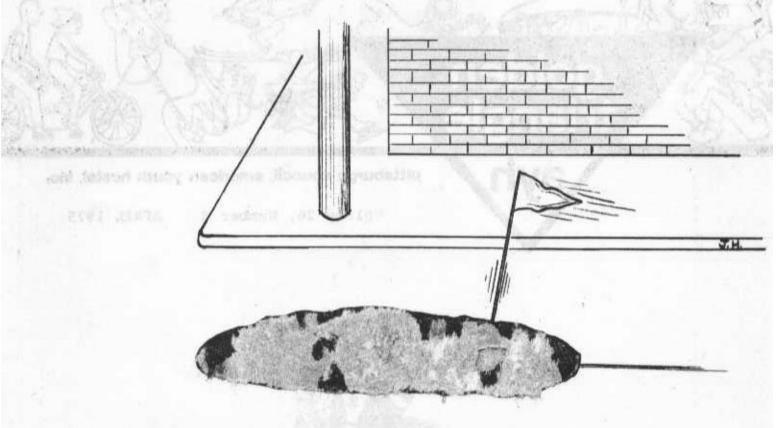


pittsburgh council, american youth hostel, inc.

Volume 26, Number 4

APRIL 1975





SPRING TOURING - PITTSBURGH!

# CYCLE TRIP DESCRIPTIONS - A NEW CLASSIFICATION SYSTEM

This year your cycle co-chairpeople, Dave and Ray that is, would like to unveil a new system of describing and labeling bike trips. Our nope is to start off this cycling season with as clear an understanding as possible as to what kind of trip each trip announcement refers to, i.e., what each ride consists of in terms of difficulty and level of experience required. The whole point of the system is to make it easier to decide whether or not you are prepared for the ride. The best way to determine this of course, is to speak directly to the leader. Let him give you all the fine details as to what will occur on the ride.

But just to get everyone speaking in the same language, we want to establish certain descriptions or labels that will be understood by all. These are based on the following simple criteria:

- 1. Distance of the ride;
- 2. The number of hills and/or the length and steepness of them;
- 3. How similar rides have been classified in the past. In other words, what most people have come to expect from such a ride description.
- 4. With regard to especially city rides, the ability to ride in congested traffic conditions.

The process of describing a ride is really a trade-off or mixture of the above criteria. That is, a 10 mi. ride isn't necessarily an easy ride if it includes 3 long hill climbs. Similarly, a ride can be perhaps 25 mi. long but be so level as to be labeled a relatively easy ride. Thus, the final ride description is an incorporation of all these factors.

## CYCLE TRIP CLASSIFICATIONS CONTINUED

The major reason for revamping the trip classification system is to put an end to the confusion surrounding the use of the description, "Beginners ride". It appears that two inaccurate associations have become attached to rides referred to as Beginners which we hope to dispel. These are, first, that some people have somehow in their wildest dreams taken this to mean there will be a complete absence of hills. We will guarantee at least for this cycling season that given our geographic location and the fact that we usually ride with 10 gears, there will always be hills of one kind or another. Second, others have construed this term to mean that these bike rides are for absolute beginners, those who have never before straddled a multi-geared bike. This has not truly been the case with past Beginner rides. They usually presupposed a minimum of riding experience and are really meant for those who have little experience rather than none. This year we would like to make this practice our policy in that most rides will require some level of experience. Ultimately, this decision will be left up to the particular trip leader involved. If the leader is fully informed of the situation in advance and feels himself competent enough to handle the instruction of a novice cyclist, he may have him on his trip. We would hope, though, that absolute beginners be handled in a distinctively seperate manner; that is, through individual instructions, attendance of a Bike Clinic on riding a ten speed, and participation in the evening cycle rides.

Now, for the new classification system itself. We hope that everyone will adhere to it when describing furture cycle trips, for only by using it will it become a generally understood and permanent feature.

# Class I Beginners:

For people with limited experience, relatively new to using a multi-speed bike. Short in length with easy hills, rides along the city or county bikeways fall in this category.

# Class II Advanced Beginners:

For the more experienced cyclist. Relatively easy with hills that are not that steep or that many. Distance usually between 20-25 miles.

# Class III Intermediate:

Consists of moderately hilly terrain. 25-40 miles in length.

# Class IV Advanced Intermediate:

A step up from the Intermediate class, usually because the terrain is a little more difficult. Mileage again, 25-40 miles.

# Class V Advanced:

Most difficult as a result of the terrain and/or the long distance. Endurance is a big component of these rides. Mileage in excess of 40 miles.

# PRE-TRIP PLANNING

\*Determine a location to lead a ride; see cycle chairperson for suggestions, past ride routes, phone numbers of past trip leaders \*Obtain necessary maps: state--gas stations; county--write to county seat or see cycle chairperson; topo--AYH library \*Scout out area by car and/or bike and collect info on the following: total mileage, terrain conditions, road conditions, any dangerous situations or intersections, points of interest, lunch stops.
\*Determine trip classification, experience level required, equipment needed, food and other supplies needed, cost of trip and time of

\*Schedule specific date with cycle chairperson by completing Trip Announcement Form--all trips must be scheduled by the 2nd Thursday for the coming month

\*Make an announcement at a Thursday evening Open House.

\*Take reservations for trip

1. Information given to tripper: what the trip will consist of and what will occur on it (expected) and the experience level required

- 2. Information obtained from tripper: name, age, phone number, type of bike, will he need a rental bike, level of experience, can he drive, and if so, how many passengers and bikes can he take.
- \* Make any advance reservations required by the trip (camping sites, etc.)

\*See cycle chairperson regarding any unanswered questions.

\* Obtain keys from cycle chairperson.

\* Prepare personal equipment and obtain any extra equipment (First Aid kit, maps, spare parts and tools)

#### DAY OF TRIP

departure.

- \* Get there one half hour prior to announced time and check out and load rental bikes.
- \* Supervise all loading and distribution of passengers among cars.
- \* Brief drivers on directions to trip location, caravaning instructions, and rallying points.
- \* Organize shuttle if needed.
- \* At the start of trip, give all additional instructions and choose an assistant leader.

# END OF TRIP

- \* Collect all fees and fill out Trip Report Form.
- \* Assess equipment damage to be later reported to cycle chairperson.
- \* File Trip Report and money in box at Headquarters Building.
- \* Return keys to cycle chairperson.
- \* Start planning your next trip!

Tear out and save this page for easy reference when planning your next trip.

The Rachel Carson Trail is a 33 mile newlycreated hikeway extending from Harrison Hills County Park, near Freeport, to North Park, all in Allegheny County, Pa. The trail was established by the Pittsburgh Council of the American Youth Hostels, Inc., and will link to its Baker Trail and others.

In 1950 the Baker Trail was opened from Highland Park Bridge, Pittsburgh, to Cook Forest State Park. Shortly thereafter the 25 mile section in Allegheny County was abandoned due to development. During 1972-75 members of the AYH have rebuilt much of the old trail which follows the bluffs of the Allegheny River; the former Baker Trail is followed from near Freeport to Springdale and Harwick.

At Harwick the trail generally follows a gas pipeline to Dorseyville, crosses the Pa. Turnpike, skirts new County Park 9 (the Lawrence Estate), and proceeds west to North Park. The trail avoids roads, utilizing the three County Parks and several township parks, most established since 1950.

Because the trail passes close by the birth-place of Rachel Carson, in Springdale, and because of the interest of AYH members in our environment, it was considered appropriate to name the trail after one of our early ecologists. Rachel Carson was the author of The Sea Around Us and Silent Spring.

The trail is marked with yellow blazes as is the Baker Trail, and may join the older trail at Garvers Ferry. The trail will eventually go north through North Park and west toward Beaver County. A leg is planned through County Park 9, along Squaw Run and Trillium Trail into Guyasuta Run, to the Highland Park Bridge and into Pitts-burgh at Highland Park.

Public transportation is available to almost all access points of the trail.

Construction of new Rt. 28, the Allegheny Valley Expressway, will cause disruption at times, especially near Tarentum and Creighton.

Maps: Freeport, New Kensington East, New Kensington West, and Glenshaw. Maps of North Park and Harrison Hills Park.

# USE OF THE TRAIL

The Rachel Carson Trail is exclusively for hikers; permission of landowners was obtained on this basis. Boy Scouts, Girl Scouts, families, other groups and individuals are welcome to walk the trail.

For the time being the trail must be seen mainly as a day-hiking opportunity, for there are no shelters nor camps along the way. The privilege of camping on private land may be requested, but Allegheny County bans camping in the parks. Water should be carried by hikers.

This trail is relatively primitive and is steep in places; no bridges have been built so streams have to be crossed.

Several steep and potentially dangerous cliffs border the trail. The bluffs are scenic but also risky. Children should be watched carefully.

#### GUIDE

A guide to the Rachel Carson Trail is planned, and should be forth-coming in Summer 1975. This will describe the trail in detail, include a set of maps, information on hiking and more on the use of the trail.

# ORGANIZED HIKES

One or two Trail hikes are sponsored each month by AYH. They are listed, along with many other trips, in the AYH newsletters. Anyone may participate.

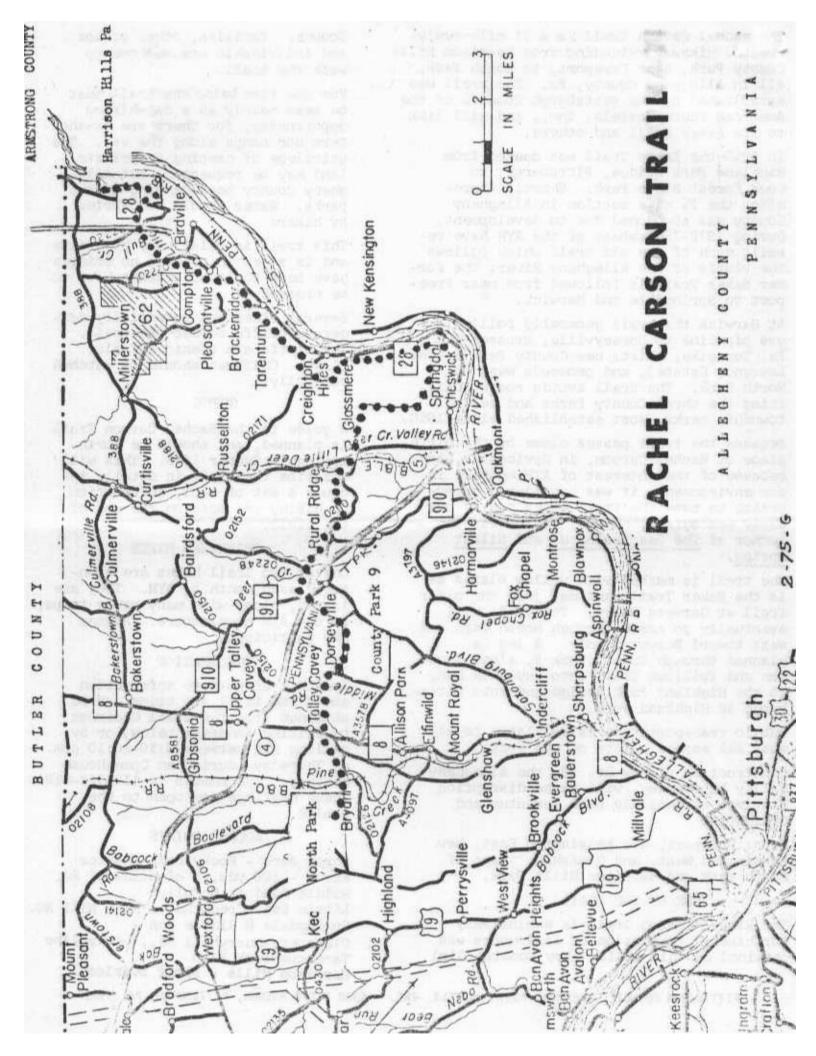
#### INFORMATION

Specific up-to-date information about the trail and trips can be obtained from the Trail Chairman by writing (address below) or by calling AYH between 8:30-10:30 p.m. on Thursday - during an Open-House meeting. The number is 412-362-8181. These meetings are open to the public.

#### ACCESS POINTS

North Park - Rocky Dell Shelter
Rt. 8 - 100 yds. S of Wildwood Rd.
Middle Road at McCully
Little Deer Creek Rd. & Rich Hill Rd.
Springdale @ Riddle Run
Glassmere-Murryhill Rd., power line
Tarentum-Park Plan
Harrison Hills - bluff overlook

6300 FIFTH AVENUE, PITTSBURGH, PA. 15232



# NOTES ON A NATIONAL BOARD OF DIRECTORS MEETING by Cliff Ham

The National Board of AYH met at Delaplane, Virginia, on February 22-23, 1975. The two Board members from Pittsburgh, Roy Weil and Cliff Ham were present throughout, as were 20 of the 28 Board members. Enthusiasm and expectation were prevalent, and much work was done. The Board accepts the recent decisions on staff, moving confidently ahead.

A large money-raising event will probably be held in the spring in New York City, and should start the organization along its new direction.

The Service Committee recommended, and the Board approved, fairly strict guidelines for rechartering councils. Among other items a Council must be publishing a newsletter, have an active program of trips, must be involved in hostel development and must demonstrate management capability; i.e. financial, legal, leadership. No Council will be rechartered now without a locally-conducted audit; for example, on this basis two Western councils were placed on probation.

What this means as we interpret the decision, is that if local councils are to direct the affairs of AYH, they must themselves be responsible and accountable. Frankly, Pittsburgh Council looks pretty good in many respects.

Nationally, membership figures are ahead of this time last year, the organization is "in the black", and staff morale seems reasonably high. The present Board does not seem pleased with the Delaplane campus and chances seem good that national headquarters could be moved to Washington D.C. in the future. \*

## BE A ROVER

AYH needs "roving houseparents" to assist regular houseparents at many hostels during the summer months. Roving houseparents are very important Trust regarding the dedication of to the hostel movement, Usually staying about two weeks at each hostel they visit, they help operate the facilities during peak periods, assist with necessary maintenance jobs, and "hostel-sit" for regular houseparents on vacation. For further information, inquire now:

George Tiedeman Hostel Development Director AYH, Inc., National Campus Delaplane, VA 22025 (703) 592-3271

#### RACHEL CARSON TRAIL

AYH received an appreciative letter from the Rachel Carson the new trail built by AYH from Freeport to North Park in her name. "Your Rachel Carson Trail seems to be one of the most appropriate of the many memorials that have been established in Miss Carson's name. I am also sure that it is on@that she would have especially enjoyed ... "

Needed: An emblem or motif for the Rachel Carson Trail. Can you design an emblem or give us an idea? See Cliff Ham with your ideas.

# HOSTEL OF THE MONTH Lincoln House Youth Hostel

This month's featured hostel, Lincoln House Youth Hostel, is located in Malone, New York, only 12 miles from the Canadian line and is part of a chain which will soon link the Northern Adirondack area to hostels in Vermont, Quebec, Ontario and elsewhere in New York state. Three other hostels are located within a day's cycling distance (about 50 miles) in the Northern New York area.

The Lincoln House Youth Hostel, open year round, is a stone house built in 1830 which has recently been nominated for the National Register of Historic Places. Owned and operated by the North Country Community College, Lincoln House is located in the center of the village and also serves as a craft education center, where weaving and other traditional crafts are taught. Lincoln House has beds for up to 20 people and complete kitchen facilities. Evening entertainment can focus around a piano, pingpong table, games or a small library. There is easy access to stores, churches and libraries.

In the warmer months outdoor facilities for tennis, basketball, and swimming are a half mile away. One can spend an enjoyable day hiking, biking, canoeing, sailing, or sightseeing nearby. 120 mile circular bike route has been established, "the bicycle tour of Franklin County", with the new Rotary Youth Hostel at Keese Mill (due to open in June 1975) at the southern end and Malone at the north. quiet, scenic country roads pass through gently rolling farmland from Malone north to the St. Lawrence River, or one can cycle south into the heart of the Adirondacks.

Adirondack Park (the largest wilderness area east of the Mississippi) which begins 10 miles south of Malone is fine country for backpacking, hiking, rock climbing, canoeing and horseback riding.

In the winter, Malone is the center of cold and snow country. At the edge of the village, less than a mile away, are natural areas where you can cross country ski or snowshoe. For downhill skiiers there is Moon Valley Ski Area, 7 miles from the hostel, open weekends.

For an enjoyable visit any season of the year, call or write for reservations to: Alice Wand, Houseparent Lincoln House Youth Hostel 49 Duane St., Malone, N.Y. 12953 (518) 483-7533.

# HOSTEL STORE NEWS

Last year's cycling trips saw something new being used - bike flags. Many of these were purchased through Pittsburgh AYH at \$2.50 each.

Storekeeper, Joe Hoechner, will be restocking hos flag supply and hopefully will be "holding the line" on prices. Joe is also planning to stock a bike "Saftee Lite" soon. This is a new product that is to be used similar to the spoke reflectors now found on all new bikes. They are an illuminated pair of red and amber lights equipped with on off-on switch. They are light weight, using easily replaceable penlight batteries (one only). The suggested price is \$4.95 per pair, Joe is planning to sell these for about \$3.50.

Also in the works are inquiries to M.S.R. regarding their rock climbing and cycling helmets, and inquiries about possibly carrying outdoor clothing.

Would you like to see a certain item sold by Pittsburgh AYH? Speak up. Let Joe Hoechner know what you would like to see - perhaps provide him the name and address of the manufacturer.

# VELOCIPEDE

5842 FORWARD AVENUE PITTSBURGH, PENNSYLVANIA 15217 (412) 521-3189

WHITEWATER ANYONE ?

We brought you high-quality 10-speeds. Now we want you to see our high-quality in-flatible cances & dinghies!

SEA EAGLE \* PYRAWA \* SEA EAGLE

Good with this ad through May 31, when you purchase a boat, we'll give you a pump FREE !!

PYRAWA \* SEA EAGLE \* PYRAWA

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Double paddles and oars will be available also!

And while you are in take a look at our "Bike of the Week" GO!

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SALES & SERVICE FLOYD NEWINGHAM

SCHWINN CYCLE CENTER 740 FIFTH AVE. NEW KENSINGTON PA. 15068 335-6464



# MOUNTAINS ARE FOR SKI TOURING

# Ligonier Mountain Outfitters

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SAILING THE LAKE HURON ISLANDS-

Every week July through August sail the northern reaches of Lake Huron and the North Channel country, rated as one of the most spectacular sail cruise grounds in the world. If you are not already a sailor these trips offer the fun of learning the art of sail cruising with expert informal instruction. Join us for a 5-day cruise through these remote rocky islands aboard our 30 foot sailboat, anchoring at new harbors every night. Sail the routes of the early explorers Marquette, LaSalle and the Voyageurs. Each trip is limited to six people. The trip is moderate to strenuous swimming ability a must. Starting dates: June 30, July 7, 14, 21, 28, August 4, 11, 18, 25, Cost \$139. Deposit \$50. Leader Jerry Barron For more information: A.Y.H. 14335 W. McNichols Detroit Michigan 48235 - Telephone (313) 273-8560

## 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 around 8:45 P.M. Come and find out about us.

<u>April 3</u> - Grass skirts and volcanoes, orchids and surf boards. See them all when Rich Bartoo presents his slide show on Hawaii.

April 10 - Maine to Georgia; 2000 Miles on the Appalachia Trail (that's a lot of walking). Jim Wolfe shares with us his experiences as he walked the trail in 1971.

April 17 - Three years in enchanted Egypt. Cairo to Aswan, Sinai, Alexandria, oases, and the Nile. Barney Bench, our world traveler, is our host for tonight.

April 24 - From the tip of Mount Ranier to the bottom of the Grand Canyon. Tonight's program follows Jim James as he climbs Mount Ranier, hikes down into the Grand Canyon and back, mountain climbs on Mount Whitney.

Program chairperson, John Hayes is always looking for programs. Share your last trip, or an accumulation of local outings, an area of special interest, or what have you - just see John with your ideas.

#### MAP ORDER

Snow flea season is over - take a spring trip with AYH.

# COOK FOREST WEEKEND REPORT

We had snow. Some hikers may have wished that we had not had snow. For two years, though, the major complaint about the Cook Forest w weekend was that there was no snow, so this year the snow gods smiled on us with about 6-8 inches. The cross country skis and snowshoes got plenty of use. There was a rumor going around the cabins that snowmobiles got some use, even though we all know that AYH hikers would never ride a snowmobile during a hike. The Annual Cook Forest Pathfinder Award was presented to this year's winner Cliff Ham for his profound statement, "Only one more mile and we might be halfway." For the second year in a row, Dick Eyles was our bus driver - which proves he has either learned to enjoy looking for lost hikers by bus, or he perennially draws the short straw. In any case, we once again greatly enjoyed having him on the trip. Dave Porterfield reports that Link now frequently refers to all school buses as "Dick's bus". A full financial accounting of the weekend has not been completed, partly because we have yet to receive a bill for the bus. The Porterfields report that they expect to have some surplus which will be contributed to the Hostel Development Fund. All who had the opportunity to enjoy Cook's Forest Weekend this year join in thanking Dave and Nan Porterfield for a superbly organized weekend. Plan now for next February. bus holds 41; the cabins hold 49 including the bus driver. \*\*\*\*\*\*\*\*\*

## CORRECTION

The local office of PennDOT in Greentree has been swamped with requests for PennDOT's publication, "Guideline for the Development of Bikeways" mentioned in last month's Triangle. They appreciate the widespread interest in bikeways, but can't handle the demand for

contined on next page

The Delaware Valley Council of AYH is planning a series of wilderness expeditions to remote areas of the world, Last year, they conducted a successful "Annapurna Trek" to the mountain with the same name. Their next expedition will be in November 1975 to Mt. Everest base camp in Nepal. Trip duration will be 35 days, 25 days on the trek. Cost including airfare from New York is \$2,000. The council will grant "liberal trip credits" for any trippers from Pittsburgh Council.

Other extended trips in the planning phase are as follows: 1) Kashmir Himalaya - total time 27 days, hiking time - 17 days; cost approximately \$1700. 2) East Africa - Kenya & Tanzania. Mountain hiking and ascents of Mt. Kenya and Mt. Kilimanjaro. Total time -21 days; total cost- approximately \$2400. 3) Sailing Trip - Galapagos Islands Total time - 21 days; total cost-\$1700. Anyone interested contact: Joe Dlugach c/o Delaware Valley Council; 4714 Old York Road;

#### ALPINE HIKING HINTS

\*\*\*\*\*\*\*\*

Philadelphia, PA 19141.

for the booklet. They ask that all requests go to:
PennDOT

Publications and Sales Sectio 117A Transportation and Safety Bldg. Harrisburg, PA 17120.

The booklet costs 70¢. \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

#### OTHER BOOKLETS

Here are some interesting booklets available from Uncle Sam's Government Printing Office:

Bicycling for Everyone (#5000-00082, 55¢)

A well illustrated, 20 page booklet tells of both pleasures and problems of bicycling and bikeways.

B.A.R.T. - Trails, Bicycling and Hiking (#5000-00081, \$2.55)
This 67 page report tells of the work being done to increase usage of the new San Francisco transit system.

Survival - Search and Rescue (#0870-00020, \$2.25) An Air Force manual written on how to survive in the wilderness. This 146 page book tells how to make shelters, find water, what to eat, first aid info, maps, etc.

Rocky Mountain National Park - <u>eolorado</u> (#2405-00545, 35¢)
A 24 page illustrated guide to one of America's most beautiful parks.

If you would like to order any of the above booklets write title, code number and price, with check made out to "Superintendent of Documents". Send to: Public Documents Distribution Center 5801 Tabor Avenue Philadelphia, PA 19120.

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

Editor: Mary Giventer Production: Aileen Pastorik Cover: Mike LaMark

Contributors: Ray Rossi, Dave Barbour, Jim Roberts, Joe Hoechner, Joe Levine.

Have you ever restored an old bike?
Here's your chance: The council has been given an old boy's hi-rise bike to be forwarded to the Home for Crippled Children. It needs work. If you think you would like to help refurbish this bike, contact Ray Rossi or Joe Hoechner at any meeting.

Novice cyclists are reminded that now that spring is here snow tires should be removed from bikes as soon as possible. This is also the opportunity to replace last year's stale air with fresh 1975 air.

Ever hear of Outward Bound? This is a non-profit, wilderness school which teaches students how to survive in various situations. It is financed by private grants and many students attend on full or partial scholarships. If you'd like to know more write:

Outward Bound, Inc. 165 West Putnam Ave. Greenwich, CONN 06830

If you get a chance to go to Fairbanks, Alaska be sure to take your cross-country skiis, for the University of Alaska has a series of interconnecting trails that cover about 30 miles. Furthermore, there are commuter cross country ski trails that lead in all directions from the city. The trails are in good condition for about nine months of the year. The only drawback is that in winter there is only a couple of hours of daylight. There is generally no wind so skiing at the 20 below temperatures of the region is no problem.

With winter over around here it is time to clean up your down gear. Commercial cleaners use fluids that can strip down of its natural oils, reducing the effectiveness of the down. If anyone has good results sending down to local cleaners, please contact Jim Roberts and spread the word.

As you start your spring cleanup, please think "hostel development" while sorting through useful articles. The Melcroft School project can use all manner of household and kitchen accessories If you have anything that may be useful, check with hostel development co-chairperson Joe Hoechner.

Be sure to get into good shape for those long summer trips by going on the short spring trips.

If you have been accepted by the T.O.S.R.V. cycle trip, you should be in training now:
Try to do at least 10-15 miles every day, with an AYH trip of 30-40 miles on weekends.
In next month's Triangle we will discuss clothing and gear for the trip.

Now that spring rains and swollen streams are with us, packing clothing, tents and sleeping bags in plastic is a must. Whether you use one or two plastic bags, get as much air out of the bags as poosible. Trapped air trying to escape causes the most leakage during a dunking.

Speaking of spring rains and swift streams, backpackers, when crossing a deep or swift stream, unfasten your hip belt for safety. If you do fall in, you won't end up like a turtle on its back.

Planning to cycle or backpack
in Canada this summer? You
may want to order "topo" maps
in advance. To get map indexes
of the areas you are touring
write to: Canada Map Office
Dept. of Resources
Ottawa, Ontario KlAOE9

#### 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¢ for 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 (6:30-9:30PM) unless otherwise noted. Make reservations early but in no case should they be made later than the Thursday before the trip.

- Fri Apr 4 Join Norm Snyder on a cave trip to West Virginia, call Norm between 6-7PM Monday through Thursday to reserve and get all the details for this trip to the underground. Leave Friday evening and return late Saturday. Call @ 371-2371.
- Sat Apr 5 Larry and Mary Giventer lead a hike on Section 3 of the Baker Trail for intermediate hikers. Bring hiking boots, rain gear to cope with possible April showers, lunch and about \$2.50. Leave headquarters at 8:30 AM. Call to reserve at 422-9282.
- Sun Apr 6 Advanced beginners or intermediate hike in the State Game lands near Ambridge, Pa. Call Aileen Pastorek for details @ 521-4883. Leave headquarters at 8AM.
- Sun Apr 6 Pittsburgh City Cycle Tour with Joe Hoechner for beginner to intermediate cyclists. Plan on doing about 15 miles of cycling. Bring bike, toolkit, water bottle, spare tube and rain gear if the skies deem it necessary. Cost of the trip is 50¢. Leave headquarters at 1 PM and return approximately 4:30. Call Joe @ 343-2465 to reserve or rent a bike.
- Sun Apr 6 Bike and Hike sponsored by the Allegheny County chapter of the Pennsylvania Association for Retarded Citizens.

  Members wishing to support this cause can either join up with their local community's sponsored ride or may credit the mileage from Joe Hoechner's city ride. For further details see Joe or Ray Rossi, or call the Association @ 321-131:
- Tue Apr 8 Activities Board Meeting at Claudette Falkenhan's any member is welcome to attend.
- Sat Apr 12 Bike Clinic II How to Ride a 10 speed Bike. For the complete beginner or novice cyclist. Learn how to use all 10 gears, bicycle safety and other aspects of touring cycling. Class led by Ray Rossi and associates, meet at headquarters at 10 AM. No charge. Call 364-5705 for bike rentals.
- Sat Apr 12 Jim Gogots will lead an intermediate hike in Greene County, location to be announced. Leave headquarters at 8:30, bring lunch. For more details, call Jim at work 433-6581.

# MORE TRIPS AND TRAILS

- Sun Apr 13 Class II Advanced Beginners Cycle Ride. Join Ray Rossi for an easy going and educational 30 mile ride from North Park to picturesque Harmony, Pa. where we'll learn about the Harmony Society through a tour of the museum and 2 cemetaries dating back to 1825. Completing the tour will be a second ride later in the season to Old Economy in Ambridge. This ride is designed expressly for novice or beginning cyclists. Meet at headquarters building with lunch at 8:30 AM. For reservations, call 364-5705.
- Sun Apr 13 Join Barry Walker for an interesting combination beginners hike and cave trip in the Northern part of the Chestnut Ridge. Bring lunch, a complete change of clothes, and a flashlight. Leave at 8:30 AM from headquarters. For more information call Barry at 521-4708.
- Sun Apr 13 Intermediate hike of about 10 miles on the Rachel Carson Trail from the Dorseyville area to Springdale. Be prepared to walk up some steep hills, cross streams. Leave headquarters at 8:30 AM. Bring lunch and about \$2.00. For information call Marilyn Ham 687-4960.
- Sat Apr 19 Earth Day. AYH will present an exhibit about the new Rachel Carson Trail at Harrison Hills Regional Park. See Larry Giventer for more details.
- Sat Apr 19 Class II Advanced Beginners cycle ride with Mike Hurwitz.

  This is the famous 25 mile "downhill" Ligonier ride.

  Meet at headquarters at 8 AM with lunch, rain gear,
  and about \$3.00. To reserve or rent a bike call Mike @ 731-108
- Sat Apr 19 Flat beginners hike. Cover an easy 6 or 7 miles over the future Indian Creek Trail. Suitable for families or blind persons. Need sturdy shoes, lunch, water and about \$3.25. Departure time 8:32 AM. To reserve call Joe Hoechner @ 343-2465.
- Sun Apr 20 Class III Intermediate Bike Ride. Ride from headquarters to Shaler, O'Hara Township and Fox Chapel Borough in this suburban tour. Total distance of ride will be about 30 miles. Cost is 50¢; leave headquarters at 1 PM with water and a snack; return about 4:30. Call Ralph Hempel to reserve @ 963-8080.
- Sun Apr 20 March of Dimes Super Walk. Walk 25 miles throughout Pittsburgh to aid the fight against birth defects. For entry form see Ray Rossi or call the March of Dimes at 391-3193.
- Sun Apr 20 Beginners hike in the Boyce Park Reserve area with J.D. and Elinor Myers. Leave headquarters at 10 AM and bring lunch. Reserve by calling 372-7599.
- Fri Apr 25 Eastern Regional AYH Meeting in Washington, D.C. A
  Sat Apr 26 chance to meet and exchange ideas with other councils
  Sun Apr 27 and gain insight into the "behind the scenes" work that
  makes hosteling work. Any member is welcome to attend.
  See Larry Giventer for more informations.

#### STILL MORE TRIPS AND TRAILS

- Fri Apr 25 Intermediate Backpacking. Join John Bohrer on a breathSat Apr 26 takingly beautiful backpacking trip to the Cranberry Back
  Sun Apr 27 Country walking beautiful mountains and streams. Leave
  between 5:30 and 6:00 Friday night. Reservations are
  absolutely necessary. For details call John @ 561-6563.
- Sat Apr 26 The Audubon Society is sponsoring "Nature 75" and AYH will be organizing an exhibit and hike check at headquarters for further information.
- Sat Apr 26 Class III Intermediate Cycle Trip to the Beaver Run Resevoir in Westmoreland County. Join Rich Feder on a 23 mile ride. Bring a lunch, rain gear, bike tools. Cost \$1.30. Call Rich for reservations, 421-5708.
- Sun Apr 27 Class II Advanced Beginners Cycle with Claudette Falkenhan in Washington County. Distance 28-30 miles; cost \$2.00.

  Bring raingear, bike flag, tools, lunch and water. Leave at 8:30 and return late afternoon. Reserve at 531-1824.
- Sun Apr 27 Advanced Beginners hike in the Laurel Mountains with Joe Curlee. Leave headquarters at 8 AM with the usual lunch and rain gear. Cost approximately \$3.00. For reservations call 361-3598.
- Sat May 3
  Sun (May 4

  Joe Hoechner will lead two days of cycling with an overnight at the new Laurelville Mennonite Church Center Youth Hostel. This will be intermediate class III cycling of about 40-50 miles, but with some long and short options possible. You will need gear for two days, spare tube, and tool kit, 2 road lunches, 1 dinner, 1 breakfast, sleeping bag or sheet sack for the hostel and you must be a passholder and have your pass with you for the overnight. Reserve early with Joe at 343-2465. Leave Saturday morning at 8:20 and return Sunday about 7 PM; cost about \$6.00.

# ADVANCE TRIP ANNOUNCEMENTS:

Morgantown Weekend is coming: This year's Morgantown Weekend will be May 16, 17, and 18. It is a weekend of hiking, climbing, rafting, bicycling, staying at the Morgantown Youth Hostel - and of course, a lot of eating. The plans are going full swing and Bill and Sue Leathen are looking for people who want to help make it a good time for all... How about volunteering to plan a meal or lead a trip. Phone 366-8996 to volunteer.

Memorial Day Weekend Cycle Camping Trip Saturday May 24 through Monday May 26 in and around Lake Pymatuning, Pa. and Ohio with Joe Hoechner. Special Youth rates promised:

MON	TUE	WED	THUR	FRI	SAT	SUN
MAR 31		2	OPEN HOUSE- HAWAII	4 CAVI	5 BAKER TRAIL HIKE	BEGINNERS HIKE BICYCLE TOUR PARC. BIKE/HIK
7 The seed	ACTIVITIES BOARD MEETING	9	10 DPEN HOUSE - APPALACHIAN TRAIL	11	12 LEARN TO RIDE A 10-SPEED 10-SPEED INTERMEDIATE	BESINNERS BICYCLE TOUR
14	15	16	17 OPEN HOUSE - EGYPT	18	19 WARTH DAY 25 MI BICYCLE RIDE  BEGINNERS HIKE	20 INT. BICYCLE
21	22	23	24 OPEN HOUSE - MOUNTAIN CLIMBING	25 INT	26 BACKPACK, NATURE 75 INT, BICYCLE AYH TERN REGL	27 NG BESINNERS HIKE
28	29	30	1		2	- VAN

Pittsburgh Council AMERICAN YOUTH HOSTELS, INC. 6300 Fifth Avenue Pittsburgh, PA 15232

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