

The Golden Triangle

Pittsburgh Council

American Youth Hostels

Volume 41 Number 1

January, 1990

Slide Programs for January

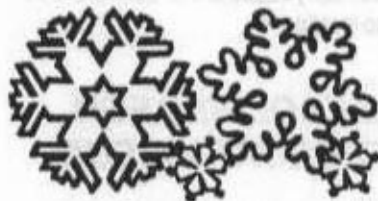
January 4
Winterland Festival At Ottawa
Fred Parker

January 11
To Be Announced
Judy Menosky

January 18
The Incredible San Juans
Glenn Oster

January 25
To Be Announced

Programs are needed for
February. Call
Rodney Horner (339-0944)
or Bob Goff (761-2837)



**HAVE A HAPPY
NEW YEAR**

THE MAGNIFICENT SAN JUAN'S

by Glenn Oster

Part III

This is the final installment of three telling about the trip that Glenn Oster and five other AYHers took to hike in the San Juan Mountains in Southwest Colorado in August, 1989. In the last installment he discussed their time on the Colorado Trail. This installment is about the sightseeing they enjoyed on their journey back home.

We washed, put on clean clothes and headed for Durango and a restaurant meal. Then off to Mesa Verde where we were early enough for a good selection of camp sites. We nailed one down and continued into Mesa Verde to visit Cliff Palace. The afternoon sun was bright and hot, the best time of day to take pictures of it. Hard to believe the Indians reached this level of culture and then simply vanished. There are a lots of theories, probably the most credible being a drought spanning several decades. Climbing the ladders up from Cliff Palace between cracks in the rock had to be a challenge for some (but not for people who had just backpacked the San Juans). The only other attraction we had time for was the museum. It tells a very good story of these people and their culture. Then back to our camp site for dinner, a shower and clothes washing. The women didn't waste this opportunity washing clothes, instead, they enjoyed the evening program by the rangers. Some of the men, however, weren't sure they would be welcomed home with a big bag of ripe laundry, so they washed clothes.

Tuesday took us into Utah on our way to Moab. There was lots of good red rock scenery along the way, mesas, buttes, arches and formations on their way to becoming buttes and arches. We stopped

often to take pictures at places like Bell Butte and Wilson Arch, and to climb up some of them. Beyond Moab we went to Dead Horse Point for a spectacular view of the Colorado River wiggling its way through Canyonlands National Park.

Next came Arches National Park with its seemingly endless variety of red rock formations. We could only sample a few such as Double Arch and Delicate Arch, but we drove by everything that could be seen without a time consuming hike. Even so we chewed up the entire day and returned to a KOA in Moab (and a shower, how good it felt!) While we were at dinner in town, a high wind arose and my tent was blown twenty feet away. It would probably have been airborne had it not been for the ballast of sleeping bags, thermorests, and all the other items that find their way into our tents at night.

On Wednesday, we actually started heading homeward, but not at the expense of more great western scenery. We headed North from Moab on Utah Route 128. This road has historically been a mixture of poor black top and red dirt or gravel, but now it is paved. They have bridges over the washes and have completely taken all the challenge out of driving it - even discontinued the one lane wooden suspension bridge in favor of a modern steel and concrete structure. Nevertheless, it still follows the Colorado River, sometimes only a few feet higher than water level, and you can still see buttes and the awesome cliffs along much of its course.

After 45 miles we reached I-70 and headed east to Colorado National Monu-

continued on page 7...



COUNCIL NEWS

PITTSBURGH TRAVEL, SPORTS AND OUTDOOR SHOW IS COMING!

Volunteers needed for Wednesday February 28th through Sunday March 4th, downtown at the David L. Lawrence Convention Center. Pittsburgh AYH will have a display booth in the "Travel" section near the escalators on the main floor of the Convention Center.

Joe Hoechner is coordinating the many volunteers needed to man (?) the Booth. As you can see from the chart lots of opportunities exist!

The basic hours are 4 pm on Wednesday, Thursday and Friday. Saturday, it is from 11 am to 10 pm with the Sunday show 11 am to 6 pm wrap up time.

Please call Joe at 242-0781 to reserve a block of time. Hopefully in the February newsletter we will have more spaces filled in. Thanks.

	WED. FEB. 28th	THURS. MAR. 1st	FRI. MAR. 2nd	SAT. MAR. 3rd	SUN. MAR. 4th
11 a.m. - 2 p.m.					
2 p.m. - 4 p.m.					
4 p.m. - 7 p.m.	(opens)				
7 p.m. - 10 p.m.					(closes)

December Activities Board Meeting ...

The Activities Board approved:

- Renewing AYH membership in Keystone Trails Association, Pennsylvania Bicycling Federation, and the Group Against Smog and Air Pollution (GASP)
- Participating in Earth Day (April 22, 1990)
- Joining the Montour Trail Council (MTC) and accepting donations designated for the MTC
- Glenn Oster's August backpack trip in Montana and Rick Tomlinson's two Florida sailing trips
- Volunteers for Outdoor Allegheny (VOA), currently an AYH Hostel Club, as an integral committee of AYH pending final approval by the VOA general membership

Also, Sailing reported that three 15' sailboats were donated to AYH and are in storage at Wind and Water Boatworks waiting for renovation and the start of the 1990 sailing season.

January Activities Board Meeting. The January Activities Board meeting has been canceled. Due to its being so close to the holidays, we expect that attendance would be low and there wouldn't be much business to cover. The next board meeting will be February 7th, 1990 at a location to be announced in the February newsletter.

January Board of Directors Meeting
There will be a meeting of the Board of Directors on Wednesday January 24th at 7:30 pm. It is expected that the primary business will be the Pittsburgh AYH-Hostel. Call Larry Laude at 665-9554 to check on the location. ☺

DEADLINES FOR FEBRUARY ISSUE

All Copy
January 4

Binding and Mailing
January 18

THE PITTSBURGH HOSTEL STORY

by Linda Smithyman

We've made progress! the Hostel Development Committee has recently made an offer on a building located in the Friendship area. At present the wheels on this project are starting to spin in a somewhat steady motion. We need to obtain a zoning variance for the hostel site since the City of Pittsburgh does not recognize what a hostel is, and to make the neighbors aware of what hosting is all about to obtain neighborhood support for that variance.

The committee met on Tuesday, November 28th to discuss some of the most important items needed at this point in time. Although we do not have an agreement to purchase the building just yet, some things can be taken care of

immediately. Other things are merely waiting in the wings for clearance.

The second Tuesday of the new year, **January 9th**, will be the next date for the Hostel Development Committee to meet. The time is 7:30 pm, come hungry because we plan to order pizza (yes we can stoop to bribery) and it will be held at Larry Laude's home at 210 S. Atlantic Avenue. We will discuss how to approach the zoning hearing and do some quick thinking on fund raising issues, how to get donations of furniture, dishes, and appliances, among other things. We will have an opening day gala festival sometime in the future and need someone to coordinate that, or just help by making phone calls, checking the guest list, food or whatever.

There are additional duties that we need to take care of, too. Maybe you can provide some support. The areas where we need help include:

Real Estate	Legal Advice
Fund Raising	Marketing

And much more, but we are not sure what kind just yet.

We do know that a cooperative effort of our members will really help to make this project a success. Even if you can make a few phone calls you can help. If you can't make it to the meeting or to headquarters on a Thursday evening please give Linda a call at (531-1868) or call Larry Laude at (665-9554) and we can fill you in. And stay tuned to this corner for additional updates and you'll be in the know. =>

THANKS AND A TIP OF THE HAT. . .

The Rafting Committee thanks its trip leaders:

Jon Maiman	Linda Smithyman
Gus Hughes	Shirley Ulacky
Rick Ulacky	Cindy Rupert

The Hiking and Backpacking Committee thanks its trip leaders:

Jon Maiman	Linda Smithyman
Ben Brugmans	Cliff Ham
Pat Rossi	Tom Kaveney
Marilyn Ham	Jack Peth
Norm Snyder	Dick Neller
Rick Ulacky	Shirley Ulacky
Dan Martt	Bruce Sundquist
Pat Tieman	Fred Parker
Pete Srin	Blanche Asherman
Steve Tubbs	Todd Henkleman
Cay Friedman	George Bauer
Mark Mistrik	Glenn Oster
Bill Johnston	Terri Gossard

HIKER ALERT

by Tom Thwaites

Allegheny National Forest. The marking of all major trails (North Country, Tracy Ridge, Johnnycake, Rimrock-Morrison, Twin Lakes, Mill Creek, Minister Valley, Tanbark, Tom Run and Hickory Creek) in the Allegheny National Forest is being changed to plastic tags of various shapes and colors.

The North Country Trail is marked with white tags, while blue tags are used on the other trails. The tags are fixed to trees with aluminum nails. The old "eye" blazes are being painted over. Other trails elsewhere which have used such markings have experienced chronic problems with vandals removing the tags and even the nails. Hikers wishing to follow these trails in Allegheny National Forest should have their eyeglass prescriptions checked so they can see the little nail holes left in the trees. These are likely to be the only markings remaining on these popular trails.

tower from which you can see the waves of the forest sea rolling to the horizon? Several of mine do. (See Hike 22 in *50 Hikes in Central Pennsylvania* for one). Enjoy these while you still can. A recent ruling from Harrisburg requires that all these towers be fenced off behind barbed wire and locked up. A great scenic resource in Pennsylvania is being sealed off at the insistence of deskbound lawyers.

Chuck Keiper Trail. Like the evening news, I have saved the one upbeat item for last. On the weekend of October 6, 7 and 8, the KTA Trail Care team braved wind, rain and cold to reopen the Four Ridges Trail on the East Loop of the Chuck Keiper Trail. This trail was closed by a forest fire last year. The nine hardy members chain-sawed blowdowns, repainted blazes and made a start at cutting the huckleberries and mountain laurel. [from the Fall 1989 KTA newsletter]. =>

Pennsylvania State Forest Fire Towers. Does your favorite hike lead to a fire

Trips in January

HIKING/BACKPACKING

1/12-15 Fri-Mon Int. Glenn Oster 354-2864(H) before 9 pm
234-3967(W)

6:30 pm at HQ. Enjoy the winter beauty of the Oil Creek Hiking Trail. Make use of Martin Luther King holiday. Call Glenn for information and reservations.

1/20 Sat Int Glenn Oster 364-2864(H) before 9 pm
234-3967(W)

8:00 am at HQ. Hike a new section of the North Country National Scenic Trail in Moraine Park. 12 miles. Call for information and reservations.

1/21 Sun Int Ben Brugmans 736-2751(?) 736-0103(?)
9:00 am at HQ. Quebec Run, 6 miles

1/30 Mon All Linda Smithyman 531-1868
9:30 am Meet at Frick Park Nature Center for the first hike/walk of the New Year. Depending on the weather we'll do 2-3 miles and have lunch (at a nearby food joint if it's too cold). Anyone familiar with the park is especially welcome or whoever has a decent map!

CAVING

1/14 Sun ? Dan Martt 921-4638

8:00 am at HQ. See nice passages. Afterwards, meet at Dan's house to talk over a caving program. Interested??? Meet at 7 pm. Call Dan for directions. (You don't have to come on the caving trip).

VOLLEYBALL

ATTENTION ALL VOLLEYBALLERS!

Note: If Pittsburgh schools are closed for any reason, such as snow days or national holiday, there will be no volleyball that day. We play on MONDAY nights starting at 6:30 at PEABODY High School located at 10th and E. Liberty Avenues. Go in the main entrance, turn right, through double doors and turn right into gym. Call Joel Platt at 521-5244(H) or 421-4446(W).

1/8 Mon 6:30 pm at Peabody School
1/22 Mon 6:30 pm at Peabody School
1/29 Mon 6:30 pm at Peabody School

Pittsburgh Council Activity Chairs

Bicycling

Chuck Ejzak 466-6196
Dino Angelici 931-6651

Canoeing

Clare Bunker 244-9788

Caving

Dan Martt 921-4638

Climbing

Eric Bauer 687-0766
Rich Rosenberger 372-2806

Family Activities

Barbara Hanusa 441-7205

Hiking & Backpacking

Ben Brugmans 736-2751
Pat Tieman 561-3286

Kayaking

Ray Yutzy 341-5682
John Gayler 421-1307

Mid-Week Trips

Cliff Ham 687-4520

Rafting

Jon Maiman 441-2306
Linda Smithyman 531-1868
Cindy Rupert 561-7631

Sailing

Rick Tomlinson 963-8910

Sea Kayaking

Mark Mistrik 521-7688
Ted Self 795-6286

Volleyball

Joel Platt 521-5244

X-C Skiing

Fred Parker 856-4713
Rick Ulaky 422-0849

PLAN YOUR WESTERN BACKPACKING VACATION NOW!

Friday evening, August 3 to
Saturday evening August 18, 1990

Join Glenn Oster on his 7th annual backpack trip to the West. This year, the Beartooth Wilderness in Southern Montana. For intermediate/advanced skills. Distance, climbs and altitudes will be more moderate than in recent years with time to fish the mountain streams and lakes. In addition to great scenery, we stand a good chance of seeing elk, moose big horn sheep, mountain goats, bear and deer. While traveling out and back we will see the Badlands of South Dakota, Mt Rushmore, Custer State Park, Wind Cave National Park, Devil's Tower, Yellowstone National Park and the Grand Tetons. Cost should be under \$500. For information and reservations, call Glenn at 234-3967(w) or 364-2864 (h) before 9 pm.

MID-WEEK ACTIVITIES

Rambles

Every Wednesday. Meet at 10 am Wednesdays at the tennis courts parking area on 5th opposite Beechwood. We generally take a 3 to 4 mile "ramble" at a slow pace. Call Marilyn or Cliff Ham (687-4520) for more information on current activities or to make arrangements to meet the group.

Ice Skating

A group from AYH often ice skates at the Schenley Rink Wednesdays. 1:30 - 3:30 pm at the adult session.

Trips in January

X-C SKIING

1/2-9,16,23,30	Tues eves	Beg	Mark Mistrik	441-8293(h) 647-7609(w)
6:30 pm at HQ. Every Tuesday evening, enjoy a local x-ski, beginners welcome. Reversation essential.				
1/4,11,18	Thur eves	Beg	Fred Parker	856-4713(h)
6:30 at HQ. Thursday evenings, enjoy a local x-ski before the regular AYH meeting, beginners welcome. Please reserve and check on snow condition.				
1/6	Sat	All	Rick and Shirley Ulaky	422-0849
8:30 am at HQ.				
1/7	Sun	Begin	Kathy Pacacha	781-7245
8:30 am at HQ.				
1/13	Sat	Adv	Norm Snyder	351-4068
8:30 am at HQ.				
1/14	Sun	All	Joe Hoechner	242-0781
8:30 am at HQ.				
1/20	Sat	All	Chuck & Lynn Ejzak	466-6196
8:30 am at HQ.				
1/21	Sun	All	Joel Platt	521-5244
8:30 am at HQ.				
1/27	Sat	All	Tom Kaveney	278-8044
8:30 am at HQ.				
1/28	Sun	All	Dan Martt	921-4638
8:30 am at HQ.				
2/3	Sat	All	Eric Bauer	687-0766
8:30 am at HQ.				
2/4	Sun	All	Terry Gossard	321-2382
8:30 am at HQ.				

The Pittsburgh Council of the AYH has a free brochure describing the cross-country ski program. It provides a brief description of the background of Nordic skiing and information about AYH trips, instruction, and available rentals. For a copy of this brochure, send your name and address to: AYH Skiing, 6300 Fifth Avenue, Pittsburgh, PA 15232. Please include a first class stamp for postage. Or call (412) 362-8181.

THE RETIREMENT OF THE "LAST BUCK"

The canoeing group finally had the opportunity to express its gratitude to one of its highly valued, and esteemed senior members at the annual Xmas/birthday party for Bob Buck. Through the combined efforts of the group, Tom Gelzhiser of Canoe Pittsburgh and Old Town Canoe Co., we were able to re-outfit Bob with a new boat and enough equipment to take him on many a future canoe trip.

Along about mid-summer Bob began to make worried noises about the eminent demise of his trusty boat, "Last Buck", after ten years and 6300 miles (Bob keeps a log). Jim Porcelli picked up on this and contacted Old Town, makers of Bob's canoe. After receiving photos and information about Bob's retired status and the sad state of his Pathfinder, they agreed that it was an impressive testimony to the durability of their product and they would contact their local dealer here to arrange a deal on a new boat at a greatly reduced price.

With some not so subtle questioning we learned that Bob wanted to replace his old Pathfinder with an Old Town Otter. But Old Town doesn't make them any more??? So back to Canoe Pittsburgh. After some searching about Tom finally located an Otter at a dealership in Wheeling, WV. Tom drove to Wheeling to pick up the boat, then joined us at the party where we presented it to Bob Buck.

Bob went slowly into shock as we gave him a gift for each year since Kathrine Lynch and Don Bowman started the parties five years ago, ending with the Otter for 1989.

Bob's wife, Idell, spoke up and said, "since I have you all here maybe somebody can tell me where all those strange items of female clothing come from that show up in Bob's car after a canoe trip—swimsuits, tops, earrings, black rubber underwear, and real smelly tennies." Bob was quickly vindicated by about 40 people. The occasion was recorded on video by Jim Roberts and a dozen folks with cameras.

THE EDITOR'S FANCY

Our canoeing history goes back with Jim Roberts and his fairy tale to "the days when real canoeists paddled tandem and all boats were made of metal." Thinking back, mine was more of a horror story.

I have never even pretended to being a great paddler, just adequate and having a strong sense of survival. I get through most rapids high and dry. My cat's dislike for wet hair is second only to mine. So very early in my canoeing career "to solo or not to solo" became a very important question.

In our early days of tandem canoe paddling, my paddle partner and I agreed on only one thing. We were both strong willed individuals, if not strong paddlers. There were few rapids that I couldn't find the chicken route through, where as paddle partner wanted to hit the frothy stuff. The only problem with that was as bow person I got all this cold water splashed in my lap.

Could we have done less for a guy whom Roy Ann Mac refers to as "my life saver and a god-send on the river." Bob is happiest when he is being useful. He gets to practice his very effective boat over boat rescue more often than we like to admit.

Bob doesn't say much. Janet Supowitz recalls how she learned the hard way that when Bob stands on the Buffalo and declares "its going to be a real scrappy trip" that translates into, the river is too low, and we ought to find another put in!

Mary Shaw has a way with words and summed the guy up pretty neatly for the rest of us, "There is a small number of paddlers that I am delighted to have on a trip any time, any place because they are absolutely reliable and always in exactly the right place when you need them there. Bob is one of these."

Thank you Bob, by accepting our small tokens of appreciation, you have

So we would switch ends. Approaching the next rapid I am putting a lot of steam into paddling toward the left bank, my bow person seems to be working equally hard pulling us to the opposite bank. We end up right where we should not be. Then I was asked the inevitable question, "why did you do that?"

Water reading is probably the most important thing to master for solo canoeing. There is no substitute for being able to assess a rapid or situation and deciding on the right plan of action to take. With only your own weight some where near the center of the boat, it seems to take much less energy and effort to maneuver it. Don't be fooled though, it is still plenty of exercise.

Since you are on your own you have to stay alert to what's coming up and prepare for it well in advance, positioning the canoe well up stream to avoid obstacles and disaster. At least that's my strategy. It might not work for everyone.

I am convinced, there is a great deal of merit in solo paddling. My former paddle partner and I will celebrate our 35th wedding anniversary this month and signed on for that many more. *Joe Bugh*

allowed us to share in the true meaning of the Christmas season. Thanks for your consistent generosity and selflessness, and most of all for just being you! *Joe Bugh*

I wish to thank all my canoeing friends who celebrated my 75th Birthday anniversary at a party held at Don Bowman's home and hosted by Katharine Lynch and Don December 2nd, 1989.

My canoeing friends, Canoe Pittsburgh, and Old Town Canoe Co. presented me with a completely outfitted white water Old Town Otter Canoe and a brand new paddle.

I was speechless then and am now. I can only say THANKS a million as I start into my second ten years of paddling with the "Last Buck Too."

Bob Buck

THE OUTDOOR PHARMACOPOEIA

High Altitude Sickness

Dear Cheryl,

I recently went on a bicycling vacation in Colorado and got a headache, nausea, fatigue and was very irritable. I was told I had "altitude sickness". Can you tell me more about it?

Bud

Acute high altitude illness includes high altitude pulmonary edema (swelling), retinal hemorrhage, cerebral edema and acute mountain sickness. Pulmonary and cerebral edema can be life threatening and the only reliable treatment is quick descent. Retinal hemorrhage is thought to lead to cerebral edema if not heeded. Acute mountain sickness is the most common form of high altitude sickness and is the one you describe, Bud.

Acute mountain sickness usually develops during the first 8 to 24 hours when people ascend rapidly to altitudes of 8,000 feet or greater. Symptoms include a throbbing frontal headache which is generally worse in the morning. It is exacerbated by strenuous exercise, poor appetite, fatigue, irritability, nausea, vomiting and shortness of breath or exertion. Sleep is generally poor or unrefreshing. These symptoms are most severe on the second or third

day, and they usually last 4.. days, but can occasionally persist for up to 8 days.

The incidence of high altitude illness increases with the rate of ascent and the altitude attained. For example, 76% of climbers on Mt. Ranier suffer from mountain sickness due to rapid ascent to a high altitude (14,410 ft). Only 12% of skiers in Colorado at lower altitudes (7,900 to 1,200 ft.) developed symptoms. Mountain sickness affects both men and women equally. Susceptibility to the illness is not predictable and severity of symptoms varies widely. However, people who have developed a mountain sickness in the past will get symptoms again under similar conditions.

Prevention of mountain sickness includes making a very slow, gradual ascent at high altitudes (ascending 500 to 1,000 ft. per day maximum), or "staging" the ascent, which is a process of remaining at intermediate altitudes for 2 to 5 days.

The surest form of treatment is to descend to a lower altitude. In mild cases, symptoms may be treated by rest, increasing fluid intake, eating a light diet which include frequent small meals, and refraining from alcohol and smoking. Aspirin or acetaminophen may be used for

the headache. Sedatives to enhance sleep should be avoided since they potentially depress nocturnal breathing. Besides descending to a lower altitude, oxygen might be a logical treatment for severe cases. It is cumbersome and may not be readily available and it is not clearly beneficial.

This column will explore medical and pharmacological topics of interest to people involved in outdoor activities. All questions are welcome and should be addressed to:

Cheryl Hoechner R.Ph., MS
Drug Information Specialist &
Clinical Pharmacist
C/O Pittsburgh AYH
6300 Fifth Avenue
Pittsburgh, PA 15232

Pittsburgh Council Hostels

Ohioyle-AYH-Hostel
Ohioyle State Park
P.O. Box 99
Ohioyle, PA 15470
(412) 329-4476

Charlroi Youth Hostel (S.A.)
Rego's Hotel & Restaurant
601 McKean Ave.
Charlroi, PA 15022
(412) 483-6200

Living Waters AYH-Hostel
RD# 1 (1 mile west on Route 30)
Schellsburg, PA 15559
(814) 733-7607

Point Park College Youth Hostel (S.A.)
201 Wood Street
Pittsburgh, PA 15222
(412) 392-3824
(after 4 pm: (412) 391-4100)
(summer only)

CLASSIFIEDS

WANTED: a triple crown for my Fisher mountain bike, any size or number chainrings, reasonable price paid, contact Jason McCloskey at 661-8408, leave a message.

FOR SALE OR RENT: 2 bedroom home with a new roof, hardwood floors. 3/4 acre of gardens with berry bushes and fruit trees. Wood burning stove. Ideal for self-sufficient person. Located in Pittsburgh. \$41,500 or \$375/month rent. Call Jim Enright (215) 696-0577.

APARTMENT FOR RENT, FRIENDSHIP: Spacious two bedroom first floor apartment for rent with elegant touches. Porch, parking, laundry. Quiet neighborhood. \$525 month including utilities. Call Cliff or Marilyn Ham at 687-4520.

FOR SALE: Eureka sentinel backpacking tent with vestibule. This is a four season expedition tent in excellent condition. \$150. (discount price now at Campmor is \$355). for information, call Glenn Oster 234 3967 (w) or 364-2864 (h) before 9:00 pm.

San Juans from page 1...

ment and a 19 mile tour atop cliffs where all manner of free standing rock structures, called monuments, stand waiting to impress anyone who visits. Dave and Rahul in particular had to walk out to the very edge of the cliffs sending deep chills through at least one of our party. For him it was "thanks, but no thanks". This is a marvelous place. On a previous trip I took a picture of one of the formations called Independence Monument, blew it up to 20' by 30' and have it hanging in my office. Don't miss Colorado National Monument if you're ever near Grand Junction, Colorado. It's worth it.

Lunch followed and then off to Black Canyon of the Gunnison. This is a deep, steep sided canyon cut by the Gunnison River some 1,800' to 2,300' almost straight down. The entire area was igneous, that is, formed by volcanic action. All manner of dikes and fissures can be seen on the opposite canyon walls and some of the peaks in the distance were volcanoes in their day. There are a number of over-

looks. By the third one a point was reached where it was possible to climb to the bottom without ropes. Part of the group did just that while the rest of us drove into Montrose for some fine dining.

This week was one of beautiful nights. The moon was full and its reflections on the cloud masses were something special and even had a good view of a total eclipse of the moon. We couldn't have picked a nicer week from that standpoint.

Thursday morning was a bit of a disappointment. We wanted to see the north side of the canyon, but the road in was so full of twists and turns that we had to abandon it. It required too much time. We had a consensus on that decision. The next disappointment was Crested Butte. Never saw a Butte—just a very modern ski resort town engulfing the "little town that time forgot"—no longer forgotten. It did have a nice little park to picnic in, though. Blanche, our principal down hill ski buff, thought this was a neat place. She is going to ski it.

After lunch we headed for the towns of Cripple Creek and Victor, once sleepy

places after the gold rush ran its course. Victor, until recently, was a ghost town with dirt streets and collapsing buildings. Now, both show real economic vitality. The increase in the value of gold and more effective technology has really pumped life back into these remote towns. Tourists, however, especially in Cripple Creek, have to be contributing more to the economy than gold mining. Our weather was very dark and stormy, but the visit was worthwhile.

Next was to be Garden of the Gods near Colorado Springs, but weather ruled that out, and we elected to camp for the night and hustle into town for dinner.

Friday was the first of our days of serious driving home, but the morning was beautiful and first we had to see Garden of the Gods' monstrously large and overwhelming red rock formations and a big white rock as well. It even had it's own version of a balanced rock. Could have visited a lot longer there, but it was time to head for home and by the end of the next night, we were home - tired, but full of great memories. Let's do it again!➡

WIND & WATER BOATWORKS

412-586-2030



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THE RIGHT PRICES*



WILDERNESS LODGE CROSS-COUNTRY SKIING WEEKENDS

January 12, 13, 14

February 16, 17, 18

If you like your lodging intimate and rustic, and your ski trails tracked and groomed, this is the weekend for you in the Erie snow-belt near the New York border! NO SNOW WE STILL GO.

The cost includes lodging Friday and Saturday nights and a candlelight dinner Saturday evening (vegetarian upon request). Trail fees are \$5.00 per day and ski rentals are available at the lodge. Three to six people in a room with assorted doubles, singles and bunks are available. Space is limited to 34 persons each weekend. Call Cay Friedman (371-4923) to make reservations for the weekend you want. After confirmation, send a check made payable to Pittsburgh AYH for the full amount. No refunds after December 28 unless your spot can be sold to some one else. Send checks to: Cay Friedman, 304 Le Roi Rd., Pittsburgh, PA 15208.

Weekend costs: Member - \$50.00, non-member - \$55.00.



Please indicate the weekend for which you have made a reservation: _____

NAME(S): _____

ADDRESS: _____

PHONE: _____ Are you an AYH member? _____

_____ I can drive and I can take (#) _____ riders

_____ I cannot drive

_____ I will drive and meet the group at Wilderness Lodge

Enclosed is a check for \$ _____ for _____ (#) members, _____ (#) non-members.

PLEASE ENCLOSE A SELF-ADDRESSED STAMPED ENVELOPE WITH YOUR CHECK

NEW STATE FOREST TRAIL MAPS

The Pennsylvania Bureau of Forestry has recently published a number of revised maps for hiking trails in various State Forests. All are available without charge and can be ordered from the Pennsylvania Bureau of Forestry, PO Box 1467, Harrisburg PA 17120.

CHUCK KEIPER TRAIL. This is a two-sided map for the two connected loops of this trail in Clinton and Centre Counties.

DONUT HOLE TRAIL. This is a set of two double-sided maps (four maps total) covering all of this 60 mile trail in Potter and Clinton Counties. Much of the Susquehannock Trail adjacent to its connection with the Donut Hole Trail is also shown.

PINCHOT TRAIL SYSTEM. This is a single map showing the complex network of trails that makes up the Pinchot Trail System in Lackawanna County.

OLD LOGGERS PATH. In addition to the 27 mile Old Loggers Path, this map also shows the seven mile Hawkeye Ski Trail and a number of other connector and well defined trails. All are in Lycoming County. (from the Fall 1989 KTA Newsletter)

RAILS - TO - TRAILS NEWS

by Dino Angili

The Montour Trail Council (MTC) continues to move forward with its plans for converting the abandoned Montour and the Peters Creek Branch of the Pennsylvania Railroad Rights-of-way into a non-motorized recreational trail. When completed, the trail will begin at Coraopolis and run for 50 miles, making a continuous half-circle around western and southern portions of Allegheny County and passing through northern Washington County. The trail will end in Clairton (see map).

On November 27, 1989, the general membership of the MTC ratified the proposed by-laws unanimously. An interim board of directors was installed. They are listed as follows: Stan Sattinger, Dino Angelici, Bill Metzger, Larry Ridemour, George Schmidt, Jack Swisher and Dave Wright. The MTC is registered as a Pennsylvania non-profit corporation, and is in the process of registering as a State charitable organization and is filing for 501(c3) tax exempt status with the IRS. This last document is necessary to allow contributors a tax deduction for their donation.

Approximately 40 members, the Pittsburgh Council of the American Youth Hostels, and the Western Pennsylvania Wheelmen have made contributions to the MTC so far. The AYH, which currently has 501(c3) status, is accepting donations on behalf of the MTC at this time. The above documents establish the MTC as a credible organization, able to make the necessary contacts to make the trail a reality.

Larry Ridemour, who is with the Allegheny County Planning Department, has met with representatives from a conservation organization known as the Trust for Public Lands (TPL). The TPL has indicated that they are willing to acquire the rights-of-way and hold them for a specified period of time until either the MTC solely or in combination with various governmental and/or private corporations can take over ownership and administration of the trail.

To this end, the MTC is developing a "concept plan" which will describe pre-

cisely how the trail will be acquired, developed, policed, and maintained. The concept plan is expected to be finished by February 1, 1990. At that time the plan will be presented, for review, to all affected county and local governments. Then private citizens and special interest groups will be targeted in an effort to gain broad-based support. As you can see, there is

still much to be done, but good things keep happening for us and it is exciting. If any of this interests you, the next MTC meeting will be held Monday, January 8, 1990; 7:30 pm, at Mt. Lebanon Public Library. Call Larry Laude, (665-9554), Stan Sattinger (561-5056) or Dino Angelici, (931-6651) for directions or additional information. ♦♦



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Clarion PA 16214
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Ohiopyle PA 15470
(412) 329-4476

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Sewickley PA 15143
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1746 Washington Road
Upper St Clair PA 15241
(412) 835-8070

SAILING THE GULF OF MEXICO

Rick Tomlinson will organize and skipper live-aboard sail cruises in southwestern Florida in late April. Two eight day charters are offered for persons who wish to learn to sail and for experienced sailors.

April 21-28: Depart from Ft. Myers and practice sailing and navigating in the Sanibel/Captiva area. Sail to Naples and Marco Island, then to the 10,000 Island area, to Shark River, and on to the middle Keys. Enter Big Spanish Channel and sail the shoal route to Marathon. Exit through the Moser Bridge pass into Hawk Channel and snorkel the beautiful reefs of the Keys. Sail to Key West and spend the last day of your vacation exploring this historic town.

April 29-May 6: Depart from Key West and practice sailing and navigating in the Straits of Florida. Snorkel the reefs off Key West, then sail to Marquesas Cay. Sail to the Dry Tortugas and snorkel the most remote and unspoiled reefs in the United States. Sail from Tortugas to Sanibel Island, a spectacular day and night crossing of 130 miles. Cruise Pine Island Bay, Exit Red Fish Pass and tack up the Boca Grande Inlet into Charlotte Harbor. Dock at Ft. Myers and disembark.

We will sail a 47' Gulfstar sloop if six people sign up for each trip. Or a 42' Pearson sloop if only four persons wish to go. The boat must be chartered by March 1st, so it is absolutely essential that you sign up early. The first week's trip is rated Basic Coastal Cruising. It involves shorter passages between anchorages in more developed cruising grounds. The second week's trip is more adventurous, to remote areas and with possibility of stronger winds and heavier seas. It is rated Intermediate Coastal and Introductory Off Shore Cruising. Sign up for both trips and enjoy two complementing experiences.

We will dine aboard for breakfast and lunch every day. Five evening meals will be prepared by Rick and served aboard. Three evening meals will be eaten ashore at ports of call. Onboard dinners will be gourmet cuisine.

Shared costs will be about \$650 per person per week for charter fee, boat operating expenses, provisions and AYH trip fee. Transportation cost, shore lodging and meals ashore are additional.

For those new to live-aboard cruising, we follow the training curriculum of the American Sailing Association. Persons who wish to get the most from the experience are encouraged to read appropriate training manuals prior to the cruise. Those who wish a more casual introduction to sailing a mid-sized keel boat will be instructed onboard in lesser detail and to a lower level of proficiency. Experienced sailors may just enjoy the cruise and practice their skills or may contribute to the training of others.

For further information on these trips and to sign up, please contact your Skipper, Rick Tomlinson. At 4 Davonshire Drive, Pittsburgh, PA 15238 until January 15th and after March 30th. Phone: (412) 963-8910. At 4571 Great Lakes Drive, S., Clearwater, FL 34622, between January 16 and March 30th. Phone: (813) 573-9406.

Note: I will be sailing the Lower Antilles between January 25th and February 14th and will be out of touch. Please write a note to my Florida address. ➡

Morgantown Travel Service
127 High Street
Morgantown WV 26505
(304) 292-8471

WVU Outdoor Recreation Center
Mountain Lair Student Union
Morgantown WV 26506
(304) 293-2203

Pittsburgh Council American Youth Hostels
6300 Fifth Avenue, Pittsburgh, PA 15232
(412) 362-818

January 1990

Dear AYH Members,

Welcome to another year of hosting! If you have renewed, you should soon receive your 1990 Membership sticker from the National Office, and you can expect to receive your new Hostel Handbook this month. If you don't receive the handbook soon or haven't received your membership sticker yet, please call us.

Exciting days are in store for your Pittsburgh Council. We have decided that our next hostel development priority should be the opening of a **Pittsburgh Hostel**. Point Park College is only open to hostellers in the summers now and we need a replacement facility to welcome visitors to Pittsburgh as many of us have been welcomed in other countries and in other parts of the United States. We have identified several locations that are suitable as a 25 to 40 bed hostel. As you can imagine, a city hostel will involve significant work and expense. We plan to seek grants from local foundations, but first we need to demonstrate that we have **your** support.

We are also planning to improve our headquarters building in Mellon Park. We have been talking at lot over the last few years about having to move due to the planned expansion of the Pittsburgh Center for the Arts, but it has always been our hope to remain at the present site because of the environment, the central location, and the adequate parking. The Pittsburgh Department of Parks and Recreation has indicated that they will permit us to remodel and even expand the building but has emphasized that the work will have to be done **at our expense**. Some of the most immediate concerns are repairs to the roof and insulation, squirrel proofing, and just a lot of general maintenance. In the long term, we would like to provide you and your guests an expanded meeting area, office, and **restrooms**.

Please consider a generous year end gift to Pittsburgh Council to help us meet our goals. Your help as a volunteer for the Pittsburgh International AYH Hostel or the work at Headquarters would also be greatly appreciated. Thank you.

Joe Hoechner, Vice President
Pittsburgh AYH

Yes, I would like to help the Pittsburgh Council. Enclosed is my donation for:

☐ \$25 ☐ \$50 ☐ \$100 ☐ \$500 ☐ \$5000 or \$ _____

I would like my gift to go toward: ☐ The Pittsburgh AYH Hostel

☐ Headquarters Renovation ☐ The General Fund

Can we thank you in our newsletter? ☐

Pittsburgh Council of American Youth Hostels is recognized as a 501(c)(3) non-profit organization by the IRS and contributions are deductible to the fullest extent permitted by law.

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American Youth Hostels is a nonprofit 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 through its councils and National Office. AYH is the U.S. affiliate of the International Youth Hostel Federation (IYHF) which coordinates more than 5,400 hostels worldwide—the largest network of

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GUIDELINES FOR CONTRIBUTORS

All articles of interest to our members are welcomed—subjects relating to our trips and activities, the environment, the outdoors, etc. Articles submitted should be neatly typed and double spaced (at least a 12 point font), on disk or can be sent via modem when prior arrangements are made. Sorry I cannot accept more than one or two short paragraphs of hand-written copy. Poor spelling and punctuation are risky; they can turn into anything I want them to be. The use of material will be limited to available space. Place articles in the Editor's box at AYH Headquarters or mail to The Golden Triangle, 6300 Fifth Ave., Pittsburgh, PA 15232. *Jan Bugby* Editor

COVER CREDITS:

Skiing picture by Bruce Sundquist



zanship and an appreciation of America. travel programs through its councils and National Office. AYH is the U.S. affiliate of the International Youth Hostel Federation (IYHF) which coordinates more than 5,400 hostels worldwide—the largest network of



MEMBERSHIP APPLICATION AMERICAN YOUTH HOSTELS PITTSBURGH COUNCIL 6300 FIFTH AVENUE PITTSBURGH, PA 15232



Member (1/1) 2V

\$25.00 Membership (ages 18 to 54, with renewals available at only \$25)

\$10.00 Youth Membership (age 17 and under)

\$15.00 Senior Citizen Membership (age 55 and over)

\$35.00 Family Membership (includes children under 18, with renewals available at only \$25)

\$50.00 Supporting Membership

\$100.00 Sustaining Membership

\$250.00 Life Membership (individual lifetime membership)

\$18.00 Foreign nationals, including Canadians

\$10.00 Vol. I, International Hostel Handbook (Europe & Mediterranean)

\$10.00 Vol. II, International Hostel Handbook (Africa, Americas, Asia & Australia)

\$14.00 Cotton sleep sack, required at all international hostels

Donation for Hostel Development Fund (tax deductible to extent permitted by law)

Total - make all checks payable to: PITTSBURGH AYH

MEMBERSHIPS ARE VALID FOR 12 MONTHS FROM MONTH OF ISSUE

NAME

(last)

(first)

(middle)

STREET

CITY

STATE

ZIP CODE

Are you a member of AYH?

Yes

No

How did you hear about AYH?

Yes

No

I would like to volunteer, please contact me: Yes

No

How did you hear about AYH?

Yes

No

AYH MEMBERSHIP BENEFITS

- Information to new members
- USA Hostel Handbook, listing over 250 Hostels in the United States.
- The Knapsack, National AYH travel newsletter.
- The Golden Triangle, Pittsburgh Council's newsletter of trips and activities.
- Open house Thursday nights at Council headquarters.
- Access to National travel programs and Leadership Training courses.

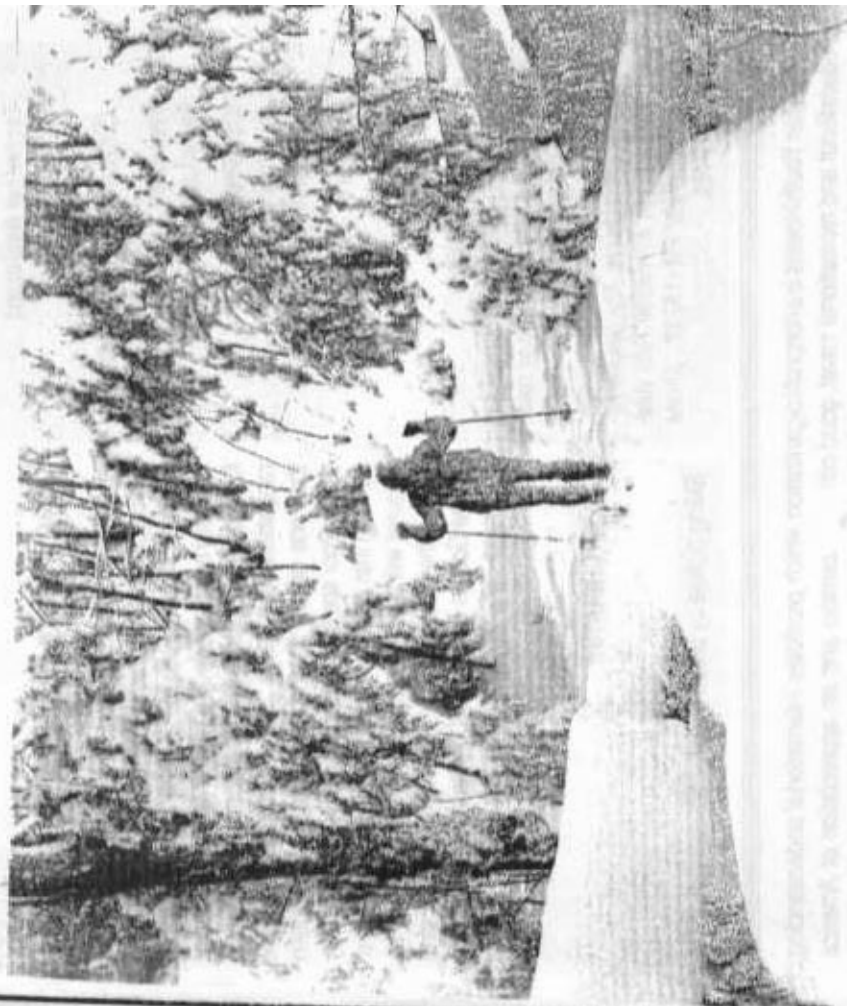
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Pittsburgh Council

American Youth Hostels

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