



golden triangle ayh

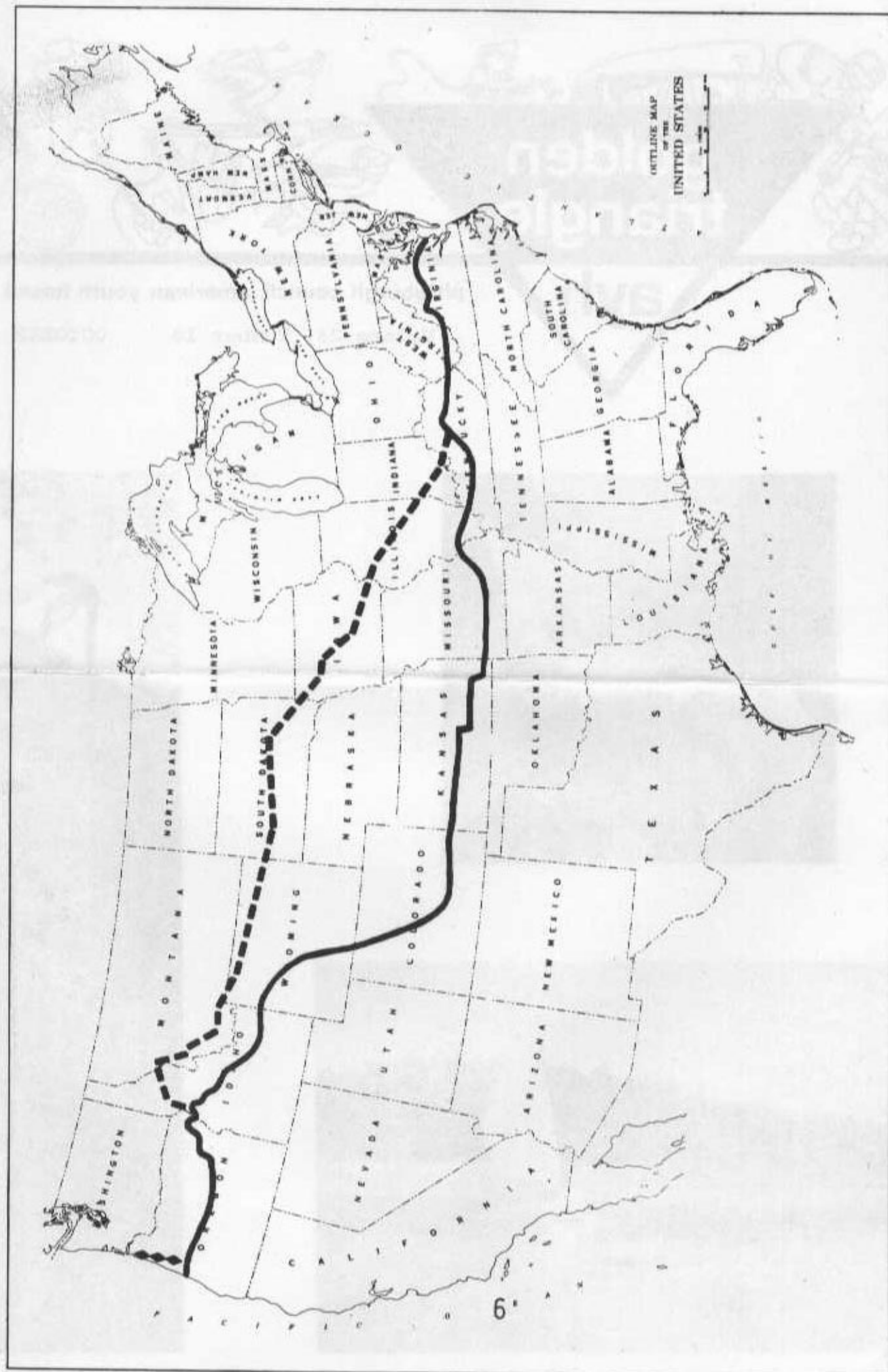
pittsburgh council, american youth hostel, inc.

Volume 25, Number 10

OCTOBER 1974



BIKECENTENNIAL '76 ROUTE CONSIDERATIONS



GENERAL DESCRIPTION AND GEOGRAPHIC CONSIDERATIONS

The present route alternatives have common beginning and ending sections. On the east coast the trail begins at the historic triangle of Williamsburg-Jamestown-Yorktown, Virginia and continues west through the Appalachian Piedmont to Charlottesville. It winds through the Appalachian Mountains along thirty miles of the Blue Ridge Parkway, through southern West Virginia and on through the Kentucky hills. Just past the Bluegrass Region the routes diverge.

The central route travels directly west through Kentucky into southern Illinois, Missouri and the Ozark Plateau and on into Kansas. In Colorado it swings north through the mountains into Wyoming. In Wyoming the terrain becomes drier for a couple of long stretches between mountain ranges. (An effort was made to avoid as many hot, dry stretches as possible. It is for this reason that this route swings north through the mountains instead of going straight west through Utah and Nevada into California.) From the Tetons in western Wyoming, the trail heads directly west. A small portion of the Snake River Plain is crossed to get into the Idaho mountains and pleasanter climate. In western Idaho the north and central alternatives converge again and continue into Oregon.

In Oregon the trail skirts the Basin and Range Province, traveling through forested regions. Directly north lies the Columbia River Basalt Plateau which is very hot and dry in the summer. It composes most of central Washington and north-central Oregon. The Basin and Range deserts of Utah and Nevada lie to the south. Therefore, the narrow strip of green through central Oregon is one of the few places in the entire West just east of the Sierra-Cascade-Coast Mountains Province where passage can be made in terrain of more pleasant temperatures. The trail is presently planned to terminate at the Pacific Coast at Reedsport, Oregon. However, another alternative which jogs north to the very historic Astoria area is being considered.

The northern route is still quite preliminary and has not been researched except for general considerations. From the Bluegrass country around Lexington one good possibility is to follow the Lincoln Heritage Trail through southern Indiana into central Illinois. Across the Mississippi River into Iowa, the trail would find "one of the best paved secondary road systems in the country" and an incredible amount of Iowa enthusiasm. (We have already received over 400 letters from Iowans asking that their state be considered.) In Iowa the trail could cut across to the northwest corner and continue into South Dakota heading for the Badlands and the Black Hills. In Wyoming it would cross the Bighorn Mountains and head directly west to Yellowstone Park. (From there with a slight jog south to the Tetons the trail could join the central route.) If the northern route were to continue north through Montana the Snake River Plain would be avoided. This route would cross Chief Joseph and Lolo Passes, following part of the Lewis and Clark Trail before rejoining the central route in western Idaho.

ON FLYING WITH YOUR BICYCLE

Roy Weil and Mary Shaw have just returned from a cycling trip in Sweden. The trip as a whole was delightful (more about that in a later Triangle) except for our experiences with the airlines.

We flew Trans World, British European, and Allegheny Airlines, a total of five flights, and hence five times that our bikes were loaded and unloaded. The bikes were checked as baggage, always packed to the satisfaction of the check-in agent. This involved removing the pedals (but not the crank) and turning the handlebars sideways with respect to the front wheel on four of the flights. On one flight we had to also remove the front wheel and tape it to the frame. Removing the pedals requires a pedal wrench since the standard crescent wrench is too thick; the rest can be done with a crescent wrench. Be sure that when you retighten the handlebars that they are tight enough to hold, but loose enough to slip and turn when you upset and the end is pushing into your thigh.

While checked as airline baggage the two bikes sustained the following damage:

- broken axle,
- broken kickstand- cracked metal casting,
- broken spoke,
- bent wheel - not the same as the broken spoke,
- broken metal bracket on front brakes,
- two sides of handlebar tape shredded beyond repair,
- numerous scratches and abrasions.

The value of the damage totals \$45-\$50. The scratches and the damage to the handlebar tape could probably have been prevented if TWA had had bicycle bags when we checked in at



Pittsburgh. We called a day ahead to request bags and were told that they would be available, but there were none at the airport when we arrived. We can account for the other damage only as carelessness or negligence. How, in particular, do you break an axle??

Naturally, we filed baggage damage claims. British European gave us a cash advance on settlement in Stockholm - but you should try to buy a quick release axle in a country where 10 speed bikes are rare and the bike shop people speak very little English. Not very easy. TWA filed the claim without incident. The Allegheny agent told us we could not file a claim because bikes are fragile baggage (which means that no damage claims allowed) and because they were not in crates. After a little fuss his Operations Manual showed both these excuses to be false, and he eventually filled out the forms. If you run into problems we suggest that you ask to see the Operations Manual as this will probably back you up and in case it does not you will still want to file a claim.

Contrast this experience with travel on the Swedish State Railway and Bus system. We took four train trips and four inter-city bus rides while in Sweden. They required no special packing or disassembly. The busses have huge bumper racks on front and rear that can hold up to five bikes. The train luggage departments, the baggage cars on the train and the baggage carts to transport articles all had bicycle hanging hooks.

TIPS AND TAILS

Interested in facts and figures of bicycling accidents?? Write to the "Consumer Products Safety Commission" Washington, D.C. 20207. Ask for "Fact sheet #10 - Bicycles". You may want to inquire about other subjects too, if so call then, toll free at 800-638-2666.

of Bethel Park, South Hills. They sell sheets of rubber in thicknesses ranging from .4cm to 2.5cm. Their prices are reported to be reasonable. Give them a call at 341-2444.

Thinking about Christmas cards?? Now is the time! If you enjoy the outdoors, you may want to send "wildlife" or "ski" type cards. If you want a free catalog of this type of card, write to "Leanin Tree Publishing Co.", P.O. Box 1500, Boulder, Colorado, 80302. P.S. Ask if they plan to carry any bicycling cards.

Our budding Council storekeeper, Joe Hoechner, should be restocked with bike safety flags by now. He may also have some T-shirts for sale. Both are priced at \$2.50 each.

You may have noticed some cyclists with small reflective "dots" on various parts of their bikes, bodies and clothing. These are known as "hot dots" and are claimed to reflect up to 200 meters. If you would like more information and a price list, write to Rowland Development Co, 41 Richmondville Ave., Westport, Conn. 06880.

Mount Lebanonite, John Bohrer has recently told of various steps his township has taken to help the energy crisis. The town fathers are trying to pass an ordinance which would limit Cadillac ownership to only 3 per family. Also included in this bill would be temperature limitations on the air-conditioned and heated garages these cars are naturally kept in. Although John favors this ordinance (he has less than four Cadillacs), he sees little hope in its passing due to the hardship it would cause the residents of the township.

Hey boaters and cyclists!! Need some heavy black rubber for padding the rack you built last month?? Try Hunter Rubber Co.

What do autumn, bicycling and hunting season have in common?? Not much!! Except that if you are a bicyclist who does not mind riding in the early fall darkness, the coming hunting season gives you a chance to buy safety clothing. Most of the large department and sporting goods stores are all stocked up with hunting gear now. If you look carefully you can find gloves, hats, knitted caps, vinyl vests, etc, all in bright international orange. Naturally you should use these articles along with your bike safety flag.

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FLYING WITH BICYCLE (Contd)

We applaud the efforts of the various airlines to provide a service to cyclists. We just wish they would try a bit harder. They apparently can do it if they want to - the August issue of one of the airline magazines carried a letter from a representative of a major bicycle manufacturer praising the careful handling his bike has received on 100-plus trips. Now all they need to do is provide that kind of service to the rest of us.

Even if you don't bicycle in the fall (you really should), you should wear something bright while going on many of the day hikes coming up.

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PAT's Weekend Family fare

Hostelers may want to use the Port Authority's Weekend Family Fare, valid each weekend through December, 1974 and on Thanksgiving and Christmas. This fare costs \$1.00 for up to 2 adults and 2 children and allows them to ride anywhere on the PAT transit system from 10 AM Saturday until 4 AM Monday morning. While planned for families, one adult, or two may use the pass or one adult and up to three children may also use the pass. There is no limit on the number of rides or on the length of the rides.

Two places to go using this pass would be to either North or South Park. To get to South Park take any bus to Grant Street in Downtown Pittsburgh, then transfer (remember for free) to the Brentwood bus (51C) or for nostalgia buffs the 35 Library Trolley. To get to North Park take the North Park "fun bus" which leaves 8th and Penn downtown at 11:33, 1:32, 3:45, and 6:00 on Sundays, with more frequent service on Saturdays, and leaves the North Park Pool at 12:45, 2:10, 5:05 and 7:22 PM.

SEE WEST VIRGINIA AT IT'S BEST

The tenth annual "Highlands Weekend Review" sponsored by the West Virginia Highlands Conservancy will be held this year near Elkins, West Virginia on October 19-20. This event has become a rather popular one, attracting people from as far away as Baltimore and Cleveland. The purpose of the event is to acquaint people with the outstanding natural values of the West Virginia Highlands and also with the area's major environmental problems. This year there will be Saturday trips to Gaudineer Knob, "Snowshoe", Otter Creek, High Falls on the Cheat, Sinks of Gandy and a number of other points of interest.

Bicycling Calender Now Out

If you remember, back in our August issue we mentioned that the Bikecentennial sponsors were looking for cycle photos for their calander project. The calendar is now finished. It features a 35 by 55 cm, color format with 12 action cycle scenes depicting the best of touring, racing, hostelling, cycle camping, etc. It also lists the major bicycling organizations and services, tips on touring, safety, trip planning, and even historical cycle records and dates.

This calendar is available thru the Bikecentennial at the price of \$3.50 each. However the Council will be making a bulk purchase at a reduced price. They make great Christmas gifts -- give one to your favorite truck driver. If you would like to get one (or more) at the reduced price of \$3.00 see Joe Hoechner to reserve your copy.

The Bikecentennial Map and Trail description that is page 2 & 3 of this issue was taken from the "Preliminary Reasearch Summary" distributed recently by the Bikecentennial Committee. If you like a complete copy of the 90 page report and also would like to keep uptodate on their activities, join by sending \$12 to P.O. Box 1034 Missoula, Montania, 59801

Satuday Evening will feature a chicken barbecue and a panel discussion of land use issues, centering around the "Snoeshow" development (a massive recreational development planned for the upper Shavers Fork drainage). To obtain a free pamphlet describing the event in greater detail or to arrange a car pool for the 250 kikometer (150 mile) trip, contact Bruce Sundquist at 327-8737

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ACTIVITIES:

Games, Bike Ride, Orienteering,
Hike, Softball, Frisbee, 3 Mile
Run and Other Things

Bring Your Compass, Running Shoes, Softball Equipment, Bikes, and Other Toys.

Adult (food provided)	\$3.50
Child under 12 (food)	\$2.50
Adult (without food)	\$1.50
Child (without food)	\$1.00

Fried Chicken Dinner for those
who want it.

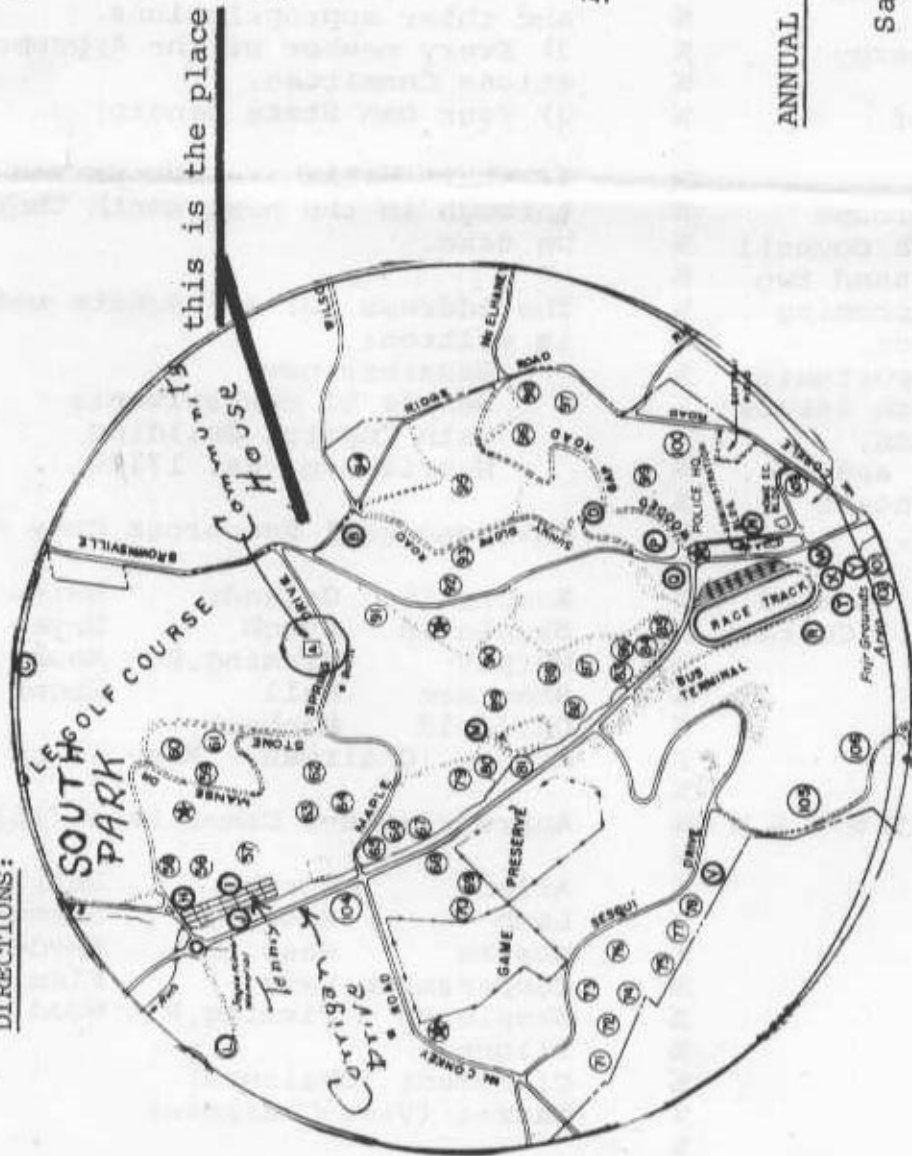
Soft Drinks Provided

ACTION: Fill out coupon and mail to:

Judy Hurst
1261 Raven Drive
Pittsburgh, PA 15243

ANNUAL AYH FALL PICNIC

Saturday, October 5



PHONE:

CHILD FOOD

CHILD NO-FOOD

TOTAL AMOUNT \$

Do you need transportation?

Can you take passengers from Hostel?

MEMBER NON-MEMBER

NON-MEMBER

Make checks payable to: Judith Lee Hurst

The nominating committee has met and proposes the following slate for election at the bussiness meeting on October 17. Nominations are also acceptable from the floor at the meeting.

Bicycling: Ray Rossi
Canoeing: Gordon Bugby
Climbing: Jim Gogots
Hiking: Joe Levine, John Bohrer
Winter sports: Jack Kowalski
Trips and Trails: Joel Platt
Baker Trail: co-chairman
Cliff Ham
Dave Porterfield

Council Store: Joe Hoechner
Newsletter Editor: (see below)
Newsletter Production: Aileen Pastorik
Leadership Development: Jim Roberts
Program: Aileen Herman
Public Relations: Jim Roberts
Publications: Bruce Sundquist
Membership: Karen & Elaine Merisko

At present there are two positions for which no one has expressed an interest in. The Service chairman job is to handle request for service projects that periodically appear in out mailbox. It current Pittsburgh Council Policy to provide training for the leaders of outside groups and to help them lead one or two trips, Also arrangements can be made to lead service trips, or allow groups of non-AYH people on AYH trips with the Council paying the bills.

The newsletter editor job is to see that this newsletter gets produced once a month. The production chairman handles the printing, labeling, and mailing, all the editor needs do is see that it gets typed. There are several people willing to do the typing as well so the job is one of organization and typing the smaller articles.

PLEASE let Roy Weil know if you are interested in either job.

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

October 3 Norm Braun relives the wonders of TOSRV 1974. See thousands of syclists on one ride.

October 10 Jack Kowalski and Jim Gogots show slides of skiing in Switzerland. Skiing already??!!

October 17 AYH business meeting.
That time of the year when you
find out what we have done all
year. There will be election
of officers for next year
(see nominations next store)
and a report from each of the
activities chairman.

October 24 Joe Hoechner shows slides of various misadventures while bicycling on Long Island.

October 31 Haloween party. Apple
cider, ghosts and goblins time.
come costumed - there will be a
prize for the best costume and
also a prize for the best teller
of a ghost story.

\$ \$

A Y H

is a volunteer

organization!!!

Have

you

volunteered

recently??

\$ \$

This job is currently taking about 10 hours per month. It has a deadline of the Monday before the third Tuesday of the month.

WANT ADDS

Anyone interested in becoming the proud owner of an "experienced" Grumman may contact the Canoe Chairman, Gordon Bugby. The Council will retire at least one and possible two from the roof, replacing them with new boats. These craft usually sell for about \$125. If there is more demand then boats available a drawing will be held.

The New edition of the AYH Canoeing Guide is now being prepared. It is time to dig out your trip notes and pictures from last year, and perhaps to go on that exploratory trip this fall.

Pictures especially black and white of flat water are needed. paddlers must be wearing life preservers to be eligible for inclusion. Send to Mary Shaw, be sure to include name so they can be returned.

Updates to river write-ups and appendices, especially new streams in the area covered by the guide, and corrections to gauge readings. Send to Kathy Spindt.

A complimentary copy (free) of the new guide will be sent to people whose material is used. deadline of October 17 so do it now.

six pints of epoxy pigment (various colors) for sell, free. This is the stuff you use in boat building so the boat is not an ugly brown-green. Contact Bruce Sundquist, 327-8737

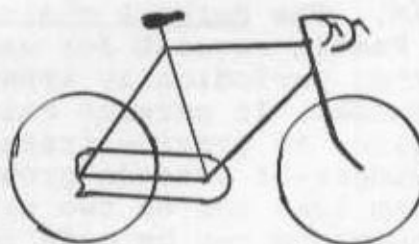
You recently received a New York AYH equipment catalog with the Council mail label on it. The big red P on the order form means that the Pittsburgh Council receives a percentage of your order. We ask you to help support your Council by using this form when ordering merchandise from them. If you do not have the special form they can be obtained at headquarters any Thursday evening.

AYH needs someone to run it's multilith machine in producing our monthly newsletter and various other publications. Pay would be on a piece work basis, but would amount to about \$4.00 per hour. Currently the job involves about 200 hours per year, but the last person to hold this job expanded it into a full-time position. The machine is presently located in Monroeville, but it could be moved to another location if the space was available. If interested contact Bruce Sundquist. at 327-8737.

PEUGEOT

RALEIGH

SCHWINN



SALES AND SERVICE

Floyd Newingham

Schwinn Bicycle Center
740 Fifth Avenue

New Kensington, Pa. 15068

335 - 6464

HOSTEL HANDBOOK CHANGES

The following changes are to be made in your Hostel Handbook to bring it up to date for the winter season and to help you plan your trip next summer. There is a page and a half of changes to be made on the given page number, half a page of new hostels with out description (we will attempt to get it and publish it in later issues), and five pages of detailed descriptions, of five new Hostels. HAPPY HOSTELING!!

Page	location	change
67	Flagstaff, Arizona,	new houseparent, W Mark Clark
75	Point Reyes, Calif	- overnight fees now: \$1.50 under 18, \$2.00 18 & over, \$.50 day use fee. sailboat rental available - \$3.00/hr
86	Lakeside, Conn	- Route 25 on hostel map should be route 202
96	Porter, Indiana	- phone number now (219) 926-1528
98	Freeport, Maine	- new houseparent, Jeri L. Poe
99	South Waterford, Maine	- overnight fees now \$2.50 summer (June, July, August) \$4.25 during ski season.
102	Cumberland, Md	- new houseparents, M/M Pfeiffer, (301) 777-0932
102	Knoxville, Md (Sandy Hook)	- overnight fees now \$2.50
107	Granville, Mass	- lights out 10:00 PM
110	Ipswich, Mass	- new houseparents, M/M Burt Wheeler
113	Orleans, Mass	- open June 15-Sept 2, opens at 5:00 PM
115	Sheffield, Mass	- overnight fees now \$1.50
123	Milford, Mich	- new houseparents, Gregory & Bonnie Neff
129	Kalispell, Mont	- no longer a hostel
131	Lincoln, Neb	- no longer a hostel
131	Nebraska City, Neb	- phone (402) 873-5068 only, no stove, meals available at nominal charge, horseback riding \$2.75/hr
132	Alton, N.H.	- overnight fees now \$3.00
134	Grantham, N.H.	- overnight fee now \$2.50 summer, \$3.75 winter accomodations for large groups; suitable for organizations; meals provided at reasonable rates; canned goods, bread, milk, cheese, soft drinks available at hostel. new houseparents M/M Stephen Morse.
134	North Conway, N.H.	- no longer a hostel
136	North Haverhill, N.H.	- overnight fee now \$2.00

Hostel Handbook Changes (Contd)

page	location	change
137	Madison, New York	- phone (201) 822-9856
142	New York, N.Y.	- (Royal Manhattan) - Single overnight fee now \$12.00/ night
151	Eugene, Oregon	- no longer a hostel
152	Bowmanville, Penn	- new houseparents, Roger & Jane Lawn
156	La Anna, Penn	- phone number (717) 676-3876
158	Philadelphia, Pa (Chamounix)	Overnight fee now \$3.00
160	Salt Lake City, Utah	- no longer a hostel
170	Cable, Wisconsin	- Map is under Dodgeville's write-up
170	Beloit, Wisconsin	- advance reservation required

New Hostels

Dundee Mountain Lodge, SA
Hill Street Center
Conway, N.H.
Houseparents David & Valerie Hogan

Lincoln House Youth Hostel
101 E. Main Street
Malone, New York 12953

Monticello SA
18 Hillside Avenue
Monticello, New York 12701
Houseparents - Jacob Smolensky

Star Lake Campus SA
Star Lake, New York 13690
House parents William & Sylvia Connol

-----%
Mount Desert Island Youth Hostel %
St. Edward's School %
Bar Harbor, Maine 04609 %
Houseparents - Daniel W. Page %
(207) 288-5312 %
On Shannon Road, Off Mt Desert St, %
in Bar Harbor, Maine. %
Open from July 1 to Sept 2, from %
4:00 PM to 9:30 PM. No registra- %
tion after 11:00 PM. %

Pinewood SA
4535 Willow Drive
Hamel, Minn 55340
House parents Rev and Mrs. Arthur G. Emerson

St Lawrence University Youth Hostel
58 Park Street
Canton, New York
Houseparent Robert S. DePalma

10 male and 10 female in separate bunkrooms.

bunks with mattresses, flush toilets, hot and cold running water, shower
kitchen stove with oven, sink, refrigerator, cooking utensils: Charge \$2.50
dining room and lounge: Food stores and laundermat with 1/4 mile

Attractions: Acadia National Park, with biking, hiking and horseback riding trails, naturalist guided walks and cruises, mountains, lakes, ocean shores and beaches, music and art festivals, deep sea fishing.

LOCATION : Mattituck
 NAME OF HOSTEL : Haven of Rest SA
 ADDRESS OF HOSTEL : Box 169 A, RR# 1
 Mattituck, New York 11952

Telephone : 516-298-4355
 Directions : Route 27A in Mattituck, N.Y. (North Road)

HOUSEPARENT : Mr. and Mrs. George V. Alexander
 ADDRESS :

Sponsor : Metropolitan New York Council AYH

Opening Dates : Year Round

Capacity : 16 Males; 8 Females (May be reversed)
 Bathroom : Modern, flush
 Kitchen : Electric stove, refrigerator, h/c running water, cooking utensils
 Grocery Store : Harry's Deli, $\frac{1}{2}$ mi. S.

Railroad : L.I. Railroad, $\frac{1}{2}$ mi.
 Bus : L.I. Railroad Bus, $\frac{1}{2}$ mi.
 Airport : Mattituck (small planes) 3 mi.

Protestant : Mattituck
 Catholic : Mattituck, 1 mi.
 Synagogue : Riverhead, 14 mi.

Nearest Hostel :

Bike Repair Shop: Jamesport Cycle Shop, 5 mi. W.

Special Attractions: Piano, ping pong, pool table, softball at hostel; swimming
 Long Island Sound at Bailey Beach, 2 mi., Sailing at Long
 Island Sound, 2 mi., Several horseback trails in area;
 Many points of cultural, historical & natural interest:
 North Fork Theatre in Mattituck

Rates : \$2.50, S.
 \$3.25, W.

LOCATION: : St. Paul
NAME OF HOSTEL : Capitol Centre YMCA (SA)
ADDRESS OF HOSTEL: 475 Cedar Street
St. Paul, Minn. 55101

Telephone : 612-222-0771
Directions : Downtown YMCA - 2 blocks east of Greyhound Bus Depot
on 9th and Cedar Street.

HOUSEPARENT :
ADDRESS :

Sponsor : Minnesota Council AYH

Opening Dates : Year Round

Capacity : 40 Males; 15 Females
Bathroom : Modern, flush
Kitchen : Gas stove; elec. ref.; h/c running water
Grocery Store : Applebaums, 3 blocks

Railroad : B.N. in Minneapolis
Bus : Greyhound, 2 blocks
Airport : International, 10 miles

Protestant : $\frac{1}{2}$ block
Catholic : 1 block
Synagogue :

Nearest Hostel :

Bike Repair Shop :

Special Attractions: Volleyball, badminton, swimming - 50¢ charge;
sailing, canoeing, horseback riding, hiking.

Rates : \$1.50 Summer; \$2.00 Winter

LOCATION : Cincinnati
 NAME OF HOSTEL : Friars Club SA
 ADDRESS OF HOSTEL: 65 W. McMillan Street
 Cincinnati, Ohio 45219
 Telephone : 513-381-5432
 Directions : Across the street from the University of Cincinnati
 HOUSEPARENT : Rev. Maynard Tetreault, O.F.M. Director
 ADDRESS :
 Sponsor :
 Opening Dates : Year round
 Capacity : Males Only
 Bathroom : Modern, flush
 Kitchen : No cooking allowed. Food is allowed if kept in closed container
 Grocery Store : Restaurant in building.
 Railroad :
 Bus : All nearby
 Airport :
 Protestant : All nearby
 Catholic : Also resident chaplain and counselor.
 Synagogue :
 Nearest Hostel :
 Bike Repair Shop :
 Special Attractions: Lounges for cards, billiards, reading, TV: roof garden with a great view from our hilltop: several parks nearby; vital university neighborhood.
 Rates : \$2.00

Trips and Trails

The trips listed below are open to the public except that AYH members have priority when the trip size is limited. The trip costs include 40¢ for registration and insurance (\$500 medical) plus transportation costs and equipment rental but not the 50¢ non-member fee. Call the trip leader to reserve or cancel a reservation or to obtain additional information.

Please call the leader during normal hours unless otherwise noted, 6:30 - 9:00 PM. Make reservations early but in no case should they be made later than the Thursday before the trip. The leader must plan transportation and equipment rental.

- Sat Oct 5 Pinic at the South park Community House. see page in this Triangle for details. Cost \$3.50 with food or \$a.50 without.
- Sat Oct 5 Beginner Bicycle Take a break form Pinicing to join Claudette Falkenhan for a ride over South Park's hills and dales. Bring your own bike, but let her know how many to expect. For more info call Claudette at 531-1824
- Sun Oct 6 Intermediate Bicycle - Dave Marcus leads a scenic intermediate Washington County ride to look at trees. Cover 32-50 kilometers Cost \$3.00. To reserve call Dave at 521-1409. Meet at headquarters at 8:32 AM.
- Sun Oct 6 Intermediate closed boat on some river that has water. Contact Alex Speyer at 242-1090 for details. You will need your own equipment, lunch, wet suit and about \$4.00.
- Sun Oct 6 Strenous beginner hike with some map and compass work included. place at this point undecided. Call Larry Giventer for details Leave headquarters at 8:30 AM. 422-9282.
- Sat Oct 5 Intermediate Backpack to Dolly Sods area of West Virginia. Will leave headquarters Friday night at 6:45 and return late Sunday evening. Call John Boher for reservations at 682-8823, 561-6565
- Sun Oct 6
- Sat Oct 12 Intermediate hike of 8 to 12 kilometers with mild bushwhacking along Crooked Creek near Avella, Pa. Start will be at site where the oldest remains of man in Eastern, U.S., dating 12,000 to 13000 BC were discovered in 1973. Bring lunch, boots, gloves, and about \$1.75. Leave headquarters at 8:30. Call Barney Bench 653-6491 for reservations.
- Sun Oct 13 Beginners hike lead by Eunice Higgins. Call 422-9396 for detals.
- Fri Oct 11 Intermediate Bicycle Joe Hoechner leads a "youth" cycle/car/camping weekend to Lake Pymatuning. To get specail camp rates the trip needs about 75% teen-agers. Approximate cost \$5.00, also need sleeping bags, parkas, tents, bikes, etc. Reserve by Oct 8 with Joe at 343-2465.
- Sat Oct 12
- Sun Oct 13
- Fri Oct 11 Canoe Camping Fred and Eileen Hull's traditionnal leaf viewing weekend. Drift along a flat but moving stream, camp on the bank, and see the autumn sunset and sunrise on the river. You will need a tent and some gear, two lunches, a breakfast and a supper. cost \$6.00. call 242-5379 for reservations.

MORE TRIPS AND TRAILS

- Fri Oct 11 Beginner backpack to Otter Creek in West Virginia. leave
 Sat Oct 12 Friday night at 6:30 and return Sunday Evening. Cost will
 Sun Oct 13 be \$6.50. Reserve with Joe Levine at 422-8287.
- Sat Oct 19 Intermediate Hike in the Laurel Ridge Area. lead by Aileen Pastorek. Leave headquarters at 8:30 and return about 7:00
 Cost \$2.50. call 521-4883 for details.
- Sun Oct 20 Intermediate hike call Dave Egelston for details 683-5894.
- Sun Oct 20 Canoe School II for the folks who have survived the training on moving rivers. This will be more work than sightseeing, but there will several instructors to help. Jim Roberts will lead, reserve at 362-5792. Bring lunch, dry clothes, knee pads and \$5.00
- Fri Oct 18 Advanced Backpacking in the Cranberry Back Country. Leave
 Sat Oct 19 headquarters at 6:30 Friday night. Call John Bohor 682-8823
 Sun Oct 20 or 561-6565 for reservations.
- Sat Oct 19 Intermediate Bicycle weekend in the Johnstown area. trip will
 Sun Oct 20 cover 50-60 kilometers per day. Confirm with Tony Trosan 781-4926 by Oct 10.
- Sat Oct 26 Beginner and Intermediate Cycle Join Jim Metcalf for a fall color ride around the dutch town of New Wilminington. Cover 40 kilometers on the intermediate section and maybe 25 on the beginner trip. Both trips leaving from town, one going south and the other north. No swimming this time, but stay in for a Penna Dutch dinner in town. Price will range from \$3.00 up. Reservations only, call Jim at 362-7454.
- Sat Oct 26 Easy intermediate hike in the Seven Springs area of the Laurel Ridge. Call Linda Paul 421-7296 for details.
- Sat Oct 26 Easy, Scenic Canoe trip There should be some water in some of the lesser traveld creeks, perhaps an exploratory trip on a stream that no one has been on. Maybe even some leaves. Check in with Gordon Bugby at 371-4233, Lunch warm clothes, and about \$5.00.
- Sun Oct 27 Beginners canoe Don Hoeker's trips are usually unique (ask someone who has gone on a trip of his). Flat water folks are invited on this one. Call Don at 243-8298 for reservations
 Lunch, warm clothes, dry clothes and about \$5.00
- Sun Oct 27 Bike derby Join the Western Penna Heart Fund for their annual Heart Fund Bike Derby. Earn an AYH patch (members only) for 25 in 3 or 75 in 7. Meeting either at headquarters or 3 rivers stadium. Cost \$.50 or \$1.00. For exact information call veterans Jim Roberts 362-5792 or Joe Hoechner 343-2465.
- Sun Oct 27 Intermediate hike of approx 20 kilometers in the Seven Springs area. Will leave Headquarters at 8:30 AM. Call Nathan Little for reservations. 327 7670
- Sun Oct 20 Beginner hike to the Bushy Run Nature Reserve where they have a braille trail. Bring a picnic lunch and meet at headquarters at 1:30 PM. Reserve with J D Meyers at 327 7599

MON	TUES 1	WED 2	THUR 3	FRI 4	SAT 5	SUN 6
			OPEN HOUSE TOSRU 74 2 ARTICLES		PINIC BEG BIKE	INT CLOSED BOAT INT BIKE
7	8	9	10	11	12	13
	ACTIVITIES BOARD		OPEN HOUSE SKIING SWITZERLAND A TRIPS		INT HIKE BEGINNER BACKPACK CANOE CAMPING INTERMEDIATE BICYCLE	BEG HIKE
14	15	16	17	18	19	20
			BUSINES MEETING		INT HIKE INTERMEDIATE BICYCLE ADVANCED BACKPACK	BEG HIKE INT HIKE CANOE SCHOOL
21	22	23	24	25	26	27
			OPEN HOUSE BIKE ON LONG ISLAND		BEG CANOE INT HIKE BEG CYCLE INT CYCLE	BEG CANOE BIKE DERBY INT HIKE
28	29	30	31	OCTOBER 74		
			HALLOWEEN PARTY			

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Save Energy!! Read this Triangle during daylight hours.