

1948-1988, Celebrating 40 years of Community Service

# GOLDEN TRIANGLE

## April 1987



**OKTOBERFEST**  
Public transportation  
Hostels  
16 days/\$1,230

**New Trip**

Clear autumn days filled with music and song, making new friends and joining bustling crowds are just a few of the experiences that await you on our Oktoberfest tour. Join on a trip to Germany's most famous festival. You'll

**FIRE & ICE**  
B Hiking  
Hostels  
21 days/\$1,690

**New Trip**

Experience Iceland, the land of ice, a country shaped by basic forces—fire, ice, and fire—over the centuries.



**BLANC**  
B Hiking  
Hostels, huts  
16 days/\$1,230

**New Trip**

Mt. Blanc, Europe's highest peak, is the awesome backdrop for hiking adventures of the most famous.

**ENGLISH STANDARD**  
B Cycling  
Hostels  
16 days/\$1,230



**BRITISH ISLES**  
SPECIAL  
B Cycling  
Hostels, huts  
21 days/\$1,690

**New Trip**



**AYSGARTH FALLS**  
Hostels Visited

1951 - 1981



102 Mittenwald



Jugendherberge  
DON BOSCO Schwyz  
Bahnhofstrasse 58  
8174 BENEDIKTBEURN

Eurailpass and Eurail Youthpass  
CANADIAN ROCKIES  
B Cycling  
Hostels  
16 Days/\$495

**New Trip**

Hosteling Accessories  
Sheet Sleeping Sack



**BICYCLES & BAGPIPES**  
B Cycling  
Hostels  
16 days/\$1,230



**SHAMROCK SHUFFLE**  
B Hiking  
Hostels  
16 days/\$1,230

EUROPE-ON-A-SHOESTRING

# WORLD ADVENTURE!

PITTSBURGH COUNCIL  
AMERICAN YOUTH HOSTELS INC.

VOLUME 38 NUMBER 4





AMERICAN YOUTH HOSTELS  
PITTSBURGH COUNCIL  
6300 Fifth Avenue  
Pittsburgh, PA 15232  
Phone (412) 362-8181

Pittsburgh Council of American Youth Hostels is a non-profit, volunteer organization dedicated to hostelling, outdoor education and self-powered recreation. We have many activities. The council has some rental equipment available for use on council trips. A full range of skill levels are offered, and we also offer courses in our activities so that you can upgrade your skills. Pittsburgh Council AYH maintains about 200 miles of trail in western Pennsylvania, writes and publishes several guides for people interested in outdoor activities, and maintains Ohiopyle State Park Youth Hostel.

Our headquarters is located near the corner of Fifth and Shady Avenues in Mellon Park. We are nestled between the Pittsburgh Center for the Arts and the Pittsburgh Civic Garden Center. Meetings are held every Thursday evening. The building opens at about 8 pm and the program starts around 8:15. Weekly trip announcements are made immediately following the program. Thursday evenings are the only time when you can be sure that a real person will answer the phone. A machine will answer at all other times; leave your name and address and you will receive a response to your message.

Pittsburgh Council trips are listed in the center of this issue. AYH trips are led by competent people who volunteer their time and receive no financial reimbursement. If you'd like to go on an AYH trip, carefully peruse the trip calendar, then look under the activity notes, where you may find more information. After you have read over everything, call the trip leader to reserve space on a trip.

Talk things over with the trip leader. Find out what you need to bring; ask where you'll be going. How late will you get home? What is all this going to cost you? AYH trip registration runs 75¢ per day for members, \$2.25 for non-members. You are expected to bring enough money with you to cover carpool, registration, equipment rental and any other expenses (we often stop at a restaurant on the way home).

Trips listed are open to the public, AYH members are given priority. Trip costs include transportation, rentals, and a 75¢ registration fee. IN ADDITION non-members are charged \$1.50 per day, which may be deducted from the cost of membership when joining AYH. The registration fee also covers insurance (\$1000 medical/ \$1000 accidental death or dismemberment).

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#### PROGRAMS FOR APRIL

April 2: Climbing Mount McKinley via the West Rib Route by Blake Ward.

April 9: Are You Too Tired To Work and Too Young To Retire? Then Try Biking Across The Country With Jay Shaffer.

April 16: 25 Years of Canoeing and Exploring in Florida with Fred and Eileen Hull.

April 23: Touring the English Countryside with Joe and Sally -- narrated by Joe Hoechner.

April 30: Underground Fantasy -- A Portfolio of Recent Cave Trips by Paul Herre

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#### BICYCLE RIDES AND BICYCLE RACES

Reserve Sunday, June 21st for the City of Pittsburgh's Great Ride, a family bicycling event that last year attracted over 2500 riders. The rides will range from 7 miles to 50 miles over marked routes, with rest stops along the way. The cost will be approximately \$4, which gets you the ride and a t-shirt and an opportunity to raise money for Children's Hospital. AYH will also be helping to provide the volunteer support for the event, primarily with the rest stops and a "senior citizens" trike ride, and as ride marshals. Our first need is to get someone to coordinate our participation and to get people to captain each of the 4 rest stops (Harrison Hills, Oakmont, Clemente Park and Frick Park). Call Chuck Ejzak (466-6196) or Larry Laude (665-9554) for more information or to volunteer.

The Great Ride is NOT a race, but we understand that professional bicycle races may be held downtown in early June. The races will be held on the streets and will be similar to the races held in conjunction with the Great Ride two years ago around 3 Rivers Stadium. More info in the May Triangle.



## TOSRV EAST -- TWO CENTURIES

The Tour Of Scenic Rural Vermont is back again for its 16th year. The trip begins at Rawsonville, Vermont and follows Route 100 north to Waterbury Center. This ride of over 100 miles each way includes ascents of over three mountains so they ask that only experienced cyclists who have done back to back centuries before register. Cost is \$35.00, which includes Friday and Saturday night accommodations, dinner Saturday and breakfast Sunday, as well as sag wagon service. For more info send a self-addressed-stamped-envelope to Al Lester, 395 Oak St, Westwood MA 02090 or call (617) 769-1429. Sponsored by the Greater Boston Council of AYH.

## BICYCLING COMMITTEE NEWS

The Bicycling Committee met on February 23 to set dates for many of the major trips for this season. This season promises to be a busy one with some great new trips planned. Some of the new trips this year are a PA Dutch Country tour on Memorial Day weekend, a weekend at a hostel in the Cuyahoga Valley in northeast Ohio, Bike Camping trips, biweekly Sunday morning brunch rides, and a weekend at Living Waters Hostel near Bedford. Also included are popular favorites such as Gettysburg (which will be back at the College), Ironmaster's, and the Mon Valley Century. Get a more detailed description in the 1987 Bicycling Trips Brochure either at HQ or by calling or writing to Chuck Ejzak 6858 Wilson St., West Mifflin, PA 15122, phone (412) 466-6196.

We can use your help to make this season a success. At the very least, come on some of our rides; if what we offer is not what you want, please tell us and we will try to be accomodating. We are also looking for trip leaders for all kinds of rides. The minimum requirements are that you must be able to ride a bike on the trip you lead and should be able to write, collect money and make change. If you can do that we may be able to make a trip leader or assistant leader out of you. We also have a need for volunteers both for summer long and for one shot projects. These include the Great Ride (June 21), The Mon Valley Century (Sept. 6), and the MS 150 (Sept 19-20). You do not need to ride a bicycle to volunteer for these and your service will be greatly appreciated.

If you have questions, comments, or would like to volunteer, see or call Chuck Ejzak (466-6196) or Judy Menosky, 242-1573

## EXPLORER POST FORMING!

On Wednesday, April 22 at 7:30 at AYH Headquarters there will be an open house for the newly forming AYH-sponsored Explorer Post. At this meeting there will be an activities fair where you can see first hand the types of activities our group will do regularly.

The post will emphasize "high-adventure" which means that the common interest of the members is outdoor recreational activity. The emphasis is on learning and doing the type of outdoor activities that AYH does. The post will have week-night meetings on the second and fourth Wednesdays at 7:30 at AYH headquarters. The post will have a day trip or a weekend event at least once each month. Since we will be a Boy Scouts of America unit, we will also have the use of camping facilities offered by the Allegheny Trails council.

If you are between the ages of 14 to 21 you have the opportunity to get in on the ground floor of this exciting new post. Both boys and girls are eligible. Find out about this and much more at the open house Wednesday, April 22 at 7:30 at AYH Headquarters!

If you have questions, please call Mark Chance, daytime at 268-6736 or evenings at 421-0435.

Adults are welcome too, we can always use more advisors.



Schwinn Bicycles

## KRAYNICK'S BIKE SHOP

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For Sale or Trade

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## THE PRESIDENT'S CORNER

### The March Activities Board Meeting

covered a lot of ground: we approved the delegates to the Spring Eastern Region meeting; reviewed the equipment rental rates and made a few changes; agreed to participate in the Great Ride, the City of Pittsburgh's spring bicycling event in Schenley Park; and applauded the improvements in the quality of the Triangle. There have been problems in getting the blank membership passes from the National office recently, but they're on their way now and we will have our backlog of membership applications cleared up shortly. Bill Johnston reported that we've sold 11 World Adventure trips so far this year, bringing us almost to our annual goal of 13 trips. Thanks go to Bill Johnston and Marilyn Ham.

Blanche Asherman and her crew have been putting in a lot of work on the Rachel Carson Trail getting it ready for use during May, which is Rachel Carson Month as well as the 100th anniversary of her birth. We hope to have people in from the Rachel Carson Homestead for a slide show presentation soon.

The spring weekend (what we usually call the "Morgantown Weekend" although it's not always at Morgantown) has been postponed until we 1) decide when and where we want to have it and 2) find someone to coordinate it. We also discussed the possibility of having the Fall Picnic sometime other than October, possibly in August and maybe even at the Ohiopyle Hostel. Chuck Ejzak is heading an ad hoc committee to decide on the when and where for these events. If you have suggestions or want to help coordinate one of them, call Chuck soon. We need to decide at the April Activities Board meeting, which will be on April 1st at Pat Tieman's house in Greentree.

The April 8th Board of Director's meeting will be reviewing the Explorers Post proposal and will examine the details of the proposed activities membership we have been discussing over the last few months.

... Larry Laude (412) 665-9554

## WILDERNESS LODGE II

BY Pat Tieman

Thirty-two people made their way to Wilderness Lodge, near Lake Erie on Friday February 13th looking for snow. As we neared our destination the snow got deeper and deeper. Directions were excellent and we arrived at a cozy, rustic, bright and cheery lodge. Nancy, who runs the lodge, has only one rule, and that is not to use too much water, as they're using a well and might run out. We visited for a while and then went off to bed.

Saturday brought much activity as we were all anxious to try out the trails. There was to be a race so we skied around on some of the nearby trails. They were beautiful and skiing was great. We met a ski patrol woman and she let us stand by the side of the trail to cheer the racers. We cheered for Chuck Ejzak, who was looking good around the turn where we were. Lynn Ejzak and Mark Chance also raced. We skied down a trail called Cardiac Hill to a beautiful trail call Peaceful Valley (very true to its name). We took Wildcat Hollow and Zig Zag back to the lodge for lunch. They passed out the race awards at lunch, but unfortunately none of our racers had won. In the afternoon we skied on the other side of the road and found some more beautiful trails. We had a delicious dinner and then sat around a cozy fireplace and relaxed. A group of us played Trivial Pursuit and then off to bed.

Sunday proved to be sunny and cold. We changed our blue wax to green and a group of us started off to ski over to Peak N Peak - a downhill area. We had a pleasant trip over and back and enjoyed the trail and snow even more. After lunch we skied over to Peaceful Valley again and then headed back. It was time to leave this Winter Wonderland. The trip was run smoothly by Bill Johnston and a good time was had by all of us!





## HOSTELING NEWS

Again this month I'm featuring a German hostel to accompany the article on the World Adventure Switzerland - Rhine Valley Bicycle Trip. As I mentioned last month, many hostels in Germany are large estates that have been left to the government and converted into hostels. Such is the case with the hostel in Bacharach and Ortenberg which are both Medieval castles. However some hostels are relatively new. This is true of the city hostel in Heidelberg.

Located near the city zoo, the Heidelberg Hostel is quite modern. Complete with game rooms, a "party room" (with jukebox, refreshment stand, tables and dance floor) and a courtyard (with flowers fish ponds, and benches). There's also a large outdoor bike rack to accomodate the many hostellers travelling by bicycle. If you happen to be backpacking, the hostel can be reached easily by the several city buses that also service the zoo next door.

Heidelberg is a city reflective of both ancient and modern times. It has survived many wars and "feuds". One favorite attraction is the castle. It is not perfectly restored and there are remains from the 14th to the 17th centuries. I found especially interesting the two gigantic winebarrels, one of which hold 221,726 liters of wine. The guided tour (in English) took us up narrow wooden stairs to the platform over the barrel. The tour also let us through the old apothecary tower. This was fascinating with its original, intricate glassware, mortars and pestles, and ancient Pharmacy texts (preserved under glass) which outlined recipes for liniments, potions and salves.

Besides the castle, Heidelberg is the home of the university dating back to 1386. The city center has several modern department stores and appears very modern except for the Markplatz which retains some of its 17th century atmosphere. There, the narrow streets are closed to cars and many buildings are old and restored. There are many quaint elements too, such as the organ grinder, the tiny shops under the cathedral and the sidewalk cafes.

Heidelberg was a great place for our rest day. the hostel was very comfortable and the city "Wunderbar!"

## PROBE OF THE ROCKIES

July 17 to August 1

\* Rock Climbing \* Hiking \* Backpacking \*

1st Week - Devil's Lake, Wisconsin - Devil's Tower, Wyoming - and South Dakota's Needles and Mt. Rushmore (face climbing only)

2nd Week - Colorado's Rocky Mountain National Park area including: Lumpy Ridge Long's Peak, and Estes Park.

Join us for a full two weeks or fly to Denver and join us for the 2nd week only. Primarily car camping near rock climbing areas with lots of day hiking and backpacking possibilities. Check with Bill Johnston at 687-4893.

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## WQED TV AUCTION

AYH has offered to participate with the WQED Auction on Tuesday, April 28 from 7 pm to 12 midnight. We will be making confirmation calls and talking to many of the winners to confirm their bids. There will be interesting people, fattening snacks, and a TV appearance by all of our volunteers to show off our AYH t-shirts. Come join us! Old recruits and new recruits welcome. For more information, call Margie Abeles at 422-0584.

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## GET IN SHAPE EARLY!

Local cyclists are reminded to get out early in the season to get in shape. Remember the area dogs are also out of shape - they haven't chased a cyclist in months! They usually shape up by June then tend to slow down a mite during the dog days of summer.

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The recent deregulation of AYH councils by the National AYH office has had some long range effects. The Hudson-Mohawk (Albany) NY council has fallen to "greenmail" of the Metro NY council. They have now turned their expansionist eyes towards Hartford Connecticut's Yankee council. Yankee in turn has appealed to the Boston Council to be their "White Knight" to save them from further NY expansion.

Not much has happened in the West since council deregulation; the only takeover has been of the San Diego Council and that was by the Japanese Hosteling Association!

## SWITZERLAND - RHINE VALLEY

### BICYCLE TRIP

By Cheryl Arnold

(This is the second in a series about a World Adventure trip.)

Once reunited with the group, I fell into their daily routine. Each morning after breakfast we had route review. We'd mark our route on maps and we'd pick an appropriate stop for our picnic lunch. Next, our leader would give us our allotted food allowance in German marks. It was decided that two people would be in charge of meals for each day. They would plan to get to lunch early in order to buy German meats, cheeses, breads and drinks. They would also scout a suitable restaurant for dinner, since we had decided, by unanimous vote, to eat inexpensively in restaurants rather than cook in the hostels. We had to contribute some of our own money for meals, but we thought that experiencing German and Swiss cuisine was well worth it.

We began our tour of Germany along the Mosel River Valley. That was a peaceful time for me. The towns were picturesque, each with a white spiraled church near the river. Vineyards lined the hills and each village hosted more than one "Weingarten". We rode past people on bicycles carrying parcels in baskets, men working the vineyards, and women tending their gardens. Always we were greeted with a cheery "Guten Tag!"

After biking along the Mosel for 3 days we reached the Rhine River at Koblenz where we had a chance to take a cruise to Bacharach. Cheryl B. and I however preferred to ride our bikes. We were grateful that even though "majority rules" on AYH trips, we were allowed to make an exception.

Along the Rhine we saw many Medieval castles and even stayed in one (which was featured in last month's Hosteling News). There were vineyards along the river, like the Mosel, but it was much busier with a constant stream of barges and steamships.

After days of easy cycling along the river valleys and a rest day in Heidelberg we took a train to the Black Forest where the riding was much more challenging. The train let us off at Kehl, West Germany just a few miles from Strasbourg, France. We couldn't resist biking to France for lunch! We ate in a beautiful park, toured the cathedral and then biked back to West Germany to stay in Ortenberg, in the the Black Forest, at another castle hostel!

The Black Forest was enchanting, but hilly. It was wooded, as you might expect from its name, but much of the woods had been cleared for farming. We toured the Black Forest Open Air Museum where original homes from different historical periods had been restored (complete with thatched roofs). These homes, as well as newer homes in the Black Forest, were three levels and usually built on hillsides. The bottom level of the home housed cattle which helped to heat the second level where the family lived. The third level stored the carriages, plowing tools, bales of hay and sleds.

Cheryl B. and I got the prettiest ride in the Black Forest only by accident. We were riding to Freiberg, an old university city. We left the lunch spot with the group, but got left behind when we stopped for our daily "Schwartzwaldkirschtorte" (Black Forest cake). We took a wrong turn and got lost! After an hour or so of the most beautiful, serene, rural "detour", we found a road that led to Freiberg. We came to a monstrous hill, but by encouraging each other we got to the top where we saw the town of St. Michael with its famous cathedral. When we finally got to Freiberg, we related our adventures and felt quite fortunate because we had gotten, for our efforts, the most scenic ride in the Black Forest! It was a spectacular way to finish, for the next day we were bound for Switzerland. ...To Be Continued...

## PITTSBURGH

### MARATHON '87

SUN. MAY 3 9:00 to 1:00

## WATERSTOP CREW

JOIN WITH THE PGH AYH  
FOR A FUN FILLED DAY HELPING  
OUR CITY SPONSOR THE MARATHON

### JOB DESCRIPTION

A-ABILITY TO FILL PAPER CUPS WITH WATER  
B-ABILITY TO HOLD ONE CUP OF WATER AT  
WAIST LEVEL AT ARMS LENGTH  
C-ABILITY TO HAVE SOME FUN WITH THE GAND  
D-TRAINING WILL BE FURNISHED AS REQUIRED

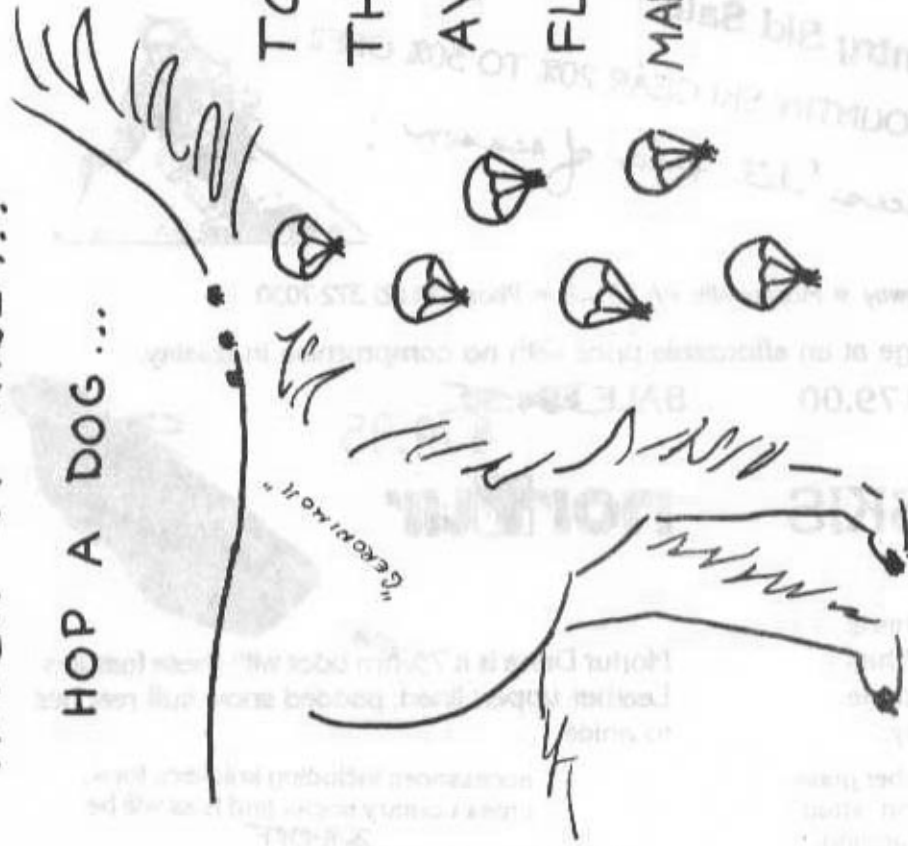
PICK UP APPLICATIONS AT HEADQUARTERS OR FROM  
JACK PETH (H) 921-7211 (H) 269-5265

PLEASE GIVE JACK YOUR HANDEPHONE NO. AND RETURN  
THE FORMS TO HIM 125 ELAINT ST PGH PA 15205

THANK YOU

HITCH A RIDE...

HOP A DOG...



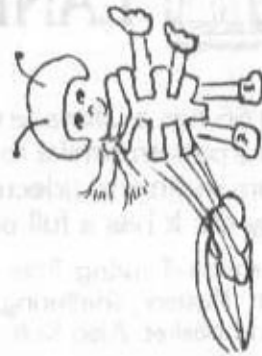
AMERICAN YOUTH HOSTELS

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MAY 7



# **Mohawk** FINE ROYALEX Canoes and FIBERGLASS CANOES

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WHITEWATER

ACCESSORIES

## pyranha

ROTO MOLDED KAYAKS

During the summer of 1986, a group of tough American and British paddlers again left for Nepal and Mount Everest. Their goal was bold and uncompromising: to climb with their kayaks on their backs to the highest point of Mount Everest from where Kabu Duzi could be paddled over 200 miles in length and thousands of feet down in elevation to it's end.

For this awesome task, members of the 1986 Mount Everest Kayak Expedition deliberately chose the toughest, best available kayaks to suit the purpose. The expedition exclusively used the crosslinked, roto-molded PYRANHA kayaks.

### WIND & WATER BOATWORKS

10 Miles North of Turnpike Exit  
on Route 8 Towards Butler

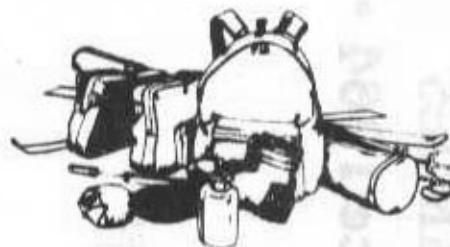


## 412-586-2030



## A WORLD ADVENTURE AWAITS YOU IN EUROPE

AYH's great national trips program offers journeys through the British Isles and continental Europe by bicycle and motorized transport. Consider:



English Standard	Intermediate Level Cycling	16 days	\$1230
One of AYH's most popular trips through the English countryside.			
Flemish Fling	Easy Cycling	16 days	\$1230
A visit to Belgium and Holland			
Bicycles and Bagpipes	Intermediate Level Cycling	16 days	\$1230
A tour of Scottish countryside and history			
Sound of Cycling	Intermediate Level Cycling	22 days	\$1480
A chance to see Switzerland, Austria, Germany			
Saddlebag Special	Intermediate Level Cycling	38 days	\$2150
England, France, Belgium and Holland			
Heart of Europe	Intermediate Level Cycling	44 days	\$2350
London to Salzburg to Amsterdam			
Europe Roundabout	Travel by van	16 days	\$1230
Belgium, Holland, West Germany, Austria, Switzerland, and France			
Oktoberfest	Travel by public transport	16 days	\$1230
Munich and Bavaria at festival time			

European trips offered to people of all ages 15 and older. See the World Adventure 1987 catalog for trip dates and applications. Send 88¢ in stamps for your free catalog to AYH World Adventure, 6300 Fifth Avenue, Pittsburgh, PA 15232.



## Cross Country Ski Sale

ALL CROSS COUNTRY SKI GEAR 20% TO 50% OFF!!

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For the entry level skier, a package at an affordable price with no compromise in quality.

REG. \$179.00

SALE ~~\$94.50~~

\$79.95



**LANDSEM SKIS**

**nortur**



Touring 66 has a Glissade waxless base. This is a step-like pattern similar to the Omnitrak. It has a medium width and sidecut to produce a stable and easy ski. It has a full one year warranty.

Fiberglass Touring Pole features epoxy fiber-glass shaft. Resists shattering, adjustable nylon strap. Round basket. Also Rottefella aluminum binding.

Nortur Drina is a 75mm boot with these features: Leather upper, lined, padded snow cuff reaches to ankle.

accessories including knickers, tops, cross country socks and hats will be

20% OFF.



# MEMORIAL DAY WEEKEND TRIP

Get your summer cycling off to a pleasant start by joining us on a leisurely tour of the beautiful PA Dutch country around Lancaster. We will be staying in hostels; riding from one to the other (carrying our gear), thru the lovely countryside, covering about 35-40 miles a day. We have panniers and bikes to rent if you need them. The total cost should be about \$66. Call Chuck or Lynn @ 466-6196 for more information.



Ephrata  
Cloister  
&  
PA Farm  
Museum

Lititz  
chocolate  
&  
Pretzel  
factories

Hopewell Village

## PA DUTCH COUNTRY

May 22-25, 1987

Reservations are required.  
Deposits of \$12.50 per person due by May 9, 1987.  
Send checks made out to Pittsburgh Council AYH to:  
Chuck Ejzak, 658 Wilson St. West Mifflin, PA 15122

Trip is limited in size so reserve early!!!

Name \_\_\_\_\_ I need to rent:  
Address \_\_\_\_\_ panniers  
\_\_\_\_\_ bike

Phone \_\_\_\_\_

I can carry \_\_\_\_\_ more people and \_\_\_\_\_ more bikes  
in/on my car.  
I need a ride.

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PHONE: (412) 266-1111

### \* SPECIAL SALE ON SELECTED BIKES \*

CANYONDALE 1000	DuraAce/tubulars	56-58	\$1400-\$1050
PANASONIC TEAM PRO	DuraAce/aero tubulars	56-58	\$1300-\$999
CANYONDALE 900	Campy/tubulars	53-56-58-60	\$1300-\$940
MITATA PRO	DuraAce/aero clinchers	54cm	\$1150-\$750
CANYONDALE 800	SuperbePro/clinchers	48 to 58	\$1195-\$725
MOTORESCANE LE CHAMPION	Campy/clinchers	58cm	\$1050-\$699
SEROTTA NOVA	DuraAce/clinchers	59cm	\$1200-\$899
PANASONIC 7000	DuraAce/aero tubulars	53-5cm	\$1000-\$599

### \* BICYCLE CLOSEOUTS \*

RALEIGH COMPETITION	Campy/clinchers	22.5"	\$400-\$440
LOTUS LEGEND	Suntour/clinchers	22"	\$700-\$460
LOTUS COMPETITION	Superbe/tubulars	23.5"	\$700-\$490
CENTURION DAVE SCOTT '85	500/clinchers	58-60-64	— \$490
CENTURION DAVE SCOTT '86	600SIS/clinchers	48 to 58	— \$570
SCHWINN SUZUKI SPORT	Suntour/clinchers	23"	\$650-\$650
SCHWINN CIRCUIT	Suntour/clinchers	22"	\$450-\$650
SCHWINN PELOTON	Superbe/tubulars	22"	\$850-\$780
SPECIALIZED ALLEX S.I.S.	600SIS/clinchers	50 to 58	\$800-\$600
SPECIALIZED ALLEX SE '85	Superbe/clinchers	50 to 56	\$800-\$600
SHOON 1000	600SIS/clinchers	47-51-59-63	— \$500
SHOON 1800 RAZE	"FUNNY BIKE"	58 only!	\$550-\$650

### \* SPECIAL FRAMESET SALE \*

NISHIKI CRESTA	includes headset	58cm	\$180
TREK (touring)	includes headset	24"	\$200
PREUCOT COMPETITION	DuraAce headset	58cm	\$270
NISHIKI OMP	includes headset	58cm	\$280
CANYONDALE 900	Campy headset	60cm	\$300
TREK (touring)	includes headset	24"	\$330
SPECIALIZED ALLEX	DuraAce headset	52-54-58	\$370
BATAVIS	Campy headset	53-57-58	\$400
SEROTTA PRO	Campy headset	54cm	\$430
TREK (racing)	includes headset	25"	\$500
GAZELLE	headset and shifters	58cm	\$500
MOULTON MUSCO	55-56-57-58		\$500

15% OFF ALL CLOTHING IN STOCK  
50% OFF SELECTED DESCENTE CLOTHING

# PITTSBURGH COUNCIL AMERICAN YOUTH HOSTELS

## TRIPS



# Go wild with us

DATE	DAY	ACTIVITY	LEVEL	LEADER	PHONE	TIME	DESCRIPTION
4	Sat	Bike	C	Judy Merosky	242-1573	9 at HQ	Old favorite in the Sewickley area. Enjoy country roads and lunch in Sewickley. Bring money for lunch. Meet at HQ at 9 or at the Osborne School just outside of Sewickley at 10.
4	Sat	Climb	Begin	Chairmen	see list		Climbing trip to White Rocks, near Uniontown. See the Activity notes for more details.
4	Sat	Hike	Easy/Int	Tom Kaverney	276-8044	8:30	Quebec Run Wild Area.
5	Sun	Bike	A/C	Terry Cossard	321-2382	9:30 HQ	Your choice of an easy "A" or a little bit tougher "C" to Saxenburg along Saxenburg Blvd. The terrain is gentle with a number of moderate (sometimes) climbs thrown in. The "A" riders start from HQ where they can put on some TOSRV training miles (meet at 9:30), and the "C" riders start from Hartwood Acres at 10:45 where they get to do the best section of the ride. The area is rural especially after Hartwood Acres. We will eat lunch in Saxenburg. You may bring your own or buy one at the supermarket. Cost is 75¢ plus lunch.
5	Sun	Hike	Easy	Wendell Phillips	831-2806	8:00	Hike the Baker Trail.
5	Sun	Sea-Kayak	All	Cathy Lynch	361-3707	10:30	Second Annual Kayak and Kite-fly. Probably at Lake Arthur. Lunch in the field. Probably cost \$5. Reservations essential. Space limited.
11	Sat	Bike	B	Bill Johnston	687-4893		Destination to be announced.
11	Sat	Hike	Int	Glenn Oster	364-2864h 234-3967w	7:30	Enjoy an April day hiking the John P. Saylor Trail. Call for info.
12	Sun	Bike	C	Mike & Marta Hurwitz	422-9204	8:30	A scenic and leisurely ride through some gently rolling countryside on lightly traveled roads led by two of the top trip leaders in the council.
12	Sun	Hike	Int	Dan Martt	921-4638	8:00	Quebec Run to Uniontown along the Chestnut Ridge.
12	Sun	Hike	Easy	Ben Brugmans	736-2751	8:00	Wildflower Walk at Raccoon Creek Park.



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### GOOD BASIC TIPS FOR A BEGINNER

All of us, at some time in our lives, have been a novice at something. We all know how it feels, but we tend to forget with time. This is a short refresher course.

When excited about a certain sport or activity, there's a tendency in everyone to want to jump right in and buy whatever's on the market for that sport. Many people figure that if the price is high, then the quality must be similar - Wrong. Quality and price aren't always related, and the rest of us don't want to listen to you complain about your shoddy, ill-fitting equipment that you paid a bundle for. The solution is to have patience; go out with borrowed or rented equipment the first few times. There's no better way to gauge your personal fit and specifications. It's also a good opportunity to talk with others who are more experienced in the sport. They'll have recommendations about what works, what doesn't and where to buy it. If you must buy something in advance of actual participation, make it the latest magazine about the sport!

Another good tip is to make your first trip or two with friends who are willing to teach a novice, or go on a beginner level AYH trip. Overselling your abilities doesn't pay off. People who

know ahead that extra time will be needed for instruction of beginners are much more likely to be better teachers. Lessons and safety drill won't be rushed. They'll also probably bring along a few extra items that you're likely to be very grateful for.

You'll be extremely grateful for any "extras" if you don't follow ALL pre-trip instructions. If you're told to bring a bag of purple jelly beans - DO IT! There may be a purple jelly bean eating monster at the mouth of the cave; maybe the trip leader gets feisty without a purple jelly bean fix... If you don't understand, or want to substitute, ASK! Sometimes copies are acceptable.

Not acceptable is overselling your ability. Just because you walked the length of a shopping mall, or camped out when you were a Girl Scout, doesn't mean that you're ready for an intermediate backpack. Nobody is a perfect player the first time out. Maybe you'll only need to go on a novice trip once - but make sure that you do go once. Overselling your ability can hurt you - and it may hurt the person who tries to rescue you.

These are all good, basic tips for beginners. Each one is here for a reason. Try to remember them - they pay off in the long run!

DATE	DAY	ACTIVITY	LEVEL	LEADER	PHONE	TIME	DESCRIPTION
12	Sun	Bike	B	Larry Laude	665-9554	10:00	Help Larry prepare for TOSRV by going on his 40 mile ride which starts and ends at HQ. The ride will be along the Allegheny river so that the terrain will basically flat with some hills. This ride features a later starting time so that you can party later on Saturday night. Call Larry for details.
13	Mon	Hike	int	Norm Snyder	351-4068	9:00	Hike along the trails of the Yough River.
17-19	FSS	Bike	B/C	Chuck Ejzak	466-6196		Trip with the climbers to Washington, D.C. See sights around D.C. and ride bike paths and other good cycling roads. Reservations required.
17-19	FSS	Climb	Int	Chairmen	see list		Washington, D.C. trip. Primarily top-roping at Carderock and Great Falls. The trip is open to people who have climbed before (i.e. know how to belay). No beginner instructions!
17-19	FSS	Hike	Easy	Kathy Pacachia Dan Martt	363-2228h 687-2234w 921-4638	7:00 pm	Join the climbers, et al for Easter Weekend in Washington, D.C. We will stay at a DC or Maryland Hostel and hike the C&O Canal.
18	Sat	Bike	C	Joel Hough	751-6487		Elizabeth to Mingo Park. Meet under the bridge in Elizabeth at 10:00. A pleasant ride along lightly traveled gently roads along a quiet part of the Monongehela river valley. Buy lunch in Monongehela city. Call for reservations.
18	Sat	Cave	Easy	Bob & Vicki Nebes	782-2321		Corn Cave - a good beginner cave with some formations.
24-26	FSS	Backpack	Inter	Glenn Oster	364-2864h 234-3967w	7:30 pm	Leave Friday night for the Twin Lakes Trail in Allegheny National Forest. Use this trip to get in shape for the tougher summer trips. Call for info and reservations.
25	Sat	Bike	A/C	Chuck Ejzak	466-6196	9:30AM	Here is another combination ride for both experienced and less experienced riders in Allegheny and Washington counties. The "C" ride features moderate to flat terrain and lightly traveled roads. The more challenging "A" ride will leave from HQ. "C" ride meets at 11:15 in Oakdale. Call for reservations and directions.



## ACTIVITY NOTES

### BICYCLING

Call the trip leader ahead of time to let them know that you plan to ride (especially if you need to rent a bike or a helmet) and to find out any last minute changes. Last minute riders (those who do not call the trip leader ahead of time) are often welcome, but be aware that you may be disappointed. Bring a spare inner-tube (patch kits are OK, but a spare is better), rain wear if the weather looks threatening, and money for food stops. Make sure that your bicycle is in proper working order before the trip (ask Chuck or Judy for advice if needed). Lastly and most important, wear your helmet. Hardshell helmets are required for use on all AYH rides. A brochure describing this year's major bicycle trips is available from Judy or Chuck (see article). If you would like one mailed to you, send a self addressed stamped envelope to: Chuck Ejzak, 6858 Wilson St., West Mifflin PA 15122.

### CLIMBING

Beginner trips are open to everyone. No previous rock climbing experience is necessary. Bring a bag lunch, water, tennis shoes, and leather gloves (if you have them). Trips leave from HQ at 7 am and usually return around 9 pm (we stop for dinner on the way home). Call the activity chairmen for more information.

### FAMILY ACTIVITIES

Upcoming outing dates:

May 16 - Oglebay Park, Wheeling, West Virginia, contact Diane Owen 521-2024.

June 12-14 - Laurel Mountain State Park, tent camping, hiking, swimming - contact Ellen DeBenedetti 242-6650 or Bill VanDiver 371-9260.

July 2-5 - Blue Knob State Park, cabin camping - contact Barbara Hanusa 441-7205.



### KAYAKING

AYH beginning kayaking schools are held once a month, June through September, each summer. These schools provide an introduction to the exciting sport of white water kayaking. They are open to complete beginners (those who have never been in a kayak before) and to those who have never kayaked on white water before. The schools last an entire weekend and include an overnight stay at a youth hostel. The first day of the school is spent paddling on a nice, calm lake. The second is spent developing those skills on a very easy (Class I-II) white water river. The tentative dates for the 1987 beginner schools are: May 30-31, (June 20-21), July 11-12, August 15-16, and September 12-13. Space is very limited and preference will be given to AYH members, so sign up early. Call Lou Conley at 681-8321 for more info.

## PITTSBURGH COUNCIL ACTIVITY CHAIRS

### BACKPACKING

Ben Brugmans  
736-2751

### BICYCLING

Chuck Ejzak  
466-6196  
Judy Menosky  
242-1573

### CANOEING

Bill Whitehead  
363-0365  
Rick Tomlinson  
963-8910  
Steve Shafer  
481-0507

### CAVING

John Popp  
885-2126  
Paul Herre  
653-7934  
Roy Provins  
784-9127

### CLIMBING

Dale Vilsack  
343-8379  
Gary Simmons  
327-8338  
Eric Bauer  
687-0766

### CROSS-COUNTRY SKIING

Rick Ulaky  
422-0849  
Fred Parker  
824-2638  
Steve Tubbs  
751-2158

### HIKING

Kathy Pacacha  
363-2228  
Dan Martt  
921-4638

### KAYAKING

Lou Conley  
681-8321  
Ray Yutzy  
341-5682

### SEA-KAYAKING

Cathy Lynch  
361-3707  
Ted Self  
795-6286

### VOLLEYBALL

Jeff Marsh  
466-7841

### FAMILY ACTIVITIES

Barbara Hanusa  
441-7205

### PRESIDENT

Larry Laude  
665-9554

### VICE PRESIDENTS

Joe Hoechner  
373-3403  
Bill Johnston  
687-4893

### TREASURER

Fred Hull  
242-5379

### MEMBERSHIP

Blanche Asherman  
828-8158

DATE DAY ACTIVITY LEVEL LEADER PHONE TIME DESCRIPTION

PAGE 3

APRIL 1987 TRIPS

25	Sat	Family	ALL	Jim Lenkner	241-7494		Family outing at Oniopyle. Meet at the Oniopyle Fire Hall at 12:30 for the outing, 4:30 for the potluck supper. Cost is \$5 per family, \$2 per individual. Call for info and reservations by April 23
25	Sat	Hike	Easy	Wendell Phillips	831-2606	8:00	Maintenance hike on the Baker Trail. No trip fees, no experience necessary.
25	Sat	Sea-kayak	Int	Ted Self	795-6286	8:30	Allegheny River, from Emlenton to West Monterey (11 miles)
26	Sun	Bike	A/C	Lou Conley	681-8321	8:30/ 11:30	Join Lou and friends for their third annual bicycle tour of the Pittsburgh Marathon Race Course. This year we will have two separate rides, one in the morning for those who would like to ride at a quicker pace and then a leisurely ride in the afternoon for those who would like to see some sights. Each ride will be about 30 to 35 miles and relatively flat which will make them good warm ups for TDSRV. Come for either or both rides. Bring money for lunch on the afternoon ride. Call for information and reservations.
26	Sun	Cave	Easy/Int	John Popp	885-2126		Cornwell Cave - a hike down the Great River gorge leads to this large maze. Call for info and reservations.
26	Sun	Hike	Int	Jack Path	921-7214h 269-5265w	8:00HQ	Raccoon Creek State Park/ Hillman State Park. Meet at HQ at 8:00 or Tonidale at 8:30.
26	Sun	Hike	Easy	Ben Brugmans	736-2751	8:00	Wildflower Walk at Raccoon Creek State Park.
May 2-3	SS	Backpack	Easy	Wendell Phillips	831-2606	7:00	Otter Creek Wilderness. Hike 6 miles to a beaver dam; observe nature. Prior hiking experience required.
2	Sat	Hike	Easy	Pat Rossi	335-5067	9:00 HQ	April showers bring May flowers. Hike section 1 of the Baker Trail. Very scenic but steep. Meet at 9 at HQ or at 9:30 at the New Kensington Y.
3	Sun	Hike	Easy	Ben Brugmans	736-2757	8:00	Wildflower Walk at Raccoon Creek State Park.
8-10	FSS	Canoe	ALL	Gordon Buggy Bill Whitehead	371-4233 363-0365	8:00 pm	Western PA Whitewater Canoe School - An excellent opportunity to learn canoeing or improve you skills. Great instruction and a lot of fun. Space is limited. Reservations are due by April 24. Call for details.



## The Golden Triangle

Deadline for the May issue: April 2 all  
articles  
April 23  
Production

The Golden Triangle is the monthly publication of the Pittsburgh Council of American Youth Hostels. Contents are at the discretion of the editor.

EDITOR Joy Layton, 1048 Mirror St. Apt. 2, Pgh., PA 15217, 412-422-1995

PRODUCTION Don Hoecker

MAILING Roy Weil

ADVERTISING Carol Burtt

DESIGN AND COVER Joe Hoechner



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NOTE: International Hostel Handbooks are available for \$7.00 each at Pittsburgh Council Headquarters (Thursday nights 8:00 - 10:00 P.M.) Volume I (Europe and the Mediterranean) and Volume II (Africa, America, Asia and Australia). Make all checks payable to "Pittsburgh AYH".

- ☐ \$ 10.00 Junior (17 years and under).
- ☐ \$ 10.00 Senior Citizen (60 years and over).
- ☐ \$ 20.00 Senior (18 years and over).
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