



golden
triangle

ayh

pittsburgh council, american youth hostel, inc.

Volume 25, Number 3

MARCH 1974



"ARE YOU SURE WE GO NORTH TO GET TO MIAMI?"

COOK FOREST WEEKEND

The last week of January had passed ever so slowly in anticipation of the Cook Forest Weekend. At last Friday had arrived!! The weather was cold but no snow had appeared but that did not discourage the hostellers from bringing their cross country skis and snowshoes. The bus arrived and the anxious group made a mad dash to load the gear and find a seat on the bus,

The bus finally left Pittsburgh jammed with sleeping bags, skis, snowshoes, food and hostellers of all ages. Everyone seemed to be in good humor, even those who did not have a place to sit and had to stand on the bus. This situation led to a card game where the dealer sat and the players stood and not only did the deal rotate but also the precious seat.

Sooner than most expected the bus arrived at Laurel Oak Cabins. Mass confusion abounded with everyone racing for a bed and then unloading the gear and the food. A delicious pizza snack was served in the midst of hostellers looking for weekend KP assignments and a flood in the kitchen.

Saturday brought very cold weather and a thin layer of snow. The breakfast was a gourmet's delight with Joe Bevine's mushroom omelets. One has to thank Dave and Nan Porterfield for organizing the weekend and planning all the good food.

After the lunches were packed Cliff Ham, Barney Bench, and Jim Roberts organized hikes of various lengths. The hostellers filled up the bus and traveled to Cook Forest in grand style. One group went to the fire tower in order to view the magnificent scenery of Cook Forest, Jim Roberts group started on a compass orientation trip, and Cliff Ham's group on the 12 mile section 11 of the Baker Trail, with both groups meeting in Fisher where the bus would be waiting.

The day was overcast and brisk, but not cold. The hiking was invigorating. Everyone kept a fast pace. The beauty of the landscape, especially the hemlocks and other pine trees was dazzling. There were many rhododendrons as well.

Lunch time brought Cliff's group to the Corsica shelter where everyone ate a delicious lunch of tunafish sandwiches, apples, carrots, and celery sticks and candy bars. However there was no sign of Jim's group which was to join them here.

At 4 PM right on schedule Cliff's group came into Fisher where the wonderfully warm shuttle bus was waiting, BUT there was still no sign of Robert's party. Time dragged slowly and a tenseness was starting to develop. The bus drove back and forth through Fisher while the group searched the surrounding fields with their eyes for the missing party. Fisher is a small town and the populous must either have been mistified at this bus driving back and forth thru town or delighted that they had just acquired bus service. Jim finally showed up about 6:00 to the relief of everyone concerned. Jim Roberts (THE famous map reader) had gotten off to two, count them two false starts and had been stopped by a swamp.

In the evening after dinner most weekenders gathered in the "Swingin' singles" cabin for a sing along, to the accompaniment of two guitars, a mandolin, a rebec (rē'bēk n. a small medieval fiddle having commonly a pear shaped body and three strings, and played with a bow), an alto recorder and the songs of Fred Mauk. These all kept us humming and singing long after the late night snack was cleared away. Sitting in the soft lighted room with the fire burning and the melodious singing one at that moment could be completely happy. Looking around the room there was a soothing contentness.

COOK FOREST CONTINUED

Sunday Morning dawned with a fierce cold which quickly woke up the hikers once more. After a tranquil nine mile (15 kilometer) hike via Fisher, the Clarion River, and the forest rangers fire tower, it was time to reload the bus for Pittsburgh.

As the bus left Cook Forest the sun came out from behind the clouds, symbolizing the wonderful time had by all. It was a much quieter group that returned Sunday evening, tired from a weekend of fun.

Much thanks needs to be given to Dave and Nan Porterfield for organizing the Cook Forest weekend. Also thanks to all those who helped them.

OPEN HOUSE

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

MARCH 7 Mike and Marta Hurwitz show Part 2 of their California slide show, this time concentrating on the coast.

MARCH 14 Another evening of sun and surf! This time Bill and Sue Leathen show slides of Hawaii.

MARCH 21 Canoeing season is here! The Barbers present tonight's program on the Quetico-Superior wilderness canoe area of Minnesota and Canada.

MARCH 28 Jim Roberts has a combination movie-slide show on the Geyser Valley of Yellowstone.

AYH National trips this summer will be going to many of the places shown in these programs. It is a great way to travel - sign up early!

THE LAW AND YOU

The US House of Representatives will soon consider the Land Use Planning Act of 1974, HR 10294. The Senate passed a fairly strong bill, S268, last June. This bill will change the present fragmented and short-sighted land use decision making process by encouraging state land use programs which focus on areas of critical concern.

The legislation establishes several categories of land which are of "more than local concern." One category, "areas of critical environmental concern," is particularly important.

HOW THE BILLS WORK: Both the Senate and House bills create a federal grant-in-aid program to assist the states in developing and implementing state land use programs. Neither bill establishes a substantive national land use policy. Initially each state will designate a land use agency. Information will be compiled on existing land uses and environmental conditions. Projections will be made of anticipated needs for land in the many categories of use which occur in each state. The state will designate "areas of more than local concern" and develop plans and implementation mechanisms for these areas. The federal government will review the state land use programs to see that they comply with requirements of federal law. When approved, the federal government will provide financial assistance for implementation of the state land use programs. The passage of this legislation will serve as a strong incentive for states to initiate and improve land use planning and regulatory programs.

CURRENT STATUS OF BILLS: The House bill is expected to reach the floor the week of March 3. Letters are urgently needed to support the bill as reported, oppose weakening amendments, and support the addition of sanctions and stronger subdivision controls.

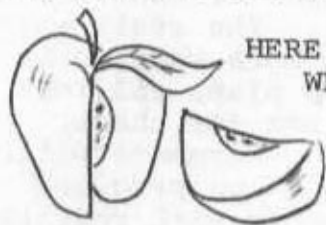
MORE THE LAW AND YOU

Articles in the LAW AND YOU column always encourage you to write to your legislator. The following are ten basic requirements for writing effective letters.

- 1) Know the issue and make it clear in your letter.
- 2) Write early in the session if you have ideas you would like to see incorporated into legislation.
- 3) Write the chairman or members of the committee holding hearings on legislation. Mention you are interested; but remember you have more influence with the Senator or Congressman from your district.
- 4) Relate local events or problems to national issues whenever possible
- 5) Be courteous and reasonable.
- 6) Write when your spokesman does something you approve of, not just to criticize.
- 7) Include pertinent editorials from local papers or magazines.
- 8) Avoid form letters, carbons and minographed letters.
- 9) Do not apologize for writing and taking up his time.
- 10) Mention people of mutual acquaintance or any specific connection you have with the issue.
- 11) Be specific in what you say.
- 12) Do not ignore your representative because you disagree with him.

Note: You can send a 15 word telegram called a Public Opinion Message to the President, Vice President, or Congressman from anywhere in the U.S. for only \$1.20. Your name and address are not counted as part of the message unless there are additional signers. The rate for wires sent to your Governor and state legislators is \$1.00.

MAKE YOUR SELF HEARD.

[illegible]

HERE 'S
WHAT 'S
COOKIN '

Tired of freeze dried? Like to see our gals in skirts and the gusy in ties? Don't miss the ANNUAL BANQUET on Saturday, March 30 at the Hospitality Motor Inn. It's right off the Parkway East, and you

can ride right in, no car shuttle
topo maps required. Roast

Steamship Round of Beef, au jus

with all the accessories at the buffet. Folk dancing and singalong after with all your friends.

See you there. Weather shouldn't bother this trip in the least!



୧ ୨ ୩ ୪ ୫ ୬ ୭ ୮ ୯ ୧୦ ୧୧ ୧୨ ୧୩ ୧୪ ୧୫ ୧୬ ୧୭ ୧୮ ୧୯ ୨୦ ୨୧ ୨୨ ୨୩ ୨୪ ୨୫ ୨୬ ୨୭ ୨୮ ୨୯ ୩୦ ୩୧ ୩୨ ୩୩ ୩୪ ୩୫ ୩୬ ୩୭ ୩୮ ୩୯ ୪୦ ୪୧ ୪୨ ୪୩ ୪୪ ୪୫ ୪୬ ୪୭ ୪୮ ୪୯ ୫୦ ୫୧ ୫୨ ୫୩ ୫୪ ୫୫ ୫୬ ୫୭ ୫୮ ୫୯ ୬୦ ୬୧ ୬୨ ୬୩ ୬୪ ୬୫ ୬୬ ୬୭ ୬୮ ୬୯ ୭୦ ୭୧ ୭୨ ୭୩ ୭୪ ୭୫ ୭୬ ୭୭ ୭୮ ୭୯ ୮୦ ୮୧ ୮୨ ୮୩ ୮୪ ୮୫ ୮୬ ୮୭ ୮୮ ୮୯ ୯୦ ୯୧ ୯୨ ୯୩ ୯୪ ୯୫ ୯୬ ୯୭ ୯୮ ୯୯ ୧୦୦

Please detach and mail

Reservation for Name _____ reserve by March 25th

Address _____

Number of adults at \$6.50 _____, young adults at \$5.00 _____
20 yrs or younger

Make checks payable to Pgh Council AYH, Inc. and mail to:

Jeannette Bugby, 262 Cascade Rd, Pittsburgh, Pa. 15221

for additional information or if you wish to help call Jan at 371-4233.

C O L D W E A T H E R B I C Y C L I N G

Bicycling in freezing weather? No problem -- if you're dressed properly. Remember that you'll be riding at 10 - 20 mph and must protect yourself against wind chill as well as the ambient temperature.

Starting from the top and working down:

HEAD AND NECK: Wear a knitted hat that you can pull on tightly. You might also wear a skier's knitted ear band. A hood is good only if you can pull its drawstrings very tight; otherwise it will catch the wind and chill your back and shoulders. A hood also tends to obstruct your peripheral vision. A scarf or other type of face mask might be appreciated on really cold days, especially on fast downhill runs. On bright winter days, sunglasses will also come in handy. Be able to seal your clothes tightly at the neck.

BODY: Wear several layers of clothes. Useful items include a net t-shirt, turtleneck shirt, wool shirts or sweaters, flannel shirts, down parka, outer nylon windbreaker. Take your pick. Select clothes so that perspiration is not held next to the skin and clothes that you can open or close as your insulation requirements change between bicycling and standing still.

HANDS AND WRISTS: Good gloves or mittens are of course essential. Be sure that your wrists will be covered when riding the dropped handlebars of a 10-speed bike. Some ski gloves have long wrist extensions. A warm and inexpensive hand and wrist protection is a pair of \$2-3 leather work gloves along with a pair of wool inserts. Find these at Army/Navy stores.

LEGS: Wear pants with a tight weave. Some people buy wool pants or wool/nylon "warmups." For added insulation, get a pair of longjohns. You may be surprised to discover how much a pair of pantyhose will help as well. Wear clips or rubberbands around your pants cuffs.

FEET: Wear leather shoes, not canvas sneakers or racing shoes. Two pairs of socks will keep your feet warm. The inner should be a "thermal" cotton, the outer heavy wool. You can also try the plastic bag trick, but place the plastic on the outside, not next to your skin.

A word about winter bicycling safety: winter days can often be gray and it gets dark early, so dress in bright colors and carry a leg light with you in case you're out later than you expect.

Is there ice or snow on the streets? Forget cycling, and go cross-country skiing or tobogganning.

Is it raining? Be careful, the rain might freeze on cold ground. If conditions turn icy, walk your bike home.

Streets poorly cleared? Snow or ice near the curb will force you to ride closer to or in the main stream of traffic. Slush and salt on the road will cause your wheels to throw a lot of dirt and slop. Clean and oil your bike often.

////////////////////////////////////
ATTENTION PARENTS AND TEACHERS-----
Would you like to teach your kids about bicycle safety?

The New York State Education Dept has recently completed a "Bicycle Safety Curriculum Guide" for use by teachers or parents. Topics covered in this guide include consumer information, traffic laws, safe driving techniques, night riding, cycling in traffic, and bicycle maintenance.

If you want a copy of this guide, write:

UNIVERSITY OF THE STATE OF NEW YORK
Division of General Studies
Albany New York 12224

CYCLING MAGAZINE SUBSCRIPTIONS

Bicyclists, are you interested in subscribing to a magazine dealing with your favorite sport?

The Bicycling chairman, Joe Hoechner, can secure a group subscription to a new cycling magazine, "Bike World". This monthly magazine (averages 50 pages) covers tours, new products, maintenance tips, racing info, etc.

The normal rate is \$7 for 12 issues. With a group rate, it's only \$5 per year.

If you're interested in a subscription, see Joe at a Thursday night meeting. He should have a sample copy for your inspection.

(We wish them better luck than "Two Wheel Trip")

N T A # # # # #
W A D S #

Sears cabin tent, excellent condition, only 2½ years old. Includes room divider, poles, and stakes. call Jim Hirsch 371-3109 after 5.

volunteers needed for March For Hunger on Sun Mar 23. If you would like to become involved call Rev John Wersing 363-1771 or Matt Stromberg 731-7465 for details.

Boating season is upon us. for sale C-1 Hugo model in good condition \$75. with flotation bags, skirts, paddles \$100. Call George Robertson at 823-5517

North Face down "Superlite" sleeping bag - never used. call Jill Rasmussen 422-9607

Sylvan Canoe Club in Verona is looking for members. If you are interested in canoeing, sailing or tennis call Bill Straub at 372-8312 or 351-3100 business hours. Club house on the Allenghny River with canoe storage space.

WORLD CYCLING CHAMPIONSHIPS

What are you doing the week of Aug 14 to 25? For the first time in history the world cycling championships (both pro and amateur) will be held in North America.

Where? Montreal, Canada.

A new "Velodrome" complex is being built on the outskirts of Montreal to host the indoor track events. This is the site of the future 1976 Olympics.

There will be seven days of track racing and three days of road racing. The longest pro road race will be of 300 kilometers (about 187 miles).

For complete information regarding accommodations, tickets, events, etc:
1974 World Cycling Championships
155 Notre Dame Street East
Montreal 127 Quebec
Canada

T.O.S.R.V. 1974

The Columbus Ohio Councils "tour of the Scioto River Valley" will be held the weekend of May 11 and 12 this year. Due to the anticipated turnout of close to 3,000 cyclists some changes have been made. One of these will be a graduated start instead of the usual mass start.

If you would like to enter the 325 kilometer (200 mile) ride get an application from Joe Hoechner now, and send it in immediately. Joe will also be organizing the transportation to and from Columbus.

?? ? ? ? ? ? ? ? ? ? ? ? ? ? ? ? ?

In November 1974 the Delaware Valley Council will run a four week hiking trip through the Himalayan Mountains of Nepal, the Annapurna Range. For information about this rare opportunity, write

Joseph Dlugach
Delaware Valley Council, AYH
4714 Old York Rd
Philadelphia, Pa. 19140

THE HOSTELING EXPERIENCE

Travelling through the countryside by foot, canoe, or bike is an experience you will never forget. When you are struggling uphill in the pouring rain, or sitting in a collapsed tent, or fixing a flat tire in the middle of nowhere, you will begin to wonder why you ever did it. But when you are cruising downhill with the wind blowing in your hair, or sitting around a warm campfire singing and telling stories, or bathing in a cool stream, it all becomes clear. You will learn to laugh about the bad times and cherish the good times. And in the end you will feel a real sense of accomplishment and pride at having traveled so many miles under your own steam.

The following extended trips are sponsored by the Potomac Area Council of the American Youth Hostels. Groups are coed and consist of 8-10 trippers and one trained adult leader. Group members share in such responsibilities as getting directions, shopping for meals, cooking and clean-up. Each trip follows an itinerary which is meant to be flexible to encourage the group to make their own decisions and to shape their own experience.

To obtain more information about these trips contact the Potomac Area Council, AYH, Inc., 1520 16th st N.W., Washington, D.C. 20036. In last months Golden Triangle National trips were listed. New York Council also sponsors many trips. Information is available at Pittsburgh Headquarters on Thursday Evenings.

Shenandoah Backpacking - moderate backpacking in Shenandoah National Park. Hike Appalachian Trail and many side trails 1 week, \$82, Jul 24
Monongahela Trek - moderate backpacking in the Monongahela National Forest of W Va. Start Blackwater State Park. 1 week, \$98, Aug 15
Potomac Paddle - leisurely canoe trip from Cumberland to Great Falls. Camping and Hostelling along the way. 18 days, July 1, \$187
Shenandoah River Cruise - moderate whitewater paddling through the pastoral valley carved in Blue Ridge Mt. Aug 12, 12 days, \$141
Potomac Heritage Trail - easy cycling along the C & O canal towpath. begin in Cumberland, end in Washington. June 26, Jul 10, \$101 10 days
Virginia Tidewater Country - bicycle over small back roads between the Potomac and Rappahannock Rivers, Jul 9, Jul 30, 12 days, \$126
Costal Caravan - bicycle from Boston north to Cape Cod and islands. easy 20-30 miles per day. Jun 24, July 14, July 18, Jul 25, Aug 8, \$257, 18 days
Northern Hostler - Hostelling tour of Mass, Vermont and Canada, strenuous cycling. 40-50 miles/day, Jul 11, Jul 25, Aug 8, \$257, 3 weeks
Virginia Vagabond - rugged 400 mile tour for experienced cyclists into Md, W Va, and Va. all camping. Aug 1, \$192, 3 weeks
Penn Dutch Cycle - start Washington, ramble thru the Amish country of Lancaster. Jul 1, Jul 15, Jul 29, Aug 12, \$201, 3 weeks
Tour Acadie - Start in Acadie National Park, cross over to Nova Scotia, return by lighthouse route. Jul 16, \$412, 4 weeks
Southern Highlands Jamboree - Cycle the Blue Ridge Parkway from Va to N Carolina. Jul 19, \$324, 4 weeks
Maine Coast Medley - Cycle the rock bound coast of Maine, hike up Cadillac Mountain. Jun 30, July 14, Aug 4, \$351, 4 weeks
New England Explorer - cycle from New Haven through Western Conn, Mass and Vermont, return Maine coast. Jul 2, July 16, Jul 30, \$306 4 weeks
North Country tour - moderate cycling from Montreal via the St Lawrence River to Quebec. Jun 29, Jul 27, \$361, 30 days
Southern Scrambler - potpourri cycling tour from mountains of Shenandoah to sand of Virginia beach. Jul 5, Jul 26, \$273, 30 days
Switzerland/Rine Valley - Tour Germany, Switzerland, France on a bicycle 4 weeks, \$800, July 9



SKI TOURING HEADQUARTERS

X-C Skis

Asnes, Madshue, Troll (waxless)
Toppen, Karhu Fiberglass

X-C Boots

Norrna, Falk

Waxing, Base prep, Mounting

X-C Rentals

Trail rentals & Sunday tours

Hiking Boots, Backpacking and
Climbing gear

LIGONIER MOUNTAIN OUTFITTERS

Route 30, Laughlintown, Pa.

Open Tue thru Sun 10-5, Fri till 8

(412) 238-6246

CANOE KAYAK SAILING CRAFT

701 Wood Street
Wilkinsburg, Pa. 15221
412-371-4802

New, Used boats
Instruction/Information



Premolded Fiberglass Kayak & Canoe
kits. Only \$150 and a weekend's
work. Fun for the whole family!

Fiberglass and Resin Supplies.
Molds, Epoxy resin only \$10.49/gal

NOW IS BOAT BUILDING TIME

Parkway Wet Suits (20% discount for
AYH members). Neoprene skirt kits

Clement-Norse-Iliad-Swanson paddles
Stearns and Featherlite life
jackets. Quick-N-Easy and Concord
car top racks.

Waterproof paks/ Windbreakers
Ponchos/ Float bags/ Rope/ Helmets
Books and Riverguides

The GOLDEN TRIANGLE is a monthly
publication of the

Pittsburgh, Council
American Youth Hostels, Inc
6300 Fifth Avenue
Pittsburgh, Pa. 15232

editor: Roy R. Weil
production: Joel Platt

362-8181 Thursday evenings only

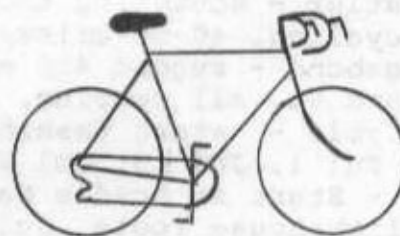
For sale. this month reduced to 99¢
from \$1. Used, Unsafe life jackets.
No longer Coast Guard approved. Best
used for kneeling pads, or could be
recovered for a life vest. Contact
Gordon Bugby at headquarters. Act
now only 23 left.

TRIANGLE ARTICLES ARE DUE MARCH 7

PEUGEOT

RALEIGH

SCHWINN



SALES AND SERVICE

Floyd Newingham

Schwinn Bicycle Center
740 Fifth Avenue

New Kensington, Pa. 15068

335-6464

HOSTEL OF THE MONTH

The Farmhouse Hostel, Tomah, Wisc

Admidst fields of waving hay, oats and corn, a herd of heifers, and four frolicking children, the Edwin and Lyda Laneir's farmhouse hostel awaits any hosteller that seeks its doors. Whether travelling the Wisconsin bikeway, or penetrating the myriad of hiking trails that surround it, the hostels receives its visitors with a charm and a warmth and opportunities that should not be missed by any Wisconsin hosteller.

The hostel itself lies down a dirt road in the middle of the Lanier farm that had been the home of Lyda's father and uncles. The farm hostel contains a grand fount porch, an old fashioned living room with large stuffed chairs, and a wood burnig stove, three good feeling bunk rooms downstairs whose walls must have looked on many a happy hosteller; with an excellent kitchen and bathroom with a tub and all. One mysterious door leads off the livingroom, up a marrow, creaking staircase to a fine hallway and two more spacious bunk rooms ready to shelter the weary.

The windows of the farmhouse overlook cornfields, hayfields, oatfields, sun and rural peace. One will not hear an urban noise -- just birds, wind, crickets and the twinkle of the brilliant evening stars.

In each direction lies a bicycle loop ready for the taking: To the east and west, a railroad bed converted into a hiking and bike path takes the cyclist through three long tunnels, over ridges, past meadows, creeks, forests and valleys from Elroy to Sparta;

To the Northwest, Cataract trail, a lovely ride on level ground through the richest cranberry marshes in the United States.

To the East and West, Mill Bluff Park trail and the St Mary's Ridge Trail, magnificent riding to stir any cyclist, painter or poet.

To the south, a day's jaunt down the Kickapoo River Valley along the gentle twisting Kickapoo and amidst ever changing river banks, hills forests, and farmlands. Amish settlements, farmers moving their cattle and working their lands, colts, calves, heifers, kittens puppies and streches of wild uninhabited hills are here to be seen by the adventurer.

Halfway down the Kickapoo, Wildcat Mountain awaits your challenge, its forests and orchards your touch.

And if all of these were not enough, the Wisconsin bikeway runs through the valley at the hostel's doorstep just a good hill climb to the south.

So whether your choice is the bikeway, the Kickapoo, the Cataract Trail, The Sparta Elroy Railroad Trail, the Cranberry Marsh Trail, St. Mary's Ridge Trail, the Mill Bluff trail, or Wildcat Mountain Trail, friendly hosts and a peaceful farm are ready to bring you rest, comfort, and warmth on your hostelling visit to Wisconsin.

* * * * *

* Bike rentals and shuttle service
are available in the area for the
* Elroy - Sparta Bike Trail.

* * * * *

* Material for this month's Golden
* Triangle was contributed (sometimes
* unwittingly) by:

* The Bikecentennial Committee
* Jan Bugby
* Claudette Falkenhan
* Larry Giventer
* Joe Hoechner
* Marta Hurwitz
* Dale Lonheim
* Karen Merisko
* Potomac Council AYH
* Mary Shaw
* The Sierra Club
* Wisconsin Council AYH

*

*

TRIPS AND TRAILS

The trips listed below are open to the public except that AYH members have priority when the trip size is limited. Trip cost includes 40¢ for registration and insurance (\$500 medical) plus transportation cost and equipment rental. Call the trip leader to reserve or cancel or for more detail.

- Sat Mar 2 Map reading, backpacking trip. Bob Schatz leads a map reading
Sun Mar 3 practice somewhere in the wilds of Penn. Leave headquarters
about 8 AM Sat. and return late Sun afternoon. Call Bob at
653/613 for reservations. Cost \$4.00.
- Sun Mar 3 X-Ski or Hike. Larry Giventer will lead a trip to one of his
favorite areas. Bring lunch, rain gear if no snow. Leave
headquarters 8:30. Call Larry at 422-9282 or 624-4752 to
reserve. cost \$2.50.
- Sat Mar 9 Beginners hike somewhere on the Rachel Carson Trail. Leave
headquarters at 9:00 AM with lunch, \$1.00 and old clothes. E
Reserve with Cliff Ham at 687-4960.
- Sun Mar 10 X-Ski or Hike. Mike and Marta Hurwitz lead a hike or X-Skiing
depending on the weather. Call 731-1083 to reserve space. \$2.50.
- Sat Mar 16 Caving in West Virginia. Leave headquarters at 7:00 PM Friday
night. return late, late Saturday. Cost \$5.00. reserve with
Norm Snyder at 371-2371.
- Sat Mar 16 Beginners Hike 7-8 miles (11-13 kilometers) along a beautiful
fly fishing trout stream. Leave headquarters Sat at 8:00 AM,
bring lunch, change of sox and \$2.50. reserve with Alan
Barber at 833-5311 or 553-3661.
- Sun Mar 17 Intermediate hike Mike Wolf leads an intermediate 10-12 mile
(16-20 kilometers) bush wacking hike in Somerset County. Call
for reservations at 563-4368. Cost \$2.50.
- Sat Mar 23 Intermediate or beginners with boots Hike - 7 to 10 miles
(11 to 16 kilometers) on the Laurel Highlands Hiking Trail,
north of the turnpike and south of route 30. Leave headquarters
at 9:00 AM with lunch and \$2.25. Call Carolyn Slauch 466-5204.
- Sun Mar 24 Easy Exploritory Hike with Dave Porterfield (4711733 daytime).
Group will start at Rocky Dell Shelter in North Park and proceed
north through the park. Meet at headquarters at 9:00 or at
parking lot south side of Ingomar Road near Babcock in the park
at 9:45. Bring lunch 40¢ req, 40¢ trans and scouting skills.
- Sat Mar 30 Dolly Sods hike Leave friday night at 7:00 PM and return late
Saturday night. cost \$5.00. Call Norm Snyder for details and
reservations. Will car camp friday night. 371-2371
- Sat Mar 30 Bicycle tune up for the coming season. Show up at headquarters
with whatever tools you have, and your bicycle. Someone will
teach you how to grease its bearings and adjust its derailleur.
and do what ever else is neccessary. Time 10:00. cost just a
willingness to learn. Call Joe Hoechner for futher details.
no need to reserve. 343-2465
- Sun Mar 31 Intermediate hike of about 8 miles (13 kilometers) meet headqua-
ters at 8:30. call Joe Hoechner for details and reservations.
343-2465.

TRIPS AND TRAILS CONTINUED

Sat Apr 6 Kite flying The annual AYH Kite flying pinic will be held on April sixth this year. Willing hands and minds are needed to serve on the committee under the chairperson Cathy Lynch. Please call and offer your service. 361-3707.

Sat Apr 6 Keystone Trails Assoc Council Meeting . The hiking chairman
Apr 7 and the Baker trail chairman are going to this meeting. They will be camping in the Wellsboro Area. Others are welcome to come. The Keystone Trails Assoc is an organization of organizations that are concerned with the maintainence of trails in Penn.

Morgantown weekend - Since the weather has not allowed us to look forward to winter sports with any confidence this year, why not look forward to Spring and Summer Sports. MORGANTOWN WEEKEND will be here before you know it. Start thinking about cycling, climbing, hiking, rafting, and canoeing in the morgantown area of westvirginia. Doesn't it sound exciting??? Watch for dates and details in next month's triangle.

***** EXTENDED TRIPS

Backpacking, Colorado Rockies, August 1974. Don Levenson is planning to lead a small group into the fabulous San Juan Primitive Area for 10 days of high-country backpacking and camping. He would like one or two more experienced but leisurely backpackers to go along. For more information call Don evenings at 421-0987.

Bike and Cycle Ireland Marilyn and Cliff Ham are planning a month long tour of Ireland, for bikers and/or hikers, during August 1974. Cost will be about \$500. They will beusing hostels and traveling under own power, and cooking most meals. Interested??? Call Cliff or Marilyn at 687-4960

Caving in Wyoming A note from Ivan Jirak states that an old friend, Chuck Acklin, called and said that he would be pleased to arrange passage into any caves in the area of Lovell Wyoming, should anyone be visting the area. His adress is Chuck Acklin, Community Education, Lovell Wyoming 82431 with phones (307)548-2247, (307)548-2865.

Fri May 11 Western Pennsylvania Whitewater Canoe School - 1974. This
Sun May 13 intensive weekend course is designed for the person having canoe experience and the interest in whitewater canoeing. Perference is given to those intending to instruct others and lead canoe trips. A limited class of K-1 and C-1 is planned. The school is limited by available river to a certain size so apply early. Instructors are competant and well versed in whitewater teaching techniques. Cost \$26. includes lodging, insurance, and the textbook. Some canoes are available for rental at \$3.50. Obtain an application from Gordon Bugby 371-4233.

AYH needs trip leaders. This is a volunter organization. So you should volunteer. Being a trip leader is not that diffulcult. Ask anyone who has been one! All that is necessary is a willenness to do a little organization, a willingness to show and explain to a beginner what you enjoy and like about your activity. Contact the activities chairman and tell him you would like to lead a trip.

FRI 1				SAT 2	SUN 3
MARCH 74					X-SKI OR HIKE
				BACK PACKING, MAP READING	
MON 4	TUE 5	WED 6	THUR 7	8	9
			OPEN HOUSE CALF. COAST ARTICLES		BEGINNERS HIKE
11	12	13	14	15	16
ACTIVITIES BOARD MEETING			OPEN HOUSE HAWAII TRIPS	CAVING BEGINNERS HIKE	INTERMEDIATE HIKE
18	19	20	21	22	23
			OPEN HOUSE CANOE QUETICO-SUPERIOR		HIKE
25	26	27	28	29	30
			OPEN HOUSE GEYSER VALLEY YELLOWSTONE	BANQUET DOLLY SODS HIKE BIKE TUNE UP CLINIC	INTERMEDIATE HIKE
					31

Pittsburgh Council
AMERICAN YOUTH HOSTELS, INC
6300 FIFTH AVENUE
Pittsburgh, Pa, 15232

Return Requested

Non-Profit Organization
U.S. Postage Paid
Pittsburgh, Pennsylvania
Permit #127, 15232

LIBRARIAN, A.Y.H. VIP 0
650-B KELLY AVE.
PITTSBURGH, PA, 15221

BE KIND TO ANIMALS...FEED THIS TRIANGLE TO A FRIEND