



golden triangle ayh

pittsburgh council, american youth hostel, inc.

Volume 25, Number 5 MAY 1974



PINE CREEK

The Grand Canyon of Pennsylvania

by Rich Bartoo

This is your invitation to join the annual Memorial Day Pine Creek canoe trip. Pine Creek is about the most scenic canoeing stream in the entire state: clear, cold water flowing through a 300 meter deep gorge for 35 kilometers and more of excellent scenery, good fishing, and outstanding canoeing. It deserves to be preserved and included in the National Wild and Scenic Rivers Act.

Pine Creek is a white water stream, especially in the upper part of the Grand Canyon. Not as wild or difficult as some West Virginia streams or as isolated as Maine's Allagash, it still is Class I-II, with long, deep pools and short rapids. The cover photo of Jan and Audry Bugby shooting Barbour's Bend Rapids shows the most difficult spot in the Canyon. This rapid could be Class III in high water. Our canoe-camping trip last year had high water, and most of us ran it on the left side in Class II water with no problems.

This is not the stream for the casual Sunday variety canoeist, as you generally carry camping gear. (ever sleep in a wet sleeping bag? UGH!!), but it can be done in one day, from Ansonia to Blackwell. If you do it that quickly you miss the scenery, and that is what makes the trip worth while. The trip requires everyone to have had some white water experience, and even so has averaged one spill a year. Last year, it was the trip leader, and boy was I embarrassed! But even so all concerned had a good time canoeing, camping, and photographing the scenery on a very wet three day trip. This year will be better, as we will ALL take ponchos, and it won't rain.

If you wish to join me and a group of congenial hostellers on this trip, please call me, Rich Bartoo, at 833-8506, pack your sleeping bag, food, and clothes in plastic bags and come on along.



Enjoying a warm fire on Pine Creek

THE SOCIETY FOR THE PRESERVATION OF THE DUQUESNE HEIGHTS INCLINE

A NON-PROFIT CORPORATION

1220 GRANDVIEW AVENUE, PITTSBURGH, PENNSYLVANIA 15211

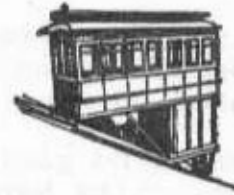
PHONE: 381-1665



To: American Youth Hostels;

When there is room for bicycles on the incline, we have no objection to carrying them, but feel we must charge an additional fee of

10¢ for each one carried. We feel sure your cyclers would understand that it would entail a long wait for them if they arrived during our rush hours, normally 8-9:30 AM and 4-6:30 PM or on our usually busy Friday and Saturday nights. Other than these times, I feel sure we can accomodate your people easily.



Yours very truly,

Mrs. David H. Miller

W.A.G. RIDE

A lot closer to home than TOSRV is the fifth annual W.A.G. Ride. This tour of Washington and Greene Counties is run by the Western Pennsylvania Wheelmen. The entry fee is \$3.50, and dorm space is available at \$5.00 per night.

The Ride takes place the weekend of June 22 and 23, starting from the campus of Washington and Jefferson College. It is actually a collection of rides geared to cyclists of all abilities. The Saturday trip can be selected from 25, 40, 50, 80 kilometers and even an old fashioned century ride of 160 kilometers (100 miles). The Sunday rides are in about the same range, except the big one is only 100 kilometers.

Complete details and applications will be available at headquarters on Thursday nights. If you would like your information direct send a postcard to Mr. Jim Meyers, W.A.G. '74, P. O. Box 47, Meadowlands, Pa. 15347.

CYCLE AMTRACK

Amtrak (the passenger railraod people) have announced that bicycles can be taken along on your train trip. The handling fee of \$2.00 is the same regardless of trip length. The loading and unloading must be done by railroads freight handlers. It is suggested that you remove the pedals, and turn the handlebars sideways, so that there is less chance for damage. If possible you will want to put it into a box that they provide, or that can be obtained at some airline counters. The bike is insured for \$100 with addtional insurance available. Also note that at some of the smaller stations that you may not be able to get your bike unloaded or loaded as there are no freight handlers available. If you have any questions about the service or would like to offer comments write to Mr. E. E. Edel, Vice Presedent for Public Relations, AMTRAK, 995 L'Enfant Plaza North, S.W., Washington, D. C. 20024.

SEEING for OTHERS

"At places we had to crawl straight up...We finally got to the top of Mt. Mansfield. The worst thing happened in the lean-to that night. A raccoon ate the egg sandwiches for the next day's lunch." JoAnne Cox remembers things like this from her experience at a summer camp in Vermont. It is not suprising that soon after coming to Pittsburgh, JoAnne found A.Y.H. What will surprise some people is that JoAnne is blind.

JoAnne is not our first blind A.Y.H.er in Pittsburgh. Many of us have met Joyce Dribin and her faithful friend and guide, Tillie, who have been on many trips on the last three years.

Three other blind girls became members of the Pittsburgh Council with JoAnne. Like her, they will be in Pittsburgh for only one year. They are all students at the Goodwin Business Insititute in East Liberty, where they are preparing for careers as medical transcribers. Karen Durkorn comes from Cincinnati, Ohio. Carol Jaskula comes from Linden, New Jersey. Kathy Gibson's home is Norristown, Pa. and JoAnne's is Wilmington, Delaware. All of the girls are between 19 and 22 years old.

They are all anxious to go on A.Y.H. trips, especially hikes. But in order to go on hikes, each girl will need a sighted guide to help her avoid problems she cannot see. If you would like to volunteer your services call either JoAnne or Kathy at 441-9836.

No experience is neccessary and guiding such charming and lively people is not difficult -- and it has its own rewards. As one person who has hiked with Joyce put it, "Stopping to smell and touch things trying to describe things as you go -- you yourself see more." If you have questions or would rather volunteer at a Thursday meeting see Cathy Lynch or Gary Ludwig.



Crossing Blue Hole Creek on the Laurel Highlands Trail

WHAT IS A BIKEWAY???

By Larray Giventer

Bikeways are simple signed routes, lanes, or paths which are built or designated for their general convenience, adaptability and safety for regular bicycle traffic. The most important principle concerning bikeways is that bicycles, by law, are vehicles. Bicyclists have the same rights and responsibilities in the use of the public thoroughfares as do motorists. The purpose of bikeways is to either restrict automobile traffic for the benefit of the more vulnerable bicyclists (eg: closing park roads or establishing bike lanes) or to provide additional optional alternatives to city streets. In no way should any bikeway confine bicyclists or infringe upon the bicyclist's right to full use of all streets and highways in the Commonwealth (except minimum speed interstates and some tunnels). Bikeways are really just one attempt to temporarily, safely mix two different modes of transportation until the time when automobile drivers truly recognize the cyclists' right to use the roads.

#####

WHAT IS THE STATUS OF BIKEWAYS IN PITTSBURGH???

In November of 1973 the Environmental Protection Agency mandated that the Commonwealth conduct a study to design and by 1976 construct 16 kilometers of commuter bikeways leading to and from the Central Business District (downtown). This study will be done for PennDOT by the Southwestern Pennsylvania Regional Planning Commission. It has not yet been started.

Pittsburgh's only existing bikeway is located in the East End, connecting Highland, Mellon, Frick, and Schenley Parks. It is in bad shape. "Bike Route" signs need to be placed every 60 meters along Beechwood Blvd. and Greenfield Rd. New lane lines and

BIKEWAY STATUS (CONTD)

stencils, including improved intersection markings, are needed along Beechwood and Beacon Streets. The northern end of Beechwood and the western end of Beacon need to be repaved. (Back in the 1800's, bicycling organizations were the very first advocates of "good roads".)

Plans are under way with the office of Traffic Planning (Mr. Balzer) to designate a bike route between Shadyside and Oakland using Kentucky, Howe, Ellsworth, and Bayard Streets. This route would just be signed, although it would be nice to someday remove on-street parking on Ellsworth, and close Kentucky and Howe Streets to through traffic.

Several officials of the City as well as planners from Urban Design Associates are seriously studying the Penn Central right-of-way between East Liberty and downtown for building an exclusive bike path. The envisioned 8 kilometer path would parallel but not interfere with either 2-track rail operations or a 2-lane bus way. However it would not be possible with a 4-lane highway also projected for this route. This bikeway project could be designed and built as a linear park, with frequent access points to neighboring streets, and secure bicycle storage facilities in the downtown area. Please write Larry Giventer or Ms. Louise Brown, Director of Parks and Recreation, with your comments and suggestions about this project.

Finally, we have begun to work with the Pittsburgh Public Parking Authority, Mr Joseph Wozniak, Director, on providing secure bicycle parking in city parking garages. Perhaps something will be set up this year.

If you would like to help in these endeavors, contact Larry Giventer at 422-9282.

MORGANTOWN WEEKEND !!!

May 18-19 is a fun-filled weekend held annually in the mountains of West Virginia. We leave Pittsburgh Friday night and arrive at the Chestnut Ridge Youth Hostel just in time to roast marshmallows... and hear stories of other Morgantown weekends, like the year the rafters didn't get off the Cheat 'til after dark, or like last year when someone (I won't tell) tried to lead a hike before attending the Topo Map Reading Course. But those are the things that make fond memories and good friends.

The stone hostel building has a large covered porch with a fireplace, a perfect gathering place for meals and popcorn. The kitchen is equipped with gas stoves and cold running water.

This area of West Virginia has something to offer AYH'ers of all interests. Cooper's Rocks is close by and aspiring climbers will be able to polish their skills under the guidance of Jim Crislip and Barry Johnson. Gene Cone is checking the area for interesting caves and, of course, we will have hikes. Gordon Bugby is making arrangements for canoeing and rafting (he has already been promised a perfect river level on the Cheat), so if the infamous Cheat River is nudging your nerve, check the prerequisites and reserve with the river leaders for those days. Last year a group of hardy cyclists pedalled down from Pittsburgh (150 kilometers). Does any one want to try it this year??

The Hostel has dormitory style rooms and if it is a warm night, you will probably see many hostellers sleeping out under the pine trees that surround the Hostel.

We will be having group meals for Saturday and Sunday breakfasts and Saturday night dinner. Bring your own lunches from home. If you can help by planning or shopping for one of the meals, just give Marta Hurwitz a call at 731-1083. If you plan a meal you can be guaranteed of having your favorite food for at least one meal.

The cost of the weekend will be approximately \$11, which will include transportation, meals, hostel fee and registration. Be sure to have your hostel pass and remember there is an extra 25¢ charge if it does not have your picture in it. Reservation and a \$2.00 deposit should be in before May 9th. That's not too far away, so fill in the form below and bring to the next meeting or mail it to Marta.

MORGANTOWN WEEKEND RESERVATIONS

Marta Hurwitz
1044 Montier Street
Wilkinsburg, Pa. 15221
(731-1083)

NAME _____

NAME _____

PHONE _____

Can you drive? _____ Do need a ride? _____

Amount enclosed _____

HOSTELS OF THE MONTH

This month the Hostel of the Month column is actually a series of hostels. For those of you in Pittsburgh we are featuring an old friend in the Chestnut Ridge Hostel at Morgantown. "How to get there" information is here, while "What to do when you get there" information is located on page 4.

For the hostel baggers we are including five new hostels that have just recently been chartered. In fact one is not yet fully chartered as of publication date. So hop on your bicycle and head for New York to visit them all.

Chestnut Ridge Hostel, W Va: Located just 15 kilometers north and east of Morgantown this hostel is reached by bicycling north from Morgantown on Route 73 or South from Uniontown on Route 119 and then east on 73. Just one kilometer past the entrance to Coopers Rock State Park turn left at the sign for the hostel. Two kilometers down this road turn left and continue about 300 meters to the hostel. For a description of the hostel and the activities in the area see the Morgantown Weekend Article on page 4.

NEW HOSTELS IN 1974

Saranac Lake, NY: The Mark Twain Camp will be open from 6/1 thru 9/30 and will house 20 hostellers. Connected with the North Country Community College, the hostel has access to Whiteface Mountain, forest preserves, canoe routes, and the Center for Music, Drama and Art in Lake Placid.

The Hostel is on lower Saranac Lake with 25 meters of lake shore frontage. Saranac Lake is in the Adirondack Forest Preserve, the largest wilderness east of the Mississippi. Mark Twain spent the summer of 1901 vacationing in the Camp. During his stay, he wrote "A Double Barrel Detective Story". Contact: John K. Drury, Mark Twain Camp, Saranac Lake, NY, 12983.

Milton, Ma: Located not far south of Boston, the Blue Hills Youth Hostel (Supplemental Accomodation) will accommodate 20 males and 20 females. Special attractions include swimming, horseback riding, hiking, biking. Price is still \$1.50/night. Contact: Boy Scouts of America, 891 Centre Street, Boston Ma. 02130.

Mt. Tremper, NY: Located in the Catskills, the Mount Tremper Youth Hostel will be open year round (by reservation only from 9/1 thru 5/30) at rates of \$1.50 in the summer, and \$3.00 in the winter. This former Lutheran Camp has nearly every activity a hostler could wish for--right on the grounds. Contact: Harold and Ruth Haar, Box 197, Mt Tremper, NY 12457.

Clinton Corners, NY: Located in northeast Poughkeepsie, this large, beautifully furnished private residence is now open to families and groups of ten or less, accompanied by a leader, and with reservations only. If things work out, we hope to charter this facility in the future. Contact: Mrs Gordon Budd, Clinton Corners, NY 12514.

Mattituck, NY: The North Fork Baptist Church has been inspected and approved for chartering. The National Office is awaiting receipt of the application from Rev. George Alexander. Mattituck is on Long Island's North Shore, 25 kilometers west of the Orient Point ferry. Further details will be forth coming.

* * * * *

&

&

&

&

&

&

&

&

&

&

&

&

&

&

&

&

USE OF PASS WITHOUT PHOTO COST 25¢

Does your hostel pass have your picture in it?? Use of the pass without a photograph costs a 25¢ fine for each use. Bring the pass and your mug to headquarters on May 3 or May 10 and let us take your picture. The county wide famous photographer, Jim Roberts, will have his poloroid camera there and ready. Cost will be 15¢/picture.

NEW BIKE RENTAL POLICY

May marks the beginning of A.Y.H. Evening City Bicycle rides. This month also marks the beginning of a new policy on security and bicycle rentals.

As you recall, the headquarters building was broken into several times last summer. This resulted in the loss of several hundred dollars' worth of bicycles, tools, and equipment. THIS WILL NOT HAPPEN AGAIN. The building now has a dual alarm system with internal intruder detection devices. The bike room has been rebuilt and will be off limits to all except trip leaders.

The rental fee for bikes will remain the same, \$1.50/day or \$.50/evening. To reserve a bicycle for a trip, call the trip leader before the day of the trip. He will take your name, address, and phone number. If you are not a member, he will also want the name, address and phone number of a member who will vouch for you.

On the day of the trip you should arrive at least 30 minutes before the scheduled departure time. You must present your hostel pass (with photograph) to the trip leader before you get your bike. If you are not a member, present the pass of the member who vouched for you, along with identification of your own. The leader will return the pass to you after the trip when you return the bike.

The trip leader has the right to refuse rental to anyone without a hostel pass with her picture in it. If someone without AYH identification appears and wants to rent a bike, he will be referred to one of the local bike shops that offer rentals to the public: Bill's Bike Shop in East Liberty or The C.R.A.B. Coop in Oakland.

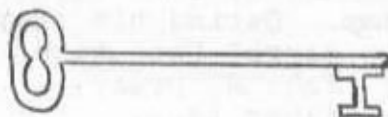
THE LAW AND YOU

YOU DID NOT
CONTRIBUTE
THIS MONTH

At no time will the trip leader allow anyone else to enter the bike room or divulge any information about the locking and alarm systems. At no time will the bike room door be unlocked unless the trip leader is in view of the door.

The AYH bikes have had their serial numbers registered with the Pittsburgh Police, and the Council's name and address have been engraved on the frames.

We hope the additional security precautions will prevent a recurrence of what happened last year and that the bikes will be available for a full season of use and enjoyment.



A.Y.H. Banquet

Impressions of a first timer

Saturday March 30th - The Annual AYH Banquet, well, ok, I guess its is time to go. Of course its raining, I've never gone on an AYH trip where it wasn't raining. Oh well, this was organized by Jan and Gordon Bugby, so we're bound to have a good time...Hospitality Motor Inn. Hey, this place is nice! Lots of familiar faces -- Fred and Eileen Hull, Joe Hoechner... there goes Carol Davis to check out the swimming pool - it figures... Can we eat yet? There's enough food to feed a backpack army.. look at those desserts! These are terrific centerpieces...wired cloth flowers made by the Bugby clan. Lots of laughing, everybody's getting up for seconds (thirds...) Singing all the "oldies" with Gordon B. at the piano, and Jim Roberts leading songs, conducting with his arm in a cast! Yellow Rose of Texas (for Cathy Lynch?), Daisy Daisy (was that for the bicyclists? - we should sing "Titanic" for the canoeists)...and one die-hard, rebel table led by Hugh Gilmour, singing an a capella "Tiptoe Through the Tulips" after the pianist gave out. Unusual "trip announcement" by Larry Giventer and Mary Leathen - it'll be in May -- congratulations! OK, let's roll up the carpets of this fancy establishment and dance off some of that food with the Merrits. The room is suddenly very small. Let's see, one-two-three, stamp,stamp,stamp...or is it clap, clap, clap...stamp, stamp,clamp.. OUCH...terribly sorry, sir...well no hiking for him for a while...Clump of people over in the corner, viewing slides of AYH activities and reminiscing... everyone is having a thoroughly good time, including me! Jan and Gordon - thanks for a friendly, fun-filled evening - can I make my reservations now for next year?

POINTS FOR PADDLERS.....

The orange glow you may have noticed near the headquarters door is positive evidence that the 1974 canoeing and rafting season has begun. We wish to thank Canoe, Kayak & Sailing Craft of Wilkinsburg for their help in obtaining the forty new life jackets, which hopefully, will assure AYH and friends a safe season. Please note that the new jackets are showing a '74 vintage mark, reminding us of their "newness" and that they are entitled to some extra care. The unsold jackets from the old days have been destrapped and will be available for kneeling pads. Keep and mind the old slogan which we just made up:
"74s are not for floors"

Trip leaders are asked to return the jackets to the eight racks, with five to a rack. A quick glance will assure that all forty have been returned safely home. The ninth rack holds two older jackets marked child. Our June calendar will list some scenic, flatwater trips, where we can put these little vests to work.

The Council has been given a Foldboat. It seems to be structurally complete. Any suggestions on just how this addition to our fleet can be incorporated into the activities will be appreciated.

Some volunteer trip leaders have stepped bravely forward. If you have a favorite stream or if you see a dull weekend on the horizon, please grab the Canoeing Chairman any Thursday, or call him, Gordon Bugby, 371-4233, and talk about leading a trip.



PITTSBURGH COUNCIL, AMERICAN YOUTH HOSTELS, INC.
6300 Fifth Avenue, Pittsburgh, Pa. 15232

PUBLICATION PRICE LIST - February, 1974
(order form on the back side)

Baker Trail Guide The Baker Trail is a 140-mile hiking trail extending from Allegheny National Forest to Freeport, Pa. The guide contains a written trail description, 17 topographic maps, and a map showing road access points, shelter locations, etc. 35 pages (1972 edition) \$1.00 each.

Hiking Guide to Western Pennsylvania and Northern West Virginia This guide contains descriptions of over 80 hiking trails and areas in the Western Pa.-Northern W.Va. area - plus a lot of general information of interest to hikers and backpackers in the area. 63 pages, Third edition (1973) Available May 1974 (2nd ed. out of print) \$1.50

Hiking Guide to the Monongahela National Forest and Vicinity Contains descriptions of about 100 trails in the Highlands of West Virginia, one of the best areas for hiking and backpacking in this part of the U.S. Put out by the West Virginia Highlands Conservancy. 96 pages, Second Edition (1973) Available Apr. 1974 (first edition is out of print) \$2.00 each.

Hikers Guide for the Northern George Washington National Forest - Lee Ranger District by Jim Hays. Describes 17 of the more scenic trails in this highland area straddling the West Va.-Va. border east of Dolly Sods. 18 pages, \$.40 each.

Canoeing Guide to Western Pennsylvania and Northern West Virginia This guide contains a wide variety of information on more than 80 canoe trips on over 40 streams in the Western Pa. - Northern West Va. area. For white-water and flat-water canoeing enthusiasts of all skill levels. 84 pages. Fifth edition (1973). \$1.25 each.

Canoeing in the Delaware and Susquehanna River Watersheds of Pennsylvania by Jeff Wilhoite of the Buck Ridge Ski Club. (For Eastern- and Central Pa. canoeists) 6 pages. \$.25 each.

Hosteling Handbook Contains information on hostels in the U.S., hosteling customs, and general information on A.Y.H. (All AYH members receive a free copy when they join.) \$1.15 each.

The following publications are put out by the West Virginia Highlands Conservancy as a part of its effort to have three outstanding areas in the Monongahela National Forest designated as national Wilderness Areas by the Congress of the U.S. Only a Wilderness classification offers hope that the values these areas have become known for will be available for future generations to enjoy.

Dolly Sods by Helen McGinnis. A high, unusual, and very fragile area of about 40 sq. miles located south of Davis, W.Va. (About 1/2 is proposed as Wilderness) No off-road use of vehicles allowed. 74 pages, third edition (1973) available Dec. 1973. (2nd edition is out of print.) \$1.25 each.

Otter Creek by Victor Schmidt. A 30 sq. mile roadless area south of Parsons. No motor vehicles permitted. 32 pages. \$.75 each.

A Collection of Maps of the Forbes Trail The 22-mile Forbes Trail starts near Hannastown and ends at Boyce Park near Monroeville. Mainly historical interest. 5 pages \$.20.

ORDER FORM FOR PUBLICATIONS

Number	Item	Price	Number x Price
_____	Baker Trail Guide	\$ 1.00	_____
_____	Hiking Guide to W. Pa. & N.W.Va.	\$ 1.50	_____
_____	Hiking Guide to Monongahela N.F.	\$ 2.00	_____
_____	Hikers Guide for N. Geo. Wash. N.F.	\$.40	_____
_____	Canoeing Guide to W. Pa. & N.W. Va.	\$ 1.25	_____
_____	Hosteling Handbook	\$ 1.15	_____
_____	Dolly Sods	\$ 1.25	_____
_____	Otter Creek	\$.75	_____

(The above items are shipped 4th Class-Book Rate. The items below are shipped first class. Therefore, if you order any item below please include a stamped, self-addressed envelope (9" x 4" or larger) to avoid the delays involved with shipping third class.)

_____	Canoeing in the Delaware & Susquehanna..	\$.25	_____
_____	Collection of Maps of Forbes Trail	\$.20	_____
_____	Baker Trail Descriptive Folder (2 pages)	\$.01	_____
_____	Introduction to Pittsburgh A.Y.H. (3 pages)	\$.02	_____
_____	Additional copies of this list and order form	\$.00	_____

TOTAL AMOUNT OF ORDER _____
 Pa. residents add 6%
 sales tax _____

Amount paid by check or money order _____ Total Owed to A.Y.H. _____
 Amount paid by cash or stamps _____

Name _____

Street _____

City _____ State _____ Zip _____

Please make checks payable to American Youth Hostels, Pittsburgh Council.

Rush orders may be sent to publications chairman directly. Bruce Sundquist
 210 College Park Dr.
 Monroeville, Pa. 15146

ENERGY SAVER???

Some of the high-speed preliminaries to the Indianapolis 500 auto race this year will be replaced by a \$9,500, five mile (8 kilometer) bicycle race by the 33 qualifying race drivers. The new speedway warmup is called of course, the Indy Five.

FREE FROM UNCLE SAM!!

Would you like to find out about free or low cost publications from the Federal Government?? The Government Printing Office issues a free biweekly guide to its numerous publications. The subjects range from agriculture, ecology, parks, recreation, to federal jobs, congressional reports, etc.

If you would like to get on this mailing list, send your name and address including zip code to: Superintendent of Documents, Attn: Mailing List, Washington, D.C. 20402

CANOE KAYAK SAILING CRAFT

701 Wood Street
Wilkinsburg, Pa 15221
(412) 371-4802

New, Used boats
Instruction/Information

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

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

THE RIVERS ARE UP

Parkway wet suits (20% discount with Hostel Pass) Neoprene skirts

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

Waterproof paks, Windbreakers
Ponchos, Float bags, Rope, Helmets



PEUGEOT

RALEIGH

SCHWINN



SALES AND SERVICE

Floyd Newingham

Schwinn Bicycle Center
740 Fifth Avenue

New Kensington, Pa. 15068

335- 6464

Presidential Sports Award

Would you like to receive a sports award?? Sure!! All you have to do is participate in any of 30 various sports, including cycling, canoeing, kayaking, hiking, caving, etc.

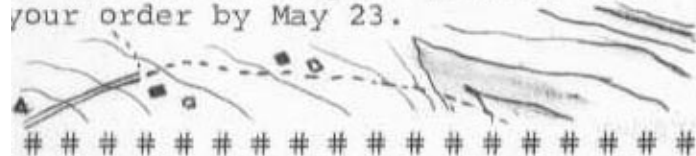
President Kennedy started the program to encourage Americans to keep physically fit. This is done thru regular participation in your favorite sport. In order to receive the award (a patch and a pin) you must keep a log of your sport activities.

To receive the free logbook and details, write to: Presidential Sports Award, P.O. Box 129, Radio City Station, New York, New York 10019

BACKPACKERS: Jim Roberts has individually packaged servings of common condiments (mustard, catsup, etc) available at cost. Call him, 362-5792

TOPOGRAPHIC MAPS

Jim Roberts is about to order a large quantity of topographic maps from the U.S. Geological Survey for the Council. These maps cost 75¢ a piece and cover an area about 10 kilometers by 14 kilometers. If Jim can order enough maps, the price will drop to 52.5¢. He can order maps for anywhere in the United States. See him at headquarters for the index sheets to determine which maps you want, or check at the Hillman Library, University of Pittsburgh which has a file of most of the maps. He must have your order by May 23.



Guest TRIANGLE editor:

The editor of the Golden Triangle will be on vacation during August and he is looking for a guest editor to put together the September issue. Please contact Roy Weil, 681-5131 if you are interested.

Column editors:

WANTED: Column editors for two columns of this newsletter, "The Law and You" and "Hostel of the Month". This task involves one page of editing and typing each month; final copy is due the second Thursday of the month. Please contact Roy Weil, 681-5131 if you are interested.

Each page is only 6% of an issue. Let's spread the fun around.



WINTER SPORTS HANDBOOK

AYH Western Region is considering publishing a book to be called the Winter Sports Handbook. This book will concentrate on ski touring, snow shoeing, dressing for the cold winter camping, etc. Our idea is to tell not only how to do these things but where to do them and what equipment is needed. In other words it will be a how to do it book as well as an atlas.

We need your help and the help of other snow people. What is needed are ideas and information. First person accounts and how and where to do it on any winter sports. Do not worry about writing style but do stress basic technical information in the clearest, simplest possible language. Send Material to Warren Asa, Western Regional Director, 838 E. Laurel Ave, Glendora, Calif. 91740

The Golden Triangle is a monthly publication of the

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

editor: Roy R. Weil
production: Joel Platt

Material for this month's edition was contributed by:

Rich Bartoo
Gordon Bugby
Chicago Council AYH
Larry Giventer
Joe Hoechner
Marta Hurwitz
Cathy Lynch
Lee Mason
(no thanks for no law)
Jim Roberts
Mary Shaw
T S P D H I
Roy Weil
Bob Wilkens

Tuesday and Thursday EVENING BIKE RIDES

It is that time of year again. There is now enough daylight left when you get home from work, and the weather is just right that one just wants to go for a short cycle ride in the evenings. Pittsburgh Council AYH sponsors evening cycle rides on Tuesday and Thursday evenings. These rides are scheduled to leave Headquarters at 6:30 PM and to return before dark. (This month about 8:30). They generally follow the Pittsburgh Bikeway for some of the distance but typically return along a favorite route of the leader. If you do not have a bike the Council has four bikes to rent out to hostel members or to friends of hostel members. Call the trip leader and reserve and then show up at 6:00 so that the bike can be adjusted to fit you before the trip departs at 6:30. Remember to bring your hostel pass. Also if you can not make it be sure to call the trip leader as there is always a waiting list for bike rentals.

Trip leaders for May are:

Tuesday

7 Cliff Ham 687-4960
14 Jack Baychaecor 963-7868
21 Pat Wolf 563-4368
28 Sam Carlson 271-4823

Thursday

3 Joe Hoechner 343-2465
9 Mike Hurwitz 731-1083
17 Jim Roberts 362-5792
23 Roy Weil 681-5131
30 Jay Angel 362-5282

Now is the time to attack that winter roll of fat at the middle. Come out on all the Tuesday Thursday bike trips, and go some other days as well.

OPEN HOUSE

Open house is held every Thursday evening. Everyone is welcome member or not. Doors open about 7:45 PM with the program starting at 8:30. Come find out about us and our activities.

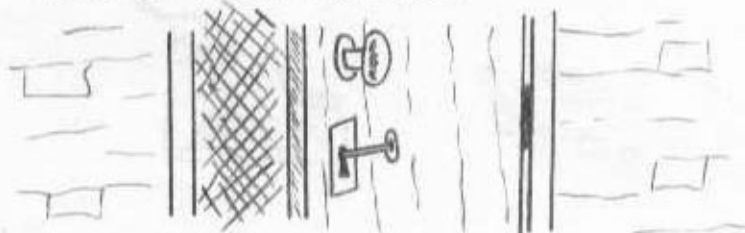
May 2: Rich Bartoo previews his annual Memorial Day week-end trip with slides of canoe camping and hiking in the Grand Canyon of Pennsylvania.

May 9: A film festival of "under your own power" water travel featuring kayaking, rowing, and sailing.

May 16: AYH Auction Night! Back by popular demand a chance to sell your used equipment to the highest bidder. Also a chance to get some great bargains. DON'T MISS THIS SALE!!!

May 23: "Road to Adventure" shows the advantages of seeing the country from a bike seat. This film highlights AYH trips in both U.S. and Europe. If you are curious about extended trips come to tonight's program, then hurry to sign up!

May 30: More of South America as Kathy Lynch shows the second part of her slides on her travels through South America.



TRIPS AND TRAILS

The trips below are open to the public, except that A.Y.H. members have priority when the trip size is limited. Trip costs include 40¢ for registration and insurance (\$500 medical) plus transportation cost, and equipment rental. Call the trip leader to reserve or cancel, or for more detailed information.

- Sat May 4 Intermediate hike on section 3 of the Baker Trail. Wear hiking boots and bring rain gear and lunch, water. Leave headquarters at 8:30 AM return about 6:00. Cost \$2.50, call Carolyn Slauch or Eunice Higgins 466-5206 for reservations.
- Sat May 4 Cyclethon for the Heart Fund. sponsored by KQV
- Sat May 4 Wildfood Backpack on a section of the Baker trail. We will be hiking only about 5-8 kilometers while looking for dinner. Bring full gear and food for lunches only, and find the rest. Learn about edible wildfoods or loose weight. Cost \$2.50. Reserve with Mike Wolf, 563-4368
- Sun May 5
- Fri May 3 Hike and carcamp in the Cranberry Bog country of West Virginia. We will leave headquarters Friday night at 7:00 PM and return late Saturday night. Call Norm Synder for reservations 371-2371
- Sat May 4
- Sun May 5 Wildflower Hike Beginner on the Trillium Trail. Bring rain gear, good shoes, and water. Call Winnie Carson for Cost, time information and to reserve: 963-9701
- Sun May 5 Beginner-Intermediate Canoe on lower Slippery Rock. Class I with a couple of small dams. Easy flowing river. Need lunch in waterproof bag and wading shoes in case level too low. Cost \$4.75. Reserve with Roy Weil 681-5131.
- Sun May 5 Century Cycle Ride Join the Western Pennsylvania Wheelman for 20 laps around North Park Bikeway. Practice group riding and drafting skills. Ride is open to all levels. Patches to members completing the 100 miles. To reserve call Joe Heochner 343-2465.
- Tue May 7 Map Reading Class from 7:00 PM to 9:00 at headquarters. This is the first level course for map reading. Call Jim Roberts and let him know you are coming and then bring compass (if you have one), pen and paper. 362-5792
- Sat May 11 Wildflower Photography Hike to Racoon State Park wildflower Reserve. This slow paced beginners hike will take plenty of time to photograph the flowers, perhaps traveling 3-4 kilometers. Bring a backpack for your camera, strobe, bellows, extension tubes, macro lens, filters and other paraphernalia. Cost \$1.50. Reserve with Mike Wolf 563-4368
- Fri May 10 T.O.S.R.V. Weekend Tour of the Scioto River Valley happens this weekend. Reservation should have been in months ago.
- Sat May 11
- Sun May 12 If you have transportation space available or if you need a ride call Joe Heochner 343- 2465 to make a match.
- Fri May 10 Whitewater Canoe School run by AYH, YMCA, and Red Cross at Camp Kon-O-Kwee. This whitewater school concentrates on leadership as well as the learning of canoeing skills. Reservations should have been in a long time ago.



MORE TRIPS AND TRAILS

Sun May 12 Advanced Novice Cycle on the Washington County Covered Bridge tour with Jay and Margret Angel. Travel about 50-60 kilometers. An OK trip for the advanced novice cyclists. Bring lunch, about \$3.00, meet at Headquarters at 8:30 AM. To reserve call 362-5282.

Fri May 17 Morgantown Weekend see page 4 for details.

Sat May 18

Sun May 19

Sat May 18 Beginner Rock Climbing at Coopers Rocks. Leave Chesnut Ridge Hostel at 9:00 AM. Bring Climbing boots or Hiking boots with narrow welts(soles) or tennis shoes. Call Barry Johnson 921-3278 for details. Reservations not necessary if signed up for Morgantown Weekend.

Sun May 19 Beginners Mountaineering in Cooper's Rocks area led by Jim Crislip. Leave Chesnut Ridge Hostel at 9:00 AM. Call Barry Johnson 921-3278 for details. Reservations not necessary if signed up for Morgan town weekend.

Sat May 18 Rafting on the Cheat River. Saturday with Jim Gogots 281-4462,

Sun May 19 Sunday with Mike Hurwitz. 731-1083. Should have had some previous rafting experience.

Sun May 19 Beginners Hike on the Rachel Carson Trail. We will travel about 10-13 kilometers. wear boots and bring rain gear. cost \$2.00. leave headquarters 8:30AM. Call Jim Roberts 362-5792 to reserve.

Sun May 19 Beginners cycle Join Jack Kowalski for a beginners cycle trip covering a distance of 20-25 kilometers. For location and time call Jack at 681-1611

Sun May 19 Intermediate Bicycle Ralph Hempel sets the pace to Southern Butler County for a 65 kilometer ride. Leave headquarters at 8:30 AM. Bring lunch and \$1.00 and allow six hours time. Please reserve with Ralph 963-8080.

Tue May 21 BackPack cooking Seminar for beginners. This trip will occur in the wilds of the headquarters building. from 7:00 Pm to 9:00. The cost will be \$.25

Sat May 25 Beginner Hike in Raccon State Park and Franklin Springs. Leave headquarters at 11:00 AM for this easy 7 kilometers hike. Bring lunch and water. cost \$2.00 reserve with Joan Goode 921-8509

Sun May 26 beginners hike in the Bear Run Conservency area. We will travel 7-10 kilometers through maturing mixed oak forest and large rock outcroppings all set against a colorful backdrop of late spring woodland wildflowers. cost \$3.50 leave headquarters at 8:30AM. call Aileen Pastorek 521-4883

Sat May 18 Beginners Flatwater Canoe on the Cheat river Parsons to Holly Meadows. This easy flatwater trip is held each year by the West Virginia Highlands Conservency to focus attention on an area that will be lost to a Corps of Engineers dam. See article for details



STILL MORE TRIPS AND TRAILS

Fri May 24 Canoe-Camp on the Annual Pine Creek, Grand Canyon of
thru Pennsylvania canoe trip with Rich Bartoo 833-8506.
Mon May 27 see article on page 2 for details

Sat May 25 Cycle car camping trip to the Racoon State Park area.
Sun May 26 See article on this page for details Call Joe Hoechner
Mon May 27 343 2465 for details

Mon May 27 Rafting on the Youghiogheny with Bill Zinkand 381-3555

EXTENDED TRIPS

10 day Advanced Backpacking with Mike Wolf in the Bridger Wilderness area of Wyoming. Trip will probably cover 80-100 kilometers of this wild region. Leaving Aug 1 with reutrn Aug 10. Cost will be in the range of \$125 to \$150. Call Mike if you are interested 563-4368

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

Bike and Cycle Ireland Marilyn and Cliff Ham are planning a month long tpur of Ireãand for bikers and/or hikers, during August. Cost will be about \$500. They will be using Hostels and cooking most meals. Interested?? call Cliff or Marilyn at 687-4960

One week Canadain Canoe Trip Intermediate and advanced whitewater canoeists may join Howard King on the Madawaska River from Whitney to Griffith, Ontario. The trip will include some choice rapids as well as some falls to be portaged around. Needed will be camping gear and fodd for six days on the river. Call Howard King 264-1386 to reserve. leaveing headquarters Friday Aug 16 and returning Aug 25. Cost \$40.

Backpack and Caving the first two weeks of September in the Zion Canyon area of Utah. Call Norm Synder for information 371-2371

MEMORIAL DAY CYCLE WEEKEND

Nearby Racoon Creek State Park has "Organized Youth Group Tent Camping" available to AYH for a cycle/car/camping weekend. It is possible to spend a three day holiday there for about \$2.50 per person including transportation, camp fee, AYH registration and Insurance but not food. The only problem is that in order to be a youth group we need five teenagers to every adult "counciler". For Pittsburgh AYH trips like this usually have the reverse ratio.

We could have three days of various cycle trips, longrides into West Virginia and Ohio are possible, shorter rides within the park and to the small towns in the surrounding area are also possible. There are alos hiking trails and lake swimming available.

Anyone interested would need food for three days, tube or puptent, sleeping bags or blanket roll, cooking gear, etc. Reservations should be made as soon as possible but not later than May 16th with Joe Hoechner, 343- 2465.



ANNUAL CHEAT RIVER FLOAT TRIP

(News Release)

Once more plans have been made to conduct the annual Cheat River Valley float trip from Parsons to Hannahville the week end of May 18-19. For several years this popular event has been sponsored jointly by Cheat River Conservancy, The West Virginia Highlands Conservancy, and the West Virginia Wildwater Association to focus attention on the great natural beauty that will be lost and the economic hardship that would be caused if the proposed Rowlesburg Dam became a reality.

Paddlers in canoes and kayaks from many Eastern states join local residents for a leisurely two day cruise through this lovely valley with an overnight stop at the doomed village of Saint George. No experience is required for the trip and the pace is quite easy. In addition to the sheer beauty of the alternating pastoral farmland and the massive bluffs, much wildlife is always seen.

On one trip, the rare golden club was found growing along the river above Saint George, the first time this beautiful flower was ever found in Tucker County. Each year as regular as clockwork, a large colony of large pink lady slipper orchids may be seen below Miller Hill. The only way to view such rare attractions is by means of canoe.

Meeting time for both days will be 10:00AM at the Saint George bridge. Free camping is provided by Saint George. The first days trip is about 18 kilometers and the second about 11 kilometers. You must supply your own canoe or rent one from the hostel, but the shuttle service will be provided. If you plan to attend reserve with Bruce Sundquist, 327-8737 as there may not be enough water in the river and to arrange rides.

WANT ADS

One brand new projection lamp for Sawyers slide projector. Bulb # DAK was purchased as spare. Mary Shaw 681-5131

wanted to buy- experienced K-1 and accessories. call Cathy Lynch 361-3707

For sale: Small person's kayak for someone weighing less than 50 kilograms. Call Mike Rowe 683-2606 evenings.

George Chin is in Room 3605-B at St Francis Hospital for physical therapy. Phone 622-5197. He is able to go home weekends;

AYH HELPS CIVIL AIR PATROL

Backpacking usually provides fun and fitness for its adherents; but occasionally a service is provided. On the AYH trip to Dolly Sods this past Easter Jane Downing, Mike Wolf, Jack Phillips, and Jim Roberts broke camp early after being awaked by circling airplanes. Soon after they began to move, one plane signalled the group for help. Following the plane a downed aircraft was sighted. Mike and Jim went to the plane to see if the passengers could be helped while Jack circled the area for anyone that might have moved away from the crash. A thorough check of the area showed no sign of survivors. The planes were signaled and an orange tarp was erected to guide the ground party. All the group could do was sit, wait, and think new thoughts about Dolly Sods.

*

*

*

*

*

*

*

XXXXXXXXXXXXXXXXXXXX

ARE YOU ABOUT TO MOVE ??

Did you know that the post office
does not forward third class mail??

Did you know that the Golden Triangle is mailed third class mail??

Are you about to move this month or next?? Even if you notify the post office of your change of address, you must still notify AYH because third class mail is not forwarded but is returned to the sender. This return costs your council 10¢ and causes extra work for our volunteer staff. Not only that, but you miss an issue of the Golden Triangle.

Y @ @ @ @ @ @ @ @ @ @ @ @ @ @ @ @ @ @ @ @ @ @ @ @

Which parts of the triangle do you read throughly?

Which parts do you just glance at?

Which parts do you not read?_____

Over the last three months....

Which articles did you like most? _____

least? _____

Which regular features did you like most?

least?

What articles or regular features would you like to see

added? _____ deleted? _____

Any other suggestions for the Golden Triangle editor?

return this form to Roy Weil, the Triangle editor, via mail to AYH,
6300 Fifth Avenue, Pittsburgh, Pa. 15232, or by placing it in the labeled
shoe box near the front door of headquarters.

MAY '74		1	2	3	4	5
			OPEN HOUSE CANOEING PA'S GRAND CANYON		HIKE CYCLETHON CAMP & HIKE WILD FOOD- BACKPACK	HIKE CANOE CYCLE
6	7	8	9	10	11	12
MAP SCHOOL			OPEN HOUSE WATER FILMS	OTO HIKE		CYCLE
AYH WEEK MAY 5 to 12				TOSRV CYCLE WEEKEND		
			Δ ARTICLES DUE	KON-O-KWEE CANOE SCHOOL		
13	14	15	16	17	18	19
ACTIVITIES BOARD			OPEN HOUSE AUCTION	MORGANTOWN WEEKEND		
			Δ TRIPS DUE			
20	21	22	23	24	25	26
			OPEN HOUSE CYCLING MOVIE		HIKE	HIKE
				CANOE PA GRAND CANYON CYCLE / CAR CAMP		} THROUGH MON
27	28	29	30	31	1	2
RAFT			OPEN HOUSE SOUTH AMERICA			
MON	TUES	WED	THU	FRI	SAT	SUN

AMERICAN YOUTH HOSTEL, INC
Pittsburgh Council
6300 Fifth Avenue
Pittsburgh, Penn 15232

Non-Profit Organization
U.S. Postage Paid
Pittsburgh, Pennsylvania

Permit #127 15232

LIBRARIAN: A.Y.H. VIP 0
6300-B KELLY AVE.
PITTSBURGH, PA, 15221

CELEBRATE NATIONAL HOSTILE WEEK
PICK A FIGHT WITH A FRIEND
CELEBRATE NATIONAL HOSTEL WEEK
TAKE HIM ON A TRIP
(NATIONAL AYH WEEK: MAY 5-12)