



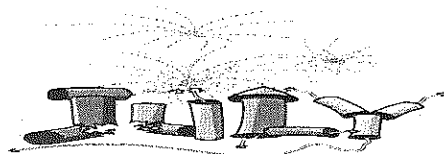
GOLDEN TRIANGLE

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 45, NUMBER 7

JULY 1995



Features



For information on The Great Ride, turn to page 5.

Always wanted your own white water kayak? The AYH white-water kayak program is auctioning off two of its boats to make room for new equipment, see page 3 for details

Summer is here, and the PGH-AYH sailing schedule is in full breeze. Classes and trips fill fast, so check out page 4 today!

We continue, with the third part of master storyteller, Glenn Oster's latest adventure "Why Washington" on page 6.

Have you checked the AYH travel store lately? New merchandise arrives everyday & we now accept major credit cards, take a look at the back page.

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.....And MORE!!!

Support Needed for the Great Ride!

Pittsburgh Council is committed to supporting the Great Ride with administrative support (registration, data entry, and course preparation) and volunteer support for the day of the Ride. We will need 40 to 60 volunteers to meet our commitment. If you can help in any of these areas, please call 412-422-2282 or 412-665-9554 today! Or send an e-mail message to Larry Laude at 73467.3201@compuserve.com.

- * data entry during late July and early August (daytime help preferred)
- * course preparation (posting signs, etc) (July 17th-22nd)
- * pre-event preparation and pre-registration (Thursday evening July 20, Friday evening July 21, Saturday July 22)
- * event registration (Sunday July 23rd)
- * course marshals (Sunday July 23rd)
- * rest stop support (Sunday July 23rd)
- * general event support - sag wagons, drivers, communications (Sunday July 23rd)

As little as two hours of your time will help us support this event and generate income for the Pittsburgh Hostel. If you can't help with the Great Ride, please consider helping with the Mon Valley Century in late August (ride day is August 27th) or SABRE in late September (ride day is October 1st).

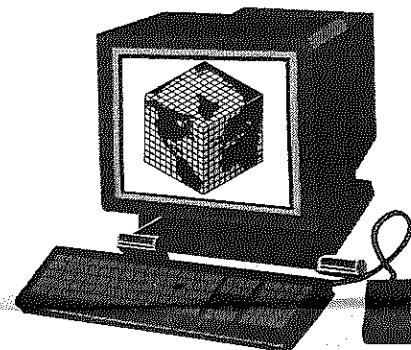
Joins the Internet!

AYH on the Internet: The national office of Hostelling International - American Youth Hostels is available on the internet at URL <http://gnn.com/gnn/bus/ayh>. The Hostelling International pages include a list of information on all hostels in the United States. Each month, a single hostel is featured as the "hostel of the month". Recently, the new Sacramento hostel was featured.

To check out another AYH council, try the Gateway Council home page at <http://www.st-louis.mo.us/st-louis/ayh/>. The Gateway Council, formerly the Ozark Area Council, is headquartered in St. Louis.

Detailed Information on Hostels: HI-AYH has a network of 150 hostels in the USA — in major cities, national and state parks and other areas of historic, cultural and recreational interest. Hostels are very inexpensive accommodations for travelers of all ages. They feature dormitory-style rooms with separate quarters for males and females, self-service kitchens, dining areas and common rooms. Many hostels have family rooms which can be reserved in advance. Detailed information is available, free of charge to Internet users, on these hostels as well as a selection of hostels abroad, including how to make advance reservations.

see Internet, page 3



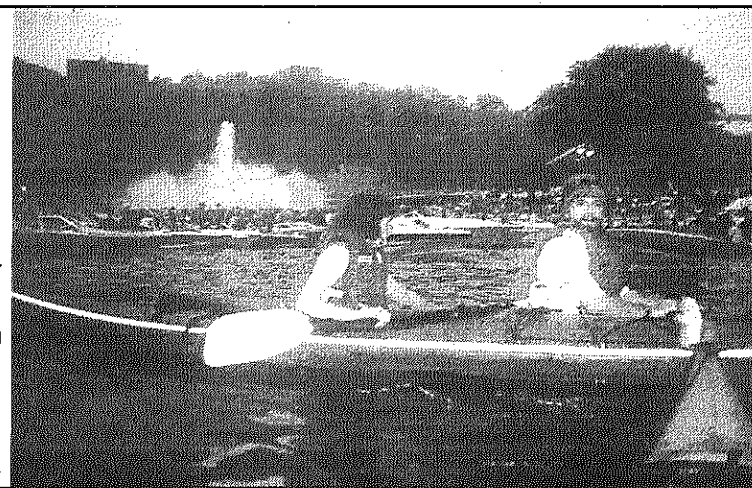
OHIOPILE WORK PARTIES

Sunday, July 9
Watch for other work party dates throughout the summer.

Please help volunteer for our Ohiopyle Hostel clean-up parties. 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 have, it will be very much appreciated. Free lunch for all volunteers and also, you can stay overnight for free but you must make a reservation in advance. We're also looking for some donated items: (Upright Piano, refrigerator and crib). We will meet at headquarters at 8:30 PM. and will be back around 6:00 PM.. Call Jacky Eberle if you have any questions or would like to sign up!

*ANY VOLUNTEER WHO WORKS 6 WORK PARTIES WILL RECEIVE A FREE OHIOPILE SWEATSHIRT.
* ANY VOLUNTEER WHO WORKS 6 WORK PARTIES WILL be eligible for the "OHIOPILE VOLUNTEER OF THE YEAR" AWARD
--Jacky Eberle, Work Coordinator at 833-9732

Sea-Kayaks at the Three Rivers Arts Festival. See the activities listing for more interesting trips with the Pittsburgh AYH Sea-kayaking program



AMERICAN YOUTH HOSTELS

PITTSBURGH COUNCIL
5604 SOLWAY STREET
PITTSBURGH, PA 15217

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HOSTELLING



Pittsburgh Council, American Youth Hostels, Inc.

Serving Western Pennsylvania & West Virginia Panhandle
Since 1948, Incorporated 1955

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(412-422-2282)
Jenny Swerdlow
Shlomit ben Amram

Oops...

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

MATERIAL...

All material to be published, should be sent to the address below. It Can be submitted on Disk in either IBM or Macintosh format, sent E-mail. or Type written. NO EXCEPTIONS. Call if you have questions.

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 ###-####
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Cross Country Skiing
Steve Tubbs 279-4866
Cycling
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Chuck Ejzak 466-6196
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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**

August
All copy, July 6
Binding/Mailing, July 27

September
All copy, Aug 3
Binding/Mailing, Aug 24

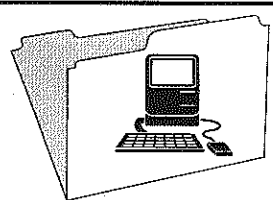
If your work is on computer,
Please contact Bill Eberle
@ 833-9732 or
76202.3051@Compuserve.com

Moving?

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

Submissions Policy:
Golden Triangle

Classified Adds:

- Classified adds are free to Current members of HI-International
- All requests for classifieds must be made in writing via the Council Office. Request Must include full Name, address, phone number and Membership number of member. Members are not permitted to place adds for non-members.
- Free adds may not be for commercial gain.
- Above rules apply in addition to general rules for submission

Trips

- All trips must be approved by authorized co-chair
- Trip leader must be a council approved leader
- Trips must be submitted through co-chair, for that activity. Trip leaders, are not to submit trips directly to editor or office, any trips improperly submitted will not be listed.
- Above rules apply in addition to general rules for submission

Articles

- Members are encouraged to write articles, about travel abroad and in the states, and about activities and outdoor sports in which the council has a program
- All Articles are to be, non-political and non-secular
- Above rules apply in addition to general rules for submission

General rules for submission

- No handwritten submissions
- Submissions Can be;
 - On computer disk (IBM / MAC), E-mail (Internet/compuserve), Direct Modem, Type written material double spaced, faxed
- Before the deadline of the issue that submission needs to be run in. (See Editors Golden Rule)
- All Submissions are on a first come first serve basis, The GT makes no promises to print material received and all material received becomes the property of the GT.
- Standing Deadline; Deadline for the GT, has always been, and will continue to be the First Thursday of the month, prior to the month of the issue. (See Editors Golden Rule)
- Please always check in advance with office, to confirm schedule.

Editors Golden Rule

- "Lack of planning on your part, does not constitute an emergency on my part"

Lewisburg Trips

For information on activities in the Lewisburg area, call Chris Olsen at 717-523-8471.

July Slide Shows

July 6 To be announced; Call the office for Details
July 13 To be announced; Call the office for Details
July 20 To be announced; Call the office for Details
July 27 To be announced; Call the office for Details

Doors open: 8PM. Slide Shows: 8.30PM

Share your Slide Show trip!

To schedule a show call:

422-2282(daytime) or 362-8181 (8-10 PM Thurs.)

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)
Schellsburgh, PA 15559
(814) 733-4212

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



THE ROCKY EXPRESS

by Caitlin Sheppard

The bear warning that our tour leader Lynn Warden gave us as we set out from Banff gave it away. The Rocky Express is not for people who prefer the security of a luxury coach - we might find ourselves a little closer to nature than we expected.

Lynn explained how to tell the difference between a black bear and a grizzly in case we spotted one! The bear stories we heard definitely outnumbered the bear sightings. As it turned out we were the only group last summer not to see a bear. However, over the course of the six-day, five-night tour around the Canadian Rockies, we did spot elk, moose, coyote, bighorn sheep and mountain goats.

A 15-seat passenger van brings groups to a variety of activities each day and delivers them to a different hostel along the Banff-Jasper route each night.

At \$145.00 for transportation, the tour was a bargain. Participants cover the cost of hostel accommodation, food and excursions like horseback-riding, canoeing, mountain biking, golf, and whitewater rafting.

It was the hiking that tested our stamina. An initial three-mile hike to the 30-meter upper falls of Johnston Canyon proved the easiest. After lunch, we headed Lake Louise for a four hour trek to the Plain of Six Glaciers teahouse.

"I hope the whole tour isn't like this," one person said, as we walked around the perimeter of Lake Louise. "I biked around Toronto all summer so I'm in pretty good shape. This is really easy," she continued. When the steep ascent began moments later, she huffed and puffed her way to the back of the pack of hikers. We pushed ourselves. Given a choice the next day, we opted for a more difficult but spectacular hike to the Valley of the Ten Peaks surrounding the emerald waters of Moraine Lake. Gusts of wind blew across the valley, ice-covered peaks dwarfed us as we hiked along the side of Eiffel Mountain. Songs and thoughts of hot chocolate back at the chalet kept our minds off the cold on the way back down.

More sedate activities like golf and horseback-riding for the next two days provided respite for sore limbs. Some people played rubber-ducky volleyball as they soaked themselves in Shunda Creek Hostels hot tub.

We now embarked on the more rustic leg of the journey. At Athabasca Falls and Rampart Creek Hostels, outhouses and water pumped from a well replaced indoor plumbing. The flipside was the best wood-burning sauna in the Rockies and the sheer beauty of solitude.

In an Antarctic scene from a National Geographic Magazine, day four of the tour found us trying to stay upright as we walked carefully across the Athabasca Glacier. The same afternoon we were splashing around in a pool of water and hot tub in Jasper. While others chose whitewater rafting or canoeing, six of us decided to go for one last hike the next day. Four hours and 10 km later, we were looking down at the sparkling waters of Maligne Lake and the majestic mountains surrounding it.

That's when I began to understand what drives people to the mountains.

The Rocky Express runs every Sunday June through September and every Wednesday in July and August from the Calgary and Banff hostels.

For information, contact:

True North Tours Ltd.
#5111, 27 Grier Place NE
Calgary, Alberta, Canada. T2K 5Y5
403-275-4979 or 403-762-4122

Pittsburgh AYH is accepting pledges and donations for the Pittsburgh Hostel.

Our Fundraising efforts are escalating to foundations and will include corporations as well. If any member is involved or knows of someone involved with these groups we would appreciate it if you would take a few minutes to let us know. Having a contact person really helps to get some attention. We need to raise a ton of money for this building and we need all the help that we can get.

Thanks for your interest and help.

Clip out the coupon below and make your pledge today.

Yes, I would like to make a pledge of support for a
Hostel in Pittsburgh in the amount of:

- ☐ \$2500
- ☐ \$1000
- ☐ \$500
- ☐ \$250
- ☐ \$100
- ☐ \$50
- ☐ Other: \$ _____



Yes, I can also volunteer my time for:

- ☐ Fundraising
- ☐ Construction
- ☐ Public Relations
- ☐ Clerical help
- ☐ other: _____

Name _____

Address _____

Telephone _____

Mail your Pledge to:
AYH
Pittsburgh Hostel Fund
5604 Solway St., Pittsburgh, PA 15217
412-422-2282

Internet, from cover

Monthly Features: HI-AYH will provide monthly features on new hostels - in the U.S. and abroad - historic buildings as hostels, hostels with special features and programs and more.

Hostelling International-American Youth Hostels: HI-AYH is the U.S. affiliate of the International Youth Hostel Federation (IYRE) which encompasses nearly 5,000 hostels in 77 countries - the largest network of accommodations in the world. Hostelling International and the Blue Triangle with the house and tree are the new trademark and seal of approval of the IYRE, ensuring the traveler of quality budget accommodations and travel programs. For additional information contact: 1-800-444-6111. Internet users may access the HI-AYH Center on GNN at URL <http://gnn.com/gnn/bus/ayh/>.

Global Network Navigator: GNN is an Internet-based digital publication and online service that helps readers make sense of all that the Internet has to offer. As part of its service, GNN offers up-to-date news, online forums, the industry's most complete Internet directory, online advertising, special interest publications and online ordering through GNN Direct.

GNN's URL is <http://gnn.com/>. Those with e-mail can receive information and registration forms to GNN by sending e-mail to info@gnn.com. Information is also available by phone at 1-800-338-6887.

Coming Soon: Pittsburgh Council will soon be joining the Internet with its own home page. If you have experience in HTML and would like to help maintain the Pittsburgh Council pages, e-mail Larry Laude at lll@telerama.lm.com.

Pittsburgh FreeNet: The Pittsburgh FreeNet is up and running, although much of it is still "under construction". To try it out, connect to URL <http://trfn.pgh.pa.us/>. Look for travel (including hostelling) and outdoor activities under "The Great Outdoors".

Kayak Auction

Two White Water Kayaks are available for auction this year. They will be sold individually by sealed bid. All boats are sold AS IS and with NO warranty. Both boats are more than 5 years old and have been used in the AYH Kayaking program. Bids must identify the boat and the price offered. They are to be mailed to Ray Yutzy, AYH Kayak Chair at 390 Orchard Drive, Pgh. PA 15228 and identified as a kayak bid. Bids must be received by and will be opened on August 3, 1995. Highest bid for each boat wins.



Boat # 1

Model: Wildfire
Manufacturer: Phoenix
Construction: "Fiberlastic" - fiberglass with a plastic resin.
Description: Whitewater "play" boat for smaller paddlers.
Condition: Used. One identified crack: 3" long through the edge of the cockpit coaming located about over the right thigh of a paddler. Purchaser will need to repair the boat for it to be serviceable for whitewater.

Minimum Bid: \$ 75.00

Boat # 2

Model: Spirit
Manufacturer: Perception
Construction: Plastic
Description: Large whitewater boat, but not for difficult water. For larger paddler & lots of room for gear.
Condition: Used.
Minimum Bid: \$ 125.00

For additional information or to arrange to see the boats call: Ray Yutzy — 341-5682

The Ghost Town Trail — and then some!

July 15, 1995

The Ghost Town Trail begins at an excellent trail head in Dilltown PA just one mile from Route 22. The rail trail follows Black Lick Creek through several "ghost" towns. These towns were thriving coal mining towns. Not long ago, hotels and many homes lined the streets. Now they are only rubble and boney piles.

Our first stop will be Eliza furnace in Vintondale. This little town is still occupied but it has been flooded out many times, as you will see. As the trail rises from Vintondale to Nanty Glo, it is reminiscent of the Ohiopyle rail trail. We can hear the stream rushing over the rocks below.

We will take a 6 mile detour (round trip) to one of the world's most beautiful ice cream stands. Here you may savor a tasty and rare teaberry ice cream cone. It is worth the only uphill climb of the day.

Nanty Glo is our turn around point. This town was settled by Welsh coal miners and still has a charm about it.

The total ride should be about 30 miles. We will move along at a relatively brisk pace on the flats with periodic stops to "smell the flowers". To finish the day's adventure, those who wish may drive to Johnstown for a ride up the incline and a wonderful view and dinner.

Be sure to call Joan Rooff at 795-8345 for information and reservations.

Extended Backpacking

Black Hills of South Dakota & Colorado backpacking/car camping trip; July 1 - 15, '95

We will hike the Centennial Trail and others in the Black Hills National Forest, the Norbeck Wildlife Preserve, and the Black Elk Wilderness, averaging ten miles per day and 600 feet of climbs and descents. Some of the scenic rewards will be Cathedral Spires, Little Devil's Tower, several mountain lakes and stately Harney Peak.

In addition to the backpacking, we'll visit area scenic wonders such as Mount Rushmore, Chief Crazy Horse mountain carving, Custer State Park wildlife preserve (may see huge herds of buffalos, wild burros, deer and more), Jewel Cave National Monument, Wind Cave National Park, Devils Tower National Monument and The Badlands.

On our way home, we'll travel south to visit Rocky Mountain National Park and spend a day hiking. Next, we'll go farther south through Denver and Colorado Springs to see the Garden of the Gods and drive up Pike's Peak. After that, we'll reluctantly head home.

If you aren't up to backpacking, but would like to car camp or motel and spend time relaxing, day hiking and sightseeing in the area, you would be welcome to come on the trip. We will need someone to drive the van to our backpacking end point and pick us up after our hike.

This has the makings of a great trip. If you'd like to talk about it give me, Glenn Oster, a call at (412) 364 - 2864.

Appalachian Trail Trip

Want to tackle a rugged section of the AT? You can, by joining Glenn Oster this summer. He's planning to backpack south from Monson, Maine 178 miles into northern New Hampshire. In order to minimize the difficulty of the climbs, descents and rocky terrain, the average daily distance will be kept to eight miles.

The time frame for the entire trip is July 21 through August 21. However, if you can arrange for your own transportation, there are fourteen different trail segments you can select ranging from four days to twenty-three days' duration and distances as short as thirty-three miles.

The hike will cross the impressive Mahoosuc Range with its superb scenery. Bring your camera.

Call Glenn for information and reservations (412) 364 - 2864.

REMINDER TO TRIP LEADERS

All trips and equipment usage must be approved by the appropriate activity chair or co-chair. Trip reports and fees should be turned in by the end of each month at either the AYH Activities Building or AYH Office or mailed to Pittsburgh Council, 5604 Solway St., Pittsburgh PA 15217

SAILING

The AYH owns Flying Juniors, Sunfish, and an International 470. Several members also use their own sailboats. Most of our day sailing trips and classes will be on Lake Arthur in Moraine State Park near Butler, Pa. Additional weekend trips and extended trips are also planned. We will also organize Charters on the Chesapeake and Lake Erie.

Individuals with their own sailboats are especially encouraged to join our program. We also need individuals with trailer hitches to pull the sailboat trailers. All trips require previous sailing experience unless otherwise stated. This generally means a minimum of a Red Cross certified Basic Sailing Class or equivalent. Participants for all sailing activities must be in good physical condition and able to pass minimum Red Cross recommendations for swimming competency. Personal Floatation Devices are required on all trips.

Introductory Classes We offer introductory Red Cross Certified classes for those who have never sailed before or anyone who desires to brush up on their skills. Participants must be at least 16 years old, in good physical condition, be comfortable in the water and know how to swim. Classes consist of three 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 complete all requirements. On the water sessions take place at Lake Arthur and Classroom work is at the AYH Activity HQ building in Pittsburgh in Mellon Park. These class usually fill up so send in your application early to insure a space. Enrollment will be closed once we reach maximum class size. Classes may also be canceled if we do not reach minimum enrollment two weeks prior to the first session. Individuals may cancel up to 14 days prior to the first meeting and receive a full refund minus a \$10 administration fee.

Please use the following form to enroll for classes. The course fee is \$65 for AYH members and \$75 for non AYH members. There is a \$10 charge for the textbook and this can be shared by multiple students from the same address. If you are not an AYH member you can complete the application that normally appears elsewhere in this letter. Otherwise contact the AYH office for details.

	Shore School AYH HQ 7 pm-9 pm	Shore School AYH HQ 7pm-9pm	On-Water Class Lake Arthur 9am-5pm
Class 2	Mon., July 10 & Mon., July 24	Fri., July 14	Sat., July 15 & Sun., July 16
Class 3	Mon., July 10 & Mon., July 24	Fri., July 14	Sat., July 15 & Sat., July 22
Class 4	Mon., July 10 & Mon., July 24	Fri., July 14	Sun., July 16 & Sun., July 23

PLEASE NOTE:As of early June we had only one or two spaces left in our July Sailing Classes. These are our last classes of the year, however there are a few other organizations that may still offer sailing classes. Call Bob Zavos for details at 241-0659.

SAILING CLASS REGISTRATION

Name: _____

Address: _____

Phone No. _____

Class 1___ Class 2___ Class 3___ Class 4___

you can enroll multiple people with the same address on one form

Class fees: (\$65 AYH member, \$75 non member) _____ x _____ = _____

Textbooks:(\$10) _____ x _____ = _____

TOTAL ENCLOSED: _____

Make check payable to Pittsburgh Council AYH and send to;
Robert Zavos, AYH Sailing, 1007 Savannah Ave. Pittsburgh PA. 15221

Extened Sailing

Jul. 1-3 Sat.- Tue. Chesapeake Bay Bob Zavos 241-0659
If you have any interest in cruising or learning on America's premier sailing waters on this extended weekend call immediately as trip plans must be finalized by June 29th..

Aug. 4-6 Fri. - Sun. Prince Gallitzan State ParkJan Herczak 921-3565
Sail on Lake Glendale. Other activities include hikes in the park and the annual Mountain Days Festival. Overnight camping in the Park. You can start this trip a day or so early on Thursday or drive up Friday evening or early Saturday morning.

Sep. 2-4 Sat. - Mon Lake Chautauqua, NY Marilyn Marrari 441-6764
Over night accommodations in a unique, Victorian cottage with numerous activities, eating out, cooking in, and sailing on beautiful Lake Chautauqua.

Oct. 7-8 Sat. - Sun Annapolis Boat Show Bob Zavos 241-0659
Tour historic Annapolis and attend the world's large sailboat show. Overnight accomodations at the Baltimore AYH.

Day Sails at Lake Arthur

Bob Zavos 241-0659

Sat. July 1; Sat July 8; Sun. July 16 & Sun. July 23
Day sails are contingent on weather and leader availability. One Flying Junior and one Sunfish will usually be available on the racks at the eastern edge of the Watts Bay trailer area. Additional Flying Juniors and the 470 will also be available depending on a towing vehicle with hitch. Sails times are variable, but generally start at 10AM at the Lake. Please call Bob or Sara Zavos at 241-0659 no later than the Thursday night prior to the sailing date. Changes to the scheduled dates will be announced at the Thursday night activity meeting or posted on the sailing activity bulletin board.

Racing Days at Lake Arthur

Bob Zavos 241-0659

Sat. Jul. 1; Sat. Jul. 8 beginner races; **Sat. Jul. 22; Sat. Aug. 5; Sat. Aug. 19; Sat. Sep. 2; Sat. Sep 9** regatta & **Sat. Sep 23**
The Moraine Sailing Club (MSC) conducts racing events at Lake Arthur and the AYH Sailing Activity was invited to participate as an organization member. Sailboat Racing can be a great way to have fun sharpening up sailing skills or to become competitive in an Olympic sport. MSC also hold numerous social events including seminars, picnics, regattas, youth programs, facilities improvement projects, and banquets.

THE GREAT RIDE RETURNS!

The new, improved Great Ride returns this year on July 23rd, a week later than usual due to a rescheduled Vintage Gran Prix in Schenley Park. We did briefly consider trying to share the course with the vintage race cars but decided it would be unfair to the drivers. Well, seriously, we did have to move the date and the 23rd it is.

The basic format of the ride will be the same as last year, starting at the Boardwalk in the Strip District, climbing the North Side for that spectacular ride down the I-279 HOV lane to the stadium (or for those interested in less of a workout, going directly from the Strip towards the stadium), across the Allegheny River, through downtown Pittsburgh to the 10th Street Bridge and the South Side, an optional tour of Mount Washington, back up to Oakland, Schenley Park, and Beechwood Boulevard, through the East End to Highland Park, and then along Butler and Penn back to the Boardwalk.

What's new and improved? We're working on better food! An additional rest stop! Entertainment! More Riders! And riders will get the 1995 Great Ride T-Shirt as part of registration.

Registration forms should be in your mail by the time you read this. If you haven't gotten a registration form by July 1st, call 412-255-8975 or 412-422-2282 for an application. It's not too late! Early registrations for \$13 will be accepted through July 7th. Credit card registrations will be accepted so fax them to 412-422-2509 if you're running up to the deadline. Registrations will be accepted after the 7th up to the morning of the ride for \$18, but it will still be better to send in your application ahead of time to avoid the lines at registration.

See you on the boardwalk!

Watch for these other two HI-PITTSBURGH AYH Bicycle Tours. The Mon Valley Century-August 27th, 1995; SABRE-October 1st, 1995. Watch in future issues for more details on The MVC and SABRE.

MID-WEEK RAMBLES

- July 5 Blueberry picking at the Hager Farm, outside of Freeport. Picnic lunch at the Freeport community park. Leaders: Dick and Ruth Fischer, 421-9215.
- July 12 Explore the slag heap near Frick park. Leader TBA
- July 19 Walk to Rodef Shalom to visit the Biblical Gardens. Leader: Marilyn Ham, 687-4520.
- July 26 All day picnic to one of the regional parks. Bring a lunch. Leaders: Marilyn and Cliff Ham, 687-4520

NOTE FOR ALL TRIPS:

Meet in the Mellon Park upper parking lot near the corner of Fifth and Shady Avenues by 10 A.M. We will carpool to save energy and enjoy each other's company.

Trips are normally three to four miles in length, at a leisurely pace. Trips are subject to change due to weather, the leader, or the choice of the group. We will walk in all conditions of weather, so be prepared.

From time to time, we will schedule lunch at a restaurant, or a brown bag lunch. These are optional.

Call the leader for more information about a trip, or to let them know you are planning to walk with the group, but not after ten o'clock at night.

HIKING / BACKPACKING

Friday evening July 21-August 21

Glenn Oster (412)-364-2864

Backpack the Appalachian trail through the Mahoosuc range in Maine. Superb scenery. Rugged mountains. Hike all 178 miles or 1 of 14 shorter segments. Daily average distance will be 8 miles. Intermediate/advanced difficulty. Call for info & a reservation.

Sunday July 23 &
Sunday July 30

Bruce Sundquist 327-8737

Annual Youghiogheny River Valley inner-tube hike from Johnson Run to Camp Carmel. (4 miles on foot, 3 miles on inner tubes) Postponed if not hot & sunny. Limit: 18. Call for info & a reservation.

TRAILCARE AT CROOKED CREEK, CALL NOW!

July 14, 15, 16. Those are the dates the Pittsburgh HI-AYH and the Keystone Trails Association will car-camp at Crooked Creek, near Kittanning, PA in order to do a major rehabilitation of the 12 miles of the Baker Trail from Cook's Summit to Cherry Run. We will be blazing, cutting, clearing, and cleaning. Volunteers will begin to arrive from all over Pennsylvania to our exclusive reservation at the group campground at Crooked Creek to work on the Trail. The campground is high up on a bluff overlooking the lake. During the day, volunteers will be dispatched to the different work sites; at night there will be campfires and revelry at the campground. The weekend will be coordinated by Mary Pitzer for KTA and Jim Ritchie for HI-AYH. Both are members of the two organizations.

If you would like to volunteer, now is the time to make your commitment. Let Jim know by calling him at (412) 828-0210 or send email on the Internet to JLR@VMS.CIS.PITT.EDU. Check in anytime Friday or Saturday. Come for the day or come for the weekend. Crooked Creek Park features a sandy beach, a boat launch with boating suitable for canoes, sea kayaks, sailing; good fishing for warm-water fish, hiking trails, a Visitor Center, volleyball courts, picnic areas, etc.

WHITE WATER KAYAKING

Western Pennsylvania has an amazing number of rivers available for kayaking at all levels from placid, scenic rivers to spectacular cascades. You get to pick the level of serenity/adrenaline you find most enjoyable. With water from Spring snow-melt, Summer dam releases and Fall rains, your boating season can include almost any temperature you find enjoyable/tolerable.

The AYH Whitewater Kayaking program has a small fleet of boats in various shapes and sizes available (for a ridiculously low fee) to accommodate the various shapes and sizes of paddlers in our schools and on our trips. As with other AYH activities, Youth is in the mind and all our paddlers feel young.

Trips/schools generally meet at the AYH Headquarters building at about 8:30 AM in Mellon Park and car pool to the river of the day. Bring a waterproof lunch, clothes appropriate to the season & weather and cash for fees & dinner on the way home. Check with the trip leader for any special needs.

Saturday, July 15 & Sunday, July 16 Ray Yutzy 341-5682

White Water I - Beginners/Novice School: This school is intended to introduce the total beginner to the basics of the relaxing/interesting/exciting sport of whitewater kayaking. Novice paddlers may enjoy this as a refresher and work on developing additional levels of skill.

Saturday - Yough Lake at Confluence, PA

Equipment Introduction &

Basic Flat-water Paddling

(Overnight Option - Ohiopyle Hostel)

Sunday - Middle Yough - Confluence to Ohiopyle

Basic White-water Paddling

Sunday, July 30 Ray Yutzy — 341-5682

Class I-II Trip: This easy trip will be appropriate for paddlers with only a minimum of experience. The river will be selected based on the water levels of the river gauges that morning.

Saturday, August 5 & Sunday, August 6

Three Rivers Paddling Club "Turkey Bash" Paddling Clinic

(Not an AYH event - TRPC membership required)

This is a two day instructional clinic, gigantic picnic (roasted turkeys with all the trimmings) and all-around good time. It is centered at Riversport's Camp near Confluence, PA and uses sections of the Yough and other nearby rivers. For information: Ray Yutzy — 341-5682

CANOEING

July 1 Sat Steve Tubbs 279-4866
Flatwater trip. Call for details.

July 1-4 Sat-Tue Brian McBane 443-8972
Canoe camping on the West Branch of the Susquehanna, Greenbriar, or Clarion River. Call for details.

July 8 Sat Paul Bronder 882-9255
Class II trip on the Middle Yough. Come and learn to canoe-surf!

July 16 Sun Gordon Bugby 371-4233
Whitewater II School. Call before 10 pm for reservations and details.

July 22 Sat Janet Supowitz 247-4016
Class II trip. The mid-summer, mid-Yough, mid-day, pot-luck. Call for reservations and details.

July 23 Sun Oscar Mayer 828-7123
Flatwater trip. Call for details.

July 29 Sat Paul Bronder 882-9255
Class II trip or whitewater II school. Call and let Paul know which you would prefer.

August 5 Sat Joyce Appel 526-5407
Flatwater trip. Call for details.

August 11-20 Paul Henry 962-1511
Joyce Appel 526-5407

Wilderness canoe trip in Algonquin Provincial Park, Ontario, Canada. Paddle and portage through some of North America's last pristine wilderness. Expect to see moose, otters, beavers, and loons. Expect not to see airplanes, house, radio towers, or smokestacks. Call early for reservations. From July 1 to 25 call 545-2463 for information through the mail.

August 12 Gordon Bugby 371-4233
Whitewater School. Skill level and location of trip to be determined by the first three callers. Call before 10 pm.

ROCK CLIMBING

July 8,9 SAT/SUN Eric Bauer 687-0766
Intermediate Trip; Seneca Rocks I

July 22 SAT Eric Bauer 687-0766
Beginner Trip, Location TBA. Meets at HQ, 730 AM

July 30 SUN Eric Bauer 687-0766
Beginner Trip; (Rain make-up Date). Meets at HQ, 730 AM

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.

Rain make-up dates will be used only if two or more beginner trips were cancelled.

The Seneca Rocks trip involves multi-pitch climbing. This trip involves climbing 200 feet or more. You must have attended the Seneca Prep trip on June 24 to be eligible (During the Seneca Prep, we teach techniques needed for multi-pitch climbing).

Why Washington

by Glenn Oster

In the two previous issues of The Golden Triangle, Glenn Oster related his experiences while driving out to the state of Washington on a Pittsburgh Council, HI/AYH backpacking trip and of the first three days of backpacking in the North Cascades Range. In this installment, Glenn tells us about the conclusion of the North Cascades portion of the hike.

Scenery during the big climb was well worth out attention, mountains everywhere we looked, but I hardly took any pictures - just too overcast to make pictures with sparkle. The next day was something else. By 9:30 a.m., the sun appeared and the snow capped mountains glistened. Particularly appealing was Jack Mountain, not much over 9,000 feet, but massive, symmetrical and fully snow capped. For several miles we hiked close to the spine of a ridge with the mountain sloping steeply to the south, our left. Looking down, we could see valleys at least 3000 feet below. Had we really climbed that much and more?

By noon, we had lunch at the top of the ridge in a place known as Devil's Dome. The views from there were incredible, especially to the north. Below us at right angles to our ridge, there was one range with sides which sloped like a massive "A" frame tent and other mountains of all descriptions as far as we could see. To the south, imposing Jack Mountain still dominated our view; it was so beautiful - we weren't about to complain that we couldn't see beyond it. We were now at only a little over 7,000 feet, but high enough in the North Cascades to be in snow even in July. Fortunately, the trail crossed snow fields for only a short distance, and then we started our descent toward Robs Lake along the south side of the ridge.

We intended to camp part way down the slope wherever we could find a suitable shelf beyond our last water source. Usually, I can find camp sites even on side slopes if I'm patient. I filled our two and a half gallon water bag, and we continued our descent. We walked mile after mile with no trace of a site. Patience, hamm. There I was carrying 20 pounds of water and also my pack for over an hour. Joanne prevailed on me to jettison the water and complete the drop to Robs Lake. That would mean a twelve-mile day, and I hadn't planned for a new backpacker to be hiking that far in any one day, especially in the mountains. Well, I acceded, and you might know, within 300 yards there was a great place to camp, but now we had no water. Se le vie. I bit my tongue and didn't utter one nasty word - maybe just too tired from carrying the water so far. Resignedly, we continued down the trail. Kirk had left a note tied to a shrub at the last water source saying that he was too early to camp and was going on to Ross Lake. As we hiked, we needed something to lighten the mood. It happened. We saw a bear on the trail, a black bear in the brown phase, the only bear of the entire trip. Couldn't have come along at a better time. It wasn't much interested in getting to know us better and scampered away as fast as its legs would take it - just wanted to get away from us. This was the first bear Joanne had ever seen in the wild, and she was sure it was as large as a V beetle.

By early evening we reached Ross Lake and an established campground. Again, Joanne, the new backpacker exceeded my expectations. As expected, we caught up with Kirk there, all set up and relaxed. But Joanne and I noticed very quickly that one large deer already had developed a crush on Kirk. She kept wandering into the camp site and looking at him with those huge, longing eyes. Kirk is so modest. He contended that she was probably looking for a handout, returning time and again in hopes that he would break down and feed her. He felt like a Scrooge, but held to the Rangers' rule of not feeding human food to wildlife. You hung tough, Kirk.

The western quadrant of our hiking route took us alongside Robs Lake. It's a beautiful body of water that stretches twenty-four miles to the Canadian border, separating steep sloping mountains of conifers. The morning on which we started this leg of our circuit was sunny and warm with a pale blue mist in the atmosphere. Pretty to the eye, but very soft to the camera, not the clear sky, deep blue water and vivid green trees that might be expected. The trail along the lake was flatter than the other three sides of the loop and easier. It was in great shape and views of the lake were welcome, becoming more like one would expect as the day advanced and became hotter. We were hiking at a fast pace. In fact, we made such good time that we missed the area where we had originally planned to camp for the night. We reached the mouth of Ruby Creek and concluded that we should finish the loop and return to the trail head. What a satisfying feeling to complete this hike that I had wanted to do for so many years.

We had completed our 62 mile trek, climbing and descending 7,400 feet, but a full day ahead of schedule. Normally, this is no problem because the van is parked at the trailhead, but Frank had already checked the trail head for the day and by this time was out taming the North Cascades. What to do? Did you know that there was such a thing as an "angel of the trail"? There is in the form of Aura Schilling, a most congenial woman we met on the trail. She appeared at the opportune time and agreed to drive me to the campground where I thought Frank would be staying, but no Frank. Without any sign of annoyance at altering her plans for the evening, she drove me back to the trailhead, a total down and back of eighteen miles, and would not take any money for the use of her car or to recognize her inconvenience. I did get her address, and once home, I wrote a note expressing our appreciation for her help. At times, I've helped people myself, but never expected anyone to come to my rescue. We'll long remember her kindness.

Now, consider the scenario. Here we were, off the trail without transportation, and not permitted to camp anywhere but distant established campgrounds. What a predicament. Who would have guessed, good fortune smiled a second time in one day. Kirk rose to the occasion. He encountered a park ranger and related our plight. Kirk must have explained very well - the ranger gave us permission to camp near the trail head. Problem solved - only we had to kill time until Frank picked us up next day. He surely was welcome when he arrived - and right on time. Three cheers for Frank!

*Be sure and join us next month as we continue
with the next installment of
Glenn's latest tale, "WHY WASHINGTON"*

Hostel Visits

by Linda Smithyman

My travels in 1994 took me through numerous states with a hostel in almost everyone. All of the hostels had information on nearby attractions and activities and the managers were very helpful. Most buildings were nice & clean with hostellers cleaning up after themselves most of the time quite adequately. I have met folks from all around the USA, gone hiking or out for pizza with other hostellers from Europe, the Far East & Australia & New Zealand. The stories that we have shared are remarkably similar in some cases and extremely culturally different in others. But getting to know my fellow hostellers and their personal stories, musical tastes, sharing ethnic foods and friendship have been wonderfully rewarding. I feel like I have friends all over the world even though I haven't left my home country.

I returned once again to Bear's Den in Virginia about four hour drive from Pittsburgh. This secluded hostel is on the Appalachian Trail and is a popular overnight stop for the thru-hikers those hikers trekking from Springer Mountain in Georgia to Mount Katahdin in Maine. The stone building is a perfect hostel with all of the necessities including ceiling fans to keep cool in the summer. Down on the AT is a group of rocks where watching the sunset over the Shenandoah River and nearby mountains is a favorite pastime. Easy access to the AT can also be found at Sky Meadows State Park and Shenandoah National Park less than an hour drive south.

Galax is in southern Virginia on the Blue Ridge Parkway. If you have never been there it would be wise to get directions. This hostel is also isolated and a car is beneficial for traveling to and from points of interest. Down the parkway, just over the North Carolina border is a Welcome Center that has a trail that goes rock hopping over a stream down in the hollow. I saw my first pileated woodpecker here. It is as big as a large crow and has the usual woodpecker markings. If you are at the hostel at the right time of year the manager may tell you where to find the yellow lady slippers growing nearby.

The Great Smoky Mountains National Park literally is the backyard of the Tennessee hostel. It is one of the nicest valleys in the eastern part of the state. through the bedroom window you can watch the sunrise around Cove Mountain. A small creek runs nearby, bonfires. are common in the summer and this hostel has cable TV in addition to all of the usual stuff. Air conditioning is so wonderful on those hot days after coming back from various trails in the park. look up to see all of the stars in the big dipper, the sky is so clear. Wholesale outlets and the tourist traps are off in one direction and the "peaceful side of the Smokies" is in the other. Tubing down the Little River & riding or walking on the bike trail are more common with the slower pace in Townsend. There is a hostel in Atlanta Georgia in the city where the doors must be locked and valuables removed from your car and sirens scream by in the middle of the night. Most of the inside needs to be painted. there are two kitchen and dining areas as the building is quite large. Of course, it is in the city and access to the sites and attractions is rather simple but I stayed away from the subway and chose to climb up Stone Mountain 15 miles away and took photos of the skyscrapers from far across the land.

Virginia Beach has a hostel, too. The common area is an outside covered picnic area great in warm weather. The kitchen is skimpy but rooms are just fine. the beach is just minutes away with its crowds and stores with souvenirs galore and a variety of places to eat.

One of my favorite hostels is Ironmasters in Pine Grove Furnace State Park near Carlisle, PA. This hostel has everything including character and the longest porch to sit and watch the Appalachian Trail hikers go by or listen to the noises of dusk turn into night. Hummingbirds flutter about ready to check out any intruders. Within walking distance is a quarry where folks can swim or fish free On a lake nearby canoes and rowboats can be rented. cycling is popular along the country roads and the Jacuzzi at the hostel soothes tired muscles at the end of a long day.

And I can't forget Ohiopyle State Park- so close to Pittsburgh but in the mountains with a river running by and trains passing through out the day. There are new picnic tables and a nice big yard, the Youghiogheny River Bike Trail is easily accessible. The Ohiopyle waterfall is within walking distance on an easy trail around Ferncliff Peninsula. Wildflowers and virgin timber are all over. the river presents many opportunities for enjoyment. rafting, canoeing, kayaking, tubing, swimming or just cooling off those weary feet. At night the sounds of the river flowing by float up to the hostel windows as part of nature's symphony.

Ask at the Pittsburgh Council office or headquarters for your USA & Canada hostel handbook and start planning your own trek around the USA.

On the road with Parrots?

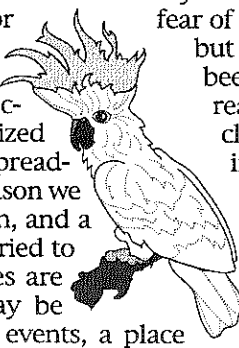
Do you own a tandem and wish you could ride it with others? Maybe you own one but don't ride it for fear of the hills of Pittsburgh; or have you always wanted to try one but never knew who to ask? Some of the answers you may have been looking for can be found with us, we're the PARROTS: PA Recreational Riders on Tandems.

We're a loosely organized club with simple goals. Having fun riding our tandems, and spreading the enjoyment to anyone who wants to join us. This season we have set up a schedule of rides, with at least one ride a month, and a weekend trip to a Bed 'n Breakfast in September. We have tried to gear our trips to the average recreational rider. Most rides are 30-50 miles, but options for longer or shorter routes may be available. We have tried to make them more like social events, a place where tandemists gather to fraternize and ride in interesting places, not just see who finishes first.

Our paid membership at this time is 16 teams and growing. Dues are a mere \$5 to cover printing and postage for our ride schedule, and to get you on our mailing list. (If you received a mailing in March, but not a complete schedule since, it's because you didn't pay! It's not too late to join in the fun.)

If what you've read appeals to you, you're welcome to join us, even if you don't own a tandem (yet!).

For more information contact: Chuck & Lynn Ejzak 6858 Wilson St. West Mifflin, PA 15122 (412)466-6196. Make checks payable to Lynn Ejzak and mail to above address. Thanks and see you on the road!; Lynn Ejzak



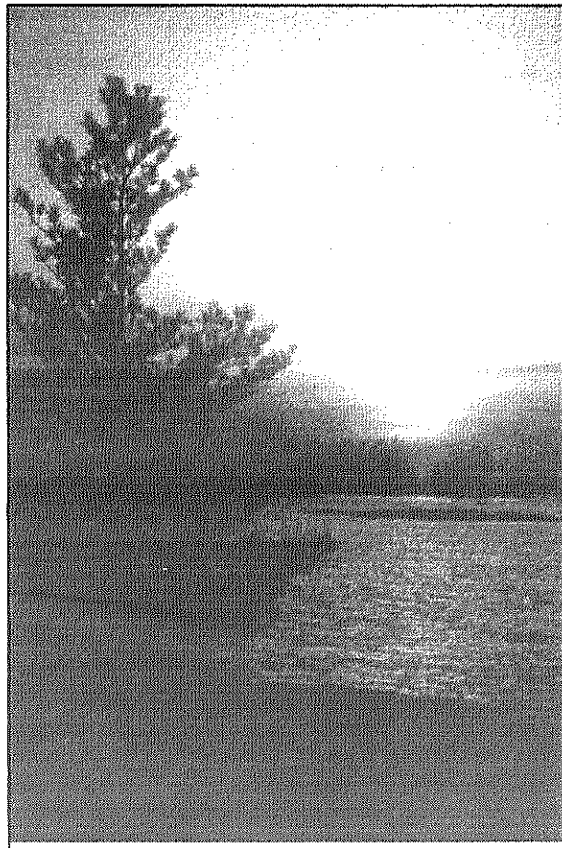
SEA KAYAKING

I need to come clean about something. OK, Ron, you were right. There weren't (almost) any oysters at the Urbanna Oyster Festival last fall. Sometimes, we'll plan a trip around some odd event that catches our attention, and Ron Valane and I had high hopes for this one. We had heard about the local community's annual event from the AYH houseparents at Sangraal-by-the-Sea. We listed a trip for mid-October and drove down to Virginia's Eastern Shore, drawn by the anticipation of barrels of fresh oysters piled on the docks, and cooked up hot, with tabasco sauce. Our expectations only rose when we hit a solid traffic jam two miles out of Urbanna. Others shared our dream, and the little town just couldn't handle all the attention. No problem - we just took the next left (they all led to the water) and after securing permission from the dock-master (who had never even seen a sea-kayak), left our cars and paddled straight to the Urbanna town harbor, and the center of the Festival.

It was quite an event, actually. They had live music, a beautiful tall ship brought in from Norfolk, and a fireman's parade complete with some guy riding gunshot. The only problem, Ron noticed, is that there weren't any oysters. You could walk from one end of town to the other, stuffing yourself with funnel cakes, ice cream, sausage sandwiches and even crabcakes, spicy crawfish, and fish sandwiches, but only the Kiwanis booth was serving oysters - very expensive and imported from Louisiana - and they ran out.

Now don't start thinking our trip was ruined. Ollie North (remember him?) and Charles Robb (Virginia's maybe-scandalous governor) were there trying to pull in the votes. Urbanna itself is a wonderful place, with small-town friendliness and the beauty of the Chesapeake surrounding it. And our weather was phenomenal. Sunny days with highs in the lower 80's (in mid-October!) and cool, clear nights. That evening as we paddled up the Rappahannock back to our cars, you could hear the locusts and crickets, breezes in the trees, and small waves lapping the shore as the tide pushed us along, and it seemed like a perfect night in late July or August. When we arrived back at our take-out, no one went ashore for a few minutes. We just sat there, soaking it all in, next to the quiet docks and derelict oyster boats we found aren't used there anymore.

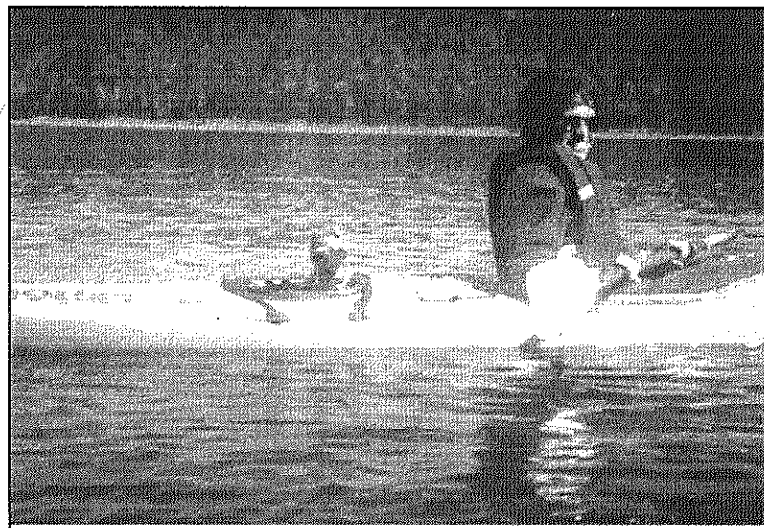
I had pretty much forgotten about the whole thing after we got home - I mean, the part about there not being any oysters. Then last week, we went to the Chesapeake Bay Sea-Kayaking Symposium. There are the annual gatherings of our sport, where you can attend lectures and on-water classes, see demonstrations, and try out the latest new stuff. It's sea-kayak concentrate! Although we go to this symposium every year, they keep you busy enough that we've never paddled or had a real look around the area. So on Saturday night, after a New England Clam Bake dinner at the local crabhouse, we got everyone together and put in at Elk Neck State Park, just at the last of the sunset was fading. We followed the Elk river down to where it enters the very northeasternmost corner of the Chesapeake Bay, paddling under surprisingly tall cliffs through water that resembled dark sparkling glass, and occasionally watched as the great ocean vessels moved along the Intercoastal waterway, down the bay a mile off to our east. The next day, the symposium wrapped itself up and everyone headed home except Vickie Gotaskie and myself. We gathered more firewood for a long evening fire and talked about the symposium. The next day, we tried out the new kayak (we frequently buy new boats for the program at symposiums) then drove into the town of Northeast, Maryland for a last seafood lunch before returning home. We walked into a place that looked like that's where the local people eat, and I ordered a bowl of oyster stew as an appetizer. This thing was huge - and chocked full of large, tender oysters. There were more oysters in that stew than we collectively ate at the Urbanna Oyster Festival. I begged to see the cook - and that man has my undying admiration - and it's too bad that Ron wasn't with us there (or that we didn't bring him any home!) But here's the point: On the kind of trips we do, you don't pay someone to guarantee that every experience will be just what you expect. Want that - go sign up for a cruise vacation. Instead, we go out and discover for ourselves great places to visit - many of which are off the beaten path - and take credit for our good times and accomplishments. It can be a lot more fun, especially if you enjoy the occasional challenge, and a good deal cheaper since we run trips "at cost". If this sounds like something you'd like to do then join us at our monthly sea-kayakers dinner. We can talk about it then.



The view from camp.
Sea-kayaking on the Georgian bay.

overnight and returning via the International Ferry. Intermediate-level paddlers only, but you have the whole summer to prepare. MEETS: Thursday Evening or Friday Morning at the AYH in Shadyside. Mark Mistrik 344-8665.

Friday Evening September 1st thru Monday Evening September 4th, 1995. Close out summer with a trip to Maryland's Eastern Shore. We'll be staying in Crisfield, Maryland - the Bluecrab capital of the world, and combining both Chesapeake Bay and Atlantic Ocean paddling. Enjoy both the natural beauty and unique culture of this area. Call for more information and to reserve. MEETS: 6:00 PM at the AYH in Shadyside. Mark Mistrik 344-8665



Susan Stroup takes her dog Meg for a sea-kayak demonstration at Kinzua

Friday Evening July 7th, 1995 Monthly Activities Dinner. Outdoor-related conversations and new sea-kayaking trips. Everyone welcome. Please call to let us know you're coming. MEETS: 6:15 PM at the restaurant. Mark Mistrik 344-8665

Friday July 14th thru ? Sea-kayaking and sightseeing trip to DownEast Maine. Explore islands and Maine's rugged coastline by sea-kayak, hike on Acadia National Park's Carriage Trails, visit quaint villages, and enjoy New England's finest seafood and Lobster bakes. Call for more information and to reserve. MEETS: To Be Announced. Mark Mistrik 344-8665

Tuesday Evening July 25th, 1995 Intro to Sea-kayaking. Easy evening trip is a good way to learn sea-kayaking, relax on a quiet lake, or improve your skills. Call to reserve a kayak. MEETS: 6:00 PM at the AYH in shadyside. Mark Mistrik 344-8665

Friday Evening July 28th thru Sunday evening July 30th, 1995 Sea-kayaking weekend trip to the South Shore of Lake Erie at Vermilion, Ohio. Paddle through the town's canals - a sort of Venice in Ohio, and along the open Lake. Visit Milan, Ohio, birthplace of Thomas Edison. Call for more information and to reserve. MEETS: 6:00 PM Friday Evening at the AYH in shadyside. Mark Mistrik 344-8665

Wednesday Evening August 16th, 1995 Monthly Activities Dinner. Outdoor-related conversation and new sea-kayaking trips. Everyone welcome. Please call to let us know you're coming. MEETS: 6:15 PM at the restaurant. Mark Mistrik 344-8665

Thursday Evening August 17th thru Sunday Evening August 20th., 1995 Paddle Across Lake Erie (PALE). Here it is - Your chance to cross Lake Erie in a sea-kayak! Three day paddles with camping on islands

NYRATS -10

July 23-29

NYRATS, short for "New York Ride Across The State" is a seven day bicycling tour, staying overnights at college dorms and Holiday Inns on Hudson. The ride starts in Buffalo and ends in Manhattan, with a limit of 75 riders. There are price packages both with and without all you can eat breakfast and dinner at colleges.

Applications still being accepted. If Interested, please contact Suzanne Toomey Spinks by E-mail (af060@freenet.Buffalo.EDU), or Hostelling International - Niagara Frontier Council - AYH at (716) 852-5222.

CLASSIFIED

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

FOR SALE: Queen size waterbed with waveless mattress, six drawers in bedframe, heater. \$200 or BO. Barbara 371-2506

FOR SALE: Stereo components - Dual turntable, Sony STR-VX250 receiver, EV speakers. \$150 or BO. Barbara 371-2506

FOR SALE: 2 Dolfino professional silicone dive masks; low volume, fog-free, double edge. Used once and in original box. (older snorkles free) \$35 Eileen 531-9610

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: 60" metal desk, 55" wood roll top desk, steno chair Peg Cline @ 372,1782

For Sale: 16 ft Canoe - Blue Hole style hull, ABS, with Bugby style gunwales and seats. \$300.00. Call Linda or Jim Roberts - daytime at 268-6731, Nights until 9:00 at 244-8332.

For Sale: 19' Albacore Sailboat with trailer. Main sail and jib in excellent shape (recently reconditioned and still in original box). A fun boat!! \$800.00 Call Helena at 784-0299 or Paul Egbert at Wind & Water 586-2080.

For Sale: Exercise Machine, Rower/xc Skier. Like new. \$80.00 Firm. Call 341-4204. Leave message.

For Sale: Roof top Bicycle Rack - Holds two bikes. Must have Roof gutters. Like new. \$35.00. Call 341-4204. Leave message

Going to Britain? For Sale, two 7 day Heritage Passes. Visit up to 500 historic properties with no additional admission fee. Valid for 1995. Cost \$70 for two, selling for \$50. Bob Morgan 882-0483 or 488-2216.

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 some 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 deliver them.

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

