for a small additional fee. **This is NOT an AYH event.** Call Mike for more information.

May 15 Sunday Jim Ritchie 828-0210
Rachel Carson Trail, Section B: Springdale to Tarentum (Allegheny Vistas). Postponed from March. Hike up and down the roller coaster hills of the Rachel Carson Trail on this second of four hikes going end-to-end. Strenuous/advanced hiking; at least 8 major hill climbs; this is a beautiful section, running high atop the bluffs over the Allegheny River. Maintained by Don Smith and John Shea. Meets at 8:00 am at HQ in Mellon Park. Call Jim for info/reservations.

May 21 Saturday Mike Lubich 883-2238
Boyce Park, Orienteering Event. See May 14 listing for details. **This is NOT an AYH event.**

May 21 Saturday Jim Ritchie 828-0210
Rachel Carson Trail, North Park Area: Trail Maintenance. There is a blowdown area just into the woods outside of Sample Station. Work will involve chainsaws and bowsaws. I also need volunteers to do a little bit of brush cutting. You suggest a good place for pie and coffee when we're done. Meets at 8:00 am at HQ in Mellon Park. This section maintained by Leo Stember. Call Jim to let him know you're coming.

May 22 Sunday Tom Kaveney 276-8044
Laurel Highlands Trail, Route 653 to Seven Springs. Intermediate difficulty; approximately 8-9 miles; high atop Laurel Ridge, from milepost 19 to milepost 27; the trail is mostly shaded under a canopy of tall trees. Features include rock outcroppings providing vistas to the east and west, a 19th century cemetery, the Grindle Ridge Shelters and Lake Tahoe. Meets at AYH Headquarters in Mellon Park at 8:30 am. Call for info/reservations.

May 26 Thursday Leo Stember 681-1385
Settler's Cabin County Park. Here's another midweek; this time at Settler's Cabin County Park; approximately 5 miles. We'll take time to identify birds, wildflowers and edible wild plants. Moderate pace; Settler's Cabin has HILLS!! Meets at 9:00 am at Headquarters in Mellon Park. Call, daytime is best, for more information.

May 29 Sunday Maynard Hansen 751-7615
Laurel Highlands Trail, Laurel Summit Picnic Area to Route 30, Intermediate difficulty; about 8 miles from around milepost 39 to milepost 46. Maynard will show you the trailhead for the Wolf Rocks Trail, and may wander onto the Spruce Run or the Burma Run Trails, past Beam Rocks, or anywhere along the vast network of interconnecting trails on Laurel Ridge. Call for meeting place, meeting time, and other information.

June 4 Saturday Steve Tubbs 279-4866
Chestnut Ridge? Steve will lead an on-trail, off-trail (read that "bushwacking") hike somewhere along Chestnut Ridge or Laurel Ridge. Advanced/Expert skills required. Ten miles or more. Leave a message on Steve's machine if he's not home; your name and telephone number. Meets at 8:30 am at AYH Headquarters in Mellon Park.

June 4 Saturday Mike Lubich 883-2238
Cooper's Rock State Forest, Morgantown, W.Va., Orienteering Event. See May 14th listing for details. **This is NOT an AYH event.**

HIKE THE 100 MILE WILDERNESS

THE APPALACHIAN TRAIL IN MAINE
AUGUST 5 - 21, 1994

Been harboring thoughts of experiencing the 100 mile wilderness in Maine some day?

I'm Glenn Oster, and I surely have. I'll bet a number of you have too. Well, someday has arrived; I'm planning to backpack that section of the Appalachian Trail this summer, and you're invited to join me. Actually, we'll hike about 120 miles to the crest of Mount Katahdin so as to round out that end of the AT. Hiking in Maine is said to be rigorous, and this one should be rated as an advanced level hike; so, we'll have to be in good physical condition. But we have plenty of time to get in shape before the hike starts.

We plan to drive, leaving Pittsburgh on Friday evening, August 5, and our routing will depend on where all the hikers live. Our average hiking day will cover twelve miles, but some will be as short as ten miles while others will be as long as fifteen miles. Climbs and descents total some 21,500 feet.

Trip charges per hiker are indeterminate until the number of hikers is known. The number dictates the size of van we rent and how we work out the shuttle details. A ball-park guess is a range of \$250 to \$400 plus meals both on the trail (no group cooking) and while traveling.

Call for more info and to make reservations; I'll be glad to hear from you. I can be reached at (412) 364-2864.

ROCK CLIMBING

Date	Days	Description/Location	Meet	Leader
MAY 01	SUN	Beginner Trip Coopers Rocks, WV	8am at HQ	Eric Bauer 687-0766
MAY 14	SAT	Beginner Trip Coopers Rocks, WV	8am at HQ	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.

BAKER TRAIL FIXED AT IDAHO AND SMICKSBURG

On Saturday, March 26 a six-person trail maintenance crew drove out to an area near the Idaho Shelter in Armstrong County and rerouted a quarter-to-half mile section of the Baker Trail away from an electric fence that had been installed directly along the path. Jim Ritchie did the local relations, saying "hello" to landowners as the group worked and manned a bow saw, and Mary Pitzer painted new blazes and freshened up the old, while Helen Coyne, John Truckley, Lenny Szypulski, and Mary Ellen McShea scouted, plotted, lopped bushes and branches, and cleared the trailway for the new route.

After the first project, the group went to the Idaho Shelter for lunch where it was found that several trees had fallen on the Shelter roof over the hard winter. The trees were removed, Mary Pitzer climbed on the roof and swept off several years' accumulation of moss and dirt, and the others cleared a 30-foot area around the shelter.

The next site was a couple of miles outside of Smicksburg, in the middle of Indiana County Amish country, where the Trail cut through some woods for half a mile, but had not been maintained for maybe ten or twelve years. The blazes were either nonexistent or very badly faded and no trace of a pathway could be found. A brand new route was cut and cleared through the woods with bright yellow blazes showing the way. A neighbor down the road remarked that "everyone got lost, walking right past the turnoff into the woods for a mile or so and then had to back up". John and Mary Ellen took an excursion to a nearby sawmill while at this site, noting with interest the lumber being produced there.

Lastly, the group all went to Stockdale's Restaurant in Dayton, PA for food, pie and coffee. Stockdale's is a quaint little place, right in the heart of town, with two dining rooms. The apple crumb pie was great, John says the buttermilk was REAL BUTTERMILK!! and as if that weren't enough Dave Crawley, a KDKA newscaster, was eating dinner there with some friends. The wait staff couldn't gush enough over him. All in all, it was a satisfying and productive day.

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ADOPT-A-TRAIL UPDATE

AYH wants to extend a hearty "Thanks!!" to all the people who have volunteered to adopt a section of the Rachel Carson Trail. In recognition of their service, the following is a listing of all of our volunteers and the trail sections they will maintain in 1994. There are still two sections of the Rachel Carson Trail (Allegheny County) open for adoption. If you are interested, call Jim Ritchie at 828-0210 to talk about what you would have to do.

RACHEL CARSON TRAIL

- SECTION M1:** Freeport Road to Watts Overlook, Harrison Township;
Joan Pfiefer and Diane Flanagan; South Hills
- SECTION M2:** Watts Overlook to Saxonburg Road;
Seid Waddell, Sarver, PA
- SECTION M3:** Saxonburg Road to Burtner Road, Fawn and Harrison Townships;
Mike Crawmer and Jim Harris; Highland Park
- SECTION M4:** Burtner Road to Bull Creek Road, Fawn Township
Jim Ritchie, Oakmont
- SECTION M5:** Bull Creek Road to Bailey's Run Road, Tarentum and East Deer.
Donald Smith, Irwin

SECTION M6: Bailey's Run Road to Crawford Run Road, East Deer Township. Length is 1.5 miles. This section of the trail climbs out of Bailey's Run Hollow and passes through the wooded area skirting the Bailey Farm, an area teeming with wildlife: deer, raccoons, birds, and wildflowers. After keeping to the high ground for nearly a mile, the Trail plunges precipitously into the valley of Crawford Run.

OPEN! OPEN! OPEN! ADOPT ME!!!

- SECTION M7:** Crawford Run Road to Springdale Hollow Road, East Deer and Springdale Townships.
John Shea
- SECTION M8:** Springdale Hollow Road to Tawney Run Road, Springdale Township.
Mary Ellen McShea

SECTION M9: Tawney Run Road to Russelton Road, Springdale, Frazer, and Indiana Townships. Length is 2 miles; after following Yutes Run Road for half a mile, the Trail shoots steeply uphill to a world of upland meadows and beautiful vistas at an altitude of nearly 1300 feet, the ceiling of Allegheny County. Following is another dramatic plunge down to Little Deer Creek along Russelton Road near Rural Ridge. There is a short spur on the high ground to a wonderful vista overlooking the Allegheny River Valley.

OPEN! OPEN! OPEN! ADOPT ME!!!

- SECTION M10:** Russelton Road to Emmerling Park, Indiana Township.
Mary Ann DeGuilio, Indiana Township
- SECTION M11:** Emmerling Park to Route 910 in Dorseyville, Indiana Township.
Andrew DeGuilio, Indiana Township
- SECTION M12:** Route 910 in Dorseyville to Middle Road, Indiana and Hampton Townships.
Steve Donaldson, Mount Washington
- SECTION M13:** Middle Road by McCully to Route 8 by the Hampton Junior High School, Hampton Township.
Barbara Braidic & Girl Scout Troop 1660, Glenshaw
- SECTION M14:** Route 8 to Sample Station, Hampton Township.
Laura and David Hopper, Pittsburgh
- SECTION M15:** Sample Station to North Park, Hampton and McCandless Townships.
Leo Stember, Oakland

ADOPT THE BAKER TRAIL

AYH volunteers are beginning to adopt sections of the 141-mile long Baker Trail even though the "official" call has not yet gone out. As reported last year, Sam Saccamango and Hal and Elizabeth Sommer have each volunteered to take care of sections of the Baker Trail, Sam near Schenley, PA and Hal and Elizabeth, near Elderton, PA. This past month Cindy Rogers, of Indiana, PA has volunteered to maintain some of the Baker Trail, the section still to be determined. Tom Brandon, of Brookville, has offered the services of his Boy Scout troop to help us care for the BT in the Brookville area. And, there are others in discussion.

AYH especially needs volunteers in Armstrong, Clarion, Jefferson, and Forest Counties to assist us with sections of the Baker Trail located in those areas. There are 11 sections of the BT available for adoption at this time. If you are interested, call Jim Ritchie at (412) 828-0210.

REQUEST-A-HIKE

Is there an area in Western Pennsylvania that you've always wanted to hike? But you don't want to go alone? And you don't know the area very well? If your answers to these questions is "Yes", call Jim Ritchie at 828-0210 and we'll find leaders that knows that area and ask them to schedule and lead a hike there. If you want to keep the difficulty level to easy or intermediate or you would like a strenuous, exploratory hike, let me know that also and I will pass that information along as well.

CANOEING

In March the members of the canoeing group first learned about the risk management program that national HI-AYH has told Pittsburgh Council it must adopt. This program imposes some conditions on canoe trip leaders and trippers that will have an impact on the canoeing program this summer. At the March organizational meeting there were a sufficient number of unanswered questions about the impact of the program to prompt trip leaders from past years to be cautious about volunteering to lead trips this summer. As a result the canoeing program hasn't scheduled any May weekend trips at this time. There probably will be some weekend trips in May, if so they will be announced at the Thursday open houses and with notices on the canoeing bulletin board at headquarters. Information about any May trips should also be available from the AYH office at Wightman School.

The canoeing program will hold 4 basic canoeing schools on Wednesday evenings in May on the Allegheny River at Sylvan Canoe Club. The schools will begin at AYH headquarters on Fifth Avenue at 6:00 p.m. on May 4, 11, 18 and 25 with instruction on loading and securing canoes on cars for the trip to Sylvan. The schools, which will emphasize basic paddling strokes and canoeing safety, will end at dusk - about 8:30 p.m. Anyone interested in attending one of these schools can contact Frank Bruns at 561-8579.

SEA-KAYAKING

May 7 Sat Diane Bialecki 885-1074
Sea-k, Grill-out, Kite Flying Picnic on Lake Arthur. Fun day of paddling and eating Diane will provide the grill - negotiate with Diane what you can bring. 800 AM at HQ. Call fo Info

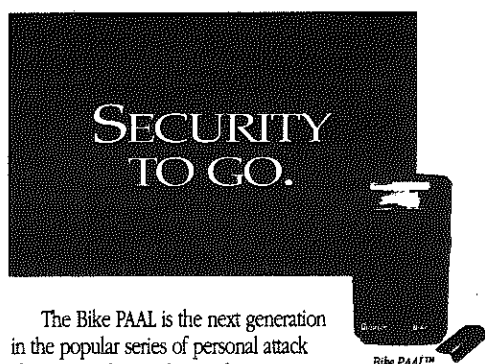
May 10 Tue eve Mark Mistrik 647 7609 daytime.
Intro to Sea-kayaking, Beginner trip. Evening trip to Glade Run Lake.. Pre-requisite for all sea-kayaking trips. Reservations essential if you want an AYH sea-kayak.5:30- 6:00 PM at HQ.

May 13-15 Fri-Sun Mark Mistrik 647 7609 daytime.
Second Annual Chesapeake Bay Sea- Kayaking Symposium. One of the premier sea-kayaking events on the East Coast.. Includes three days paddling clinics, lectures and boat demonstrations provided by some of the most knowledgeable people in the sport.. Call for more information.

May 21 Sat Keith Jackson 831-7034
Sea-k day trip on the Allegheny River and lunch on an Island. Easy rated trip requires one Intro lesson or other Kayaking Experience. 8:30AM at HQ.

May 24 Tue eve Mark Mistrik 647 7609 daytime.
Intro to Sea-kayaking, Beginner trip. Evening trip to North Park Lake.. Pre-requisite for all sea-kayaking trips. Reservations essential if you want an AYH sea-kayak.5:30- 6:00 PM at HQ.

May 27-30 Fri-Mon Mark Mistrik 647 7609 daytime.
Assateague Island National Seashore. Three days of exploring undeveloped beaches and saltwater marshes, surfing kayaks on the ocean and camping on the seashore. Suitable for beginners w/ 1 or 2 previous trips. **EARLY REGISTRATION ESSENTIAL TO OBTAIN CAMPING SPACE. CALL FOR INFO.**



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SAILING

The Sailing Activity will offer day trips on Lake Arthur, weekend trips to other nearby lakes, and occasional week long sailing trips on larger cruising sailboats. Individuals with prior sailing experience and those with their own sailboats are especially encouraged to join our program. We also need individuals with trailer hitches to pull the sailboat trailers. Individuals who assist in boat maintenance, sailing class instruction, and trailer transportation will receive equivalent free rental time.

Participants for all sailing activities must be in good physical condition and able to pass minimum Red Cross recommendations for swimming competency. Personal Floatation Devices are required on all trips.

Introductory Classes

We offer introductory classes for those who have never sailed before or anyone who desires to brush up on their skills. Individuals must be AYH members and at least 16 years old. Classes consist of two evening classroom sessions, and two full on the water sessions. We use the Red Cross Start Sailing Right textbook and offer Red Cross Certificates to those who pass all Red Cross requirements. Classroom work is at the AYH HQ building in Pittsburgh and the water sessions are at Lake Arthur. The class fee is \$70. The textbook is an additional \$10 and may be shared. Classes are limited to 12 students. Send in your application fee with payment as soon as possible to insure a space. Classes may be canceled up to 7 days prior to the first classroom session for a full refund minus a \$10 administrative fee. After that date refunds will be given only if the space is filled.

	Shore School AYH HQ 7pm-9pm	Shore School AYH HQ 7pm-9pm	On-Water Class Lake Arthur 9am-5pm
Class 1	Mon., June 13	Mon., June 20	Sat. & Sun. June 25 & 26
Class 2	Mon., July 11	Mon., July 18	Sat & Sun. July 23 & 24

SAILING CLASS REGISTRATION

Name: _____

Address: _____

Phone No.: _____
(you may use this form for multiple registrations)

Check class selection: Class 1___ Class 2___

Class fees: \$70 x ___ = ___

Textbooks: \$10 x ___ = ___

TOTAL ENCLOSED _____

Make check payable to Pittsburgh Council AYH. **YOU MUST BE AN AYH MEMBER FOR ALL CLASSES** - See membership inf.(back page), or contact the AYH office for information.

Send registration and fee to: Robert Zavos
AYH Sailing, 1007 Savannah Ave., Pittsburgh PA. 15221

Red Cross Sailing Instructor's Class - June 4 & 5

The Cleveland Chapter, American Red Cross offers a basic sailing instructor's course in Cleveland, Ohio. This class is for experienced sailors who desire to learn how to teach sailing and offers the Red Cross Instructor's certificate to those who meet all course requirements. Individuals who complete the course are required to teach Red Cross courses such as our Introductory Course to maintain certification. The course will be held June 4 & 5th. We will coordinate a trip this year for those interested. Course fee is \$75. An additional short Red Cross Health Services course is required. This is usually taught monthly in the Pittsburgh area and the class fee is \$20. If you want more information please contact Bob Zavos at 241-0659.

Day Trips:

May 7 INT Sat Bob Zavos 241-0659
Sailboat shakeout cruise at Lake Arthur. Trip fee is \$15.

May 14 INT Sat Bob Zavos 241-0659
Kevin Kelly

Racing day. Individuals with previous sailing experience who want to learn how to race will join up with the Moraine Sailing Club's first race of the season. Fee will be \$15 sailboat rental fee plus a nominal MSC racing fee.

Sailboat Rentals

At least one Sunfish and one Flying Junior will normally be stored on the racks at Watts Bay on Lake Arthur for day rentals at a fee of \$15 per person per day with a maximum of \$30 per boat. We have additional boats, including a 470, when a vehicle with a trailer hitch is available. Rentals are normally available only to AYH members who have completed our introductory course. Individuals with prior sailing experience who assist with sailing instruction or sailing trips may also rent boats. Individuals who rent boats will be responsible for any lost or damaged equipment. All boat rentals and trips must be approved by the Sailing Activity Chairperson.



1994 THRIFT DRUG CLASSIC

Sunday, May 22 1994

Volunteers Needed!

Once again it will be time for our city streets to be transformed into an arena for top cyclists from around the world to compete. Two-time tour winner Lance Armstrong will be defending his back to back wins as he shoots for the 1 million dollar Triple Crown purse. This, plus many more surprises will make it a day not to be missed!

Join us Sunday, May 22, for an action packed day as a vital part of the race, volunteer now! Several hundred volunteers are once again needed in the following positions.

Course Marshal: Make the race safe for spectators and competitors. Over 300 are needed on race day.

Security: Protect valuable race equipment and check credentials for restricted areas. A core of 75 is needed on race day.

Stage crew and site decoration: Help create the look of the race, to be seen by the crowd and the press.

Drivers: Drive a support vehicle in the race caravan and enjoy a unique perspective of the race.

Motorcycle drivers: Drive the media and VIP guests in the race caravan and enjoy the race from a cyclist's view point. Please attach a resume of previous race experience.

Office assistant: Work "behind the scenes" of a major bicycle race, answer phones, prepare credentials, and other duties during race week. Morning, afternoon and evening hours available.

Hospitality: Enjoy an excellent view of the start / finish area while meeting the needs of the VIPs and race staff, as they enter the exclusive VIP tents.

If you have been a volunteer in previous years watch your mail for your volunteer packet. If you wish to volunteer but never knew how, this is your chance call me today. I look forward to seeing you race day and in the meantime if you have any questions about volunteering please contact me; Bill Eberle at 833-9732. Thank-you.

HOSTEL UPDATES

Delaware Valley Council is still working on it, but it looks like the Bowmansville Hostel in eastern PA will not be reopening.

The hostels in Marsh Creek, Tyler and Evansburg State Parks in eastern PA have been closed temporarily. We hope that they will be reopening later this year. Watch this newsletter for the latest information.

Hyannis Hostel on Cape Cod is being sold. Try the Mid-Cape Hostel or the hostels on Nantucket or Martha's Vineyard as alternatives.

NORTH AMERICA HOSTEL HANDBOOKS

A new policy has been established for distribution of the North America hostel handbooks. A map listing hostels in the US will normally be sent with each new or renewal membership along with a postcard to send in for a free copy of the complete handbook. If you want the new handbook, you must ask for it. Also, anyone can pick up a complimentary copy at any hostel or Council office rather than having to buy one as in the past.

The reason for this change is the fact that 80% of all AYH memberships are bought for use at foreign hostels; the great majority of visitors at US hostels are foreign travelers. Therefore, the emphasis will be on distributing the North American handbooks at the hostels to hostellers traveling in this country.

DISTRIBUTING AYH BROCHURES

We are looking for places to distribute hostelling brochures, primarily brochures describing hostelling and how to purchase a Hostelling International membership, but also some specific hostel brochures. If you have suggestions on where we can display brochures for potential hostellers — such as colleges, travel agencies and travel bookstores, please call the office at 412-422-2282. We will be happy to send a supply.

VOLUNTEERS NEEDED

Do you have extra hours to donate to the Council? Current volunteer opportunities in Pittsburgh Council are listed below. Contact the person listed or leave your name and telephone number at the office (412-422-2282).

*Mon Valley Century (Chuck and Lynn Ejzak, 466-6196)

*SABRE (Bill Eberle, 833-9732)

*Typing articles for the newsletter into a computer (Bill Eberle, 833-9732)

*Hostel development and fundraising (Marianne Kasica, 665-9554)

*Ohiopyle hostel support and work parties (Linda Smithyman, 531-1868)

*Travel and Hostel Editor for the newsletter (Larry Laude, 665-9554)

*Answering questions at the council office (Joe Hoechner, 422-2282)

*Leading Pittsburgh Council trips (Jon Maiman, 441-2306)

*Scouting trails for the next Hiking Guide (Joe Hoechner, 422-2282)

*Slide shows at the Thursday Open House (office, 422-2282)

*Trail Maintenance, Baker Trail and Rachel Carson Trail (Jim Ritchie, 828-0210)

PEDAL PITTSBURGH

The Community Design Center invites you to participate in the "Pedal Pittsburgh" event as a volunteer, on ride day, Sunday May 15, 1994. Simply contact the ride hotline 412-232-3545 for more information.

Riders can pick up their packets before ride day inside Station Square near the Cheese Cellar on Friday May 13 and Saturday May 14 from 10 am to 2 PM.

Bike Fair

The Allegheny Valley YMCA will sponsor a Bike Fair on Sunday, May 15 from 10 am to 3 PM. Speakers and activities include bicycling in the Allegheny Valley, fitness training for cyclists, sports nutrition for cyclists, basic bicycle maintenance, a swap meet for bicycling gear and equipment and more!

The public is invited. AYH members are welcome. Volunteers are needed to assist in all activities! The Y is located off Route 28 in Natrona Heights. For more information, call the Allegheny Valley YMCA at 224-9500 or 295-9400 and ask for Anne or Donna K.

CLASSIFIED

All trips and products listed here are private and are **not sponsored or endorsed** by American Youth Hostels. Non-commercial ads are free for members. Contact the Editor for more info on Ads for Members and Non-members.

I'm returning to Greenland in July - August 1994. Anyone interested in the US-Iceland-Greenland circuit please call 681-1385, Leo.

For Sale: Cross-country skis, boots (size 44) and poles. "Trak" waxless skis. As new - used once. \$85 for all. Peggy 361-4781.

For Sale: Women's Tanner all leather Gortex hiking boots. Size 7 1/2 m, like new. Asking \$95. Judy 443-6795.

Early retired Sierra Nut seeks likewise with flexible schedule for late summer or fall trip. Call Jerry Gaines 475-3957.

For Sale: Schwinn Tempo Bicycle, teal & white, 26" 12 speed, Mavic 40 rims, Cateye Micro-computer, very good condition \$250.00 Phone John 775-2767.

For Sale: Coleman Tent Trailer - Basic trailer, no stove, sink, etc. All new canvas. \$300 or BO. evenings 371-1384.

For Sale: Slick Tires for Road use of Mountain bikes. 26x1.5". Hardly used \$19 for two. Kathleen 341-1564

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

Your Dream Vacation

North Cascades National Park
Olympic National Park
Mount Rainier National Park
Mount Saint Helens
July 2 - 16, 1994

Can you see yourself watching the Rocky Mountains from the air and then descending to Seattle as you gaze, awe inspired, at the chain of snow covered mountain peaks visible to the south - majestic Mount Rainier, Mount Adams, Mount St. Helens and Mount Hood - incredible. Then travel by van to backpack for six days in the rugged, scenic and unbelievable spiny mountains of North Cascades National Park. (If you are not up to backpacking, you can use the van to car camp and sightsee or day hike while others are in the wilderness.)

For the next seven days, tour and day hike. We'll visit Olympic National Park - snowy Hurricane Ridge, the lush Hoh Rain Forest, and impressive sea-stacks and arches offshore in the Pacific Ocean. Next we'll head for Mount Rainier and climb up to Frying Pan Gap for absolutely overwhelming views. Lastly, we'll drive through Mount St. Helens and see the devastating effect of a big-time volcanic eruption.

It's pretty hard to imagine more scenic beauty packed into a two week vacation. You can elect not to backpack, as mentioned, but if you do join the backpackers, you'll need to be able to hike at an advanced level.

Assuming all openings are filled, the cost is estimated to be about \$500 plus transportation to and from Seattle, hostel beds and meals.

The trip will be limited to eight, and three hikers have already signed up; so, if you are interested, better let me know soon. These western trips usually fill quickly.

Phone Glenn Oster at (412) 364-2864 for more info/reservations.

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The Pittsburgh Council office is open Mon, Wed, and Fri, from 9:00 am to 3:00 pm, and Tuesdays from 1:00 pm to 6:00 pm. We're in Room 202 of the Wightman School Building at 5604 Solway St. in Squirrel Hill, near the intersection of Wilkins and South Negley. All passes, ID cards, Eurail Passes, and books are available. For Info Call 422-2282.