



# 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 50, NUMBER 3

MAY 2000



### Hostelling - International Pittsburgh PA



#### *Now Open*

A 50 bed full service hostel in a commercial bank building. Free parking, travel store, handicapped accessible!



#### Be Sure To Visit:

- Andy Warhol Museum
- Station Square
- Nearby Southside
- The Downtown Cultural District
- Riverfront Bike Trails
- Nearby Universities
- The Carnegie Science Center
- The Zoo & National Aviary
- Phipps Conservatory
- Historic Point State Park
- Three Rivers Stadium

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....And MORE!!!

## RCTC2000-June 24, 2000

### "34 Miles in One Day"

The Rachel Carson Trail Challenge 2000 will take place on June 24, 2000. Two hundred runners, hikers, walkers and adventurers are expected to participate in the arduous 34-mile trek across the heinous hills and hollows of the Rachel Carson Trail, this year starting at the Harrison Hills County Park Ox Roast Shelter and ending at North Park's Beaver Shelter.

Registration materials and more information are included in this issue of the Golden Triangle. See the Rachel Carson Trail website at <http://members.xoom.com/rachelbaker>. Read about the 1996, 1997, and 1999 Rachel Carson Trail Challenges. Read about Team EMS and the all-woman Team Rock (as in Slippery Rock); find out what happens when people "disappear" on the Trail. Is it best to go "hiker-mode" or "runner-mode"? In 1997, the first and only westbound Challenge, 27 out of 135 hikers managed to finish before sunset. RCTC2000 promises to be not only challenging, but an exciting adventure, right in your own back yard.

What does RCTC2000 have in store?? Thunder and lightning? heat? rain? snakes? poison ivy? nettles? washouts? blowdowns? wet crossings? dirt? rocks? scree? talus? bees? ants? Hercules club (you'd better know what this is)? brambles? landslide? rockfalls? If it can be seen on a western Pennsylvania hiking trail, you'll see it somewhere along the 34-miles of the Rachel Carson Trail.

Order your trail guide and get out there and start training; then join us for the "June Hikes", led by one of our Trail Marshals, and get an edge on your Challenge-day effort. Registration is limited to 200 participants, so do it today!!

### NEW 2000 MEMBER DISCOUNTS

HI members with valid membership cards are eligible for the following discounts. Full details can be found in the FREE 2000 North American Hostel Handbook.

Ace Athletic- 10% off any non-sale item, 1214 East Carson Street; phone: (412)381-2520

Alamo Car Rental- Various Discounts. Contact your travel agent or Alamo and request Rate Code BY and I.D. Number 19998.

Andy Warhol Museum- \$1.00 off admission; 117 Sandusky Street, phone: (412)237-8300

Big Bamboo- Free pack of 15 gram bag of Champa Incense with any purchase. 116 Meyran Ave. , phone: (412) 802-8338

Bike Tek- 10% discount. 5102 Liberty Ave. Phone: (412)682-1410

Casbah- 10% off bill. Not valid with any other specials, discounts, or promotions. 229 Highland Street; phone: (412)661-5656; email:casbah1@bigburrito.com; website:www.bigburrito.com

City Books- 15% off all used books and 10% off on most new books. 111E. Carson Street: phone:(412)481-7555; email:citybooks@sprintmail.com

Climb North- 50% off climb time rates, rentals not included; 2468 Wildwood Road, phone: (412) 487-2145

Dairy Mart- Free 44oz. Fountain drink with \$5.00 purchase; 1125 Arlington Ave., phone: (412) 4122



*Pittsburgh Council, HI-AYH is a United Way Donor Option organization. Our Donor Option number is: **436** .*

*2000 North American Hostel Handbooks can be picked up at the Travel Center, the Pittsburgh International Hostel, and the Activities Headquarters. Copies are free when picked up in person.*

### HOSTELLING INTERNATIONAL

**PITTSBURGH COUNCIL-AYH**  
**830 E. WARRINGTON AVE.**  
**PITTSBURGH, PA 15210**

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(Continued on page 3)



**Pittsburgh Council, American Youth Hostels, Inc.**  
 Serving Western Pennsylvania & West Virginia Panhandle  
 Since 1948, Incorporated 1955

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**Triangle Staff**

Managing Editor ... **Joel Platt**  
 (412-521-5244 joelplat@yahoo.com)

Copy Editor ... **VACANT**  
 Mailing Labels ... **Larry Laude**  
 Production ... **Don Hoecker**  
 Advertising ... **VACANT**

**Council Officers**

President ... **Kyra Straussman**  
 (412-521-3641)

Vice-President ... **Ben Brugmans**  
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**George Schmidt**  
**Kevin Swenson**  
**Roy Weil**  
**Ray Yutzy**

Office Staff  
**Jessica Carpenter**  
 (431-4910)

**Oops...**

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

Mail regarding the 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](mailto:ayh@trfn.clpgh.org)



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 Steve Poprocky ..... 731-2429



**HOSTELLING  
 INTERNATIONAL**

Pittsburgh Hostel Manager  
**Brian Funk**  
 (412-431-1267)

Ohiopile Hostel Manager  
**Marjorie Paqualle**  
 (724-329-4476)

**NOTICE**

Please note the deadlines for future issues of the **GOLDEN TRIANGLE**

**June ISSUE**  
**All copy, May 4**  
**Binding/Mailing, May 18**

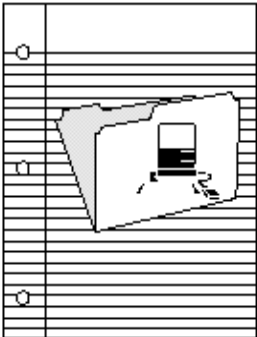
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[joelplat@yahoo.com](mailto:joelplat@yahoo.com)

**Moving?**

If you move, or have any subscription problems, please notify us right away. Returned mail costs 42 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 Ads:**

- Classified ads 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 ads for non-members.
- Free ads 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), 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 for 1999.

**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 ->December

*Editor...*

**UPCOMING SLIDE SHOWS**

**May 4:** Walter and Diane Vaux, "Hiking The Lake District, Wales, And Cleveland Hills Of England".

**May 11:** Bob McKinley of Regional Trail Corporation presents "The Youghiogheny River Trail". What has been completed, and future plans. The annual Yough River Sojourn includes canoeing, rafting and bicycling from Confluence to McKeesport.

**May 18:** Cheese and apple juice party.

**May 25:** We show the 16 mm film "The England Of Elizabeth". Daily life, views of forests and countryside. Art and architecture, maps and manuscripts, poetry and music. Power and prestige of Great Britain in the 16th century.

**June 1:** Joyce Appel and Paul Henry, "Travel In Zimbabwe". Foot safari to track white rhinos. Black rhinos live in the forest. Aerial pictures of Victoria Falls. Stay at Missouri Ranch.

**June 8:** Kyaw Win, "A Journey Through Myanmar On A Bike". On the old Burma Road. From the China border down to Rangoon. Amazing ruins of the city of Pagan.

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 412-683-3131.

**Pittsburgh Council Hostels**

**Ohiopile AYH Hostel**  
 Ohiopile State Park  
 PO Box 99  
 Ohiopile, PA 15470  
 (724) 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 Rte 30)  
 Schellsburgh, PA 15559  
 (814) 733-4212



# HOSTEL HAPPENINGS

Travel Store Hours: Tuesday-Saturday, 12pm-5pm

## Special activities and events at the hostel

**Gallery Space for Artists’ Work.** The hostel is proud to offer wall space in our lobby to local artists. If you’re interested in showing your work in the lobby and common area of the hostel (where travelers from around the world will see it), contact Jessica or Wade 431-4910.

**Potluck Dinners!**  
*Saturday, May 13 @7pm,*  
*Tuesday, May 30 @6pm.*  
*Wednesday, June 21 @6:30pm*

Bring a favorite dish. Potluck dinners are one of our most popular events. Come by and enjoy good local and international food with some locals and hostel guests from around the globe. **FREE!**

**Budget Travel 101 Workshops!**  
*Thursday, April 27 @6:30pm,*  
*Saturday, May 6 @ 12pm,*  
*Thursday, May 25 @ 6:30pm,*  
*Wednesday, June 14 @ 6:30pm*

Safe, inexpensive world travel IS possible. We’ll show you how to evaluate transportation options, strategies for saving and carrying your money, packing, travel documents, staying in hostels, safety and more. Call 431-4910 for more info.

## Volunteer Opportunities:

We rely on our team of enthusiastic and fun-loving volunteers to help organize outdoor activities such as hiking, kayaking, bicycling, and virtually all other types of outdoor adventures. We also need active participants in these events! If you are interested in helping to promote these types of events and love the outdoors, then we have volunteer opportunities for you! We also rely on volunteers at the Pittsburgh and Ohiopyle hostels to help make them memorable places to visit for international visitors, US visitors, and residents of ‘da burg alike. For more information on volunteer opportunities, please call (412) 431-4910. Office hours at the Pittsburgh Council Office are Tuesdays-Saturdays, 12pm-5pm.

### Examples of volunteer positions available at the Pittsburgh Council:

Travel Workshops/Seminars  
Walking Tours of the City  
Booth at Travel Fairs  
Work Parties  
Shuttle to Fallingwater/Ohiopyle  
Organize and/or staff seasonal events  
Great Ride

## ATTENTION ALL AYH MEMBERS!

- *HAVE YOU TRAVELED OVERSEAS OR IN THE US?*
- *DO YOU CONSIDER YOURSELF TO BE KNOWLEDGEABLE ABOUT THE WONDERS OF HOSTELLING AND BUDGET TRAVEL?*
- *WOULD YOU LIKE TO SHARE THIS KNOWLEDGE AND HELP SPREAD THE WORD ABOUT HOSTELLING TO UP-AND-COMING TRAVELERS?*

## MARK YOUR CALENDAR FOR SATURDAY, MAY 6, 9AM-5PM

TRAVIS MAJOR, OUR NATIONAL OUTBOUND TRAVEL AND EDUCATION EXPERT, WILL BE COMING TO PITTSBURGH AND TRAINING US ON HOW TO GIVE BUDGET TRAVEL 101 PRESENTATIONS. THE BEST PRESENTERS ARE VOLUNTEERS WHO HAVE TRAVELLED OVERSEAS OR IN THE US.

## BUDGET TRAVEL WORKSHOPS ARE FREE, FUN, AND EDUCATIONAL!

## PROMOTE HOSTELLING AND BUDGET TRAVEL TIPS TO PITTSBURGH RESIDENTS!

THE TRAINING SESSION WILL BE A ONE-DAY EVENT, WITH AN ACTUAL WORLD TRAVEL 101 PRESENTATION AT NOON.

FOR MORE INFORMATION, PLEASE CALL JESSICA AT THE HOSTEL (431-4910). PLEASE RSVP.

<i>(Continued from page 1)</i>	
Danny K's Diner- 10% discount to hostelling members; 637 Warrington Ave., phone: (412) 381-7742	Warrington Ave. / phone: (412) 381-3240
The Deli Express- 10% off total check amount. 1107 East Carson St., phone: (412) 381-4247	
E-House- 10% off any purchase with valid membership card; 1511 E. Carson St., phone: (412) 488-7455	Paisano's Pizza- 10% OFF final bill. We have pizza, hoagies, appetizers, chicken wings, salads, calzones, wedgies, gyros and more. 823 E. Warrington Ave. / phone: (412) 381-5530
Eljays's Used Books- 10% discount on all books. 1309 E. Carson St., phone:(412)381-7444: email: eljaysbs@aol.com, website: www.abebooks.com	Phipps Conservatory and Botanical Gardens- 10% OFF admission to conservatory and gardens throughout the year. Something's always blooming at Phipps - so visit today! ; One Schenley Park / phone: (412) 622-6914; email: phipps@phipps.pgh.pa.us website: www.phipps.conservatory.org
Eye of Horus- 10% off all merchandise, books, and tarot readings. 1305 E. Carson St., phone (412) 481-7887: email: eyehorus2LM.COM	Pittsburgh Zoo- \$1.00 OFF admission with membership card, not valid for evening events. One discount per person. Phone: (412) 665-3639; email: connie@zoo.pgh.pa.us Website: www.zoo.pgh.pa.us
Golden Triangle Bike Rentals- 10% discount on bike rentals. 416 Woodrift Lane; phone: (416)655-0835; email: goldentrianglebikes@yahoo.com, website: www.bikepittsburgh.com	Pizza Outlet- 20% OFF regular price, or any current coupon discount. 1502 E. Carson Street; phone: (412) 488-7200
Gray Line Trolley Tours of Pittsburgh- \$2.00 off admission on price on day schedule of Pittsburgh tours, April through October; 110 Lenzner Court, Sewickley, PA, phone: (412)741- 2720	Premiere CD's- 10% OFF any purchase. 2336 E. Carson Street; phone: (412) 481-3641
Karakesh- 10% off final bill: 320 Atwood St., phone:(412)687-0533	Rachel Carson Homestead- Buy one admission, get one FREE! Take the 1A New Kensington or 20-minute drive from Pittsburgh. 613 Marion Ave. Phone: (724) 274-5459
Kaya- 10% off your bill. Not valid with any order specials, discounts, or promotions. 2000 Smallman Street; phone:(412)261-6565; email: kaya1@bigburrito.com; website:www.bigburrito.com	Saint Elmo's Bookstore-20% discount on ALL novels. 2208 E. Carson Street, phone: (412) 431-9100; email: stelmoport@earthlink.com Website: www.saintelmo.com
La Prima Espresso- \$0.50 off any coffee drink. 811 Liberty Ave., phone: (412) 471-4590; website: www.laprima.com	Slacker- 20% OFF, except magazines. 1321 E. Carson Street / phone: (412) 381-3911; email: randall@slackernet.com website: www.slackernet.com
Mad Mex (NORTH HILLS)- 10% off your bill, not valid with any other specials, discounts, or promotions; 7905 McKnight Road / phone: (412) 366-5656; email: madmex-nh@madmex.com; website: www.bigburrito.com	Soba Lounge- 10% OFF your bill. Not valid with any other specials, discounts, or promotions. 5847 Ellsworth Ave., Shadyside / phone: (412) 362-5656; email: soba1@bigburrito.com website: www.bigburrito.com
Mad Mex (OAKLAND)- 10 % OFF your bill, not valid with any other specials, discounts, or promotions; 370 Atwood Street / phone: (412) 681-5656; email: madmex-oak@madmex.com; website: www.bigburrito.com	Southside Card & Gift- 10% OFF any purchase. 1717 E. Carson Street; phone: (412) 481-2500
Mad Mex (PHILADELPHIA)- 10% OFF your bill, not valid with any other specials, discounts, or promotions; 3401 Walnut Street (The Shops at Penn). Phone: (215) 382-2221; email: madmex-philly@madmex.com; website: www.bigburrito.com	Spice Island- 10% OFF final bill. 235 Atwood Street; phone: (412) 687-8821
Mattress Factory Museum of Art- \$1.00 OFF admission, and 10% OFF merchandise in museum. 500 Sampsonia Way / phone: (412) 231-3169; email: info@mattress.org website: www.mattress.org	Thoreau NM, a Production Company- \$1 OFF ticket prices. Please call ahead; 209 Moye Place Cottage, phone: (412) 431-8289; email: thoreaunm@juno.com website: www.trfn.clpgh.org/thoreaunm
Monti's Studio- 10% discount store-wide; 844 E.	Zenith Antiques & Tea Room- 15% discount. 86 S. 26th Street / phone: (412) 481-4833, website: www.concentric.net/~mamarama/zenith.htm
	Zyθος, Inc.- NO cover charge...except for headliner, National DJ's. 2108 E. Carson Street phone: (412) 481-2234

# AYH Librarian Needs Help!

## AYH Librarian Needs Help!

I have only 1 copy of the Feb/Mar 1999 newsletter. If anyone has a copy they care to give to the librarian, please call me, Joel Platt, at 412-521-5244 or email at joelplat@yahoo.com

**JOIN THE PITTSBURGH/OHIOPYLE HOSTEL MAINTENANCE TEAM**  
Our two hostels in Pittsburgh and Ohiopyle need some attention and we need people to wrestle them into shape. Carpenters, plumbers and other building trade craftsmen are needed for extensive repairs and improvements to the Ohiopyle hostel. If you don't have these skills you are still most welcome to join us to learn some tricks of the trade and help with the less glamorous jobs like cleaning and painting. The Ohiopyle Hostel is in a gorgeous natural setting and we want a hostel that will complement it. The Pittsburgh hostel in Allentown is only two years old and has been receiving rave reviews by travelers as the nicest hostel they have ever visited. The staff keeps it immaculately clean, but occasionally they need some help and small maintenance issues are beginning to pop up that we would like to nip at the bud. As we are all so busy these days, we want to form a large corps of volunteers we can call on by phone or e-mail for work parties at the hostels. We also hope that the work parties will degenerate into serious parties by the end of the day's labors. If you are interested in joining us contact George Schmidt. Phone 412-521-1538 or e-mail wpwgeorge@aol.com.

AYH ACTIVITIES WITH BEN

An article in the New Scientist gives a report on couch potatoes, turned to hikers at different levels of excersize. And surprise, hiking is good for you. Some walking is good for you. More walking is better. And walking as much as 20 to 40 minutes a day is best of all. Here is the lowdown. Starting with all couch potatoes, some were put through the paces (literally). Long walkers were the healthiest, as measured by good blood fats. Or walk, and have lower risk of coronary heart disease, stroke and osteoporosis. Really. Well, I have noticed personal improvement of hiking stamina from last winters Ambles. And to celebrate, am going out west to hike in Canyonlands and the Grand Canyon in May. Cool, cool, cool.

To eat healthy, I bought a food dehydrator. Works well, for vegetables. Dried a sauce mix of canned tomatoes and black beans, spices to taste. Makes a nice layer of sweet tast-ing leather, put it into a zip lock bag and freeze until needed. Keeps for two weeks on the road. Also made dried squash from microwaved acorn squash done to perfection, dehydrated, bagged and frozen till needed. Ditto for parboiled carrot slices.

Paul the Engineer had tried drying homemade spaghetti sauce in paper cups, an inch deep. He is really pleased with the dehydrated patties. I bought some beef jerky at Sams Club, although some adventurous souls claim to make their own. Also good for spaghetti sauce are slices of pepperoni. The fat is very flavorful after a hard day on the trail, mixed into the sauce.

And for breakfast, Ben's power oatmeal. Raisins and oatmeal in water, thick, boil till ready. Take off heat. Make a thick paste of cold water, add nonfat milk powder till thick as pancake batter, add to mix, stir. About a cup of milk paste to two cups of stiff oatmeal mix. Brown sugar to taste. Keeps the milk from scalding and burning the bottom of the pan. A very good source of calcium, protein and vitamin D for the aforementioned dense bones. Happy hiking. Eet smakelijk

Ben

**OUTDOOR COOKBOOK FOR SALE BY LOCAL SCOUTS**

Cadette/Senior Girl Scout Troop 83 have put together 400 recipes -- ideal for picnics, cookouts, camp and cabin meals. As avid outdoor enthusiasts who camp together three times a year, rappel, hike, and have completed outdoor survival training and high adventure programs, they've compiled favorite recipes from other scouts and campers across the US to created "A Taste of the Outdoors". This cookbook includes menu ideas from breakfast entrees to midnight snacks...and everything in between; and offers a variety of cooking methods -- foil, Dutch oven, campstove, box oven, campfire, grill, solar, etc. Most recipes can be adapted for cabin (indoor - with minimal equipment) cooking. Cost of the cookbook is \$12.50 and includes shipping and handing (in the US). You can visit their website at <http://members.aol.com/janed5/recipe/cookbook.htm> or send payment along with your name, address and phone number to: Troop 83, c/o Barb Koehler, 30 Center Ave., Pgh., PA 15202. Cookbook sales will be used to fund a 2001 trip to the Girl Scout World Center - Our Chalet in Switzerland.

**Rambles For Spring 2000**

**April**

**April 26** Wild flower time at Raccoon Creek Park. Bag lunch. Jim Hurst. 276-0447

**May**

**May 3** Deer Lake Park and Wagman Observatory. Bag lunch. Don Hoecher. 243-8298

**May 10** New Kensington Memorial Park. Bag lunch. Pat Rossi. 724-335-5067

**May 17** Twin Lakes, Greensburg. Bag lunch. Loretta Scalzitti. 724-523-2104

**May 24** West Newton. Bag lunch. Bill Phoennik. 279-5411

**May 31** Beechwood Farms (hilly). Bag lunch. Margaret Laske. 421-5219

**June**

**June 7** Aspinwall. John Hartman. 241-5031

**June 14** Nevillewood. Helen Brownhill. 279-3672

**June 21** Troy Hill. Lunch at Allegheny Brewery. Marilyn Ham. 687-4520

**June 28** Blackridge. Bag lunch. Alex Federowicz. 421-0922

**Fall rambles begin at 10:00 AM. 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.**

**Saturday, Sunday, June 3,4 TRPC Slippery Rock Clinic**--see May 20th listing.

**June 4-10 DCNR Sojourn on the Conemaugh and Kiski.**

**June 11-17 Yough River Sojourn**  
Bob McKinley, of the Regional Trail Corporation is looking for help with canoe instruction on June 11 at the Confluence COE Campground. If you can volunteer or would like more information please contact him at (724) 872-5586.

**Sunday, June 18 Eric Nilson (412) 487-3255**  
Eric wants to spend Father's Day on the water, wherever he can find it--maybe the Conemaugh. Call for info.



CANOEING

Activity Co-chairs: Paul Henry (724) 347-3282  
Brian McBane (724) 443-8972

There have been some nice pick-up trips early this spring, owing to warm weekend weather. The line up for trips and schools through mid June follows. Please call the name and number listed if you are interested. Trips are subject to change depending on water levels and weather conditions.

**Saturday, April 29th Janet Supowitz (412) 247-4016**  
If you haven't been out yet, and the weather and water level cooperate, join Janet on the Laurel Hill(II-III). Janet has been busy paddling since early March, here and further south with TRPC and Nantahala Outdoor Center, so she is ready to go!!

**Tuesday evenings in May (May 2,9,16,23)** are introductory classes in paddling fundamentals, for those with little or no experience. The complete program is repeated each week, so come to any or all of the classes. Paddling is done locally on the Allegheny River. If you are interested in taking classes, or help teach them, please call George Schnakenberg (412) 731-3046.

Now that the days are longer, there will be an opportunity to hone paddling skills and technique on **Wednesday evenings, 7-8:30 pm** at North Park Lake. Park in the lot at Babcock and Pierce Mill Rd., and bring your own boat. This is very informal, with no commitments asked or given. Paddlers from other organizations may also be in attendance for practice. Be sure to have a PFD, flashlight and whistle. Questions--call Shelley Nilson (412) 487-3255.

**North Branch of the Potomac Bloomington Releases ( Class II+) for May are May 6,7, 20,21.** If anyone would like to coordinate a trip there please call Brian McBane (724) 443-8972.

**Saturday, May 6th Hope King (724) 898-1891**  
Join birders Ellie Stanton and Hope King for a pleasant naturalist's paddle on French Creek (flat water) or other scenic, easy run.

**Sunday, May 7th Brian McBane (724) 443-8972**  
Moving water school. Basics of paddling in moving water--good for those completing Tuesday evening classes or rusty paddlers.

**May 12-14th Paul Henry (724) 347-3282, Joyce Appel (724) 526-5407**  
Pine Creek Canoe Camp. Join Paul and Joyce on their ever- popular annual trip. The Pine Creek Gorge(I-II), also known as the Grand Canyon of Pennsylvania, is spectacular, and only runs early in the season. They will take their time and search for porcupines, bald eagles. Optional side hikes lead to waterfalls and scenic overlooks. Those wary of Class II rapids will have the opportunity to portage or line their canoe, but moving water skills are a must ( note May 7 instruction). Call for details and reservations ASAP--this trip fills up fast.

**Sunday, May 14th Brian McBane (724) 443-8972**  
Brian is the AYH co-leader for a Class III run on the Mile of Slippery Rock Creek. Joining him will be expert paddlers Mark Pavkovich and Larry Wentzel from TRPC. They will provide teaching and support for those desiring to improve their whitewater skills. Mark and Larry run the canoe clinics for TRPC, which should be of interest to intermediate paddlers.

**Sunday, May 14th AJ Stones (412) 241-6042**  
A day trip down the Clarion (Class I), 14 miles, with or without Mom.

**Saturday, May 20th Karen Lukas (412) 731-7411**  
A Class I-I+ trip, site yet to be determined, but sure to include some wildflowers along the way.

**Sat., May 20 Al Kepner (724)444-0971**  
North Branch of the Potomac Bloomington Release-Class II+.

**Saturday, May 20th Brian Joly (412) 242-0578**  
This is the cut off date to register for the TRPC Slippery Rock Clinic that will be held June 3,4. Call for information if interested before the 20th.

**Sunday, May 21st Don Hoecker (412)243-8298**  
A perennial favorite, this is Don's annual trip on the Red Bank Creek (ClassI-II). New paddlers who have taken moving water school and are progressing well should consider this.

**May 26-29, Memorial Day Weekend Canoe Camp Jon/Becky Maiman (412) 242-7179**  
Water levels will determine where this Class II trip will be. Call for information concerning camping/paddling skills needed.

**May 26-29, Memorial Day Weekend Outdoor Extravaganza Joyce Appel (724) 526-5407**  
The Butler Outdoor Club has invited all area outdoor clubs to participate. Events will include whitewater and lake canoeing, climbing, horseback riding, hiking, bicycling. Meals, lodging, campsites and educational programs will be available at Rose Point Campground. Although this is not an AYH event, the BOC is a non-profit organization member of AYH with many of the same goals. Call early for reservations, visit the BOC website([www.butleroutdoorclub.com](http://www.butleroutdoorclub.com))or see the registration form in this newsletter.

**Saturday, June 3rd, Paul Henry (724) 347-3282**  
Flatwater trip on the Shenango River, call for details.



## BICYCLING

### Bicycling Program Off to a Slow Start

On February 23rd, seven enthusiastic people met to set up a ride schedule for the year. So far the following rides are scheduled:

- April 29 Sat.**     Wildflowers and Waterfalls along the Yough Trail. Ride 36 miles from Connellsville to Ohiopyle and back. Meet at 10am at the trail parking lot in Connellsville. Bring a lunch. Led by Bob and Mariann Brayer. 412-828-3965
- May 6th Sat.**     Ride the Country Roads in Beaver Co. We meet at the upper parking lot of the Holidays Inn just off of the Beaver Valley interchange. This is the same 30 miles used by the American Heart Assoc. color ride. We also know it as “the Cow Ride” due to the many cows staring back at you as you ride. There is beautiful farm country along the way. Led by Sue Groskin and Joan Roolf. Call Joan at 412-351-2061. Bring a lunch. Meeting at 10AM.
- June 11th Sun.**   Antique, Candy and Ice Cream Fun Ride. This ride will be about 20 mi. with several stops for antiques, Sardis Candy and Ice Cream. On roads in the Canonsburg area. Relatively flat - but fun! Led by Sue Groskin and Joan Roolf. Meeting at 9:30AM at Sardis Candies in Canonsburg. Call Joan 412-351-2061
- June 25th Sun.**   Allegheny Rive Ride. Did you know you can ride from Blawnox to Tarentum and back using flat roads, getting onto the back streets in the towns as you go (there is a famous ice cream stop in Cheswick). Call JoAnn Bary at 724-339-7472 or jbary@kiski.net
- July 18-19-20**     Stanford House Hostel in the Chuyahoga National Recreation Area  
**Tues/Wed/Thur** in Ohio. A change of pace! A midweek trip. Enjoy the many rail trails and tow paths without the large crowds. This is a wonderful place in mid-week. There is an old stone quarry turned into an “old swimming hole” to cool off. Come enjoy.  
Call Joan Roolf 412-351-2061
- Oct 7th&8th**     Wilderness Lodge Biking Weekend. Details not available at this time.

## HELMETS ARE REQUIRED

Events and news courtesy of George Schmidt

### VISIT YOUR FRIENDLY NEIGHBORHOOD BIKE SHOP- NOW!!!

Now is the time for all good bicyclists to come to the aid of their bicycle. Beat the rush and visit your friendly neighborhood bike shop to have your bike checked out and perhaps overhauled before we break into the good weather. Despite catalog and on-line sales, nothing can replace a humanoid bike shop owner who can answer your questions about bicycle repairs and perform the magic that will make your bike ride like new.

The new revised Allegheny Trail Alliance website is out and ready for your perusal. [www.atatrail.org](http://www.atatrail.org)

### PPAC REPORT

"Another acronym," I hear you cry. "What the heck is it?" PPAC is PennDOT's Pedestrian and Pedalcycle Advisory Committee. Despite Bill Metzger's recommendation I was appointed to PPAC by Governor Ridge and attended my first meeting on September 14, 1999. The meeting was a complete shock to one who has attended meetings with PennDOT for years to advocate more bicycle facilities. Bicycling is now a high priority in the Pennsylvania transportation mix. While we have been babbling for years about the benefits of health, recreation and bicycle commuting, the Ridge administration has discovered that bicycles are good business. Improved bicycle facilities are relatively cheap and they draw big returns from tourism. When I mentioned the recent study that stated the Youghiogheny River and rail-trail bring in \$14 million a year in tourism money, people sat up in their chairs. Right now our major project is to establish six marked bicycle routes across Pennsylvania. (Please read the "A" Bicycle Route article.) I was appointed to PPAC to represent the interests of the WPW, the AYH, and other bicyclists in western Pennsylvania. I would like to form a sub-committee to gather information and issues to present at PPAC meetings and distribute information about the meetings. Anyone interested? Give me a call at 412-521-1538 or e-mail: [wpwgeorge@aol.com](mailto:wpwgeorge@aol.com). PPAC also has a web site under PennDOT's home page.

### TAKE THE "A" BICYCLE ROUTE FROM MORGANTOWN TO ERIE

Governor Ridge wants six bicycle routes across Pennsylvania as soon as possible. And when the Governor talks, people listen. PennDOT's Pedestrian and Pedalcycle Advisory Committee (PPAC) has formed a sub-committee to layout the routes. They are two across the length of our state, three running north and south and one

connecting Ohio and New York through Erie.

The "G" Route, running down the center of the state through Altoona, is complete, as is the "Z" Route from Ohio to New York.

Appropriately, the "A" Route is on our turf. It will run from the PA border near Morgantown, WV north to Erie, PA. PennDOT's District 12, based in Uniontown has the overall responsibility for posting route-marking signs. Local PPAC members Linda Boxx and Bill Metzger are heading the "A" Route Committee. Linda is President of the Allegheny Trails Alliance and lives in New Stanton. Bill Metzger is a legendary rail-trail advocate from Mt. Lebanon. Along with help from our own Ned Williams, they have laid out the route from Morgantown to Elwood City. They have asked me, the newest PPAC member from western PA, to help out and get the WPW involved to complete the route. As bike clubs already exist in these areas we intend to solicit the input of bicyclists and tourist agencies along the "A" route to achieve the best possible route.

You better sit down before you continue reading. PennDOT said the preferred routing is on state roads so they could make improvements to shoulders, perform maintenance and post signs without the red tape involved when dealing local and federal maintained roads.

This is an opportunity we can't pass up. The founders of the WPW dreamed of setting up a bicycle route system like this thirty years ago. Now it will be a reality. If you would like to become involved in the "A" Route Committee contact George Schmidt at 412-521-1538 or e-mail [wpwgeorge@aol.com](mailto:wpwgeorge@aol.com).

### CYCLE THE SOUTHERN ALLEGHENYS!

The Southern Alleghenies Regional Tourism Confederation has put together a program called "Cycle Southern Alleghenies" (CSA) to promote bicycle tourism in the Southern Alleghenies Region of Pennsylvania. This includes Bedford, Blair, Cambria, Fulton, Huntingdon, and Somerset counties. Altoona, in Blair County, was named one of America's Five Best Bike Towns by Bicycling Magazine. It hosts the annual Tour de'Toona, the largest pro-amateur road race in the country. Altoona was also the two time host to the United States Cycling Federation National Championships and Olympic Trials.

CSA has published a set of seventeen maps of bicycle tours in the region that feature the gorgeous scenery of the area and other cultural and historical attractions. The maps may be copied from the CSA web site, [www.cyclesa.com](http://www.cyclesa.com), or ordered by phone by calling 1-800-458-3433.

### Thirteen State Rail-trail Bicycling Excursion

Join Glenn Oster on all or part of a van trip across the USA to bicycle many of the major rail-trails that you've read about or just wanted to ride. The trails in the sequence planned are -

- \*Mt. Vernon to Alexandria Virginia
- \*C&O Canal Trail - Maryland
- \*Allegheny Highlands Trail - Pennsylvania
- \*Youghiogheny River Trail - Pennsylvania
- \*Olentangy - Sciota Trail - Ohio
- \*Little Miami River Scenic Trail - Ohio
- \*Wabash Cannonball Trail - Ohio
- \*Pere-Marquette Trail - Michigan
- \*White Pine Trail - Michigan
- \*Elroy - Sparta Trail - Wisconsin
- \*Gandy Dancer Trail - Wisconsin
- \*Paul Bunyan Trail - Minnesota
- \*George S. Mickelson Trail - South Dakota
- \*Route of the Hiawatha - Idaho
- \*Cowboy Line Trail - Nebraska
- \*Cedar Valley Nature Trail - Iowa
- \*MK&T Fitness/Katy Trail - Columbia to St. Charles, Missouri
- \*Thomas J. Evans Bike Trail - Ohio

The trip will take place June 20 thru July 23, 2000. One van is planned for transportation between trails with trippers alternating as the driver of the day to transport gear to the trail's terminus. We will share costs and generally will be camping to limit expense. The trip will be limited to a maximum of eight riders in any segment. Because of the logistics, the trip will not be sponsored by any organization. Rather, it will be a tour of friends sharing wonderful trail experiences. For info and reservations, E-mail Glenn Oster <[goglen25@telerama.com](mailto:goglen25@telerama.com)> or telephone him at (412) 364-2864.

### Pedal Pittsburgh Sunday, May 21, 2000

The Pittsburgh Council of AYH has joined forces with the Community Design Center of Pittsburgh (CDCP), a non-profit organization dedicated to supporting community revitalization and design awareness, to help promote Pedal Pittsburgh, a fun educational bicycle tour of the neighborhoods and design landmarks that make Pittsburgh unique. This year the event will highlight “Favorite Places”, a campaign launched by the CDCP in which citizens, community leaders, and Pittsburgh personalities were asked to nominate their favorite places throughout the city. With over a 100 nominations received, a small portion of those will be highlighted throughout the 15-, 25-, 35-, 50-, and 60- mile course options. Designed as a ride, not a race, Pedal Pittsburgh accommodates everyone from the weekend cyclist to the hardcore fitness enthusiast. Please join as we celebrate the Favorite Places of Pittsburgh on Sunday, May 21.

**For registration, volunteer information, or general questions please call the event hotline at (412) 232-3545 or visit the web site at [www.pedalpittsburgh.org](http://www.pedalpittsburgh.org).**





## HIKING/BACKPACKING/TRAILS

**April 30 Sunday Veronique Schreurs 412 422 0358**  
Veronique will watch the wild flowers unfold at Duff Park as the season progresses. Trillium expected! Five leisurely miles.Bring lunch.Meet at Mellon Park H.Q. at 10:00 A.M.

**April 30 Sunday Jim Ritchie 828-0210**  
**Baker Trail, Fisher-Sigel Section to Cook Forest Fire Tower.** The second in a series of three hikes on the northern stretches of the Baker Trail. This hike will begin near the village of Fisher in Clarion County and end at the Cook Forest Fire Tower, crossing the new Gravel Lick bridge, about 10 miles in total. You will see some early spring wildflowers. Dinner at the Farmer's Inn near Sigel optional. This hike is for experienced hikers who are accustomed to hiking 10 miles or more. It is not a beginner's hike. Rated intermediate or higher. Call Jim for more information and reservations. email: jimritch@aol.com.♦

**May 14 Sunday Jim Ritchie 828-0210**  
**Baker Trail, Cook Forest to the ANF (Allegheny National Forest).** This is the last of three hikes to the northern terminus of the Baker Trail. The hike begins at the Cook Forest Fire Tower, traverses Cook Forest State Park including the Forest Cathedral, Brown's Run, the "secret" Hemlock Cathedral, Clear Creek State Forest, and finally the ANF--14 miles in total. This is a peak "wildflower weekend" in Cook Forest. Dinner at the Vowinckle Inn optional. This hike is for experienced hikers who are accustomed to hiking 10 miles or more. It is not a beginner's hike. Rated intermediate or higher. Call Jim for more information and reservations. email: jimritch@aol.com.♦

**June 3 Saturday Jim Ritchie 828-0210**  
**NATIONAL TRAILS DAY: The "June Hikes" on the Rachel Carson Trail, Harrison Hills.** On the "June Hikes", we will get ready for the Rachel Carson Trail Challenge 2000. In a series of four hikes, we will trace the route just as you will encounter it on June 24th. This is the first of four hikes covering the 34-mile Rachel Carson Trail end-to-end. This hike begins at Harrison Hills Park, skirting the bluffs over the Allegheny River, covering some easy and pleasant terrain. Then we hit Burtner Hill, one of the biggest and toughest hills on the Trail. The last mile to Bull Creek Road consists of quick-paced road-walking. About 8 miles, moderately strenuous, intermediate level hiking. Call Jim for more information and reservations. email: jimritch@aol.com.♦

**June 4 Sunday Jim Ritchie 828-0210**  
**Rachel Carson Trail, Allegheny Vistas.** This is the second of four hikes covering the 34-mile Rachel Carson Trail end-to-end. We will start on Bull Creek Road near Tarentum and tackle Bakerstown Hill, Bailey's Hill, Creighton Hill, and Murray Hill in short order. We will finish along the bluffs over the Allegheny River near Springdale. About 8 miles, intermediate hiking, moderately strenuous. Be sure you've gone 8 miles before, don't make this the first time. Call Jim for more information and reservations. email: jimritch@aol.com.♦

**June 10 Saturday Jim Ritchie 828-0210**  
**Rachel Carson Trail, The Roller Coaster.** This is the third of four hikes on the Rachel Carson Trail covering all 34 miles of the Trail. We begin in Springdale and immediately tackle the "roller coaster", followed by the backside hill of Mile 14, LaFever Hill, down Rich Hill, and then up to Emmerling Park and Myers Hill. About 10 miles, definitely strenuous, not recommended for beginning hikers. Call Jim for more information and reservations. email: jimritch@aol.com.♦

**June 11 Sunday Jim Ritchie 828-0210**  
**Rachel Carson Trail, North Hills.** This is the last of four hikes on the Rachel Carson Trail covering all 34 miles of the Trail. We begin at the Cedar Run Road in Dorseyville, do some spirited (dirt) road-walking for about a mile, and then hike past Hidden Pond, climb to the roof of Allegheny County, into the Hampton Nature Reserve, Crouse Run Valley, and finally North Park, ending at the Beaver Shelter. About 8 miles, this is the easiest of the four sections of the Rachel Carson Trail. There may be one or two wet crossings. Intermediate hiking. Call Jim for more information and reservations. email: jimritch@aol.com.♦

**June 24 Saturday Jim Ritchie 828-0210**  
**Leo Stember 681-1385**  
**Rachel Carson Trail Challenge(?).** If the Rachel Carson Trail Challenge gets all its permits and clearances, this is the date. The RCTC2000 will begin at Harrison Hills County Park at 5:50 AM and will end at 8:54 PM at the Beaver Shelter in North Park, 34 miles later. Watch for the April *Golden Triangle* for the final details. Trail guides are available for \$7.50 plus s/h and sales tax at (412) 431-4910 (AYH Travel Store).

The following outings are lead by **A.J. Stones 412 241 6042**

**May 5,6 and 7 Friday to Sunday 19.5 miles**  
Overnight backpacking on Laurel Highland Trail, Linn Run to Rt 271. Friday night @ Turnpike Shelter,Saturday night @ Rt. 30 Shelter,take out Sunday @ Rt.271

**May 14 Sunday** Day Canoe trip down Clarion River 14 miles

Hiking trips will leave from Jaden's Restaurant Rt.22 East Monroeville at 8.30 AM . Please if you are going to leave a car at the restaurant park closest to Elliot Rd.



## SAILING

The Sailing Activity is looking for a new chairperson. If you have experience and interest please contact Bob Zavos at 412-241-0659. We will still offer daily rentals on the two AYH Sunfish at \$20 per boat. You must have prior Sunfish experience and be able to rig the boats yourself. Other activities:

May 6 Sat Lake Arthur Bob Zavos 241-0659  
**OPENING RACE DAY WITH MSC.** Moraine Sailing Club is holding the opening day of racing if weather permits. Experienced AYH Sailors may be placed on Flying Scot sailboats or take out one of the AYH Sunfish for racing in the "open class".

June 10 Sat Lake Arthur Bob Zavos 241-0659  
**WOMEN'S SUNFISH REGATTA.** AYH women may participate in the first of three MSC Women's Sunfish Regattas. Men may help with equipment setup serve on the committee boat. Experienced sailors may also be placed as crewmembers on Flying Scot sailboats for racing if space permits. We will go out for dinner after the races in the Zelionople/Portersville area.

June 10-11 Sat- Sun Lake Arthur Joe Shields 412-367-3697  
**GO SAILING.** This is a non-AYH Charity event that benefits United Cerebral Palsy of Butler County. Wind & Water, Rita James, Moraine Sailing Club, and Sail America are the joint sponsors at the Crescent Bay rental area on the South Shore. From 11am-3pm on each day, volunteers will provide sailboat rides for a \$10 donation.

I want to buy- a new or used [in very good condition] 'Super Snark' or 'Snark Sunflower' sailboat. Contact Irene Povlish at 412-422-2313 or at ipovlish@hotmail.com.

To: KTA Member Clubs

From: Joe Healey  
Keystone Trail Crew Coordinator

**FOURTH YEAR OF THE KEYSTONE TRAIL CREW SET/COOK NEEDED**  
*Keystone Trail Crew, sponsored by KTA, will be having three weeks of TrailCare in June. The work week runs from Thursday through Monday. The dates are June 8 through 12, Quehanna Trail; June 15 through 19, Chuck Keiper Trail and June 22 through 26, Mid State Trail Southern Extension. Meals and lodging will be provided. If you can spare a week, volunteer a weekend, or come for just a day or two, please think about signing up. No volunteer will be turned away. Forward all inquiries to Joe Healey, 93 Cedarwood Drive, Laflin, PA 18702 e-mail: jnlhealey@aol.com or feel free to call him at (570) 655-4979. Detailed information and a map directing you to the respective camp-site/campsites will then be forwarded.*

*A cook is needed for the above time frames. This is a paid position and all pots, pans, etc., will be supplied, although the cook will be responsible for the purchase of the food. Cost of the food can either be reimbursed after purchase or given up front as a lump sum. If you are interested or know of someone who is, please contact Joe.*

**Official Rachel Carson/Baker Trail Website**  
is now live; the URL is  
<http://members.xoom.com/rachelbaker>.

Also, I discovered the following website, by accident; you may (or may not) enjoy it. I thought it was quite interesting.  
[www.bakertrail.com](http://www.bakertrail.com) -jim ritchie



SEA-KAYAKING

Activity Co-Chairs: Vickie Gotaski 412-344-4929  
Fran Fleming 412-363-1221

**May 6** RedBank Creek Come with us and discover Red Bank Creek as it serpentine thru central Pennsylvania’s deep valleys. We will paddle a 12 mile run from Climax to Lawsonham . Call Ron for details. Ron 412-831-5054

**May 9** May Paddlers Dinner Restaurant to be announced Come share your stories,pictures and suggestions. Everyone is welcome.  
Russ 412-331-2073 Vickie 412-344-4929

**May 13** PA Grand Canyon SEA-KAYAKERS AND CANOEISTS UNITE!  
Once again we shall join forces to paddle the mighty Pine Creek. We will continue our tradition of paddling this majestic gorge, encountering class I & II white water, hikes to breathtaking waterfalls and primitive riverside camping. Intermediate level. To reserve a kayak Vickie 412-344-4929  
To reserve a canoe Joyce 724-526-5407

**May 17** Intro to Sea-kayaking at North Park Lake. Let’s start the season early. We’ll give you basic instruction ,fit you to a boat and get you on the water with some experienced paddlers. Russ 412-331-2073 Vickie 412-344-4929

**May 19,20** Pymatuning Lake Join us Friday evening for a moonlight paddle on Pymatuning. Saturday we’ll do a nature along the marsh-like shore. Car camping. everyone is welcome Russ 412-331-2073

**May 26,27,28** Allegheny River We will put in at just below Kinzua Dam Saturday morning and enjoy a leisurely day paddling down to Buckaloons. Sunday we will paddle on the reservoir, then drive up and explore Rim Rock. Optional camping Friday night. Car camping. Everyone is welcome. Russ 412-331-2073

**May 26,27,28,29** Butler Outdoor Club Weekend We’ll join B.O.C. for a weekend of paddling, hiking, biking, sailing and eating. Come for one day, or endure it all! Reservations and details. Joyce 724-526-5407  
To reserve a kayak Vickie 412-344-4929

**June 2,3,4** Tionesta Creek One of my favorites! We’ll paddle from Lynch to are base camp in Kellettville Saturday,then on to Nebraska Bridge Sunday. Car camping Friday and Saturday nights.Join us for the breakfast till you burst. Call for details. Everyone is welcome, but be advised that we will cover 27 miles over 2 days. Russ 412-331-2073

**June 8** Introduction to Sea-kayaking at North Park Lake Have you ever thought about Sea-kayaking? Here is your chance to give it a try on the non-threatening waters of North Park Lake. Russ 412-331-2073

**June 13** Come and join us for an evening of fun with fellow paddlers. If you’re new at sea kayaking this is a good opportunity to learn more about the sport. This month’s dinner will be at Gullifty’s in Squirrel Hill. By the way, I hear they have great desserts! Vickie 412-344-4929

**June 17** Have you ever thought about giving sea kayaking a try? Well now’s your chance. Join us for a day of paddling fun. We’ll bring the boats and gear, be there to give instruction and answer questions, and it’s all free! Try one boat, try them all. Vickie 412-344-4929 Russ 412-331-2073

**June 19** Intro to sea kayaking at North Park Lake. Our monthly opportunity for you to learn about sea kayaking. We will give some basic instruction on the shore, fit you with a boat and get you on the water with experienced kayakers. Vickie 412-344-4929 Russ 412-331-2073

**July 1** Presque Isle State Park. Eriesistable. This trip has something for everyone. We’ll spend the morning paddling the peaceful, calm waters of the lagoons. Abundant wildlife reside in this watery paradise. We’ll take a lunch break at the historic Perry Monument. Then you can choose a relaxing afternoon of sunbathing on Pa.’s best beaches, or try the more challenging water of Lake Erie. Russ 412-331-2073  
Vickie 412-344-4929

Don’t have a boat? We have kayaks available for all club events.

STATE PLANS INCREASES ATV TRAILS IN STATE

by Jeff Schmidt, SPEL office

The Department of Conservation and Natural Resources (DCNR) is quietly plotting a strategy to significantly increase all-terrain vehicle (ATV) trails. In private meetings DCNR staff are implementing a directive from Secretary John Oliver to launch a five-year plan to significantly increase ATV trails on state forest and state park lands. DCNR leadership apparently believes that the 184-mile ATV trail system is insufficient to meet the demands of the ATV industry. Local ATV clubs, organized by the motorcycle industry (which sells ATVs), have been mounting pressure on state officials to further subsidize their industry by opening more public lands to their vehicles.

Variety of Negative Impacts

All-terrain vehicle use results in a wide range of negative impacts. Noise pollution invades the serenity of the forest, terrorizing wildlife and other forest inhabitants. Air pollution contaminates otherwise pristine areas. Water pollution occurs when ATV users run their machines through streams, springs, bogs, etc. Trampled vegetation, erosion and sedimentation occur when ATV users inevitably ride off trail and sometimes while remaining on trail. Conflicts with other trail users means ATV users want separate trail systems which result in further forest fragmentation and habitat loss. Even snowmobilers don't want to share trails with ATVs.

Legislative Pressure

DCNR has held private meetings with legislative proponents of expanded ATV trails such as Mike Hanna (D-Clinton). Hanna has been a proponent of opening existing state forest roads to ATVs. Hanna is reportedly drafting legislation to require an expansion of ATV use in state parks, forests and gamelands. Currently, PA law allows ATVs access to trails on state forest and park lands. No trails have yet been constructed on park land, while the state forest ATV trail system has grown to 184 miles. The PA Game Commission prohibits ATV use on state game-lands, with the exception of a pilot program for disabled hunters. An annual \$10 ATV registration fee goes into a fund administered by DCNR for ATV trail development on state forest land. The new Hanna legislation has not been introduced, but is expected to be referred to the House Environmental Resource and Energy Committee, which has oversight of DCNR. The legislation, even if it fails to pass, would serve as a "prod" to keep pressure on DCNR to submit to the ATV industry.

Another "Foot in the Door"

The motorcycle industry has long been working to expand access for motorized vehicles on public lands. In addition to ATVs, the motorcycle industry also wants access for off-highway motorcycles (OHMs), also known as dirt bikes. The motorcycle industry has a goal of creating yet another separate trail system for OHMs because their riders do not want to compete with the slower and less agile ATVs. So any expansion of ATV use in state lands represents a "foot in the door" for OHMs.

Rip and Tear Sites

DCNR plans two kinds of riding opportunities for ATV users. One experience would include a traditional trail, with scenic views and generally one-way travel. The other type of site envisioned by DCNR would utilize what is called "Rip and Tear" sites. As the name implies, these would be areas for stunt-riding and "hot-dogging" that would result in significant erosion and soil compaction (ripping and tearing). Under DCNR's plans. "Rip and Tear" sites would be connected by scenic trails. Apparently it is hoped that rip and tear activities would cease when riders use the scenic trails. DCNR has no plans to utilize the ATV fund monies to purchase land for ATV trail construction. Rather, it plans to use existing state forest land for the new trails. In addition, DCNR plans to expand ATV use into state parks by creating more ATV trail-heads in state park lands, which currently are generally free of these polluting vehicles. As this article is being written, DCNR has no plans to solicit public opinion about this radical proposal to expand motorized use of "Penn's Woods". In fact, DCNR has decided to reduce public input meetings over the entire state forest planning process. The schedule of public meetings on forest planning has been postponed repeatedly, and even the release of the promised draft plan is in question.

WHAT YOU CAN DO: Contact Governor Ridge and DCNR Secretary John Oliver to express opposition to the expansion of motorized vehicles on state lands.

Thomas J. Ridge, Governor  
Commonwealth of Pennsylvania  
Room 225 Main Capitol Building  
Harrisburg, PA 17120  
717-787-2500

John C. Oliver, Secretary  
Department of Conservation and Natural Resources  
7th Floor, Rachel Carson State Office Building  
P.O. Box 8767  
Harrisburg, PA 17105-8767  
717-787-2869

## MILLENIUM TRAIL TRIPS, by MARY SHAW

New Year's Ride



Millenial Feast



Laurel Highlands Hiking, Jan 2



Casselman River







ROCK CLIMBING

Rock Out with AYH!

The Pittsburgh AYH Rock Climbing program is a great way to experience the thrill of rock climbing. Our Beginner trips are focused on teaching "never evers" the basics of rock climbing. AYH supplies the climbing gear plus a group of experienced climbers to set up the climbs and teach the course. All you need to bring is a bag lunch, water, and a sunny disposition. Wear loose-fitting, comfortable clothes (shorts and T-shirts in the summer) and tennis shoes. It's not a bad idea to pack raingear in the event of a late-afternoon thunderstorm.

Beginner trips and Seneca Prep trips are held at Coopers Rocks State Forest, Exit 15 on Rt 68, east of Morgantown, WV. Trips leave from AYH headquarters at 7:30 am. We arrive at Coopers Rocks around 9:30 am, followed by a short walk to the climbing area. We are back at the cars by 4:30 or so. Many climbers stop at a local restaurant for dinner before driving back to Pittsburgh. We typically arrive back at AYH headquarters by 8 pm.

Cost is \$10 for AYH members (\$12 for non-members). Gas money (\$5/person, if you car pool from AYH Headquarters) and dinner are NOT included in the trip fees. Beginner trip fees break down as follows:

\$3 activity fee (for first-timers only)  
\$3 harness/helmet rental (if you don't own your own)  
\$3 rope fee (for periodic rope replacements)  
\$1 AYH registration fee (\$3 for non members)

Experienced climbers are welcome on our "Beginner" trips since we top-rope climbs of varying difficulty (through 5.10). Seneca Prep trips teach seconding skills in preparation for a multi-pitch climbing trip to Seneca Rocks. AYH climbers also make frequent "unofficial" trips to Seneca Rocks, New River Gorge, the Gunks, and local climbing areas. Several AYH climbers can be found hanging out (pun intended) at The Climbing Wall, located in The Factory on Penn Avenue, on Thursday nights from 7 to 9:30 pm. Then we retire to the Evergreen pub (also on Penn Avenue) for a few cold ones and to make plans for the coming weekend.

Check the latest newsletter for the current trip schedule and leader. Call the leader listed for information about a trip or to sign up for the trip. Please call before 10 o'clock at night.

To find out more about the AYH climbing program, call Chuck Jones at (412) 242-6172. To sign up for a specific trip, call the Trip Leader listed in the table below.

2000 - AYH ROCK CLIMBING TRIPS

DATE	DAY	LEVEL	TRIP LEADER	PHONE
May 7	Sun	Beginner	Barb Homistek	(412) 687-7328
May 20	Sat	Beginner	Brian Schwadron	(412) 322-0783
June 11	Sun	Beginner	Ann Minard	Call Chuck
June 24	Sat	Rain Date **	Chuck Jones	(412) 242-6172
June 25	Sun	Seneca Prep	Pat Holtzinger	(412) 343-8379
July 7-9	F/S/S	Seneca Rocks	Chuck Jones	(412) 242-6172
July 23	Sun	Beginner	Tom Kaveny	(412) 276-8044
Aug 12	Sat	Beginner	Barb Homistek	(412) 687-7328
Aug 26	Sat	Seneca Prep	Pat Holtzinger	(412) 343-8379
Aug 27	Sun	Rain Date **	Chuck Jones	(412) 242-6172
Sept 8-10	F/S/S	Seneca Rocks	Chuck Jones	(412) 242-6172
Sept 24	Sun	Beginner	Jim Wojciechowski	(412) 322-4524

**\*\* Rain Date trips are make-up dates in the event a prior Beginner trip is rained out. Contact the trip leader as the date approaches to see if the trip will be run.**

TRI IT  
YOU'LL LIKE IT!

JOIN  
FRIENDS OF THE RIVERFRONT  
FOR THE THIRD ANNUAL

PITTSBURGH  
TRIATHLON  
SUNDAY, JUNE 25, 2000  
STARTING TIME: 8:00 AM

6K RUN  
5K CANOE/KAYAK  
18K BIKE

NEED A CANOE OR KAYAK?  
RESERVE ONE WITH FRIENDS OF THE RIVER  
FRONT!  
CALL (412) 488-0212 TO REGISTER  
OR VISIT TRFN.CLPGH.ORG/FOTR FOR AN ON-  
LINE APPLICATION

THE EVENT TAKES PLACE ON HERR'S ISLAND  
AND THE THREE RIVERS HERITAGE  
TRAIL ON THE ALLEGHENY RIVER.

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

AYH Sheet Sleeping Sack  
DON'T LEAVE HOME WITHOUT 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.

THE 2000 RACHEL CARSON TRAIL CHALLENGE  
OFFICIAL ENTRY FORM  
JUNE 24, 2000

Please provide the following information and return this form with a check or money order  
for the proper amount, payable to:  
"AYH-Pittsburgh Council"

**NOTE: Each participant must complete and sign an individual form for a valid registration.**

Mail to: **RACHEL CARSON CHALLENGE**  
**c/o Pittsburgh AYH**  
**830 E. Warrington Ave.**  
**Pittsburgh, PA 15210**

Name: first, m.i., last (please print clearly) \_\_\_\_\_

Age (as of 6/24/00) \_\_\_\_\_ email address (if available) \_\_\_\_\_

Street Address \_\_\_\_\_

City, State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone: daytime \_\_\_\_\_ evening \_\_\_\_\_

Registration Fee Enclosed: \$20 per participant \_\_\_\_\_

T-shirt size (S, M, L, XL) \_\_\_\_\_

Registration Fee includes a "2000 Rachel Carson Trail Challenge" T-shirt; please provide your t-shirt size here.

**LIABILITY WAIVER**

In consideration of your acceptance of my application for participation in the Rachel Carson Challenge, I, the undersigned, for myself, 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, HI-AYH, its activity leaders, and their respective agents, boards, commissions, and any other involved employees and representatives from all liability arising out of or connected in any way with my participation in the Challenge, 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 Challenge. 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 in the Challenge. I attest that I am physically fit and sufficiently trained for the completion of 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 service and is not a waiver of any of said parties of any right hereunder. I understand that serious accidents occasionally occur during hiking and that participants in the Challenge may sustain mortal or serious injury as a consequence thereof. Nevertheless, I agree to assume those risks and to release and indemnify and hold harmless all the persons mentioned above who might otherwise be liable to me (or my heirs or assigns) for damages, of whatsoever kind or nature.

I attest that the equipment and clothing I will use in this activity is in good condition. I UNDERSTAND THAT PROPER EQUIPMENT IN GOOD CONDITION CAN PREVENT SERIOUS INJURY. I agree to abide by the rules of this event as established by the Pittsburgh Council, HI-AYH and to obey the directions of the event officials. I hereby grant full permission to the trip leaders, the Pittsburgh Council, HI-AYH and their respective agents, boards, commissions, and any other involved parties of the foregoing to use photographs, videotapes, motion pictures, or any other record of this event, including my name, likeness and/or voice for any legitimate purpose.

c/jlr/rctc2000/GtArticleApr2000

Participant's Signature in Full \_\_\_\_\_

Parent or Guardian's Signature if hiker is under 18 \_\_\_\_\_

**FINAL REGISTRATION DEADLINE: JUNE 9th**  
**MUST BE POSTMARKED BY JUNE 7th--LIMIT 200 ENTRIES**

**More...About the Rachel Carson Trail Challenge  
2000**

**DETAILS**

- ▶ **STARTING POINT:** The 2000 Challenge will begin at 5:50 AM at the Ox Roast Shelter in Harrison Hills Park, near Freeport. Take the Route 28 Expressway to Exit 16, turn right off the Expressway and go to the T-intersection with Freeport Road. Turn right. The Park is about one mile down the road on the left.
- ▶ **PARKING:** Harrison Hills Park will be open at 5:00 AM on June 24; however, the park is closed at dusk, daily. You must have your car out of the park before that time. If you leave a car at Harrison Hills, you may consider parking your car outside the front gate. A few cars may be parked at the Volunteer Fire Dept. about a half mile north of the Park on Freeport Road. Call, if necessary, for further details on parking at Harrison Hills. At North Park, there are several parking areas in the vicinity of North Park's Beaver Shelter but parking space is generally limited. Car pooling is suggested.
- ▶ **SHUTTLE:** **There will be no shuttle service** to return you to your car from the finish or from anywhere along the hike.
- ▶ **HALF CHALLENGE.** The Rachel Carson Homestead is a quarter-mile from the halfway point (17 miles) of the Challenge. Water, snacks, restrooms, telephones, and Trail Marshals will be available at the Homestead. You may "spot" a car at the Springdale High School parking area, 2 blocks from the Homestead. Do not park on the street.
- ▶ **WATER:** Checkpoints will be located approximately every 6-7 miles with water and light snacks available for participants. Marshals will have cell phones provided by **Bell Atlantic Mobile** for communications.
- ▶ **THE FINISH:** Rachel Carson Trail Challenge 2000 will end at precisely 8:54 PM (official sunset time) at the Beaver Shelter in North Park. The Beaver Shelter is 100 yards north and west of the junction of Babcock Blvd. and Pierce Mill Rd. North Park is located on the "Yellow Belt" between Route 19 (McKnight Rd.) and Route 8.

**"HOW DO I COMPETE?"**

RCTC2000 is a 34-mile, one-day, endurance hiking event, held in the spirit of the Eco-Challenge, the Boston Marathon, the Alaskan Iditarod, the 70-mile Laurel Highlands Trail Run, and the Race Across America. Sponsored by the Pittsburgh Council, American Youth Hostels, the Year 2000 Challenge will be held on June 24<sup>th</sup>, 2000, the Saturday closest to the Summer Solstice. Starting at the crack of dawn, this event extends through a 34-mile roller coaster of hills, hollows, and bluffs between North Park and Harrison Hills in Allegheny County, ending just as the sun dips below the horizon. The essence of the "Challenge" is to endure, to finish the hike in one day, rather than to "come in first" or "win" the hike.

The Rachel Carson Trail is characterized by its roller coaster hills and rugged terrain with the “Challenge” being described as one of the most difficult trail events in the United States. The hike begins at sunrise and officially ends at sunset, 5:50 A.M. to 8:54 P.M., giving Challengers a total of 15 hours and 4 minutes to complete the 34-mile route. Hikers must maintain or exceed a pace of 2.25 miles per hour, exceeding a “typical” hiker’s pace of 2 miles per hour on a primitive trail.

The Challenge has two dimensions: the first challenge is to endure 34 miles of tortuous hill-climbing and descent in unpredictable weather conditions; the second, more subtle, is your ability to stay on the Trail without getting lost. Obviously, those who have hiked the trail before will have some advantage in maintaining the proper route.

All hikers will be given a trip sheet and a set of topographic maps to guide them through the trail. There will be a half dozen checkpoints throughout the hike, offering minimal support. Hikers are expected to carry all their own gear and necessities, including food, water, and snacks, first aid equipment, raingear, maps and a trip sheet.

Of the 270 people who started the 1996 and 1997 Challenges, only 32 had finished the 34-mile event. In 1999, the gods converged to deliver cool, dry weather; a major drought in western Pennsylvania resulted in dry streambeds with no wet crossings; and, RCT volunteers had done a remarkable job of maintaining and marking the Trail. As a consequence, 74 out of 200 hikers managed to finish the hike. In contrast, the summer of '96 brought temps in the mid 90's, humidity to match; high water in the streams forced 3 wet crossings, and a skinny volunteer base made following the trail an exercise in elusion. Of those who registered for the Challenge in 1996, only 5 people finished 34 miles.

The Rachel Carson Trail is a "primitive" trail in the sense that no special grading or surfacing materials are used on the trail. It is a typical Western Pennsylvania hiking trail and hikers should expect to find all the conditions a typical hiker would encounter on a typical hiking trail. While the trail is blazed with yellow blazes, there will be an occasional missing blaze where a tree has fallen or when you are following a logging road or a power line or gas line; there will be blowdowns, washouts, poison ivy, nettles, bugs, loose gravel and rocks, steep inclines, and wet stream crossings. You must be prepared to expect the unexpected and the unthinkable. The better hiker you are, the better you will do on the Challenge.

The Year 2000 Challenge will follow the Harrison Hills to North Park, east-west, route, only for the second time. It is to participant's great advantage to get out before Challenge Day and get the "look and feel" of the Trail. Look in this issue of the Golden Triangle under "Hiking/Backpacking/Trails" for a series of warm-up hikes to be held in June in preparation for the Challenge; the June Hikes will all move from east to west.

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## “HOW DO I COMPETE?”

**WHAT TO BRING:** You are expected to be entirely self-contained. This is an endurance hike, not a “trail run” or a race. Weight, up to 10 pounds in your pack will **not** be a significant factor. Be able to carry **NO LESS THAN 2** quarts of water; sports drinks are recommended; carry a lunch plus high-energy snack foods, raingear, dry socks, first aid gear—especially moleskin or band-aids for blisters; you may want to carry a pair of sandals or surf shoes for wet stream crossings; wear sturdy, well broken-in footgear preferably with good ankle support and a lugged sole for gripping loose gravel and rocks; wear thick wool, wool blend or synthetic fiber socks; wear a hat to keep your head out of the sun; wear sunglasses; carry a pack towel to soak in streams and wrap over your head to cool down; a cell phone is optional but recommended, especially if you want to be able to call someone you know for a ride from the trail.

Please note that in June, some sections of the Rachel Carson Trail will have brambles and nettles as well as poison ivy. Long pants made of lightweight material are recommended.

**THE ALTERNATIVE:** While the organizers recommend you outfit yourself as a “hiker”, it is recognized that several participants in Challenges 96, 97, and 99 had some success participating in “runner mode” wearing light low-top trail running shoes, and carrying only water and a small waist pack for gear instead of a day backpack (rucksack/knapsack).

**THE PRIZE:** All 34-mile finishers will be entered into a raffle; three names will be drawn with each winner receiving an overnight for two at either the new Pittsburgh International Youth Hostel or the Ohiopyle Youth Hostel. All 34-mile and 17-mile finishers will receive six issues of the *AYH Golden Triangle* newsletter free (July-December 2000 issues).

For more information call (412) 681-1385 or (412) 828-0210. Email may be sent to POL1385@hotmail.com or Jimritch@aol.com. Read about the 1996, 1997, and 1999 Challenges at the Rachel Carson/Baker Trail Website: <http://members.xoom.com/rachelbaker> Learn more about American Youth Hostels/ Hostelling International Pittsburgh, the organization the built the Rachel Carson Trail at: <http://trfn.clpgh.org/ayh/>.

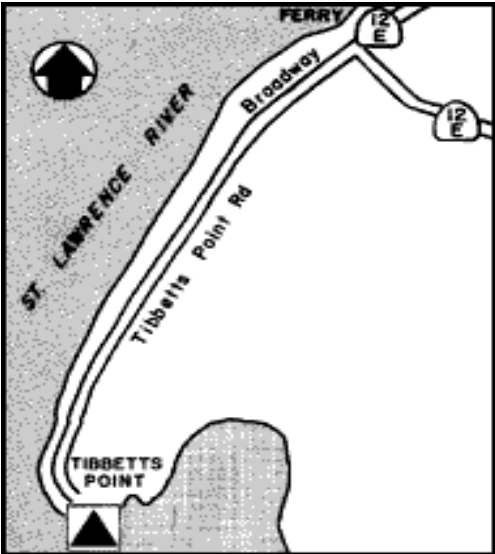
Cape Vincent, New York  
HI - Tibbetts Point  
Lighthouse Hostel



Address: 33439 County Route 6  
Cape Vincent, NY 13618  
Mail Address: same  
Phone: 315-654-3450

Hostelling International - Tibbetts Point Lighthouse Hostel is located on the shores of the St. Lawrence Seaway. After the lighthouse became fully automated in 1976, the Victorian-era lightkeeper's quarters were leased from the town of Cape Vincent to HI-AYH for use as a hostel. Explore the Lighthouse Museum adjacent to the hostel. Take the ferry from Cape Vincent to Wolf Island and Kingston, Ontario, Canada.

Price: \$12 U.S.  
Closed dates: October 25-May 14  
Office hours: 7-9 am, 5-10 pm  
Access hours: 7-9 am, 5-10 pm  
Beds: 26  
Private Rooms: 0  
Facilities: kitchen, lockers,  
parking, wheelchair accessible  
Reservations essential:  
September 1-October 24;  
accepted by Mail/Phone;  
Off-season reservations: mail  
to 535 Oak Street, Syracuse,  
NY 13203, or call 315-472-5788  
Credit cards: not accepted  
Managers: George and Jean Coughler



Directions: From Syracuse: take Rt. 81 North to Exit 46 at Watertown. Take New York Highway 12F and then 12E to Cape Vincent. Turn left on Broadway, 2-1/2 miles, until you reach the hostel (follow road to dead end at lighthouse).  
From Kingston, Ontario, take ferry to Wolf Island and Cape Vincent, then straight two blocks on James Street to Broadway.

4th Annual Outdoor Extravaganza May 26 - 29, 2000

Rose Point Park Campground bordering Moraine and McConnells Mill State Parks and Slippery Rock Creek, I79, Exit # 29, Route 422 West

Friday eve. wiener roast, hay ride, W.Pa. Indians Program  
Sat. eve. pig roast, speaker. Sun. eve. Speaker.  
During the days hike, mtn. and road bike, canoe, cave, sail, kayak, & swim.  
Moraine Pontoon Boat Tour and Colonial Reenactment at Old Stone House.  
Pig roast and meals catered by Fairground Market.

For more information call Joyce Appel, 724-526-5407 or email apple@penn.com  
Mail form to Joyce Appel, Box 204D, RD#1, East Brady, PA 16028.  
Sponsored by the Butler Outdoor Club

Name(s):	
Address:	
Phone:	Fax or Email:
Total No. Adults:	Total Number of Children under age 12:

\* No daily activity fee or camping fee for children \* Half price meals for children under 12.

	Fees:	Fri 5/26	Sat 5/27	Sun 5/28	Mon 5/29	Totals
Activity Fee	\$5/day/adult or \$15/weekend					
Parking (if not camping)	\$ 2/day					
Breakfast	\$ 5/day *					
Bag Lunch	\$ 5/day *					
Dinner	\$ 8/day *					
Pontoon Boat Tour	\$ 5.50 Adult					
	\$ 3.50 Child					
Kayak (per person)	\$15 rental					
Canoe (per canoe)	\$25 rental					
Camping 3 nights = \$25	per adult kids free				additional	
2 nights = \$20 1 = \$15	Totals:					
Select 1 <sup>st</sup> & 2 <sup>nd</sup> choice activities each day (shaded days not available)						
Road Biking						
Mountain Biking						
At nearby stables \$13hr Horse Back Riding						
(Rentals available) (14 Miles) Bike North Shore Trail						
Hiking						
Rock Climbing						
Pontoon Boat Tour of Moraine SP						
Hike, Tour & Colonial Reenactment						
(Rentals available) Canoeing/Kayaking stream or river						
(Rentals available) Canoeing/Kayaking on Lake Arthur						
Beginning Sailing by Moraine Sailing Club						
Beginning Caving by Pittsburgh Grotto						

# HI-AYH Membership & Travel Store Application

## HI-AYH Memberships (No Tax on Memberships)

Valid for 12 months from date of purchase. Renewals valid for 12 months from expiration of current pass. Provides access to 6,000 Hostelling International hostels around the world. Includes **free** handbook of North American hostels upon request (see below) and 12 month subscription to Pittsburgh Council newsletter.

<b>Adult</b> (18-54) .....	\$25.00
<b>Adult Renewal</b> .....	\$25.00
<b>Youth</b> (17 and under).....	FREE
<b>Senior</b> (over 54).....	\$15.00
<b>Family</b> .....	DISCONTINUED
<b>Family Renewal</b> .....	DISCONTINUED
<b>Life</b> (all ages) .....	\$250.00
<b>Non-Profit Org.</b> (Request application).....	FREE

## Student/Teacher ID Cards

<b>Student ID Card (1999)</b> .....	\$20.00
<b>Teacher ID Card (1999)</b> .....	\$20.00

Universal student ID issued by CIBE. Good for worldwide student discounts. Send 1-1/8x 1-3/8 photo, name of your country of citizenship and proof that you are a student. Or ask for free brochure.

## Travel Books ( 10% discount for members )

**International Hostel Handbooks** A complete listing of the Hostelling International Youth Hostels with descriptions, prices, addresses and phone numbers.

<b>Volume I</b> Europe and the Mediterranean.....	\$10.95
<b>Volume II</b> Asia, Africa, Americas, Pacific .....	\$10.95

## Let's Go (The famous series of books for the budget traveler-published by Harvard Student Agencies)

<b>Let's Go Europe</b> .....	\$21.99 (members ... \$19.79)
<b>Let's Go USA</b> .....	\$22.99 (members ... \$20.69)
<b>Let's Go Britain and Ireland</b> .....	\$17.99 (members ... \$16.19)
<b>Let's Go Germany</b> .....	\$17.99 (members ... \$16.19)
<b>Let's Go France</b> .....	\$18.99 (members ... \$17.09)
<b>Let's Go Italy</b> .....	\$18.99 (members ... \$17.09)

## Lonely Planet (An alternative to the Let's Go Books. Highly Recommended.)

<b>Western Europe on a Shoestring</b> .....	\$24.95 (members ... \$22.50)
<b>Mediterranean Europe on a Shoestring</b> .....	\$24.95 (members ... \$22.50)
<b>Central Europe on a Shoestring</b> .....	\$18.95 (members ... \$17.00)
<b>Eastern Europe on a Shoestring</b> .....	\$21.95 (members ... \$19.75)
<b>Western Europe on a Shoestring</b> .....	\$24.95 (members ... \$22.50)
<b>Australia Travel Survival Kit</b> .....	\$24.95 (members ... \$22.50)
<b>France Travel Survival Kit</b> .....	\$21.95 (members ... \$19.75)
<b>Ireland Travel Survival Kit</b> .....	\$19.95 (members ... \$17.95)

## Travel Accessories

<b>Sheets Sacks</b> Used in place of sheets at youth hostels	
<b>Cotton Sheet Sack</b> Comfortable cotton blend.....	\$14.99 (members ... \$13.50)
<b>Nylon Sheet Sack</b> Lightweight Nylon .....	\$13.49 (members ... \$12.25)
<b>Advance Booking Postcards</b> Set of 10 .....	\$1.00
<b>Hostel Stamp Book</b> Use to record your hostel visits .....	\$0.50

## Eurail Passes / Europass / Britrail Passes

The economic solution to rail travel in Europe. Eurail passes are valid throughout all Europe except Britain. For Britain, buy Britrail or BritFrance passes. Available only in the U.S. The more popular passes are described below. Ask for a free brochure on other Eurail and Single Country passes.  
**Credit Cards accepted.** Youth is defined as under 26 years of age.

<b>Eurail Pass</b> 1 month unlimited (youth) .....	\$623.00
<b>Eurail Flexipass</b> 10 days first class travel in 2 months .....	\$654.00
<b>Eurail Flexipass</b> 10 days travel in 2 months (youth).....	\$444.00
<b>Eurail Flexipass</b> 15 days travel in 2 months (youth).....	\$599.00
<b>Eurail Flexipass</b> 15 days first class travel in 2 months .....	\$862.00
<b>Eurail Saverpass</b> 15 days travel with 2 or 3 friends (per person) .....	\$732.00
<b>BritRail Flexipass</b> 8 travel days in 2 months (youth).....	\$240.00
<b>BritRail Flexipass</b> 8 travel days in 2 months (adult 1st class) .....	\$510.00
<b>All Other Passes available</b> .....	<b>CALL</b>

## Outdoor Recreation Books

**Allegheny National Forest Hiking Guide** describes more than 240 miles of trails for hiking, backpacking and ski touring in the 800-square mile Allegheny National Forest. It also describes ski touring opportunities and points of scenic interest. Published by the Allegheny Group of the Sierra Club. 186 pages, 25 maps. Fourth Edition (1999) ..... \$9.95  
**Baker Trail Guide** describes the 141 miles of the Baker Trail from Allegheny National Forest to Freeport PA. 38 pages with complete topographic maps. Published by AYH. (updated 1994) .....

.....	\$7.00
<b>Canoeing Guide to Western Pennsylvania and Northern West Virginia</b> contains information on 270 canoe trips on 3,040 miles of streams in western Pennsylvania and northern West Virginia. 480 pages, illustrated. Published by AYH. 8th Edition (1991) .....	\$13.95
<b>Fifty Hikes in Western Pennsylvania</b> by Tom Thwaites describes 50 of his favorite hiking trails in western Pennsylvania. Fifty Hikes contains lots of interesting background material on the history and geology of each area. 206 pages , 60 pages of maps, 48 photos. 3rd Edition (1999).....	\$15.95
<b>Hikers Guide to Laurel Highlands Trail</b> describes the 70 miles of the trail from Ohiopyle park to Conemaugh Gorge atop Laurel Ridge. Published by the Allegheny Group of the Sierra Club and the Western Pennsylvania Conservancy. 128 pages , 24 pages of maps. New 5th Edition ( 1997 ).....	\$6.00
<b>Monongahela National Forest Hiking Guide</b> describes more than 160 Forest Service trails in 1,350 square miles of the Mon National Forest - one of the best areas for hiking, backpacking and ski touring in this part of the country. Published by the West Virginia Conservancy. 320 pages , 60 maps , 39 photos. 6th Edition ( 1993 ) .....	\$12.95
<b>Pennsylvania Hiking Trails</b> describes more than 290 trails and hiking areas throughout Pennsylvania. Published by Keystone Trails Association. 224 - pages , 94 maps. 12th edition ( 1998 ).....	\$14.95

**Rachel Carson Trail Guide** describes the Rachel Carson trail from North Park to Freeport in Allegheny County. Published by AYH. ( 1998) .....

**Fifty Hikes in Central Pennsylvania** by Tom Thwaites. Another excellent book in the Fifty Hikes series covering day hikes and backpacking in the heart of Pennsylvania. Includes the Tuscarora Ridge, Alan Seeger, and John P. Saylor Trails as well as other favorites. Third Edition.....

.....	\$14.95
<b>Canoeing and Kayaking Ohio's Streams</b> - An access guide for paddlers and anglers. Maps, hazards, portages, shuttles, history and game fish information for 45 Ohio Rivers. 194 pages. (1994) .....	\$17.00
<b>Canoe Streams Map of the Upper Ohio Basin</b> .....	\$3.00
<b>Appalachian Trail in Pennsylvania</b> , Tenth Edition (1999). A revised edition of the official guide to the 232 miles of the AT in Pennsylvania. 200 pages, pack size (4.5 x 6.5 inches) .....	\$9.00
<b>Appalachian Trail Maps (PA)</b> . Set of 12 monochrome topo maps covering the AT in Pennsylvania. Published by the KTA. Maps and elevations on six sheets of Polyart. (1994) ...	\$7.00

**NEW: Pennsylvania's Rail-Trails Guide** New bike-bag sized guide to the state's rail-trails by the Rails-to-Trails Conservancy. Two page introduction to each section of trail with maps and descriptions 4th edition.....

**Free Wheeling Easy (2nd Edition) guide to rail-trails and other bicycling**, walking, and jogging paths in western Pennsylvania and nearby Maryland. 100 pages of text and maps .....\$9.95

**How to S\*\*t in the Woods** is an amusing but informative answer to an age-old question. Valuable for trippers, trip leaders, and the curious. Paperback. 78 pages (2nd ed.1995) ..... \$6.95

## For Fastest Service! Visit The AYH Travel Store!

Pittsburgh Council, AYH  
830 E Warrington Ave, Pittsburgh 15210  
Or Call (412) 431-4910 For an Agency Near You!

## Ordering / HI-AYH Hostel Membership Application

Include 10% for postage (\$1.50 minimum). Pennsylvania residents must also **include 7% sales tax**. Postage and taxes not required for AYH memberships and Eurail Passes. Memberships and merchandise also available at AYH Headquarters and the AYH office. **Discover, MasterCard, and Visa accepted.** Please allow **two weeks** for delivery of mail orders. Priority or Overnight shipping is available; call for information

**Mail to:** AYH  
830 E Warrington Avenue  
Pittsburgh, PA 15210



<b>Name:</b> _____	
<b>Address:</b> _____	
<b>Phone:</b> _____	
(day)	(eve)
<b>Birthdate:</b> _____	<b>Sex (M/F):</b> _____
<b>For hostellers: I need my hostel pass by:</b>	
<input type="checkbox"/> I need a free copy of the North American Hostel Directory	
<input type="checkbox"/> MasterCard <input type="checkbox"/> Visa <input type="checkbox"/> Discover <input type="checkbox"/>	
<b>Credit Card Number</b> _____	<b>Expiration Date</b> _____
<b>Signature</b> _____	<b>Date</b> _____

Credit Card Orders may be faxed to 412-431-2625 for faster service

Qty	Merchandise	Unit Price	Total Price
	Merchandise	Subtotal	
	Merchandise	Postage	
	Merchandise	Tax	
	Donation to	AYH	
Qty	AYH Membership	Unit Price	
	(Type:           )		
	Eurail Passes		
		Total	

## AYH Weekly Open House

Pittsburgh Council has a weekly Open House every Thursday evening from 8 pm to 10 pm at Fifth and Shady Avenues in Shadyside. Look for us next to Pittsburgh Center for the Arts. A slide show at 8:30 pm is followed by announcements of the weekend's trips. Hostel Passes, guide books and more available.

## Council Office and Travel Store

The Pittsburgh Council Travel Store is open Tuesday through Saturday 12 to 5 pm effective Dec 10th. 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.