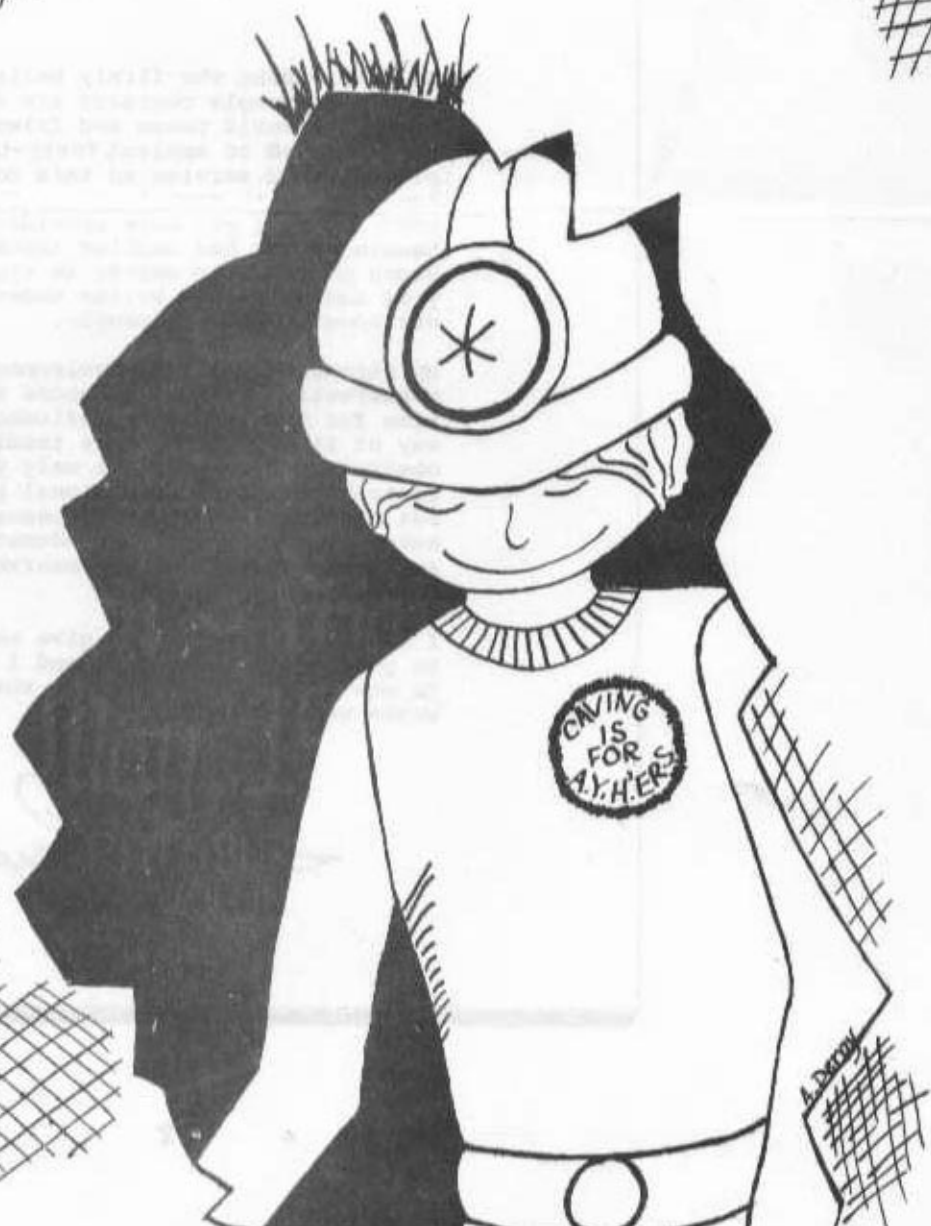




Golden ~ Triangle May, 1977

PITTSBURGH COUNCIL A.Y.H.
VOLUME 28 NO.5



AMERICAN YOUTH HOSTEL WEEK

MAY 1-8, 1977

To commemorate American Youth Hostel Week, President Jimmy Carter sent AYH the following message:

THE WHITE HOUSE
WASHINGTON

AMERICAN YOUTH HOSTEL WEEK
May 1 - 8, 1977

As a President who firmly believes that people-to-people contacts are an important basis for world peace and friendship, I am delighted to applaud forty-three years of dedicated service to this concept by American Youth Hostel, Inc. Ever since your founding you have provided low-cost housing which has enabled thousands of young people from abroad to visit us each year and to gain a better understanding of our country and its people.

My strong support for environmental preservation further enhances my admiration for your positive influence on our way of life. During this traditional observance I commend not only your contribution to international goodwill but also your effective sponsorship of outdoor recreational and educational activities designed to conserve and enhance our natural heritage.

I urge all Americans to give encouragement to your outstanding work and I look forward to our close cooperation in the important goals we share.

Jimmy Carter



SUPPORT NEEDED FOR "AMERICAN YOUTH HOSTEL ACT"

The "American Youth Hostel Act of 1976," which is designed to appropriate money to assist in restructuring existing buildings into hostels, has been reintroduced to Congress by Representative Richard Nolan (D - Minnesota) and is currently before the House Committee on Interior Affairs. An entire copy of the new House Bill (number H.R. 3767) was printed in the November, 1976 Knapsack.

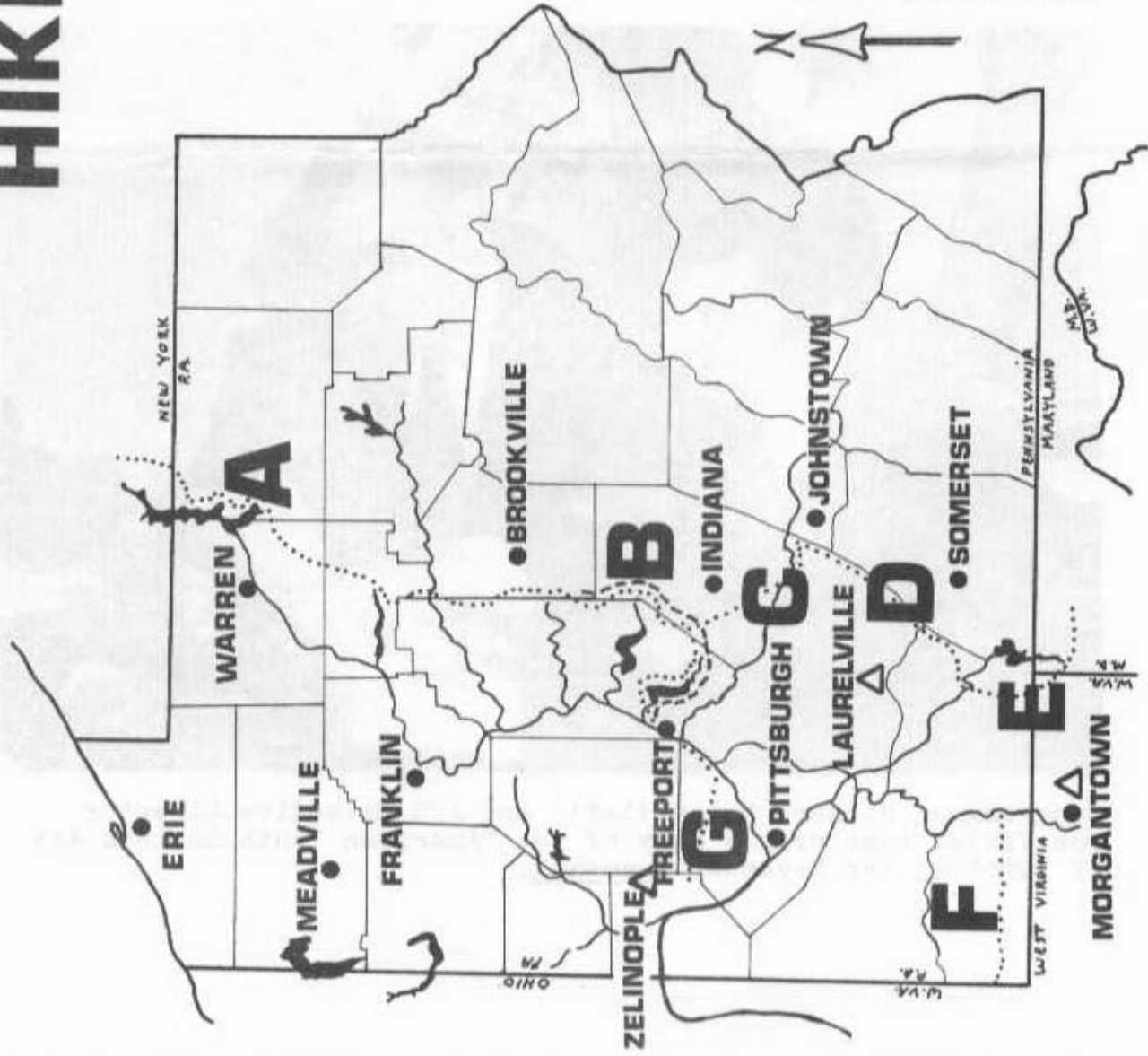
AYH Executive Director Bob Yeates urges all AYH members who are interested in getting more hostels in the United States to write or call their congressmen and senators and ask them to support the bill. "Now is the most important time for this legislation--it needs all the support it can get," Yeates adds.

Won't YOU contact your representatives during American Youth Hostel Week?



Congressman Richard Nolan (left) and AYH Executive Director Bob Yeates look over a copy of the "American Youth Hostels Act of 1976" in the November Knapsack.

HIKING TRAILS



WESTERN PENNSYLVANIA

0 20 40 60 80

MILES

NORTH COUNTRY

BAKER TRAIL - BIKEWAY

CONEMAUGH GAP *

LAUREL HIGHLANDS

POTOMAC HERITAGE *

WARRIOR

RACHEL CARSON

* INCOMPLETE

ABCDEFG

HIKING NOTES
By Dick Nugent

KTA OFFERS HIKING AWARD

The Keystone Trails Association offers the Western Pennsylvania Hiking Award to hikers who complete the Baker Trail, Rachel Carson Trail, and North Country Trail. In order to promote hiking on these trails, as well as on the Laurel Highlands Trail, it is planned to make and display at AYH headquarters building four posters concerning these trails. Part of each poster will be devoted to the compilation of a chart listing persons' names and the sections of trail that they have hiked (an example is the current Baker Trail chart). Not only will this serve as an easy way to keep track of the sections you have hiked, but it will also serve as a convenient way to gain first-hand information from a person who has hiked a section of a trail that you are interested in doing.

If you want your name to be included in this project, please write a summary of your hiking experience on the four trails to be covered and give it to Dick Nugent (hiking chairman) or put it in the hiking mailbox. The summary should include your name, trail, sections hiked, and approximate hiking date(s). The trails will be divided as follows:

BAKER TRAIL:

The 14 sections as described in the Baker Trail Guide

LAUREL HIGHLANDS TRAIL:

Section 1 - Ohiopyle to Maple Summit Road (mile 0 to mile 11.2)

Section 2 - Maple Summit Rd. to Rt. 653 parking lot (mile 11.2 to mile 18.8)

Section 3 - Rt. 653 parking lot to Rt. 31 parking lot (mile 18.8 to mile 30.8)

Section 4 - Rt. 31 parking lot to Rt. 30 parking lot (mile 30.8 to mile 45.8)

Section 5 - Rt. 30 parking lot to Rt. 271 parking lot (mile 45.8 to mile 56.8)

Section 6 - Rt. 271 parking lot to Seward parking lot (mile 56.8 to mile 70.1--end of trail)

RACHEL CARSON TRAIL:

Section 1 - North Park to the Rt. 910 bridge over turnpike

Section 2 - Rt. 910 bridge over turnpike to Russellton Road

Section 3 - Russellton Road to Springdale

Section 4 - Springdale to Tarentum

Section 5 - Tarentum to Harrison Hills Park (end of trail)

NORTH COUNTRY TRAIL: Section 1 - South end of trail to Kellettville
(about 10 miles)
Section 2 - Kellettville to Dunham Siding
(about 11 miles)
Section 3 - Dunham Siding to Henrys Mills
(about 15 miles)
Section 4 - Henrys Mills to Rt. 6
(about 13 miles)
Section 5 - Rt. 6 to Rt. 59 (about 15 miles)
Section 6 - Rt. 59 to north end of trail (about
10 miles)

WHAT HAPPENED AT THE CANOE MEETING?

By Mike Deroy

At a recently held meeting of canoeists, the following policies were decided upon:

- I. If a canoeist is qualified but hasn't led a canoe trip, that canoeist can sign up as a co-leader (still pay as a regular tripper) and learn how to lead a trip by sharing some responsibility.
- II. Canoeists finishing White Water School II would and should help out as instructors for WWI. A good way for a canoeist to know his or her own ability is to teach.
- III. Canoe Schools should try stopping a short distance from the takeout and have everyone run a short maneuvering sequence while the instructors explain their good and bad points to the class.
- IV. Canoes will only go out to responsible people and if there is a minimum of three (3) canoes on the trip. Life jackets are to be worn by ALL trippers on every AYH trip whenever they are on the water, no matter how shallow the water or how hot the day.

CANOEING TIPS FOR TRIPS WITH AYH

Canoe Schools:

AYH is planning one session a month for Whitewater Canoe Schools I and II. Two sessions a month are being planned for Beginning Canoe School.

Beginning Canoe School: Usually on Wednesday evenings twice a month, this school is on flatwater in Pittsburgh. Designed for individuals with no canoeing experience, the school covers the fundamentals: parts of a canoe getting in and out of a canoe, and setting up a canoe for an AYH trip. Students will learn forward and back paddle strokes and practice paddling the canoe in a straight line from the stern. Canoeing safety will be stressed.

Whitewater Canoe School I: Prerequisite--Experience: Several class I river trips paddling from both bow and stern. Skills: paddle a canoe in a straight line from the stern, know forward and backward paddle stroke

and steering strokes. You will work on maneuvering strokes (draw, cross draw, pry-away, and sweeps), downstream and upstream ferries, and river reading. Safety procedures for running rapids and working rescues will be emphasized and practiced. You will swim a rapid during the course. Everyone will paddle from the bow and stern on both sides of the canoe.

Whitewater Canoe School II: Prerequisite--Experience: Whitewater I School and several trips on Class I and II rivers practicing the skills learned in Whitewater I school. Skills: You must be able to do downstream and upstream ferries from the stern of a canoe. The School will work on eddy turns, peel outs, surfing in standing waves and hydraulics, rescue techniques, river reading and scouting rapids from shore. General tactics for running difficult stretches of river will be discussed and practiced. You will take part in a rescue and be rescued during the course.

Trip fees for canoe schools run higher than regular canoe trip fees. While the instructors receive no pay for the school, AYH feels it is not fair to ask them to pay rental or mileage for the trip. The instructors' shares of the fees are divided among the students. Schools usually take 12 students and 4 instructors. All of AYH's instructors at this time are products of AYH canoe schools. If you are willing to take our instruction in canoeing, AYH feels that you have an obligation to help teach on future schools.

Instructors are giving up a day of good canoeing to teach the schools. If you sign up for a school and do not show up the day of the trip, there is a good possibility that you may not be afforded the opportunity to attend a school until the next season. Canoe schools are booked up well in advance of the day of the trip. There is usually a waiting list. If you cannot make the trip, you are obligated to call the leader (at a decent hour) and cancel. If an emergency occurs at the last minute, a call to AYH Headquarters is expected about the time the trip is to meet.

Canoe Schools are posted at headquarters building the night of the Triangle deadline. If you are anxious to get on a school, come to a meeting and sign up as soon as you get your copy of the newsletter. Canoe schools fill early !!!

Trip Classification:

Streams and rivers are classified according to their difficulty.

Flatwater: lakes, ponds, or slow flat rivers with no apparent current. No rapids or riffles are encountered, and there is no problem navigating.

Class I (flowing water): moving water with a few riffles and no waves. Few or no obstructions.

Class II (easy white water): easy rapids with waves up to three feet high. Wide clear channels that are obvious without scouting. Some maneuvering required.

Class III (intermediate white water): rapids with high, irregular waves often capable of swamping an open canoe. Narrow passages that often require complex maneuvering. May require scouting from shore.

Hostel canoes run nothing higher than class III streams and rivers.

A caution to trippers about skills needed for a trip: It may seem

unfair for the leader to ask you to get more experience before you go on a school or run a particular river, but it is more unfair for you to attempt a difficult river with less than the needed skills. Self-rescue is not always possible. Risk is not only increased for you and your partner, but for the two or three teams of paddlers that must rescue you, your partner, and your boat. Be honest with the leader and acquire your skills and experiences with AYH in a logical sequence.

River Etiquette:

Probably the most important factor contributing to an enjoyable trip, assuming the needed skills, is cooperation on the river. One boat can ruin an outing by simply not thinking of the others. If a boat is maneuvering in a rapid, stay out of the way. Many paddlers like to hold back to get a better look at a rapid or to set up for a good run; you must also hold back. Stay out of their way especially if the other boat is being paddled solo or poled. You can avoid congestion at rapids by staying spaced out on the river. Before leaving an eddy, look upstream to see if another boat is coming. Remember, it takes several seconds to get out of the eddy and move downstream. The other part of river etiquette is to avoid hogging the rapids or eddies. Take your turn properly and move on. Setting in one place too long slows down the trip and creates congestion.

Check List for Trippers:

Personal Equipment

- _____ river clothing, shoes, socks, hat with brim
- _____ sun protection
- _____ rain gear
- _____ wind breaker
- _____ knee pad or cushion
- _____ lunch and drink (no glass containers and no alcohol)
- _____ strap for glasses
- _____ complete change of clothes and shoes for end of river

Trip Procedure: (1) Lower and load onto a car your half of a canoe; (2) Select and load into a car one good life preserver; (3) Select and load into a car one paddle of proper size (check with the leader); (4) Select and load into a car for each boat one bailer, one spare paddle, and one spare life vest.

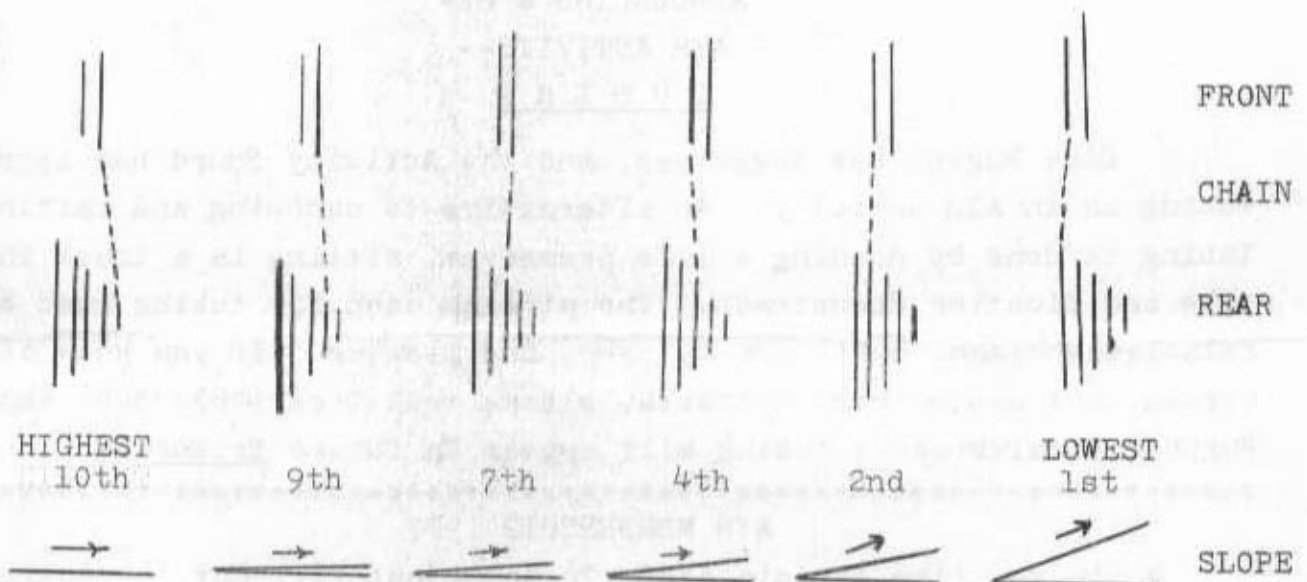
Make sure you load and unload your own canoe. This spreads the work load evenly among the trippers. If you are a petite member, we won't ask you to lift the boat up to or take off of the car racks. But you can help carry the boat to and from the cars and help store the canoes in the rafters at headquarters. A Grumman canoe weighs only 75 pounds. One half of this is just 37½ pounds. We agree that some of the put-ins and take-outs are difficult, but if you are not willing to carry your ½ canoe, we prefer you try hiking.

Following the above tips will help you to have a safe and enjoyable canoe trip. HOPE TO SEE YOU ON A TRIP SOON!

HOW A CANOEIST SHIFTS GEARS ON HIS BICYCLE

By Mike Deroy

The following diagram illustrates a sequence of gears that cyclists might like to try in riding their bikes this season. Reading from left to right, the sequence of drawings illustrates the gear changes that might be followed in travelling up slopes of increasing difficulty. The diagram symbolizes what the cyclist sees as he or she looks down upon the chain-sprocket assembly. In the diagram the cyclist is using six gears but not moving the chain more than one sprocket at a time. The reverse shifting sequence (1st to 10th) could be used on a downhill slope.



Congratulations and farewell to former Golden Triangle editor Joan Sieffert and cycling co-chairperson Rich Feder. Joan is leaving Pittsburgh for a new job in Harrisburg. Rich has accepted a job in Cleveland. Our thanks to you both for your contributions to AYH. We wish you the best of luck. Since neither city is that far away, we also hope to see you on future AYH trips.

Marty Haddad is the new Golden Triangle editor and Steve Shore is the new cycling co-chairperson.

RAFTING NEWS
By Joe Curlee

The rafting season may be short this year due to problems involved with the Youghiogheny River. We have no take-out point because the railroad built a fence at the point that we have used in the past. We are trying to come up with an alternate plan for leaving the river, but until we do we won't be rafting the Yough. The other rivers in the area are usually too low and the Cheat River becomes quite low in the summer. Please don't give up hope because we may be able to find an answer to our problem before next month. Look to the next month's Triangle for more details.

ANNOUNCING A NEW
AYH ACTIVITY--
T U B I N G

Dick Nugent has suggested, and the Activity Board has approved, tubing as an AYH activity. An alternative to canoeing and rafting, tubing is done by donning a life preserver, sitting in a truck inner tube and floating downstream. The streams used for tubing must be relatively clean, sufficiently deep, and flowing. If you know of a stream that meets these criteria, please tell Dick (487-5549) about it. Further details about tubing will appear in future Triangles.

AYH MEMBERSHIP 1977

Would you like to join AYH? To join just fill out the following application and send it with a check payable to Pittsburgh Council, AYH to: MEMBERSHIP, AYH, 6300 Fifth Avenue, Pittsburgh, PA 15232

NAME _____ PHONE _____
ADDRESS _____ OCCUPATION _____
RENEWAL _____ NEW _____

TYPE OF MEMBERSHIP DESIRED - Check one

_____ Youth membership (under 18)	\$ 5.00
_____ Senior membership (18 and over)	\$ 11.00
_____ Family membership (valid in USA only)	\$ 12.00
_____ Organizational membership	\$ 25.00
_____ LIFE.....	\$110.00
_____ FAMILY LIFE	\$220.00

HOSTELLING IN HOLLAND

By Ben Brugmans

Bicycling at its best is in the scenic rural areas. The Dutch National Railways still have a limited service to transport bicycles on some routes. You can take a train away from the metropolitan areas, enjoy your limited stay pedaling over the heather fields or through the woods of an especially scenic region, and stop in some well medieval town or farm village for lunch. The Dutch Youth Hostels occupy farms and castles or big country houses right in the most desirable places. Stopping off for several days to explore the countryside is just right for a weary cyclist. Every morning you can leave well-fed on a big breakfast; every evening you return to dinner waiting hot on the table and a guaranteed bed (all for about eight dollars a day).

One of the really fine areas to visit is the lake district in the province of Friesland. Rowing, sailing and swimming are the favorite pastimes. The pristine farmsteads of the blond-haired and blue-eyed Frisians are renowned for their butter and cheese. The Frisians still speak their own language, a tongue closely related to old English.

Right below Friesland, Drente, a rural sandy province, is well known for its Saxon farmhouses. Low brick walls and high pitched reed roofs derive their name from the very same Saxons which crossed the British Isles over a millenium ago. Sheepgrazing was a major industry. This is a rugged but beautiful nature area with rural life still much as it was many years ago.

Further south, the Hooze Veluwe, a heather and woods nature reserve, is crisscrossed by bicycle paths. The museum honoring Vincent van Gogh can be found there. On the southern edge, Arnhem of World War II fame, has the magnificent open air museum, displaying old houses, farms, and an entire fishing village.

If you plan to go cycling for a few days only, you can rent a bicycle at most railway stations. Or you can import your own, but you need a rear mudguard, painted white with a reflecting rear lamp. A front light is required at night.

To plan trips, write to the Netherlands National Tourist Office 576 Fifth Avenue New York, New York. They have pamphlets on bicycle trips, trip planning and any information you might want.

FOR SALE: Schwinn Collegiate Bicycle Woman's Model--21" 5 speed; new chain and derailleur, Great for cycling around town! Call Helen @ 521-9523 evenings.

SYMPHONY TICKETS: If you would like to split a pair of half-season Saturday night subscriptions to the Pittsburgh Symphony for the coming season (i.e. attend six concerts) contact Marty or Mike at 521-4324.

ENERGY POLICY IN PENNSYLVANIA: A CONFERENCE TO EXAMINE ISSUES INVOLVED IN ENERGY POLICY: Wednesday, May 4, 1977 (10:00AM to 4:00PM) at the Museum of Art Theater, Carnegie Institute, 4400 Forbes Avenue, Pgh., PA

**GET IT
TOGETHER!**

**-with a
PGH. Council
T-Shirt.**



Orange or Blue (S,M,L,XL) \$3.25

White (S,M,L) #2.50

Yellow (S, Only) \$3.00

See Joe Hoechner at Thursday Open House Meetings.

Gear up for outdoor fun . . .

HIKING & BACKPACKING SUPPLIES

Hiking Boots • Packs & Frames •

Tents • Trail Food • Camping

Stuff • Climbing Rope &

Gear • Woolrich • Duofold

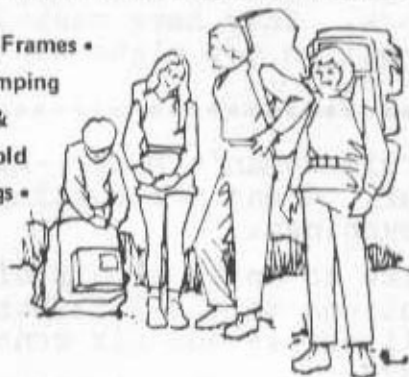
Norse Net & Tennis Togs •

Yoneyama Tennis

Racquets • Gerber

Knives • Ski Touring •

Topo Maps



LIGONIER MOUNTAIN OUTFITTERS

Rt. 30 • LAUGHLINTOWN, PA. 15655 • 412/238-6246

MOHAWK PLAZA (Behind the Seven/Eleven)

• Rt. 286S/Indiana, PA 15701 412/463-7440

WE SELL ABS FOR LESS

Spring--Take Your Pick--Special
Perception's Nantahala White Oak Trim
or

Perception's Chatooga Aluminum Trim

ONE LOW PRICE \$399

The Screaming Eagle Boat Works
1426 4th Avenue
Coraopolis, Pennsylvania
412-262-5566

SCHWINN

RALEIGH

NISHIKI

PANASONIC

AMBRIDGE BIKE & SPORT CENTER
459 MERCHANT STREET
AMBRIDGE, PA 15003

266-1111

SPECIALS

RALEIGH PRO'S: 20-25 $\frac{1}{2}$ \$499.95

ECLIPSE TOUR-LITE TENT: 4 lb. 15 oz.
Normally \$79.95 now \$49.95

RAMPAR JERSEYS: 3 and 5 pockets
Cotton and nylon \$7.95

WE SELL ABS FOR LESS

Spring--Take Your Pick--Special
Perception's Nantahala White Oak Trim
or
Perception's Chatooga Aluminum Trim

ONE LOW PRICE \$399

The Screaming Eagle Boat Works
1426 4th Avenue
Coraopolis, Pennsylvania

412-262-5566

EXTENDED TRIPS

Tour England & Holland this summer with Joe Hoechner.

Not the whole summer, but for one month starting at the end of June, space is available for 6-8 intermediate cyclists. The group will be staying in Hostels so no tents or cooking gear need be carried.

The flight will land in London and do a counter-clockwise loop through southern England ending at the coast to take the ferry to Holland. The group will ride up the coast to Amsterdam. After a few days there, we will return to London for a couple of days and then return home.

Cost: approximately \$900 to \$1000 which includes airfare, all meals and Hostel accommodations.

For more information on this trip or other Pittsburgh Council European trips see Claudette Falkenhan or Joe Hoechner or call 343-2465.

* * * * *

If you can't get to Europe, maybe we can get a "special group" together to do a section of the Bikecentennial Trans-America Trail. Interested? Call Joe @ 343-2465.

COLORFUL CYCLING

By Joe Hoechner

Be safe--be seen! You can increase your cycling safety by dressing to improve your visibility to passing cars. Wearing a fanny bumper or using a bike flag is one way, but your own attire can help too.

Orange colored clothing is probably the best. You can buy hats, gloves, vests, and sweatshirts at any large department store during hunting season. The color will be called "Hunter Safety Orange, Day-Glo, International, or Fluorescent." Don't forget an orange, yellow or white helmet too!

Following orange are yellow, white and red. Colors that should never be worn are navy blue, dark brown, grey and black. Purple and green are in the middle somewhere. If you favor these colors, wear light versions or go for a "Day-glo" style.

Tool bags and baggage panniers can also be bought in orange, yellow and red. Buy them! They are also sold in blue which has the advantage of not showing up greasy fingerprints the way the others do.

If you avoid the "dark blue jeans and navy blue wind breaker" style worn by many riders, you will probably live longer and enjoy cycling more.

EVENING CYCLES

There will be an evening cycle trip every Thursday in May plus a special one on Tuesday April 3 for AYH week. Bring lights and bike flags if you have them. Call the leader beforehand to rent bicycles. The ride leaves the Hostel at 6:30 PM. Be there at 6:00 if you are renting equipment; otherwise show up at 6:15. The trip returns to the Hostel at 8:30PM.

LEADERS: Go on the ride before yours to get the Hostel keys, and go on the ride after yours to give them to the next leader.

TRIP LEADERS:

Tuesday, May 3	Ed Sieger	621-2911
Thursday, May 5	Joe Hoechner	343-2465
Thursday, May 12	Mike Deroy	371-6943
Thursday, May 19	Steve Shore	683-6897
Thursday, May 26	Phyllis Blumberg	422-9383

Did you know that a cyclist riding 72 miles in 6 hours consumes about 1800 calories? For those who count calories, that's almost one-half pound of fat!



"bikes n' things"



opens a new store...

now in east liberty
to serve you better.

5989 Penn Circle South
362-6622

grand opening sale

- american flyer soma
generation regularly \$140
sale priced at \$129⁹⁵
- nishiki olympic regularly \$170
sale priced at \$159⁹⁵
- spring safety check
complete bicycle 'tune up'
regularly \$18⁰⁰
Now 12⁹⁵ with this ad.





"bikes n' things"

5989 penn circle south, 362-6622
east liberty...

5842 forward avenue, 521-2885
squirrel hill...

route 19 in Wexford 935-2770

featuring bicycles by



NISHIKI®

MOTOBECAVE

jim
blackburn
designs

PA. STATE LAW REQUIRES LIGHTS FOR
NIGHT RIDING! WE HAVE A LARGE
SELECTION.... STOP IN AND LOOK!



The beautiful new Blackburn Rack.
Attaches to brake bolt, all it. Alloy
only 14 oz. but very strong, low center
of gravity. (397G)

gran compe



GCS, Campy copy side pull set w/hooded
levers, cables, clips. Satin finish w/detailed
lettering.

Reg. \$60.00 Now only
39.95!



kirtland
tour
pak

TIPS AND TALES

By Joe Hoechner

The Pennsylvania Association of Retarded Citizens is having their annual bike/hike on Sunday, May 15th. Pittsburgh Steeler Rocky Bleier will be the chairman and is leading the bike ride. If you would like to help by hiking or riding in various areas of the county, call P.A.R.C. @ 322-6008 for more information

* * * * *

AYH canoeists are urged to keep their heads up! Be alert while passing under bridges. Look up and check for cracks in the steel--it could be your chance to do a good deed.

* * * * *

Looking for ways to save energy? Make your next party a "Bring Your Own Candle" affair. All you have to do is instruct your guests to bring a decorative, scented candle (along with refreshments). Keep your apartment dark and watch things brighten up as the party progresses!

* * * * *

If you are going to T.O.S.R.V. this month you should be in contact with Ed Sieger, Steve Shore, or Mike Haddad for car pool information.

Have you ridden 200-300 miles yet to get in shape?

* * * * *

Did you know that novice cyclists sometimes suffer on painful weak-ends?

* * * * *

For applications for the "Huffman 100" cycle trip between Miamisburg, Ohio and Liberty, Indiana (Sunday, May 29th; 25 and 50 mile rides too) see Joe Hoechner or write to Tom Welford, Dayton Cycle Club, 2142 University Place Dayton, Ohio 45406.

Going to Europe this summer? Buy a Eurailpass now!

It's the best way to travel in Europe (with the exception of an AYH Bicycle Trip). Prices range from \$260 for one month, \$350 for two months, and \$420 for a three month pass.

If you are a full-time student you can get a special two-month pass for only \$230. Order now, or get more info. from:

National AYH
"Eurailpass"
Delaplane, VA 22025

* * * * *

W.A.G. '77 is coming! If you would like to do some close-to-home riding, do the Washington and Greene County tour on June 18th and 19th. Helps you get in shape for European trips.

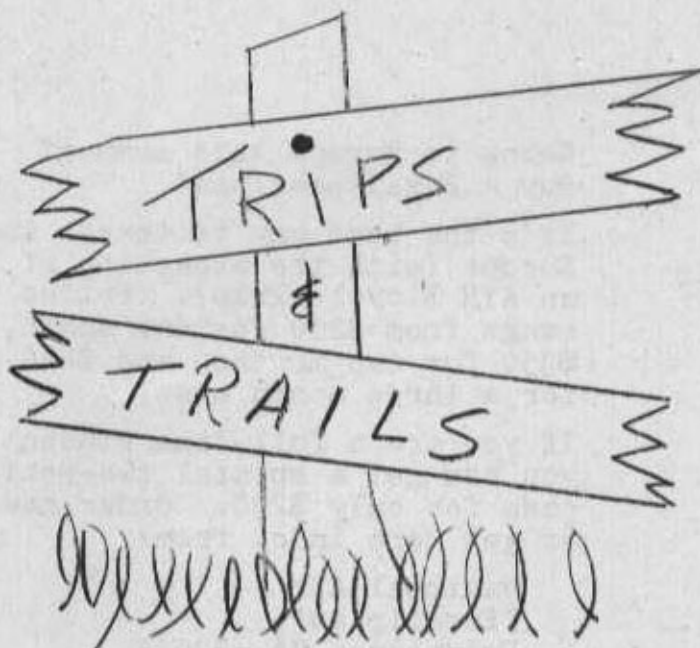
Joe Hoechner (343-2465) will probably be car-pooling down to Washington, PA campus for the weekend. Rides range from 15, 25, 75, and 100 miles.

Check around Headquarters for application forms, ask Joe, or write to:

W.A.G. '77
P.O. Box 47
Meadowlands, PA 15347

* * * * *

If you are a cyclist you may want to head for G.E.A.R. '77 in Harrisonburg, VA on Memorial Day weekend. The G.E.A.R. Eastern Rally is a family oriented weekend tour starting at Madison College, located in the Shenandoah Valley of Virginia. Rides will range from 15 to 100 miles with many options for meals and rooms. If you'd like more info., ask Joe H. or write to: G.E.A.R. '77, P.O. Box 25772, Richmond, VA 23261.



The trips listed below are open to the public with the exception that AYH members are given priority when the trip is of limited size. Trip costs include 50¢ registration and insurance (\$500 medical), plus transportation costs and equipment rental. Call the trip leader to reserve or cancel, or if you are just interested in knowing more about the trip.

Please call during normal hours (6:30-9:30 PM) unless otherwise noted. Make reservations early, but in no case later than the Thursday before the trip.

Sat. April 30
Sun. May 1

Beginners' Backpacking Trip: Spring is sprung and Ben and Joe are loose on the trails of Northwestern PA as they lead a beginners' backpacking trip. This will be for those successful graduates of the AYH backpacking school. Call Ben at 683-6094.

Sun. May 1

Canoe Trip: Jan Bugby leads her annual wildflower float on the Buffalo. Flat but flowing water. You'll need a lunch, change of clothes and your AYH pass. Also \$5.00 and D.Q. money. Call Jan @ 371-4233 (between 7:00 and 9:00 PM).

Sun. May 1

Cycle Trip: Cyclist Joe Hoechner leads a lunch-in-Ligonier trip from Jones Mills. Cover 30-35 miles through the Rolling Rock Farms area. Good for strong novices and intermediates. Bring water, lunch, tools, and bright clothing. Cost about \$3.50. Meet @ 8:30 AM. For information call 343-2465.

Wed. May 4

Canoe School: To get the feeling of canoeing, attend Wednesday Evening Flatwater Canoe School C. No experience required. You NEED and AYH pass, \$3.00, and a change of clothes. Reserve with Mike @ 371-6943.

Sat. May 7 &
Sun. May 8

T.O.S.R.V. and WFWWS
MORGANTOWN WORK PARTY

Sat. May 7

Work Party Hike: Claudette Falkenhan will lead a short afternoon hike at Chestnut Ridge Camp. Hike leaves Klaer Lodge at 4:00 PM. Requirement--you must attend the Morgantown work party.

Sat. May 7

Cycle Trip: Ed Sieger will lead Bike Series III. This is a beginners' trip to no one knows where. If you would like more information, call Ed @ 621-2911. The trip leaves at 9:00 AM.

MORE TRIPS AND TRAILS

- Sun. May 8 Cycle Trip: If you're not on T.O.S.R.V. stop in for an in-town day ride. Distance will vary depending on the group (10-25 miles?) Bring lunch, tools, water, 50¢ fee, and dress brightly. Start at 10:30 AM and return late afternoon. Call Joe Hoechner @ 343-2465 to reserve.
- Sun. May 8 Chuck Pierson will lead a hike on Section 5 of the Baker Trail and will cover 8-10 miles. Leave AYH parking lot at 8:30 AM. For more information call Chuck at 683-2951.
- Sat. May 7 &
Sun. May 8 Backpack Trip: Ben Brugmans and Joe Levine will lead a beginners' backpack trip for graduates of the backpacking school on the Minister Creek Trail. Reserve with Ben at 683-6094.
- Fri. May 13-
Sun. May 15 MORGANTOWN WEEKEND: Rafting, cycling, mountain climbing, hiking and canoeing. Overnight at Chestnut Ridge Youth Hostel. Bring 2 lunches, sleeping bag and rain gear. Cost about \$18.00 (\$5.00 reservations due by May 2nd). For information call Beebe Frazer at 243-0319 or Donna DiLeonardo at 422-9266.
- Saturday Morgantown Hike: Cliff Ham leads a moderate hike (about 8 miles) through the forests near the hostel, via firetower, valleys and country All are welcome!
- Saturday Morgantown Cycle: Advanced cyclists needed to explore link between Morgantown Hostel and Uniontown on Saturday only. Bring all safety equipment plus ropes, pitons, carabeners, etc. Reserve with Joe Hoechner @ 343-2465.
- Sunday Morgantown Hike: Marilyn Ham leads a wildflower expedition to the Morgantown Arboretum on Sunday morning. Bring your wildflower guides.
- Sat. May 14 Intermediate Hike: If you are not going to Morgantown, then join Jerry Dado on an intermediate hike in the Dunbar Creek area. This area features a sparkling trout stream and remote hollows. Call Jerry @ 751-2045.
- Wed. May 18 Canoe Practice: To get the feel of flatwater canoeing, sign up for Wednesday evening practice. Could use a leader. About \$3.00. Call Mike Deroy @ 371-6943 to reserve.
- Fri. May 20-
Sun. May 22 Beginners' Backpack: Join Bill Shallos on the Laurel Highlands Trail between Rt. 30 and Rt. 31 (about 7 miles each day). Leave Friday evening; return Sunday. Reserve with Bill @ 863-8698.
- Sat. May 21-
Sun. May 22 Beginners' Backpack: Backpack on the North Country Trail. This trip is limited to those who have completed the backpacking school taught by Ben Brugmans and Joe Levine. Call Ben @ 683-6094.
- Sat. May 21 White Water School II: For those who graduated from WWI. Need a lunch, dry clothes and \$7.00. Listen at the open house or call Mike @ 371-6943 for the leader.

MORE TRIPS AND TRAILS

- Sat. May 21 Cycle Trip: Join Joe Hoechner for an exploratory ride between AYH Headquarters and Hartwood Acres Park. Ride only about 25-30 miles, but need intermediate skills for traffic and potholes. Bring lunch, water, tools, 50¢ fee and maps. Safety flag or fanny bumper recommended. Start at 8:45 AM. Call 343-2465 for information.
- Sun. May 22 Wildflower Hike: Join May Ashcraft and Marilyn Ham (687-4960) in a search for unusual wildflowers in Chestnut Ridge area. Beginners welcome. Bring lunch and wildflower guides. Meet at Hostel at 9 AM.
- Sun. May 22 Hike: Joe Curlee will lead a super-fun hike in the Seven Springs area. Leave at 8:30 AM, hike about 8 miles, return about 7:00 PM. Everyone welcome. Cost approx. \$3.50. Call Joe @ 422-9672 anytime.
- Sun. May 22 Cycle Trip: Ride in beautiful Washington County with Elaine Merisko. This will be a Bike Series IV ride. Bring lunch, rain gear, tools. Leave at 9:00 AM. Call Elaine @ 271-0831.
- Sun. May 22 Canoe Trips: Need leader for small Class I - II trip. Contact Mike. Ed Sieger will lead a flatwater canoe trip. Lunch, change of clothes, AYH pass, and about \$6.00 are needed. Call Ed @ 621-2911.
- Fri. May 27-
Mon. May 30 Backpacking Trip: Norm Snyder will lead a Memorial Day Weekend trip to the Adirondacks. Leave Friday night and return Monday. Call 351-4068 between 6:00 and 7:00 PM Friday--Sunday for reservation and details.
- Fri. May 27-
Mon. May 30 Intermediate Backpacking Trip: Enjoy the Memorial Day Weekend in Dolly Sods on a trip with Don Levinson. This trip will explore some of the more remote areas and will feature some off-of-the-trail hiking. Reserve with Don @ 421-0987.
- Fri. May 27-
Mon. May 30 Cycling Weekend in Toronto, Canada: First international trip of the year for Pittsburgh Council. Rich Feder is leading this trip which is for AYH members only. We will leave Pittsburgh Council HQ on Friday evening and drive up to the Cambridge/Galt Hostel which is located about 70 miles from Toronto. We will cycle in Toronto and around the Hostel. We will leave Toronto early Monday afternoon to arrive in Pittsburgh late Monday night. Limit is 12 people; so reserve early. To reserve a place call Phyllis Blumberg @ 422-9383. (If phone does not answer, keep on trying).
- Sat. May 28-
Sun. May 29 Rafting Trip: There will be a trip for those rafters who are experienced and want to spend a weekend rafting the Cheat River. We will leave the Hostel at 6:30 AM on Saturday, May 28 and return Sunday evening at 8:00. We will stay overnight at the Morgantown Hostel so this trip will be limited to members only. The cost will be about \$20 including transportation, rafting fees, an overnight at the hostel, and food. If you are interested, call Joe Curlee @ 422-9672 anytime. You are encouraged to sign up early because this trip will probably fill up quickly.
- Fri. June 3-
Sun. June 5 Intermediate Backpack: Experienced persons with their own equipment are invited to join Jerry Dado on the Quehanna Trail. Leave

MORE TRIPS AND TRAILS

6:30 PM Friday; return Sunday. Trip will cover about 20 miles in two days of hiking. Call Jerry Dado @ 751-2045.

FUTURE CYCLE TRIPS: Early June a weekend cycle trip at the new Hostel in Fombell, PA.
Late June a weekend in Washington, PA for bicycling with W.A.G. '77

OPEN HOUSE

Our Thursday night OPEN HOUSE is for members as well as non-members. This is a great time to see friends, reminisce about good times, and plan future trips.

If you are a visitor or prospective member, this is an ideal time to meet AYHers and discover the ART of HAVING FUN. Just walk up to someone and tell him or her you're interested in canoeing, cycling, hiking, skiing, or whatever and ask how you can get information on that activity.

OPEN HOUSE PROGRAMS FOR MAY

- May 5 : A slide illustrated talk on Antarctica presented by Ellory Schempp (from a trip he took to Antarctica several years ago).
- May 12: Slide show and talk on Wilderness Areas in Alaska presented by Sam Sinderman of the Audubon Society.
- May 19: India and the Far East, Part I by Barney Bench.
- May 26: Backpacking in the Bridger Wilderness (Wyoming) by Clark Eustis.

Would you like to lead an AYH trip? If so, contact the chairperson for that activity.

CYCLING: Ed Sieger 621-2911

Steve Shore 683-6897

CLIMBING: Barry Johnson 831-8392

CANOEING: Mike Deroy 371-6943

CAVING: Barry Walker 521-4708

HIKING: Dick Nugent 487-5549

RAFTING: Joe Curlee 422-9672

THE GOLDEN TRIANGLE

The Golden Triangle is a monthly publication of the Pittsburgh Council of American Youth Hostels, Inc. 6300 Fifth Avenue, Pittsburgh, PA 15232. PHONE: 362-8181 THURSDAY EVENINGS ONLY

EDITOR: Marty Haddad

COVER: Agnes Deroy

ADVERTISING

COORDINATOR: Jim Gogots

PRINTING: Sue Leathen

MAILING LABELS: Roy Weil and Don Hoecker

PRODUCTION: Mike Haddad and the many enthusiastic AYHers who make production a party rather than a chore.

DEADLINE FOR ARTICLES & ADVERTISING
FOR JUNE ISSUE: Thursday, May 5

DEADLINE FOR TRIPS IN JUNE ISSUE:
Thursday, May 12.

CHANGE OF ADDRESS: Please notify Pittsburgh Council AYH as soon as possible if you change your address. Otherwise, you miss the newsletter and AYH is charged 25¢ for every copy that is returned.
