



**golden  
triangle**

**ayh**

**pittsburgh council, american youth hostel, inc.**

**Volume 26, Number 7**

**JULY 1975**



**PORTRAIT OF A ROCK-CLIMBER**

## RECREATIONAL TRAIL PLANNED FOR ABANDONED RAILROAD RIGHT-OF-WAY

At 7 AM on May 21, 1975, several AYH members joined conservationists, government officials, railroad officials and members of the press on the last train to travel over the Western Maryland right-of-way which could soon become one of the best recreational trails in the United States. This 60 mile hiking and biking trail, tentatively called the River Gorge Trail, runs along the Youghiogheny and Casselman Rivers, and Flaherty Creek, from Connellsville, Pennsylvania to just outside Frostburg, Maryland. Since Frostburg is only 13 miles from Cumberland a connection with the C & O Canal Towpath may be feasible. This would provide a recreational trail extending from Connellsville to Washington, D.C.

AYH members who have been rafting or canoeing on the Youghiogheny are among the very few people who have ever seen the secluded area traversed by the railroad. They are also aware that there are railroads on both sides of the river. But they may not know that both railroads are components of the Chessie System. The tracks on the west side of the river are those of the Western Maryland Railway, those on the east belong to the Baltimore and Ohio. Since the two railroads no longer compete, the Western Maryland is abandoning approximately 120 route miles of trackage, almost all of which is between Connellsville and Hancock. They are donating approximately 60 miles of the right of way to the Western Pennsylvania Conservancy for use as a recreational trail. Although there is some trackage between Connellsville and Frostburg that the railroad will continue to operate (in order to take care of customers who would otherwise lose all rail service), easements alongside of the tracks will be negotiated.

In addition to the breathtaking vistas, the route features several long tunnels. These tunnels help to keep the maximum grade to .79% eastbound (42 feet rise per mile) and 1.75% westbound (92 feet rise per mile). This will make the entire trail ideal for bicycling on almost any type of bike.

All effort to date has been toward acquiring this valuable right of way; so future development plans are sketchy at best. The process of making the right of way suitable for recreational use will be time consuming. Although it is expected that most of the tracks will be removed by the end of this year, more than 500 deeds will complicate the matter of transferring the property to the Conservancy. Once the Conservancy has clear title the right of way would be suitable as a hiking trail. Eventually an inexpensive base of cinders, pea size gravel, or limestone screenings would make a surface suitable for bicycling.

Pittsburgh Council has the opportunity to provide input into these development plans. Cliff Ham has been coordinating this input and working on a proposal for both the trail development and also hostel development along the trail. The potential for a chain of hostels eventually linking into the C&O Canal chain and connecting Pittsburgh with Washington, D.C. is certainly one of the most exciting possibilities for this recreation corridor. Joe Hoechner has had preliminary meetings with state park officials to discuss hostel possibilities at Ohiopyle.

We can congratulate and thank the Western Pennsylvania Conservancy for this exceptional acquisition. The River Gorge Trail, if that is its final name, should end up as one of the longest, and certainly one of the most beautiful "railroad trails" in the country.



Aerial photo of the Western Maryland Railway



Hiker's-eye view of the Youghiogheny River



## ACCIDENT WITH INJURIES: ACTION NOW

### Secondary Survey

After completing the primary survey and instituting basic life support measures, the first aider begins the secondary survey to look for non-obvious injuries. While doing the secondary survey, be alert for Medic-Alert tags. Do the secondary survey in the following manner.

Check the scalp for cuts and bruises. Look for blood in the hair. Do not move the head while checking for scalp wounds. Check the back of the scalp by placing your fingers behind the neck and sliding them upwards toward the top of the patient's head.

Check the skull for depressions and protruding bone fragments. Use the fingertips to gently palpate the whole skull, including the face.

Check the ears and nose for blood or clear, water-like fluid. Presence of either or both of these fluids indicates a possible skull fracture. However, blood in the nose can indicate a bloody nose while blood in the ear may have run downhill from a bloody nose.

Check the neck for fractures. Look and feel gently for deformities or abnormal bony protrusions in the neck. If you find any abnormalities at this stage of the survey, stop the survey for the moment. Immediately stabilize the patient's neck with rolled towels, a rolled jacket, a blanket roll, or two filled canteens secured with a roller bandage, a belt or pack straps.

After stabilizing the neck, check the chest for movement on both sides and for fractures. Look to see if the chest is rising and falling in the normal manner. If the sides are not rising and falling together, or if one side is not moving at all, rib and lung damage may be present. Gently feel the chest for broken ribs--a depression or a grating feeling as the bone fragments rub against each other. The patient may also complain of pain, especially on inspiration.

Check the abdomen for spasms and tenderness. Gently feel the abdomen with the fingertips held almost parallel to the abdomen. A board-like abdomen or spasms in the abdomen indicate abdominal injuries or internal abdominal bleeding.

Check the pelvic area and genitalia. Look for cuts and bruises. Check the bony areas for swelling, discoloration or deformities. Feel for lumps and tenderness. If one leg rolls outward or one leg is shorter than the other, the patient may have a broken hip.

Check the extremities for paralysis. In general, if there is paralysis in both the arms and the legs, the neck is broken. If the legs are paralyzed but not the arms, the fracture is in the mid or lower back. Determine paralysis by doing these tests.

First, ask the patient if he has any sensation in his arms and legs. If he complains of numbness or tingling in his arms and legs, suspect spinal cord damage.

Next, ask the patient to move both his feet and to try to raise his legs slightly, one at a time (if he does not have any leg fractures). If he cannot do either of these tests, suspect a spinal cord injury.

## ACCIDENT WITH INJURIES: ACTION NOW CONTINUED

Next, ask the patient to wiggle his fingers and squeeze your hands. If he cannot do either of these things, suspect a spinal cord injury in the area of the neck.

If the patient is unconscious he will be unable to respond to these tests. In this case, check the patient's response to painful stimulus, such as pressure against a fingernail. If there is no spinal damage, the painful stimulus triggers a reflex action in which the extremity moves away from the pain, just as we involuntarily jerk our hand away from a hot stove. If the spinal cord is damaged, there will be no such reaction.

Lastly, check the buttocks for fractures or wounds. If spinal damage is suspected, do not move the patient to inspect this area-- just slide the hand over this area without disturbing the patient. If spinal damage is not suspected, roll the patient slightly to check this area. Feel carefully for deformities in the bony structures and for bleeding wounds that might not be obvious if the patient is lying on his back.

After determining the nature and extent of the injuries, the first aider can then proceed to treat the injuries. The rest of these articles deal primarily with treatment of injuries commonly seen by the hosteller.  
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ACCIDENT WITH INJURIES is a series of articles dealing with first aid in the "wilderness" setting. Last month's and this month's article dealt with evaluating the extent of injuries. Next month's article will deal with first aid for some of the minor injuries commonly seen such as, abrasions, lacerations, and animal bites (for the cyclist that didn't outrun the dog).

These articles are written by Lurana M. Patterson, R.N., R.EMT. Emergency Care Nurse Specialist. The contents are solely the responsibility of the author and are in no way the responsibility of the Western Pennsylvania Regional Medical Program, the Health Services and Mental Health Administration, or the Department of Health, Education and Welfare. Any reproduction of these articles requires the written consent of the author.

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## EVENING CYCLE TRIPS FOR JULY

Trips leave the headquarters building Tuesday and Thursday evenings at 6:30 and return before dark. Be sure your bike has a flag for these trips on city streets. You should carry a spare tube and know how to change a tire. Cost: 25¢. We may be able to rent you a bike if yours is hung up, but call the leader first.

### Evening trip leaders for July:

July 1 Jim Roberts 362-5792  
July 3 Claudette Falkenham  
571-1824  
July 8 Jack Bachelor 963-7868  
July 10 George Schmidt 521-1538  
July 15 Marilyn Ham 687-4960  
July 17 Gary Ludwig 521-4964  
July 22 Ed Sieger 561-4790  
July 24 Dave Barbour 243-2870  
July 29 Peter Krell 521-9239  
July 31 Ray Rossi 364-5705

Evening trip leaders: come on the trip before yours to get the key. Come on the trip after yours to give up the key. If you can't come, you get a replacement.

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## BIKECENTENNIAL NEWS

Ever hear of Horse Sweat Pass or Spirit Revival Ridge?

These are two areas included in "Bikepack '75" Tours scheduled by Dan Burden of Bikecentennial for this summer in the northern Rockies. Ten day tours of 350-400 miles are planned with costs ranging from \$65 to \$95. The starting point is from Missoula, Montana.

Some starting dates are July 2, 16, 28 and August 4, 6, and 11. Rental bikes and even touring panniers are available at Missoula.

If you'd like more information send a stamped, self-addressed envelope to:  
BikePack '75  
P.O. Box 1034  
Missoula, Montana 59801

## HOSTEL OF THE MONTH

### Monticello Supplemental Accomodati

The Monticello Supplemental Accomodation is now open in Monticello, New York. It provides an important link between hostels in upstate New York and New England and hostels in Pennsylvania and New Jersey.

Housed in a Catskill mountain tourist inn, the accomodation provides superb sleeping facilities and many outside attractions. These include: swimming -  $\frac{1}{2}$  block hiking in the woods, horseback riding at a nearby stable, and canoeing at nearby lakes. Located only a half mile from the town of Monticello, the hostel is within walking distance of restaurants, movie theatres. An evening stroll in the village is a very enjoyable passtime.

The cost is \$2.50 per night per person. Please send one night's deposit with reservations. For more information or reservations contact:

Jacob Smolensky  
Houseparent  
18 Hillside Avenue  
Monticello, New York 12701  
914-794-8207.

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## DAVE'S CYCLE HINTS

Dave's foolproof super-simple bike flag holder. Go to any store that sells knitting supplies. Buy a pair of Boye hollow aluminum 10-inch knitting needles size 15. Cost: \$1.40. Tape one of the knitting needles to your bike carrier and it makes a perfect holster for a flag. First, of course, you must pull the head of the needle with a pair of pliers. Size 15 holds the collapsible flags sold by Joe Hoechner. The smaller size 13 will accomodate fiberglass shaft flags. And the needles come in colors to match your bike!



## Who, What, and Where are we?

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OUR **"CITADEL"**

ultra-high security lock has been proven as the best lock today.

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OUR **TOUR Lite**  
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is the only tent we sell —  
it's the only tent designed specifically  
for the touring cyclist.

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OUR **WHITEWATER KAYAK**

is a well-made, top-quality (1-year guarantee)  
Kayak at a price even the novice can afford.  
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conditional 2-year guarantee.

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OUR **Pyrawa and Sea Eagle**

inflatables have been proven from Ohiopyle to Angel Falls  
and carry a 1-year guarantee.

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OUR **BOOK**

selection is the finest around — we have more than 50 titles in stock always! And we sell two  
bicycling magazines and a river magazine.

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We're not "in business just to make a few bucks" like some bike shops. We ride bikes, we are ecology minded and we care about you and your bike. Free advice always. If you haven't been around for awhile, stop in, see what we're offering and what we're doing — remember, it's for you.

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*We bring you quality at prices you can afford!*

We're inflation fighters — watch for our "Super Sales" every few months!

*And don't forget to check our special*

**"BIKE OF THE WEEK"**

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412 - 521-3189



## TIPS AND TALES

Super cheap campsites? If you're leading a trip for AYH your group is eligible for "organized youth group tent camping" at some state parks. The fee is a mere 10¢ per person per night with a \$2.00 minimum for the group. Some state parks that feature these sites are Cooks Forest, Laurel Hill, Pymatuning and Raccoon Creek. For complete listing of parks plus rules and regulations contact:

Bureau of State Parks  
Room 601  
301 Market Street  
Harrisburg, PA 17101

While cycling this summer be sure to watch out for cars towing trailers. Most drivers are inexperienced in handling and judging passing distances. Also watch out for the extended side view mirrors used on these cars.

Do you dig flying kites? You may want to order a catalog featuring kites imported from all over the world - prices range from \$2.75 to \$250.00! Send 25¢ postage to:

Go Fly a Kite Inc.  
1434 Third Ave.  
New York, New York 10028

If you're an active boating person you may be getting tired of throwing out those plastic gallon jug bottoms when you cut them up for bailers. Hey, save those for your favorite bicyclist. If the jug bottoms are cut with a lip of about 1" or 2" they are great for soaking cycle parts. Using your favorite solvent you can clean chains, gear clusters, brake assemblies, etc.

Plan to cycle tour around New York this summer? Why not send for "Bicycle Tours In and Around New York". \$2.95. It covers rides from Manhattan to rural New Jersey and Long Island. It's available from: Hagstrom Company Inc.  
450 West 33rd Street  
New York, New York 10001

Pittsburgh AYH has a supply of official AYH fanny bumpers available. These have been imported from Columbus Ohio and sell for a mere \$2.25. See Joe Hoechner or Roy Weil for yours.

## BICYCLE BELT BEACONS

Belt Beacons are flashing yellow lights you can fasten to your belt, bike, etc. to make yourself more visible at night. Their main advantage seems to be for areas where street lights, head lights and so forth drown out an armband light or other steady light. They are miniature versions of highway barricade flashers you see along the road. The manufacturer claims 40 flashes per minute for 120 hours on a 9-volt alkaline radio battery. Mary Shaw will make up an order (at a good price) if enough people are interested. See her at a meeting or call 681-5131.

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SCHOLL'S BICYCLE CENTER

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PITTSBURGH, PA 15229

PHONE 412/931-6711

(WEST VIEW)



## CANOE RENTAL POLICY

In response to a number of calls about renting hostel canoes or rafts for private trips, the Canoeing Chairman would like to publish the present policy.

The boating equipment is available to any member who is qualified and who has led (past tense) a similar trip for the council. This will hopefully encourage volunteers to come flocking about on Thursday nights volunteering to lead trips.

The cost for the use of the rafts on private trips is currently \$20 per raft per day.

If you've prudently observed that the published cost for canoe schools is slightly higher than for regular trips, you are right. Our thinking is that we now have a good supply of well trained and capable instructors who are willing, at times, to spend a day patiently pointing out upstream Vees and explaining that the wide end of the paddle should go towards the water. To keep this status more or less quo, we try to spread the cost of transportation and equipment rental out among the students. This should encourage the students to become instructors who will spend a day .... ad infinitum.

Many thanks to the canoeists who are missing supper and other comforts to help out on our Wednesday evening's Paddler's Primary. They have met with tremendous interest.

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### WANT ADS

C-2 for sale. Modified Femat design, good condition. This is a fine boat for touring or moderate white water, but it is not a high performance salom boat. Call Mary Shaw 681-5131.

A.M.F. Roadmaster 10 speed bike -- 23" frame sanded and primed -- "completely disassembled". As is, \$50.00. Call Joe Hoechner 343-2465.

## EXTENDED TRIPS

Monday July 21 through July 27. The Bugby family is heading north for some lake cruising and camping. Folks with camping gear and time off this week should call Gordon @ 371-4233.

Saturday August 2 to Sunday August 1. Experienced Backpack to Dolly Sods. Most hiking will be "off trail". Pace will be leisurely to allow time to photograph. Call Jim Roberts 362-5792 for details. Limit of 8.

Cycle tour Long Island New York. Spend one week with Joe Hoechner touring farms, shore, flat roads, etc. Last chance! Tentative date -- first week in August. For information call 343-2465.

Cycle tour in New England. John Bohrer and Carlo Bird are interested in cycle-hosteling in New England in middle to late August and they are willing to take some snae people along. If interested, call Carol at 682-9053 to discuss details.

Want to go out west this year? Norm Snyder is looking for another person for a two week trip to Montana and Canada the first two weeks in August. Call Norm at 371-2371.

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### Storage Space Needed

In a few weeks AYH will receive 5000 Canoeing Guides to Western Pa. about 90 cubic feet worth. These pose a problem since our Misc. Publications Chairman's garage is full of Hiking Guides to W.Pa., Monongahela National Forest Hiking Guides, to say nothing of Dolly Sods Guides, etc. Anyone having some dry floor space, say 3' feet by 4 feet or more, who is willing to loan it to AYH is asked to contact Bruce Sundquist at 327-8737.

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### MSR BICYCLING HELMET

In 1973 many bicycling clubs were using our climbing helmet because they felt a need for head protection. Bicyclists requested changes in the MSR climbers helmet to make it better suited for bicycling. By using their ideas and getting feedback from bikers who had tested our prototypes, we now manufacture a helmet specifically for bicycling. The response to this helmet has been TREMENDOUS!

## OPEN HOUSE

Open House is held every Thursday evening. Everyone is welcome, member or non-member. Doors open about 7:45 P.M. with the program starting about 8:45 P.M. Come and find out about us.

July 3 No program. Have a bang-up Fourth of July weekend.

July 10 June Siple (the Hemistour girl) will present a program on the upcoming Bikecentennial.

July 17 Morgantown Weekend 1975. Were you there? Jim Squire was very busy with his camera on the hikes and climbs. Some of the views taken on the climbs are worth the trip alone. Jim also has some slides of Norm Snyder's Cheat River Canyon Hike.

July 24 Follow Roy Weil and Mary Shaw as they toured Sweden on a bicycle for three weeks in 1974. See what a Swedish hostel looks like.

July 31 Spend a night in a hostel in Iceland, then day hike from there. Or, if you like Scotland better then we have that for you too. Clifford and Joan Schoff are going to share their experiences in Scotland and Iceland with us tonight.

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The Golden Triangle is a monthly publication of the Pittsburgh Council, American Youth Hostels, Inc 6300 Fifth Avenue; Pittsburgh, PA 15232. Phone 362-8181 Thursday evenings only.

Editor: Mary Giventer  
Production: Aileen Pastorik  
Cover Cartoon: Mike LaMark  
Contributors: Lurana Patterson,  
Chuck Weinstock (railroad article),  
Dave Barbour, Joe Hoechner  
Printing: Al Levenson

## Bicycle 6 miles, 25 miles, 50 miles all downhill

Read on--if you'd like to do a bicycle tour of the most beautiful part of Pennsylvania featuring 1) downhill or level routes through the hilliest country around, 2) somebody else to furnish single or tandem bikes, and 3) lunch and soft drinks supplied enroute.

Youghiogheny Outfitters, Inc., the same fellers that rent rubber rafts to run the Yough, have gone into the bicycle rental business with an ingenious twist. They'd searched out three major trips of 6, 25, and 50 miles. With bus and attached trailer (for the bikes) they haul you out to the top of the trip, and you return (with a trip leader) over mostly level and downhill routes. In one case (on the 50 miler) the bus is waiting to get you over one killer hill so you can coast back down to Ohiopyle.

It's a super idea if you want to go biking the easy way and let someone else do all the dirty work. The last time we checked, the 6 mile tours were \$5.00, the 25 miler \$10.00, and the 50 mile trip depended on how many went. Noone under 12 may go.

For information or reservations call 412-329-4549, or 412-836-1000, or write Youghiogheny Outfitters, Box 21, Ohiopyle, PA 15470. For special treatment tell them you're a friend of Stuart Van Nosedeln's. He's the mayor of Ohiopyle.

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Canoe Poles for sale, aluminum, about 3.85 meters (12feet) in length, less than 1.2 kilograms (3 lbs.) in weight. A single piece pole costs \$11.79 plus sales tax \$12.50. A split pole that comes apart for easy storing, painted gold with markings every 35 cm. for use as a depth gauge costs \$24.52 plus sales tax \$26.00. Either pole will float breakage unknown, of the same material as used by most of the national poling champions. See or call Roy Weil or Mary Shaw 681-5131.



## TRIPS AND TRAILS

The trips listed below are open to the public with the exception that AYH members are given priority when the trip is of limited size. Trip costs include 50¢ registration and insurance (\$500 medical) plus transportation costs and equipment rental. Call the trip leader to reserve or cancel or just for more information about the trip.

Please call during normal hours (6:30 - 9:30 PM) unless otherwise noted. Make reservations early but in no case should they be made later than the Thursday before the trip.

- |            |         |   |
|------------|---------|---|
| Fri        | July 4  | Join Barry Walker for a combination <u>hiking</u> /walk through   |
| Sat        | July 5  | <u>cave</u> trip to the Sinks of Gandy in West Virginia.  |
| Sun        | July 6  | This will be a family style, easy trip open to anyone. Hiking will be along the Laurel Fork. Must have backpack equipment and flashlights. Call Barry for departure time and other information @ 521-4708.  |
|            |         |   |
| Fri        | July 4  | <u>Canoe camping</u> trip on easy, but flowing water. You'll  |
| Sat        | July 5  | need tent and camping equipment, food and water for   |
| Sun        | July 6  | 3 days. Some camping and canoeing experience necessary. Cost about \$15.00. Reserve with Bill or Elaine Corwin @ 687-2794.  |
|            |         |   |
| Fri        | July 4  | <u>Intermediate Backpacking</u> . Larry Giventer will lead a  |
| Sat        | July 5  | backpack trip to explore Dolly Sods. Some experience  |
| Sun        | July 6  | required. Leave Thursday evening. Group size limited to 10. Call Larry for details and reservations at 422-9282.  |
|            |         |   |
| Fri        | July 4  | <u>Rafting</u> . Paul Kammer will lead a raft trip this holiday. Call to reserve with Linda Paul - 421-7296- Cost about \$6.00. Bring lunch, dry clothes, dry tennis shoes.   |
|            |         |   |
| Sat        | July 5  | <u>Class IV Bike Ride</u> . Burn off some of that July 4th barbecue through the river valley of the Youghiogheny and Monongahela with Phil Slaugh. A number of interesting stops are planned (Round Hill Dairy Farm). This is a 35 mile trip. Reservations are definitely required and flags will be mandatory. Leave AYH at 8:30. Contact Phil at 466-5204.                            |
|            |         |   |
| Sun        | July 6  | <u>Class II-III Bike Ride</u> . Meander around the hills and valleys of Ligonier with John Orndorff. Highlights of the trip will be a visit to CMU's Powdermill Bird Banding station and a gradual 8 mile climb up through Lynn Run State Park. Total mileage: 25-30. Cost: \$3.50. Gather at headquarters at 8:00 to leave at 8:30. Call John @ 362-5401 for details and reservations. |
|            |         |   |
| Fri        | July 11 | Join Norm Snyder on a <u>cave</u> trip under West Virginia  |
| Sat        | July 12 | where it is a cool 50°. Leave Friday 7:00 PM and return Saturday night. Reserve with Norm @ 371-2371.   |
|            |         |   |
| July 4,5,6 |         | Backpack in Forbes State Forest Wild Area (Quebec Run). Leave Thursday evening. Call Don Levenson @ 421-0987.   |

## MORE TRIPS AND TRAILS

- Fri July 11 Class I and II Bike Ride to Gettysburg. Join Mike and  
 Sat July 12 Marta Hurwitz for their annual Gettysburg National  
 Sun July 13 Park tour. Reservations are definitely required.  
 Total cost around \$27.00 including food and transportation.  
 For experienced beginners and up. Travel around the  
 countryside Gettysburg reading historical markers and  
 listening to tour guides. Leave Friday night at 6:00.  
 Bring swimsuit. Call Mike at 731-1083.
- Fri July 11 Intermediate Backpack. John Bohrer and Roy Grant lead  
 Sat July 12 a beautiful backpack trip to the Cranberry Back Country.  
 Sun July 13 Leave Friday night, get back about 8 PM Sunday. Out-  
 of-shape backpackers and in-shape hikers welcome but  
 please be prepared. Reservations absolutely necessary.  
 Call Roy at 343-5848. If you absolutely cannot get  
 get Roy, chance your dime and call John Bohrer at  
 682-9053.
- Sat July 12 Beginners hike lead by Joe Levine from Tarentum to  
 Harrison Hills Park on the Rachel Carson trail.  
 Leave headquarters at 8:30 AM; cost \$2.50. Don't  
 forget lunch. For information call Joe at 422-8287.
- Sat July 12 Class IV-V Lunatic Bike Ride. Terrible Tony Trosian  
 claiming to have located the 12 meanest, ugliest hills in  
 the North Hills (6 are steeper and longer than the  
 infamous Negley Hill) is daring anyone to take them on  
 with him. (Special invitation to ACA and Wheelmen).  
 Total trip 50 miles. Leave headquarters at 8:00 AM.  
 Tony recommends having a recent EKG ( we think a  
 brain scan might be more worthwhile). Call Tony @  
 364-7991.
- Sat July 12 Canoe School II. Jim Roberts (362-5792) will organize  
 and lead this school for advanced paddlers. Cost about  
 \$6.00. Get all details when you reserve with Jim.
- Sat July 12 Rafting. Call early to reserve for this popular trip  
 on the Yough during peak season. Walt Smith will lead.  
 Dial 487-4458; cost about \$6.00. Bring lunch, dry  
 clothes and old shoes.
- Sun July 13 Canoe School I. If you can paddle in a straight line  
 you are ready for this introduction to river canoeing  
 Call Gordon Bugby (371-4233) before 10 PM. Lunch,  
 dry clothes, boat shoes, knee pads and about \$6.00  
 will be needed.
- Wed July 16 Canoe School for Very Beginners. If you'd like to  
 get acquainted with canoeing try this, 6 PM to  
 about 9 PM. Bring a change of clothes. Cost about  
 \$1.00. Call Gordon Bugby (371-4233) before 10 PM.

## STILL MORE TRIPS AND TRAILS

- Sat July 19      Canoe/raft package deal. Join other water bugs from Potomac Council on a weekend of paddling. Raft one day and canoe the next; make sure you want to do both. We'll either camp at Ohiopyle or stay at the Laurelville Hostel Saturday night. Bring 2 lunches, 1 breakfast and 1 supper; 2 sets of dry clothes. Cost about \$10.00. Call Kevin Feldkamp 941-8165 to reserve.
- Sun July 20
- Sat July 19      Intermediate cycling weekend at Laurelville Hostel. For passholders only. Need sheetsack or sleeping bag, mess kit, food for 2 days and 1 night. Swimming pool and tennis courts available after rides. Approximate cost \$6.50. Reserve with Joe Hoechner @343-2465. Leave at 8:15 AM.
- Sun July 20
- Sat July 19      Intermediate climbing. Previous climbing experience is a must for this trip to White Rocks. Reserve with Barry Johnson at 831-8392.
- Sat July 19      Advanced Beginners Hike. Hike with George Bower along Sandy Beaver. Leave from headquarters at 8:30 with lunch and hiking boots. Call George at 242-4645.
- Sun July 20      Intermediate hike with John Orndorff at Slippery Rock Gorge at McConnells Mills. Gather at 8:30 AM and leave at 9:00 AM. Cost is \$3.00, bring lunch and bathing suit. John plans to escape the heat with a dip in the gorge. For details call John at 362-5401.
- Sun July 20      Beginner's Climbing School. Jim Gogots and Barry Johnson return to White Rocks for their school. Bring leather gloves and stiff soled hiking boots or tennis shoes. Call Barry at 831-8392.
- Fri July 25      Spend the night out with AYH! Joe Hoechner leads a "mature" advanced beginners cycle night ride to view the full moon in South Park. Must have 2 lights, bike flag, light clothing and cycle reflectors. Meet in park at 8:00 PM, cycle about 3 hours, refreshments after the ride. For info call Joe at 343-2465. Cost 50¢.
- Fri July 25      A cave trip to Virginia. Visit a hot springs cave or the second largest in the state. Call Norm Snyder for details at 371-2371 between 6 and 7 PM Monday through Friday.
- Sat July 26
- Fri July 25      Intermediate Backpack on the Black Forest Trail in North Central Pennsylvania with Mike and Marta Hurwitz. Group size is limited and reservations are absolutely necessary. Leave headquarters Friday night. Cost will be about \$10.00. Reserve at 731-1083.
- Sat July 26
- Sun July 27



AND YET MORE AND MORE TRIPS AND TRAILS

- Sat July 26 Beginners hike on Section 3 of the Baker Trail. Carol Bird leads this hike and she's so confident of finding berries along the trail that she is not bringing lunch - you can bring yours or take your chances with her. Call Carol at 682-9053 for details. She leaves headquarters at 9 AM.
- Sat July 26 Class II-III Bike Ride. For an inexpensive day trip, tag along with Steve Uhler throughout the secondary streets and roads to Boyce Park. Cost only 50¢. Ride begins and ends at headquarters using two separate routes. Leaving at 9 AM. Flag recommended. About 25-30 miles. Bring lunch. Call Steve at 271-9250.
- SAt July 26 Rafting. Walt Smith says he will try again! Call him at 487-4458. Bring lunch, dry clothes, boat shoes and about \$6.00.
- Sun July 27 Closed Boat School. For people with their own boat and equipment. Some experience required. Mike Rowe will lead. Reserve at 683-2606 after 8 PM. Cost about \$5.00.
- Sun July 27 Rafting. Joe Hoechner takes a turn braving the Yough with hardy rafters. Usual things are needed. Reserve with Joe at 343-2465.
- Sun July 27 Class III Bike Ride. Re-discover the picturesque and pastoral farmlands of Amish New Wilmington. Jim Metcalfe will be your guide. About 40 miles in distance. Come with lunch, tools, extra tube, raingear, a flag, and camera are recommended equipment. Cost about \$3.50. Departing 8 AM. Call Jim to reserve: 362-7454 evenings, 682-4200 ext. 341 daytime.
- Sat July 26  
or  
Sun July 27 Canoeing to be announced at Open House.
- Wed. July 30 Canoe School for very beginners. A repeat of the school described for the 16th. Call Gordon Bugby at 371-4733 before 10 PM.

MON	TUE	WED	THUR	FRI	SAT	SUN
JUNE 30	1	2	3 OPEN HOUSE	4	5 HIKING & CAVE TRIP CANOE CAMPING BACKPACKING RAFTING BIKE TOUR	6 BIKE TOUR
7	8 ACTIVITIES BOARD & BOARD OF DIRECTORS JOINT MTG & COOKOUT	9	10 OPEN HOUSE	11	12 CAVING BIKE TOUR TO GETTYSBURG BACKPACK HIKE BAD BIKE TOUR CANOE SCHOOL II RAFTING	13 CANOE SCHOOL I
14	15	16 BEGINNERS CANOE SCHOOL	17 OPEN HOUSE	18	19 CANOE/RAFT W/ POTOMAC AYH BIKE TOUR AT LAURELVILLE Y.H. CLIMBING HIKE	20 HIKE CLIMBING SCHOOL
21	22	23	24 OPEN HOUSE	25	26 CAVING BACKPACK HIKE BIKE TOUR RAFTING CANOEING	27 CLOSED BOAT SCHOOL RAFTING BIKE TOUR
28	29	30 BEGINNERS CANOE SCHOOL	31 OPEN HOUSE	NIGHT BIKE TOUR		75

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