



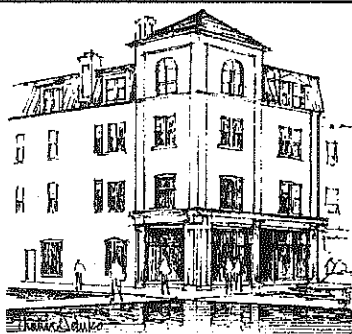
GOLDEN TRIANGLE

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 47, NUMBER 8

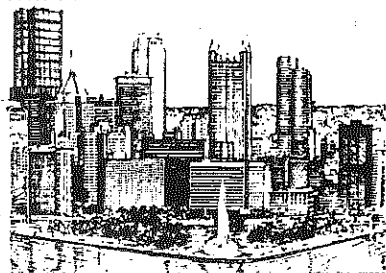
OCTOBER 1997



Hostelling - International Pittsburgh PA

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- Phipps Conservatory
- Historic Point State Park
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browser to;



<http://trfn.clpgh.org/ayh/> for the
latest on activities, slide
shows & local hostelling or
you can email us at
ayh@trfn.clpgh.org

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.....And MORE!!!

Pittsburgh Council Annual Meeting and Elections

Please join us at 8 pm on Thursday October 16th for the Annual Meeting and the election of officers and board members. We will have elections and brief reports from the officers on the state of the Council and on operations of the new Pittsburgh Hostel. Soft drinks and snacks will be served. This notice serves as the official call to the annual meeting in accordance with Pittsburgh Council bylaws.

Larry Laude, secretary

Escape from Cradle Mountain

Tasmania is Australia's smallest and only island state. Being an island, it was considered to be an ideal setting for penal settlements and convicts who were repeat Offenders on mainland Australia. This isolation has helped preserve its colonial heritage and maintain relatively unspoiled wilderness areas. The unpredictable climate made Tasmania eerily beautiful with its windswept coast, green forests, and rocky mountains.

I visited Cradle Mountain-Lake St. Clair, which is on the World Heritage List (a United Nations list of natural or cultural places of world significance that would be an irreplaceable loss to the planet if they were altered). My initial plan was to complete the Overland Track in 8 days which fell within the recommended 6-8 days. Arriving on the ferry, the Spirit of Tasmania, from Melbourne, I took a bus to the trailhead where I met a few others planning to do the Overland Track. We agreed to go together. The bus driver bid us farewell and goodluck as he drove away into an already rainy and dreary day.

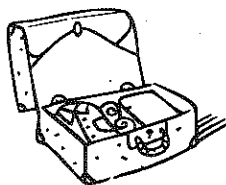
Equipped head to toe in waterproof gear, we hoisted our heavy packs laden with tents, sleeping bags, first aid kits, camp stoves and food, and set off around 2 pm against the advice of the park ranger. Rain had been forecasted for the next few days. The trails are well marked and vary considerably in difficulty from level walks to steep ascents. A series of huts along the track which operate on a first come-first serve basis.

The weather worsened considerably during our 4-hour walk to the Waterfall Valley Hut, where we hoped to stay our first night. It rained horizontally into our faces, gale force winds up to 130 kph (80 mph) nearly

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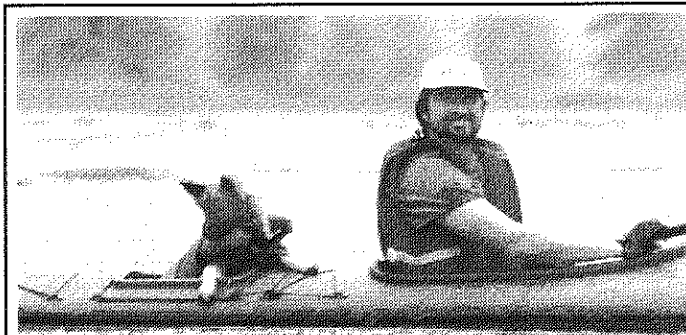
AYH Sheet Sleeping Sack....

**DON'T
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WITH-
OUT ONE!**



Required in all youth hostels, the sleeping sack serves as your top & bottom sheets, with a built-in pillowcase. Regular sleeping bags are not allowed at hostels due to public health regulations. Our nylon sleep sack is especially light, compact, and dries extremely quickly (handy on trips). the cotton/polyester sleep sack is a little heavier and bulkier, but feels just like your bedsheets.

Order
one today! See
the order form
on the back
page for prices.



Keesha
Keeshound &
best friend Mark
Mistrik Sea-
kayak around
Presque Isle,
Lake Erie

**MORE ON
PAGE 5**

HOSTELLING INTERNATIONAL

PITTSBURGH COUNCIL-AYH
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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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Managing Editor ... **Wm. Eberle**
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Copy Editor ... **VACANT**
Mailing Labels ... **Roy Weil**
Production ... **Don Hoecker**
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The following positions are currently open and we are in need of responsible people to fill them. If you are interested please call Marianne Kasica at 665-9554.

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

NOTICE

Please note the deadlines for
future issues of the
GOLDEN TRIANGLE

OCTOBER
All copy, Sept 4
Binding/Mailing, Sept 25

NOVEMBER
All copy, Oct 2
Binding/Mailing, Oct 30

If your work is on computer,
Please contact Bill Eberle
@ 921-1932 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) 431-1267.

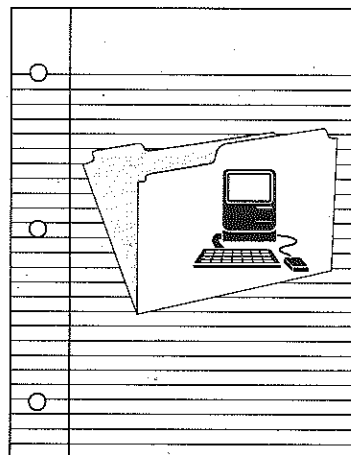
About AYH

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. NO EXCEPTIONS. Call if you have questions.
- Submitted 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"

Please note, the Golden Triangle frequency of publication.

Number 1 issue ->February / March: **Number 2** issue ->April: **Number 3** issue ->May:
Number 4 issue ->June: **Number 5** issue ->July: **Number 6** issue ->Aug.
Number 7 issue ->Sept: **Number 8** issue ->Oct: **Number 9** issue ->Nov:
and **Number 10** issue ->Dec. / January

Editor...

Upcoming Slide Shows

Oct 2: Joan Roelf, "1962 AYH Trip To The Cascade Mountains And Seattle World Fair". Part of Pittsburgh AYH 50-year celebration.

Oct 9: Annual Astro-Festival. Bring telescopes and binoculars. See craters and mountains on Moon, phases of Venus, moons and belts of Jupiter, rings of Saturn. If cloudy, we show the slide show "Jupiter Photos From Voyager I".

Oct 16: (also annual meeting and elections) Joan Roelf, "Local Hiking Trips And Hikers From 1958 To 1964". Part of Pittsburgh AYH 50-year celebration.

Oct 23: Gail Gregory, "Turkey And Mediterranean Islands". Visit Cappadocia, Malta, Corsica.

Oct 30: We show the video "The Bride Of The Red Sea: Jeddah". Architecture and lifestyles in this pilgrimage gateway to Mecca. Also Halloween party.

Nov 6: Gloria Monk, "AYH Mountain Climbing In Tetons And Baker Trail Hiking In 1951-55". Part of Pgh AYH 50-year celebration.

Slide shows start at 8:30 PM, at AYH Headquarters, Shady Avenue at Fifth Avenue. Doors open at 8:00 PM. If you want to give a show, call Luc Berger at 683 3131.

Oops...

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

Mail regarding this Newsletter should be addressed to:

American Youth Hostels
The Golden Triangle
830 Warrington Ave
Pittsburgh, PA 15210

Office: (412) 431-4910
or

HI-Pgh on the information super highway,
point your browser to;
<http://trfn.clpgh.org/ayh/>
or you can email us at
ayh@trfn.clpgh.org



Pittsburgh Council Hostels

Ohiopyle AYH Hostel
Ohiopyle State Park
PO Box 99
Ohiopyle, PA 15470
(412) 329-4476

HI-Pittsburgh Hostel
830 E. Warrington Ave
Pittsburgh, PA 15210
(412) 431-1267

Living Waters AYH Hostel
RD #1(1 mile west on Route 30)
Schellsburg, PA 15559
(814) 733-4212



HOSTEL HAPPENINGS

This month's Hostel Happenings is a brief one because during the middle of September I'm off for some much-needed vacation time. I'll be going home to California to see family and friends.

This seems like a good time to alphabetically introduce the rest of the staff here at the Pittsburgh International Hostel.

MEET THE STAFF OF THE PITTSBURGH INTERNATIONAL HOSTEL

Stacy Alexander. Our newest desk assistant, Stacy lives in Allentown where she also works for another local business. She says she likes working here because she gets to meet different people from all over the world. She's a pro at helping hostellers discover Allentown and Pittsburgh. And she "likes" cleaning, for now...

Della Burleigh. Della is a real people person and knows just about everyone in Allentown because she has lived here all her life. Hostellers appreciate this and always ask about her when she's not working. She hopes to continue learning even more about hostelling than she already has.

Matt Burris. Matt was our second guest at the hostel and stayed with us 10 days prior to our official opening and helped get the doors opened. He was featured in a newspaper article in the South Pittsburgh Reporter along with our first guest from Japan. He's been helping out ever since and is definitely part of the family.

Brian Funk. Brian stopped by the hostel one day in the midst of construction chaos to inquire about donating some books to the hostel. "Some" books turned out to be an entire library of great books AND a bookshelf which he assembled for us. He's been here almost ever since. Brian will be calling the hostel "home" this winter because bicycling from Washington, PA, as he has been doing, will not be possible in winter weather.

VOLUNTEER WORK PARTIES NEEDED

We have an ongoing need for people to help with some of the extras in maintaining the building and have set aside the following Saturdays this fall from 9 a.m. - 12 noon when volunteers are needed at the Pittsburgh International Hostel: October 18 and November 15. Please call Holly at 431-1267 in advance of each Saturday so we'll know to expect you and can let you in the building during our closed hours. This is a great chance for those of you who haven't yet seen our fabulous building to take a tour of the hostel, help out our hardworking staff, and have some refreshments which will be provided.

OCTOBER'S WISH LIST

Only a few items were donated in September, so this list hasn't changed much.

Volunteers for: Piano tuning; hostel-based programming; marketing and outreach; photographic restoration and framing; Allentown, building, and Pittsburgh historical interpretation; and telephone installation help.

Plain paper fax machine, adding machine/calculator, pots, pans and a colander (no other kitchen items are needed), 2 commercial vacuum cleaners, floor buffer, VCR, sofa bed or futon, 2 small tables, outside bench, flower pots and potting soil, piano sheet music/song books.

If you or anyone you know can donate something from this list, please contact Holly Ridenour, at 431-1267 PRIOR TO DROPPING OFF ITEMS FROM THIS LIST. We may have already received items from the wish list by the time you read this. Please remember that your donation is tax deductible since we are a nonprofit organization.

Holly Ridenour, Hostel Manager

Wanted - Pittsburgh Council Travel Center Staff. This is a part-time position for 20 to 30 hours a week, depending on the season and the ability of the applicant to assume additional responsibilities. The staff person is responsible for handling telephone and mail inquiries; selling memberships, books, and rail passes; filling wholesale book orders; and computer data entry. Requires communication skills, basic typing and computer skills, and attention to detail. Send resumes to Pittsburgh AYH / 830 E Warrington Ave / Pittsburgh PA 15210, fax to 412-431-2625, or e-mail to ayh@trfn.clpgh.org, or call 412-431-4910 for an application.

The Butler Outdoor Club's Third Annual Dinner.....

The Butler Outdoor Club's third annual dinner will be held Wed. Nov. 12 at the Vagabond Center, Lyndora, Pa. A silent auction of donated prizes and services begins at 5:30 pm. Area club information and photo contest winners will be on display. The pasta buffet begins at 6:30 pm, followed by the evening's featured speaker, Don Lemmon. Don will speak and present a slide show about biking around the world. Tickets are \$8.00 for adults and \$4.00 for those under 12. They can be purchased at BOC meetings; by mail at BOC Tickets, Box 243, Butler, Pa 16003-0243; or at Cycle Sports, Cranberry; Dapper Bicycle, Zelienople; Hite's Bike Shop, Butler; or at Rapp's Bicycle Center, Butler. All proceeds benefit local trail projects.

Rachel Carson Homestead Announces Fall "Science on Saturdays" Programs

The Rachel Carson Homestead announces a new season of our popular "Science on Saturdays" family programs, with hands-on science and nature activities for the whole family to enjoy. Mark your calendars for the third Saturday of each month (always 1 - 4 pm) and call us at (412) 274-5459 to reserve your space in these free programs.

October 18th: "Vermiculture" The owners of Worm World will teach us the benefits of Worm Composting, plus we'll make starter worm composters for your home!

November 15th: "Give Thanks to Nature" Create table decorations for your Thanksgiving table with Master Gardeners from the Pittsburgh Civic Garden Center.

December 20th: "Eco-Giftmaking" Use less stuff by making your own recycled wrapping paper and other gifts for the holidays!

The Rachel Carson Homestead is the birthplace and childhood home of ecologist and author Rachel Carson (1907-1964), whose 1962 best-seller *Silent Spring* helped launch the modern environmental movement. Born in this five-room farmhouse, Rachel Carson's childhood here in southwestern Pennsylvania nurtured a love and respect for nature and natural things which would guide her the rest of her life. *Silent Spring* warned of the dangers of indiscriminate pesticide use and established Rachel Carson as one of the most important and influential environmental activists in history.

Guided tours of the house and grounds are offered year-round on Saturdays from 10 am to 4 pm and Sundays from 1 pm to 5 pm. Regular museum admission is \$4.00 for adults and \$2.50 for children. Senior citizen and group discounts are available. Call (412) 274-5459 for more information.

For more information call (412) 274-5459, or visit our World Wide Web site at www.rachelcarson.org.

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 donation today.

Yes, I would like to make a Tax - Deductible
donation of support for the
Hostel in Pittsburgh in the amount of:

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



Donations of goods, furnishings or services are also needed! Please drop us a note describing what you have available.

Name _____

Address _____

Telephone _____

Mail your Donation to:

AYH

Pittsburgh Hostel Fund

830 E Warrington Ave; Pittsburgh, PA 15210
412-431-4910

CYCLING

October 5 A/B/C/D Bill Eberle
SABRE (Southwestern Autumn BREeze) Southwestern Allegheny county and Washington county. 100 km (65 mile) and 50 km (35 mile) rides offered. Rides start at Settler's Cabin Park. Registration includes marked roads, map, snack stops and a picnic lunch at the end. Call AYH office (after Aug 1) for an application or get one at AYH. Discount for registrations received by Sept 15.

October 11 A/B/C Joan Roolf 795-8345
Allegheny Highlands Trail October Touring Class Ride This touring ride is in an area of spectacular scenery with the added attraction of the autumn leaves at their peak. The Allegheny Highlands Trail is not as heavily used as the Yough Trail and it has an unspoiled natural beauty that is hard to beat. Come explore the trail, the small towns and the rocks along the Casselman river. Call Joan for the time and meeting place. The ride is about 32-34 miles. A mountain bike is best but a road bike is ok also. The pace of this ride will average 10 miles per hour to be sure we do not go too slow for some..

Oct 11-12 A/B/C Pat Rossi
Wilderness Lodge Off road and On road riding near the New York / PA border. Stay overnight at the lodge. Contact Pat for more details.

Ride Class: A Adv. (50+ miles), B Inter. (30-60 miles), C Easy (15-40 miles), D Beg. (10-20 miles)

TOUR DE HARVEST WILDERNESS LODGE OCTOBER 10 - 12

Once more Don Hutchinson has agreed to lead us on an "easy to intermediate" ride on through vineyards, orchards and off roads in the scenic environs of North East, PA. Mountain or hybrid bike and a helmet are a must. A stop at a local winery (free samples!) and lunch on the shores of Lake Erie will also be featured. We will enjoy two overnights in the cozy comfort of Nansi Janes' Wilderness Lodge and dinner at one of the superb local eateries. There are many possibilities for an additional Sunday ride (on your own): Peek 'n' Peak, French Creek, and Findlay Lake. A road bike may be used on the trail at Presque Isle. COST: \$45 per person for AYH members, \$55 for non-members for bed in hostel-style room (3-6 persons). There are three private double rooms, two persons per room @ \$120 for members, \$140 for non-members. The cost includes Friday and Saturday night lodging. A varied breakfast menu is offered at extra cost. We usually enjoy a Singalong on Saturday night after dinner. Reserve early by calling the AYH office at 412-431-4910. Space is limited to 36 people. Send a check for the full amount payable to Pittsburgh AYH a.s.a.p. after your call to guarantee your space. There will be no refunds after September 15 unless a replacement for you is found. A waiting list will be kept. Fees include a non-refundable \$10 per person, or \$20 per double room.

For more information call Pat Rossi, 335-5067.

Wilderness Lodge Bicycle Touring Weekend October 10-11-12

Name: _____
 AYH Pass #: _____
 Street Add: _____
 City/ST/Zip: _____
 Telephone: _____

Enclosed is a check for \$ _____

_____ I am driving and can take _____ passengers.
 _____ I need help finding a ride. (We'll try!)
 _____ I will drive and meet the group at Wilderness Lodge

Liability Waiver

In consideration of your acceptance of my application for participation in the Cycling Weekend at Wilderness Lodge, I, the undersigned, for myself and my heirs, executors, administrators, and assigns, waive and release any and all claims for damages for death, personal injury or loss of property I may have or which may accrue to me as a result of my participation. I, the undersigned, discharge and release the Pittsburgh Council, American Youth Hostels Inc, Wilderness Lodge, their activity leaders, and their respective agents, boards, commissions, and any other involved employees, representatives, and volunteers from all liability arising out of or connected in any way with my participation, whether or not caused by the negligence of any of the above parties.

I acknowledge that there are inherent risks and dangers which may arise at any time during the Weekend. My participation is voluntary and is done at my own risk. I voluntarily assume all risks of loss, damage, or injury that may be sustained while participating. I attest that I am physically fit and sufficiently trained for participation in this event. I understand and agree that medical or other services rendered to me by or at the insistence of any of the above parties is not an admission of liability to provide or to continue to provide any such services and is not a waiver of any of the said parties of any right hereunder.

Signature: _____ Date: _____

The "Abode of Snows"

From the moment I stepped onto the Everest Air helicopter I knew someplace special awaited. The helicopter was a noisy, former Soviet helicopter that seated nearly 40 people for the nearly 45-minute ride to Lukla, a major starting point for the Everest region treks. Usually on a flight, one looks down to see the views, yet in Nepal, one looks up to see the Himalayas, the Sanskrit word for "abode of snows."

Arriving in Lukla, after the cows are shooed from the runway, you feel the clear and cool mountain air at an altitude of nearly 2,500 meters. It's best to stay one night in Lukla to acclimate. One of the biggest problems for trekkers is acute altitude sickness, which varies in severity from headaches and nausea to death. The best advice is to climb no more than 300 metres per day and "climb high, sleep low" that is sleep at a lower altitude than you have climbed during the day.

There are three basic ways to trek; an organized tour arranged from your home country, a tour with a Nepal-based tour company, or on your own. Needless to say the prices vary considerably with the organized tours being the most expensive and independent trekking the least. Organized treks usually include everything from flights to and from Nepal, tents, sleeping bags, food, porters, and an experienced english-speaking sirdar (trek leader). All you need to do is carry your day pack and camera. At the other extreme, my preference is independent trekking. Equipped with a down filled sleeping bag I rented in Kathmandu for \$1 per day, sunscreen, flashlight, a map, water purifier, and other essentials, I left on my trek with six (6) friends from Perth, Australia.

Some of the Aussies hired a porter to carry their backpacks. The porter, Nanga Doje Sherpa, relied on his yak carry some of the load. While his English was fairly good considering he learned English strictly by leading trekking expeditions, his phrasing was often very funny, e.g., "oh my goshness", or calling chang, Tibetan rice beer, "Sherpa oxygen". Sherpas, living in the mountains of eastern Nepal, have become synonymous with trekking as they are unusually strong, skillful and hardy considering their small stature.

We stayed in "teahouses" during our month long trek. Teahouses provide basic usually dormitory style accommodation. Only at lower elevations are showers available. Staying clean becomes secondary to staying warm! Meals are available also. Prices do tend to increase the further away from the larger Sherpa villages of Lukla and Namche Bazaar as all supplies are carried by porters and/or yaks. Yet a completely satisfactory meal of dhal bhat, which is lentil soup, rice and curried vegetables, is a bargain for 50 rupees (\$1). With the increasing popularity of trekking, the menus seem to be diversifying, but don't expect gourmet as most meals are cooked either on a gas stove or wood fire. Teahouses usually stock some basics for guests to purchase, such as toilet paper, chocolate, mineral water, and cookies. Nepal has some of the most breath-taking scenery in the world. The only way to truly appreciate the splendour of the Himalayas is to be amongst them. The mountains are the main attraction, yet the villages, temples, fields, waterfalls and wildflowers are beautiful as well. Eight of the ten world's highest peaks are found in Nepal. Its a photographers dream!

While there are many paths to take, we decided to trek to Goyko, a town with a year-round population of probably 20, which provides great views of Everest at an elevation of over 5,000 meters. I had to see Everest! Oddly enough, everyone else in my group except me did get a mild case of altitude sickness and had to descend after only one night in Goyko. Also, they were freezing cold from day one and were wearing their down jackets inside their down sleeping bags long before the temperature reached the freezing point! Around Goyko, there is a series of 5 lakes, which are pristine azure lakes fed by the melting snow. Considering that it took 10 days to reach Goyko, I decided to spend a few extra days then meet the group a 2-3 day walk down the path.

In the teahouse pictures of Pennsylvania hung on the walls. They looked like pictures from a wall calendar used to decorate. Yes, its a small world when you're high up in the Himalayas seeing pictures of the round barn, Amish, Horseshoe Curve, Gettysburg, and other familiar sites.

The next few days were terrific. Cold overnight temperatures brought several inches of snow, which made climbing up Goyko peak a bit treacherous. Later in the day, the sunshine melted some of the snow and allowed for clearer skies and better views. On my third attempt climbing the peak, I was rewarded with tremendous views of Everest. While some people want to climb Everest, I am perfectly content just to have seen it!

Trekking in Nepal is certainly not for everyone. It requires physical stamina well beyond the ability to walk around the block. Yet, even in my group alone, each person went at their own pace and enjoyed it all just the same. I enjoyed the Himalayas so much that I later visited the Indian Himalayas. One visit to Nepal is rarely enough as its incredible scenery, intriguing cultures and ancient history capture you and beckon your return.

Elizabeth Lochbaum,
 an independent traveller from State College, PA
 LLochbaum@aol.com

SEA-KAYAKING

Looking over some slides with Keesha, my now-seven-month-old sea-kayaking Keeshound, got me to recollecting some of the learning experiences we had paddling together last summer.

We were on a simple paddling daytrip late last July to Lake Wilhelm at Goddard State Park. It was lunch time and we landed on a small wooded island to have lunch. Keesha always loves lunch breaks, both as a chance to run around like mad after sitting in the back hatch of one of our kayaks, and because she almost always charms her way into getting samples of other peoples lunches. After finishing lunch, I gave her whistle 'to return' and started walking down the path to the islands shore, and our waiting fleet of sea-kayaks. A moment later, the sound of 38 lbs. of Keeshound rapidly tearing through the woods could be heard. She came in so fast, in fact, that she shot down the hill past us and the kayaks, and even with full braking (at the last minute), plumed right off the island splat! into the water.

We figured that when God was making Keeshound puppies last February & Keesha was in line waiting to be born, somebody on the production line asked "Cute & Charming or Brains?" and Keesha piped up "Uh...What was the first choice???"

And then there was the trip to Assateague National Seashore. Keesha had never seen an ocean, sand everywhere, or surf before. But being the smallest of all arctic breeds, she loves to dig. We got there late in the evening and were walking our camping gear down a short sandy path to our campsite among the dunes. You could hear the familiar sound of the surf endlessly breaking on the beach, just a few hundred feet away, and smell the salt air all around us. But the strongest recollection was Keesha walking beside us. She stopped, took a few tentative swipes into the sand with her paw, then dug furiously for a moment almost burying herself while we watched. Then she came up, with her eyes twinkling, very obviously saying to everyone "HEY! THIS STUFF IS GREAT!!!"



Twelve-year old Melissa taking Keesha Keeshound for a kayak ride.
North Park Intros, Summer 1997
(AYH Sea-Kayaking Program)

*Any kind of travel, even a simple one day sea-kayaking trip, is much more than simply what's stated in the trip itinerary. Each group provides a unique mixture of social opportunities - all of these people will share something of themselves, many will introduce you to something new, and a few will develop into friendships. In addition to the trip's own participants, you'll meet new people and see new environments in the places we visit - The man you stopped paddling to talk to who works on Lake Erie's harborfront has a very different life than someone who goes to work downtown on the "T". The skills and independence you'll acquire learning to sea-kayak and pilot your own craft, and the feeling of health and fitness from spending a day outside exercising in beautiful surroundings all add to making a good trip. And finally, there's always the unexpected elements provided from Mother Nature - perhaps an Osprey swooping down over us or a glimpse of a red fox, hopefully a tailwind and fair weather. Sea-kayaking can make you more resilient to bad weather and appreciative of good weather than most any other sport I can think of.

The sea-kayaking program can teach you sea-kayaking basics through advanced technique and rescue instruction, plus everything you'll need to know about camping and travel. And we have the largest fleet of non-profit owned expedition-quality sea-kayaks anywhere, right here in Pittsburgh. Join us for a late season trip this month or in November, come to one of our monthly paddlers dinners at local area restaurants, or just give us a call.

Keesha, the other sea-kayaking trip leaders and myself will be glad to hear from you...
Mark Mistrik, Chairperson, AYH Sea-Kayaking Program., (412) 361-2943

Sea-Kayaking Equipment is available from the Pittsburgh AYH
Call (412) 361-2943 & leave a message for information on all events.

Complete sea-kayaking schedule w/descriptions available for a double-stamped self-addressed envelope.
Send to: Mark Mistrik 5055 Cashlie Court Gibsonia, PA. 15044

Friday evening September 26th thru Monday October 6th, 1997
Lake Powell, Utah

Trip begins: Vanpool leaves Pgh 6:00 PM or fly & meet us

Explore spectacular redrock canyons of the Colorado River and see some of the most fantastic scenery in America's West - all from a gentle flatwater lake and with the conveniences of a houseboat at hand. Now an annual trip, we envisioned this several years ago as a way to accommodate inexperienced paddlers and even hikers on a longer, extremely interesting trip, and the result has been exceeding expectations ever since. The idea is simple: the houseboat does all the long-distance work, leaving your days free to hike, paddle, explore ancient Indian ruins, or relax as you please. This trip is full, and we're now considering which part of the lake to explore next year. It's not too early to call for more information as this trip fills up in early March each year.

Mark Mistrik 361-2943
Level: New, beginner & up.
Ends: Monday evening.

Friday evening October 10th thru Sunday October 12th
Kinzua Fall Foliage Weekend

This is our annual trip coinciding with the best autumn colors. Weekend trip combines paddling, hiking, camping & relaxing on the lake above the Kinzua Dam, the vast reservoir of the Allegheny river that winds through the northern Allegheny National Forest and into the Allegheny Indian Reservation in Southwestern New York. Sea-kayaks and equipment available from the AYH if needed. Call for more information and to reserve.

Leader: TBA
Level: aggressive beginner & up.

Sea Kayakers Monthly Dinner

Tuesday, October 14th
6:30PM til 9:00PM

Primanti Brothers Restaurant, in the Strip District
Call 361-2943 if you can join us!!!

Saturday October 18th, 1997
Tygart Lake, Grafton, West Virginia
Sunday October 19th, 1997
Cheat Lake, Morgantown, West Virginia

Something new here: We're running two great lakes in Wild, Wonderful West Virginia and joining the Explorer's Club at Clare Lodge in Cooper's Rocks State Forest for their annual Halloween Party and general fun. Both lakes are in wooded valleys and the autumn colors here should still be very good. These are run as individual daytrips, so you may paddle either day or both, and round out the weekend with rock climbing, mountain biking or hiking. Sea-kayaks and equipment available from the AYH if needed. Call for more information and to reserve.

Leader: Mark Mistrik 361-2943
Beginner and up.
Begins: Coopers Rock 9:00 AM
Ends: 5:00 PM each day

Friday evening October 24th thru Sunday October 26th, 1997
Lake Moomaw, Shenandoah region of Virginia
Trip begins: carpools leave Pgh Friday afternoon & evening

Pre-Halloween paddling and camping trip to Lake Moomaw, Virginia and our last fall foliage weekend. Strange, but scenic area features an ancient faultline, Shenandoah mountains, waterfalls, abandoned homesteads, and even natural hot springs to soak in before returning home. Fossilized Devil's corkscrews are abundant here. More than anything, this place reminds me of hiking through Shenandoah National Park, but with a kayak! Car camping both nights. Sea-kayaks and equipment available from the AYH if needed. Call for more information and to reserve.

Mark Mistrik 361-2943
Level: Aggressive beginner & up.
Returns: Pgh at 9:00 PM

Trips Continued on Page 7

Continued From Cover

knocked us off our feet and the spectacular views we had hoped for were shrouded in clouds. With the wind and rain so strong, we became less concerned about our heavy packs and more about reaching the hut! Climbing over the initial pass, I could hardly stand with the forceful wind. My feet were cold and wet, and I was scared.

After 4.5 hours of walking we miraculously reached the hut. Erecting a tent in this weather would have been impossible. Several others staying in the hut had been stranded for 24 hours. We littered the hut with our soaking wet gear and busied ourselves with dinner preparations. While we generally felt relieved to be inside, our moods were pretty somber knowing now that rain and wind would greatly hamper the remainder of the track. A Massachusetts native listened to a shortwave radio which confirmed a storm had just landed over Tasmania. Just our luck! The wind howled throughout the night and well into the morning. We decided to wait until midday before setting off for the next hut which would be a 2-3 hour walk from here. It continued to pour unmercifully.

At midday with the worsening weather, we decided to stay in the Waterfall Valley Hut another day. Perhaps the next day we could move on or we could turn around and get out easily. We suddenly became jealous of other travellers who opted to go snorkeling on the Great Barrier Reef and go to the beach. Here we are stuck in a cold hut in a storm with only wet clothes!

An organized hiking group passed through in the late afternoon. They would be staying at the "private huts" along the Overland Track, which were equipped with dryers, hot showers, heated rooms and provided gourmet meals. While \$1,300 per person can offer luxury, it cannot ensure good weather! Their guide said this is the worst weather he has ever seen in all the years he has been leading hikes. Overnight temperatures dropped forcing the rain to change to snow! C'mon, this is Australia! Eight inches of snow greeted us the next morning. This was the icing on the cake. We decided to escape from Cradle Mountain!

After breakfast, we packed our gear and left the dry hut. Instead of retracing our steps to avoid crossing a very exposed pass, we would take a much longer route around some small lakes. The initial climb from the hut was extremely difficult as the wind blew in our faces. Also, the overnight winds created 2.5-3 foot snow drifts that we had to walk through for nearly 2 hours.

The path descended very steeply on the opposite side of Cradle Mountain. While it was a relief to be free of the wind, the descent was very challenging. The "path" disintegrated under the wet conditions. We walked through at least ankle deep if not knee deep mud and water the rest of the day. Forget about dry feet! Each of us fell down countless times on the slippery trail.

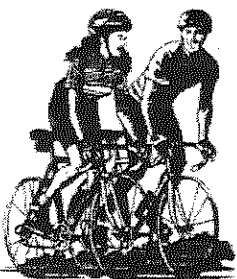
After nearly 8 hours of walking under miserable conditions, we reached the parking lot near the ranger's station. Now what? None of us had transportation and the bus departs once a day that we had missed by hours. Luckily we persuaded a few guys on a daytrip to give us a lift to the nearby camping ground. As we drove away from Cradle Mountain, we breathed a collective sigh of relief. Talking away in the car, the driver missed the turnoff to the campground. So, he took us to Launceston, where they were headed that night. We checked into a B & B for the night and collapsed from exhaustion after a hot shower!

What could have been a spectacular experience ended too soon. Yet under those conditions, I had no desire to stay any longer. I hope to return to Tasmania someday under sunny skies.

*Elizabeth Lochbaum,
an independent traveller from State College, PA
LLochbaum@aol.com*

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RAMBLES

- October 1** Montour Trail. Don Hoecker 243-8289
October 8 West Newton. Alex Federowicz 421-5219. Bag lunch or optional lunch in cafe
October 15 Kellman Reserve. Mount Fitzpatrick 327-6517. Bag lunch
October 22 Boyce Park. Joan Rooff 795-8345. Bag lunch
October 29 North Park. Earl McCabe 761-1844. Bag lunch

NOVEMBER

- November 5** South Park. Bonnie Trelease 882-0949. Bag lunch
November 12 Southside Heritage Trail. Ruth & Dick Fischer 421-9215. Optional lunch at Station Square
November 19 Downtown walk. Joan Rooff 795-8345. Lunch in a Strip District restaurant
November 26 No Ramble. Happy Thanksgiving

DECEMBER

- December 3** CMU new student center and other points of interest. Luc Berger 683-3131. Walk from our usual Art Center meeting place to CMU. Optional lunch in Student Center food court
December 10 Morningside. Marilyn Ham 687-4520
December 17 Shadyside. Dave & Kathy Sadler 361-3707. Bag lunch
December 24 No Ramble. Christmas Eve. Happy Holidays!!
December 31 No Ramble. New Years Eve. Happy Holidays!!

NOTES FOR RAMBLES!

10:00 AM is the starting time for all Fall rambles. Meet in Mellon Park upper parking lot at Fifth and Shady Avenues. Carpooling is encouraged. For trips over 10 miles, please pay driver \$2.00.

Call trip leader for more information, especially if you plan to meet us at the trail head.

HIKING/BACKPACKING

- Sunday October 5** Maynard Hansen 751-7615
 Easy joint hike with AYH & BOLD to Fort Necessity. We will hike 4-5 miles. There is a \$2 fee to see the Mt Washington tavern & visitor center. Meet at 10am at HQ. Call for info & a reservation.

BACKPACK APPALACHIAN TRAIL FROM SPRINGER MT. NORTH
 Will start at Springer Mt., GA about March 9, 1998, and hike 2-3 weeks. Join me for day hike sections or backpack sections. BRING SPAM!! Interested? John W Stein 717 533-3679
 INTERNET: 102544.627@COMPUSERVE
 or P O BOX 9 HERSHEY, PA 17033-0009 "SPAM-MAN"
NOT AN AYH TRIP

Mission: Wolf Provides Nose-to-Wet Nose Wolf Encounter

The Rachel Carson Homestead will host Mission: Wolf, a Colorado-based sanctuary project devoted to preserving the endangered species, for a public program at Fox Chapel Area High School on October 8, 1997. Mission: Wolf travels with live "ambassador" wolves to discuss protection of wild habitats, the status of wild wolves in the United States, and wolf reintroduction programs such as the current effort in Yellowstone National Park. Hunting, habitat destruction, expanding human populations and environmental poisoning have combined to lower the wolf population from over 1 million in North America to less than 3,000 survivors in the lower 48 states. Here in the northeast, the Adirondack Mountains in New York State are being explored by scientists as a possible area for wolf reintroduction.

Mission: Wolf will also visit the Burrell and Allegheny Valley School Districts as well as the Pittsburgh Zoo during a swing through western Pennsylvania. The only public program will be on Wednesday, October 8, at the Fox Chapel Area High School auditorium on Field Club Road, beginning at 7 pm. Tickets are available only at the door and are \$8 per adult and \$6 per child. Call 274-5459 for more information.

The Rachel Carson Homestead is the birthplace and childhood home of ecologist Rachel Carson, whose 1962 best-seller "Silent Spring" launched the modern environmental movement. "Silent Spring" warned of the dangers of indiscriminate pesticide use and established Rachel Carson as one of the most important and influential environmental activists in history.

Guided tours of the house and grounds are offered year-round on Saturdays from 10 am to 4 pm and Sundays from 1 pm to 5 pm. Regular museum admission is \$4.00 for adults and \$2.50 for children. Senior citizen and group discounts are available.

Thirty-five years after the publication of "Silent Spring", Pittsburgh native Linda Lear has written "Rachel Carson: Witness for Nature", the long-awaited biography of her life, scheduled for publication by Henry Holt and Company on September 26, 1997. The book is currently available from our on-site bookstore.

For more information call (412) 274-5459, or visit our World Wide Web site at www.rachelcarson.org.

SEA-KAYAKING, Continued from page 5

Friday evening October 31st thru Sun. November 2nd, 1997
Virginia's Eastern Shore, Urbanna, Virginia

Trip begins: Carpools arranged Friday afternoon & evening

Take advantage of warmer Southern autumn temperatures for our late season Chesapeake Bay sea-kayaking trip. Two overnights in a resort-quality condo and gourmet breakfasts made fresh each morning, provided on the trip. Paddling daytrips through Virginia's most scenic tidewater region both days and an evening paddling trip after dinner (if you not worn out already) to see the saltwater's bioluminescence, water that actually sparkles with light, naturally. You may choose to join us for a group-effort dinner at the Condo Saturday evening or choose among several good restaurants. Pack a lunch for Saturday. Sea-kayaks and equipment available from the AYH if needed. Call for more information and to reserve.

Friday evening, November 1997

Light Up Night 1997, Downtown Pittsburgh

Trip begins: Southside Put-in at 6:00 PM

Wednesday evening November 26th thru Nov 30th, 1997

Charleston & Surrounding Lowcountry Region, South Carolina

Trip begins: Carpools arranged Wednesday afternoon & evening

Our second South Carolina Lowcountry paddling trip. Come spend a Southern style Thanksgiving with us in sunny & warm Santee, South Carolina. Sightseeing in historic Charleston, beach walks, palm trees, plenty of wildlife, and maybe porpoises if we're lucky. This trip will be a collection of daytrips and include saltwater and freshwater paddling, and a blackwater river. All overnights in a modern condo built on stilts on a pier, over a lake. Space is very limited. Sea-kayaks and equipment available from the AYH if needed. Call for more information and to reserve.

Saturday December 13th, 1997

Old Bedford Village, Bedford, Pa.

Trip begins: 2:30 Lunch or 5:00 PM at the Village

Friday evening December 19th, 1997

Christmas Dinner and Walking Tour of Downtown Pittsburgh

Trip begins: 6:00-7:30 PM at Station Square

Friday evening December 26th thru Tuesday December 30th.

New York City

Trip begins: Thursday evening TBA

Sightseeing and Urban hiking through New York City to see the Christmas festivities and decorum. Return in time for New Year's Festivities with family & friends. Call for more information and to reserve.

Late February/Early March 1998

Florida Escape Sea-Kayaking Winter Trip

Trip begins: TBA

Easter Holiday Weekend 1998

South Carolina Spring Weekend.

Memorial Day Weekend 1998

Assateague Island National Seashore & Chincoteague National

Wildlife Refuge, Maryland and Virginia.

Mid July 1998

New England, DownEast Maine

& the East Coast Sea-Kayaking Symposium

Labor Day Weekend 1998

Chesapeake Bay & Tangier Island Eastern Shore Weekend

Early October 1998

Lake Powell, Utah Houseboat & Kayak tour

We will be putting the finishing touches on next year's Lake Powell Adventure by Christmas. You must sign up for this trip by March 1998 to get on this trip. References available. Call for more information.

Mark Mistrik 361-2943

Level: Aggressive beginner & up.

Returns: Pgh at 8:30 PM

Two overnights in a resort-quality condo and gourmet breakfasts made fresh each morning, provided on the trip. Paddling daytrips through Virginia's most scenic tidewater region both days and an evening paddling trip after dinner (if you not worn out already) to see the saltwater's bioluminescence, water that actually sparkles with light, naturally. You may choose to join us for a group-effort dinner at the Condo Saturday evening or choose among several good restaurants. Pack a lunch for Saturday. Sea-kayaks and equipment available from the AYH if needed. Call for more information and to reserve.

Mark Mistrik 361-2943

Level: Aggressive beginner & up.

Returns: 10:00 PM for home

Mark Mistrik 361-2943

Level: Intermediate & up.

Returns: Pgh 8:00 PM Sunday

Our second South Carolina Lowcountry paddling trip. Come spend a Southern style Thanksgiving with us in sunny & warm Santee, South Carolina. Sightseeing in historic Charleston, beach walks, palm trees, plenty of wildlife, and maybe porpoises if we're lucky. This trip will be a collection of daytrips and include saltwater and freshwater paddling, and a blackwater river. All overnights in a modern condo built on stilts on a pier, over a lake. Space is very limited. Sea-kayaks and equipment available from the AYH if needed. Call for more information and to reserve.

361-2943

Easy Walking Tour

Returns: Pgh 10:00 PM

Leader: TBA

Everyone welcome

Ends: anytime

361-2943

(Not a sea-kayaking trip)

Returns: Mon. evening TBA

Sightseeing and Urban hiking through New York City to see the Christmas festivities and decorum. Return in time for New Year's Festivities with family & friends. Call for more information and to reserve.

Call: 361-2943

Level: Aggressive beginners & up

Trip ends: TBA

Call: 361-2943

Level: Aggressive beginners & up.

Call: 361-2943

Level: Aggressive beginners & up.

Call: 361-2943

Level: Intermediate & up.

Call: 361-2943

Level: Intermediate & up.

Call: 361-2943

Level: Beginners & up.

We will be putting the finishing touches on next year's Lake Powell Adventure by Christmas. You must sign up for this trip by March 1998 to get on this trip. References available. Call for more information.

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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: Two Recumbent Easy Racer Bicycles. #1 6,000mi, \$800.00, good condition. #2 500mi, \$1,350.00, new condition. Many extras. Also Burley Deluxe Trailer, nearly new, \$325.00 Call 814-734-1358 eve, for info or to ride!

For Sale: North Face Back Magic, external frame backpack; flexhip joints, heavy duty, large capacity. Will deliver. \$75.00 obo. Call 304-233-5960.

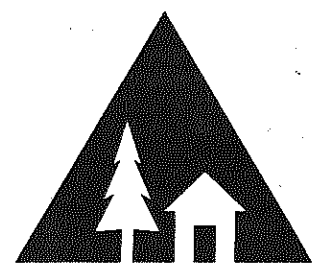
For Sale: Schwinn 12-speed road bikes (2), his and hers; \$40 ea. One Marin Bear Valley mtn. bike, \$100 (\$650 new). 828-0210, leave message.

Editor, The Golden Triangle
830 Warrington AVE.
Pittsburgh, PA 15210

CANOEING

Friday Evening to Sunday
October 17-19
Jon Maiman 441-2306
Class I-II Fall leaf trip.
Mark your calendar now.

Saturday and Sunday
October 25-26
Joyce Appel 526-5407
Flatwater canoe camping. Paddle in your Halloween costume on the second annual Masquerade trip down the Allegheny River. Join us for either or both days, meet us at the restaurant in costume, or spend the evening around the campfire. This trip is geared toward the fun of the season, so we will try to attend a haunted house or hayride in a small town along the river. Please bring a pumpkin to carve around the campfire. Call for details and reservations.



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INTERNATIONAL**

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, 830 Warrington AVE., Pittsburgh PA 15210

The Pittsburgh Council Travel Store is open Mon. 10 to 4, Wed. 11 to 6 and Fri. from 10 to 4. Hours are subject to change, so it's a good idea to call the office at 412-431-4910 before coming in. We're in the Pittsburgh Hostel at 830 E Warrington Avenue in Allentown. All passes, ID cards, rail passes, and books are available.