

HOSTELLING
INTERNATIONAL

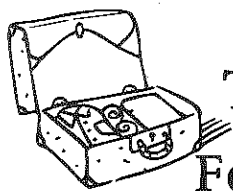
GOLDEN TRIANGLE

American Youth Hostels, Pittsburgh Council

Hostelling International, is a nonprofit organization dedicated to helping all people, especially the young, gain a greater understanding of the world and its people through hostelling.

VOLUME 46, NUMBER 4

JUNE 1996



Travel Features

Wilderness Lodge Bicycle Touring Weekend. This weekend we'll be bicycle touring through the relatively flat roads around Wilderness Lodge in Erie County. Meals and lodging all included in one price; see page 8 for details. All kinds of bikes are invited-relaxed country touring only; racers need not apply.

If you want a different kind of holiday, and you care about the environment, Hostelling International has more to offer than ever, with packages that let you experience almost everything, from dog carts to beach-combing, and homeopathy to bread-making. See page 10 for details.

HI-Pgh on the information super highway, point your browser to;
<http://info.pitt.edu/~marianne/ayhpg.html> for the latest on activities, slide shows & local hostelling.



INSIDE

Activity Chairs; Page 2
Sailing; Page 4
Trail Maintenance; Page 5
Footnotes / Rambles; Page 5
Rock-climbing; Page 8
Trail News; Page 9
Bicycling / Hiking; Page 9
Canoeing; Page 10
Classified; Page 11
Council Travel and Book Store;
Back Cover

.....And MORE!!!

The First Annual Rachel Carson Trail Challenge, June 22nd, 1996

What: The Rachel Carson Trail Challenge, the Rachel Carson Trail Half-Challenge, and the Rachel Carson Trail Family Challenge
Who: Sponsored by Pittsburgh Council, American Youth Hostels
Where: North Park, Beaver Shelter, on Babcock Boulevard, near intersection with Pierce Mill Road
When: Saturday, June 22, 1996; the Challenge and Half-Challenge start at 5:50 A.M. sharp; you must be at the registration desk by 5:30 A.M. The Family Challenge starts at 9:00 A.M.
Why: Proceeds will be donated to the Pittsburgh International Youth Hostel Fund and the Rachel Carson Homestead Association
How: Fill out the registration form in this newsletter, mail it to Pittsburgh AYH with a check enclosed for the proper amount, no later than June 15, 1996.
Questions: Call Leo Stember at 681-1385 or Jim Ritchie at 828-0210.

Turn to page 7 for more details!!!

GREAT RIDE VOLUNTEERS GETTING READY! JULY 14TH, 1996

Pittsburgh Council will be supporting the 1996 Great Ride once again! Our part will be to provide volunteers for registration, for course marshals, and for the rest stops. Please help AYH support 2,000 cyclists explore Pittsburgh neighborhoods and help support development of the Pittsburgh Hostel at the same time! The Great Ride will start and finish in Pittsburgh's Strip District and will visit the North Side, South Side, the East End, and of course downtown Pittsburgh.

Registration: Help register riders on the day of the Great Ride and to hand out registration packets and T-Shirts to pre-registered riders. A smaller number of volunteers will also be needed Thursday July 11th for early registration.

Course Marshals: Help direct riders on the course at strategic corners and provide communications with Ride Coordinators. Especially easy if you live along the course. A smaller number of coordinators for the various parts of the course will be also be needed. Depending on your location, you may also be able to ride the course.

Rest Stops: Help with handing out food and drinks at the three major rest stops or help with cleanup at the end. These are good locations for groups to volunteer.

All volunteers will receive a 1996 Great Ride T-Shirt.

Please Help! If you bring a friend, it will be even easier and more fun! Call Pittsburgh AYH at 412-422-2282 and leave your name and telephone number, or e-mail ill@telerama.lm.com.

NOTICE

Please note, that the Golden Triangle has changed its frequency of publication. the new schedule is as follows.

Number 1 issue ->
February / March
Number 2 issue -> April
Number 3 issue -> May
Number 4 issue -> June
Number 5 issue -> July
Number 6 issue -> Aug.
Number 7 issue -> Sept.
Number 8 issue -> Oct.
Number 9 issue -> Nov.
Number 10 issue ->
Dec. / January

Deadlines for submission will remain as always the first Thursday of the month preceding the month of the publication. (i.e., the first Thursday in January for the combined Feb/Mar issue.) Please consult page two of the "GT" for the actual dates of upcoming deadlines or call the office at (412) 422-2282.

Editor...



Sea
Kayak-
ing
Page 6

AMERICAN YOUTH HOSTELS

PITTSBURGH COUNCIL
5604 SOLWAY STREET
PITTSBURGH, PA 15217

Dated material --please deliver promptly
Address correction requested

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HOSTELLING



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

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Jim Ritchie 828-0210
Headquarters Programs
Luc Berger 683-3131
VACANT ###-####
Storekeeper
Wm Eberle 574-2025

The following positions are currently open and we are in need of responsible people to fill them. If you are interested please call Larry Laude at 665-9554.

Caving, Volleyball coordinator,
Ast. Store Keeper, HQ Volunteers

NOTICE

Please note the deadlines for future issues of the
GOLDEN TRIANGLE

July
All copy, June 6
Binding/Mailing, June 27

August
All copy, July 4
Binding/Mailing, July 25

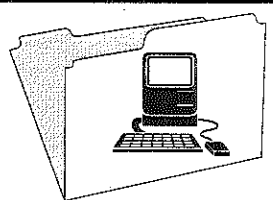
If your work is on computer,
Please contact Bill Eberle
@ 921-1932 or
76202.3051@Compuserve.com

Moving?

If you move, or have any subscription problems, please notify us right away. Returned mail costs 52 cents for each piece, so we can save money if you let us know about any changes in your address. You can also phone in changes to the office at (412) 422-2282.

About AYH

American Youth Hostels is a non-profit organization which promotes international understanding, educational and recreational travel, good citizenship and an appreciation of America. AYH does this by bringing travelers of all ages, backgrounds and nationalities together in hostels and by providing low-cost travel programs. AYH is the US affiliate of Hostelling International (HI), (Formerly named International Youth Hostel Federation (IYHF)), which coordinates more than 5,400 hostels worldwide-the largest network of accommodations in the world.

Submissions Policy:
Golden Triangle

Classified Adds:

- Classified adds are free to Current members of HI-International
- All requests for classifieds must be made in writing via the Council Office. Request Must include full Name, address, phone number and Membership number of member. Members are not permitted to place adds for non-members.
- Free adds may not be for commercial gain.
- Above rules apply in addition to general rules for submission

Trips

- All trips must be approved by authorized co-chair
- Trip leader must be a council approved leader
- Trips must be submitted through co-chair, for that activity. Trip leaders, are not to submit trips directly to editor or office, any trips improperly submitted will not be listed.
- Above rules apply in addition to general rules for submission

Articles

- Members are encouraged to write articles, about travel abroad and in the states, and about activities and outdoor sports in which the council has a program
- All Articles are to be, non-political and non-secular
- Above rules apply in addition to general rules for submission

General rules for submission

- No handwritten submissions
- Submissions Can be:
 - On computer disk (IBM / MAC), E-mail (Internet/compuserve), Direct Modem, Type written material double spaced, faxed
- Before the deadline of the issue that submission needs to be run in. (See Editors Golden Rule)
- All Submissions are on a first come first serve basis, The GT makes no promises to print material received and all material received becomes the property of the GT.
- Standing Deadline; Deadline for the GT, has always been, and will continue to be the First Thursday of the month, prior to the month of the issue. (See Editors Golden Rule)
- Please always check in advance with office, to confirm schedule.

Editors Golden Rule

- "Lack of planning on your part, does not constitute an emergency on my part"

June Slide Shows

June 6: Chuck Martin, "The Appalachian Trail In Maine" (rescheduled).
June 13: Steve Poprocky, "Natural Wonders Of Costa Rica". The rain forests, the volcanoes.
June 20: Rodney Horner, "Visit Canada In The Winter". We will see a severely frozen Niagara Falls from last February, and ski Banff National Park in early March. Sweaters required for this show.
June 27: In view of the coming 4th of July, we show the video "Inventing A Nation" with Alistair Cooke. See Jefferson's Monticello, and Daniel Boone in Kentucky.
July 4: No show; Independence Day.

Slide shows start at 8:30 PM, at AYH Headquarters, Shady Avenue at Fifth Avenue. Doors open at 8:00 PM. If you want to give a show, call Luc Berger at 683 3131.

Oops...

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

MATERIAL...

All material to be published, should be sent to the address below. It Can be submitted on Disk in either IBM or Mactintosh format, sent E-mail. or Type written. NO EXCEPTIONS. Call if you have questions.

Mail regarding this Newsletter should be addressed to:

American Youth Hostels
The Golden Triangle
5604 Solway ST.
Pittsburgh, PA 15217
Office: (412) 422-2282

Pittsburgh Council Hostels

Ohiopyle AYH Hostel
Ohiopyle State Park
PO Box 99
Ohiopyle, PA 15470
(412) 329-4476

Living Waters AYH Hostel
RD #1(1 mile west on Route 30)
Schellsburgh, PA 15559
(814) 733-4212



Carnegie Museum of Natural History Screen Saver

Tyrannosaurus rex is premiering on the big screen . . . the big computer screen, that is . . . as part of a new screen saver developed by the Carnegie Museum of Natural History and Automated Applications, a software development firm in Pittsburgh.

"We are thrilled to launch this exciting product," says Judith Kane, assistant director for administration at the Museum of Natural History, who oversaw creation of the screen saver. "This is the museum's first attempt to use technology to share its resources with the public, and it has opened the door to a wide range of future projects."

The screen saver features 20 images of the museum's most popular exhibits, artifacts and specimens, including realistic wildlife dioramas, radiant gems and minerals, ancient Egyptian treasures and, of course, dinosaurs. The digitized pictures materialize and dissolve on screen through a variety of geometric patterns and a sprinkling of color. It is easily installed on computers with a 3.5 inch disk driver and Windows.

Retailing for \$19.95, the screen saver can be purchased in the Carnegie Museum of Natural History Store in Oakland or by calling (412) 622-3309/3242. Proceeds benefit the Carnegie Museum of Natural History.

First Aid, CPR Class

Basic three hour first aid and CPR class will be offered at AYH. The price is only \$10! This has applications to almost all activities. You never know when you're going to need it! If interested, please call Tracy Duggins at 963-0675.

AYH Sheet Sleeping Sack.... DON'T LEAVE HOME WITHOUT ONE!



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Required in all youth hostels, the sleeping sack serves as your top & bottom sheets, with a built-in pillowcase. Regular sleeping bags are not allowed at hostels due to public health regulations. Our nylon sleep sack is especially light, compact, and dries extremely quickly (handy on trips), the cotton/polyester sleep sack is a little heavier and bulkier, but feels just like your bedsheets.

Order one today! See the order form on the back page for prices.



THE GREAT RIDE JULY 14th

Hosted by Pittsburgh Citiparks with assistance from AYH, the Great Ride attracts 2,000 cyclists. Rides are planned of 25 and 35 miles with food stops and T-Shirts available. A 5 mile downhill on the I-279 HOV lane is being planned.

MON VALLEY CENTURY AUGUST 25th

The MVC starts south of Pittsburgh in Elizabeth. There will be rides of 35, 65, and 100 miles! A map, rest stops, and a full lunch will be included, and you will be able to purchase commemorative T-Shirts.

SABRE OCTOBER 6th

When autumn breezes blow in southwestern Pennsylvania, join us at Settlers Cabin Park west of Pittsburgh. SABRE has cool fall cycling with rides of 15, 35, and 65 miles followed by a hot lunch.

To receive applications as soon as they are available, send the following information to AYH / 5604 Solway St / Pittsburgh PA 15217, or FAX to 412-422-2509, or e-mail to lll@telerama.lm.com:

Name: _____
Address: _____
City/State/Zip: _____
I have ridden in previous rides: ☐ Yes ☐ No

*Riders from previous rides will receive applications automatically,
BUT please let us know if your address has changed!*

Book Hostels up to 6 months ahead at 330 destinations worldwide

Hostelling International add 46 more destinations to the IBN computerized reservation service.

With one telephone call, budget travelers can now reserve accommodation up to six months ahead at a further 46 Youth Hostel destinations, from Loch Lomond to Lima, through Hostelling International's computerized international booking network, IBN.

The IBN network now covers over 330 destinations, including the world's great cities, and helps to meet every travel preference, from exploring art, history and nature to enjoying winter sports - you can book hostel accommodation by IBN at Klosters, Zermatt and St. Moritz, for example. If you would rather lie on a sun-drenched beach, Nice, Miami, Bali and Waikiki are in the network, too.

Travelers can book in their local currency with a telephone call or visit to their national IBN center or by reserving ahead from any hostel or booking center in the IBN network. It helps travelers to plan their itineraries and secure accommodation well in advance in the most popular locations.

By making it possible to pay in the currency of the country you are in when you make the reservation, Hostelling International have arranged it so that you avoid separate bank or currency charges, and in many countries you can pay by credit card.

Credit card bookings are standard for telephone reservations made to IBN centers in Australia, Canada, England, New Zealand, Northern Ireland, the Republic of Ireland, Scotland and the USA. The system provides a printed confirmation of every booking.

The growth of IBN means that budget travelers have a reliable reservation facility for all the major cities worldwide, including London, Paris, Rome, Athens, New York, Tokyo, Ottawa, Cape Town and Sydney, while the latest additions bring exotic new destinations like Santiago, St Petersburg and Lima just one phone call closer.

IBN has grown rapidly since it was launched in 1993 and advance bookings are now reaching 50,000 a month. "The huge advantage is that, through IBN, you can make sure of reliable and economical accommodation, even in the peak periods and even in the most popular destinations, like London, Paris, New York and Tokyo", Rawdon Lau, Secretary General of the International Youth Hostelling Association said. "And the system is growing all the time, which shows how popular Hostelling international is with today's young travelers".

The latest IBN expansion, which adds 46 further locations and seven more countries to the network, including Croatia, Korea, Chile and Russia, will make hostelling even more convenient for travelers on a budget.

For the IBN center telephone numbers and full details of IBN and Hostelling International's worldwide destinations, check the 1996 Hostelling International Guides to Budget Accommodation or contact the American Youth Hostels national office at 202-783-6161.

Pittsburgh AYH is accepting pledges and donations for the Pittsburgh Hostel

Our Fundraising efforts are escalating to foundations and will include corporations as well. If any member is involved or knows of someone involved with these groups we would appreciate it if you would take a few minutes to let us know. Having a contact person really helps to get some attention. We need to raise a ton of money for this building and we need all the help that we can get.

Thanks for your interest and help.

Clip out the coupon below and make your donation today.

Yes, I would like to make a donation of support for a
Hostel in Pittsburgh in the amount of:

— \$2500
— \$1000
— \$500
— \$250
— \$100
— \$50
— Other: \$ _____



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Name _____

Address _____

Telephone _____

Mail your Donation to:
AYH
Pittsburgh Hostel Fund
5604 Solway St., Pittsburgh, PA 15217
412-422-2282

SAILING

The AYH owns Flying Juniors, Sunfish, and an International 470. Several members also use their own sailboats. Most of our day sailing trips and classes will be on Lake Arthur in Moraine State Park near Butler, Pa. Additional weekend trips and extended trips are also planned.

All trips require previous sailing experience unless otherwise stated. This generally means a minimum of a Red Cross certified Basic Sailing Class or equivalent. Participants for all sailing activities must be in good physical condition and able to pass minimum Red Cross recommendations for swimming competency. Personal Floatation Devices are required on all trips. Individuals with their own sailboats are encouraged to join our program. We also need individuals with trailer hitches to pull the sailboat trailers.

Help Needed

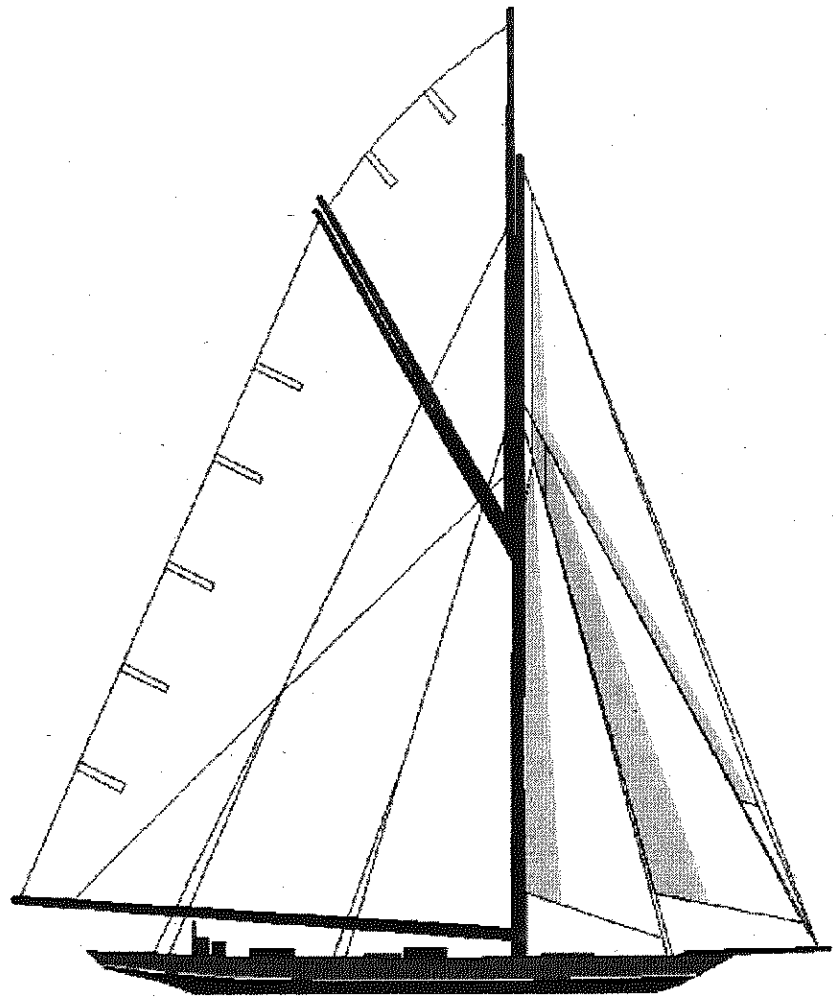
We could use a **small motor boat** to help with our on the water sailing classes. If you might have one please call Bob Zavos at 241-0659.

We also need someone in the insurance business who could help us obtain **liability insurance** for two AYH sailboat trailers.

Fees: Day sail fee at Lake Arthur is \$14 AYH members, \$16 non-members). Racing in the International 470 is open to members only and the fee is \$20. Day sails start at the Watts Bay area at 10AM.

Introductory Classes

We offer introductory Red Cross Certified classes for those who have never sailed before or anyone who desires to brush up on their skills. Participants must be at least 13 years old (anyone under 16 must be accompanied by an adult), in good physical condition, be comfortable in the water and know how to swim. Classes consist of two evening classroom sessions, and two full day on the water sessions. We use the Red Cross Start Sailing Right textbook and offer Red Cross Certificates to those who complete all requirements. On the water sessions take place at Lake Arthur and Classroom work is at the Pittsburgh AYH Activity HQ building at Fifth and Shady Avenues. Sailing classes fill up fast. Send in your application early to insure a space. Enrollment will be closed once we reach maximum class size. AYH reserves the right to cancel or reschedule classes due to weather or low enrollment for a full refund. Individuals may cancel up to 14 days prior to the first meeting and receive a full refund minus a \$5 administration fee.



1996 SAILING COURSE SCHEDULE

	Shore School	Shore School	On Water Classes
	Mon 7-930pm AYH Hq	Wed 7-930pm AYH Hq	Sat & Sun 9am-5pm Lake Arthur
Class 1	June 10	June 12	June 15&16
Class 2	July 8	July 10	July 13&14

*Please use the following form to enroll in classes.
If you are not an AYH member you may fill in the
application form that appears on the back page.*

1996 SAILING CLASS REGISTRATION

Name: _____

Address: _____

Phone No.(H) _____ (W) _____

Check class desired: Class 1__ Class 2__

Fee Enclosed \$_____ (Payable to Pittsburgh Council AYH)
**Class Fee \$75 AYH members, \$85 non-members; \$10
discount for 2nd person registering together and sharing
one textbook.**

Mail this form with your check to: Robert Zavos, 1007
Savannah Ave. Pittsburgh PA 15221

Upcoming Sailing Trips

June 8,22,29
Saturdays
Lake Arthur
Bob Zavos 241-0659
DAY SAILING.

Take a day sail in a Sunfish or Flying Junior or try racing in the Moraine Sailing Club's Races in our Olympic Class International 470. Prerequisite: Basic Sailing Class or demonstrate equivalent skills. Please try to call at least several days in advance.

August 31- September 2
Lake Chautauqua, NY
Marilyn Marrari 624-1165
WEEKEND TRIP.

Join us for our annual trip to the historic Chautauqua Institute. We will stay two nights in a small cottage on the Institute and enjoy sailing and many other activities.

Fees: Day sail fee at Lake Arthur is \$14 AYH members, \$16 non-members). Racing in the International 470 is open to members only and the fee is \$20. Day sails start at the Watts Bay area at 10AM.

CHEESAPEAKE BAY CRUISING

If you might be interest in a weekend (or longer) cruise on a larger sailboat on the Chesapeake Bay this summer please call Bob or Sara Zavos at 241-0659

BASIC SAILING INSTRUCTOR

The course is taught by the American Red Cross, Cleveland Chapter in Cleveland, Ohio. We will coordinate a trip to the class for those interested. Dates are June 8 & 9. Fee is \$60. Individuals who pass the course may fulfill their teaching requirements in our Basic Sailing Classes.

MID-WEEK RAMBLES

"Rambles" are casual Wednesday outings sponsored by the of Hostelling International - American Youth Hostels. Most take place in and around the city of Pittsburgh. The group normally meets at 10 a.m. in the upper parking lot of Mellon Park in Shadyside, off Shady Avenue near the intersection with Fifth Avenue. Starting May 29th, the group will meet at 9 a.m.

Trips are normally three to four miles in length, at a leisurely pace. Trips are always subject to change because of weather, conflicts of schedule, and the choice of the group. We do plan to walk in all kinds of weather, so please dress appropriately. From time to time, we will schedule lunch at a restaurant or a brown bag lunch. These are optional. We also try to carpool to save energy and to enjoy each other's company. Please share the expenses of transportation when trips exceed 10 miles; the suggested contribution is \$1 per passenger.

Call the leaders listed below for information about a trip or to inform the leader that you plan to walk with the group (especially when reservations are requested), but please call before 10 o'clock at night.

- June 5 South Park. Billie Woodland 563-5419.
 June 12 Strawberry picking at Paskorz Farm - Picnic lunch in Freeport Park. Dick Fischer 421-9215.
 June 19 Boyce park. Marge Patterson 823-4218.
 June 26 Hartwood Acres. George Westcott 279-5375.

foot notes trail maintenance news for June 1996

-by jim ritchie

We just completed our second trail maintenance outing on April 20, driving 100 miles to the Cook Forest area and blazing out the Baker Trail along Cathers Run. The trail was basically an easy, gradual uphill slope from the Gravel Lick Bridge to a game commission road 3.5 miles upstream. Tom Brandon got up there a week earlier and blazed the Trail so we would be able to find it, saving us a good amount of time we might have floundered around testing out various side trails. The April 20 trip included Vince Roelf, Dee Garvin, Patty Scheuering, and Jim Ritchie. The usual stuff happened: the saw burnt up and froze; thunderstorms greeted us as we awoke to get ready that morning; and we didn't find the paint Tom left for us. On the positive side, we had dinner at Americo's in Cook Forest and the weather got better and better throughout the day.

New trail adopters include Kate Royston of Glenshaw whose (Girl Scout) Cadet Troop #656 just adopted the section of the Rachel Carson Trail from Middle Road to Route 8 in Hampton Township. Thanks, Kate and girls. They are taking over the section formerly maintained by Barb Braidic and her Girl Scout Troop.

Brien Palmer, our man near Crooked Creek on the Baker Trail, wrote up the best trail maintenance assessment report I've ever seen, letting me know that are about half a dozen major trees down on the Trail we just spent dozens of hours on last year, and that all the little bridges over the Crooked Creek sidestreams need repair. Brien, we're putting it all on the list and we'll get it into our schedule.

June 1 is National Trails Day and Pittsburgh AYH, Keystone Trails, and Eastern Mountain Sports are pooling their efforts to conduct a day's work on the Rachel Carson Trail. Volunteers are needed and I hope you will see fit to help us out or to help somewhere in the cause of trail-building.

VOLUNTEERS NEEDED

Do you have extra hours to donate to the Council? Current volunteer opportunities in Pittsburgh Council are listed below. Contact the person listed or leave your name and telephone number at the office (412-422-2282).

*Southwestern Autumn Breeze Bicycle tour; Bill Eberle, 921-1932

*The Great Ride, Bicycle tour; Larry Laude, 665-9554

*Weekend bicycling trip leaders; Wm Eberle, 921-1932

*The Mon Valley Century bicycle tour; Chuck Ejzak, 466-6196

*MS-150 Bicycle tour; Bill Eberle, 921-1932

*Hostel development and fund-raising; Marianne Kasica, 665-9554

*Ohiopyle hostel support and work parties; Wm Eberle, 574-2025

*Office help answering phones and assisting hostellers;
Larry Laude, 422-2282

*Leading Pittsburgh Council trips; Wm Eberle, 921-1932

*Slide shows at the Thursday Open House; office, 422-2282

*Trail Maintenance, Baker Trail and Rachel Carson Trail;
Jim Ritchie, 828-0210

*HO Maintenance, minor routine maintenance on a regular basis. 1-2 people are also needed to coordinate the work, track of volunteer time and to report on HQ to the board and to identify any problems or required major repairs. If you can help as little as one hour a month, please call Ray Yutzy at 341-5682.

TRAIL MAINTENANCE '96

June 1 Saturday Ed Beck 469-2588
Jim Ritchie 828-0210

National Trails Day. Join Ed, President of Keystone Trails Association, the people from Eastern Mountain Sports from the South Hills, and Jim for a day of trail maintenance. We will work on the Rachel Carson Trail near Long Run in Indiana Township with the objective of restoring the Trailway through the area. Call Jim or Ed for more information.

June 8-15 Sat-Sat Jim Ritchie 828-0210

Laurel Highlands Trail. This is another observation trip, this time a week-long backpack trip as we through-hike the Laurel Highlands Trail across the spine of Laurel Ridge. The LHT is maintained mostly by the Bureau of Forestry. Come along, see what a beautiful job they do, learn some pointers. Call Jim for more details.

June 22 Saturday Leo Stember 681-1385
Jim Ritchie 828-0210

Summer Solstice End-to-End on the Rachel Carson Trail, 34 miles in one day. This is the First Annual "AYH End-to-End on the RCT" hike, a 34-mile endurance hike for the best of the best. The hike begins at sunrise and ends at sunset, approximately 16 hours. Can you do it? Can you stay on the Trail? Only experts and the strongest of the strong will make it. Registration fee includes t-shirt, recognition for completers. Call Jim or Leo for more information.

July 13 Saturday Jim Ritchie 828-0210
Rachel Carson Trail, Trail Maintenance. The emphasis on the day's trail maintenance will be to spruce up all the transitions along the trail; transitions are the points where the trail goes into or comes out of the woods. Blazing, clearing, trash detail. Call Jim for information and a reservation.

July 14 Sunday Jim Ritchie 828-0210
Rachel Carson Trail. A variety of work sites today: Butler-Logan Road, Eisele Road, Alter Road, Springdale Hollow Road; this is a continuation of work on transition sites, making sure hikers can follow the trail out of the woods and back in once again. Blazing, clearing, trash detail. A good chainsaw operator will be needed today. Call Jim for information and a reservation.

August 2-4 Fri-Sun Mary Ruth Aull 795-7078
Jim Ritchie 828-0210

Wilderness Lodge Bicycle Touring Weekend. This weekend all trailworkers are invited to a trailworker's holiday; bring your bike-we're all going to go bicycle touring through the relatively flat roads near Wilderness Lodge in Erie County. All kinds of bikes are invited-relaxed country touring only; racers need not apply. Call Mary Ruth or Jim for more information.

September 13-15 Fri-Sun Jim Ritchie 828-0210
Baker Trail at Milton Loop. A weekend-long trail maintenance project. We'll camp at the Milton Loop Campground near the Mahoning Reservoir. We will have two objectives: one to clear trail for the Armstrong Fall Foliage Hike from the dam to Smicksburg Road; the other to blaze miles of trail along the dirt roads passing through Amish country. Saturday night dinner will be at the famed Stockdale's in Dayton, PA. Call Jim for information and a reservation.

September 28-29 Fri-Sun Keystone Trails 828-0210
KTA Annual (Fall) Meeting, Pine Creek Valley/Sawmill Lodge. KTA is Pennsylvania's premiere trail maintenance umbrella organization representing over 50 hiking clubs. KTA meetings always have an outstanding hiking program with six or more hikes to choose from each day, all ability levels. Come learn about trail maintenance activities and issues all over the state of Pennsylvania and meet some of PA's legendary trail maintenance leaders. Call Jim Ritchie for more details.

October 4-6 Fri-Sun Keystone Trails 828-0210
KTA Annual (Fall) Meeting, Pine Creek Valley/Sawmill Lodge. KTA is Pennsylvania's premiere trail maintenance umbrella organization representing over 50 hiking clubs. KTA meetings always have an outstanding hiking program with six or more hikes to choose from each day, all ability levels. Come learn about trail maintenance activities and issues all over the state of Pennsylvania and meet some of PA's legendary trail maintenance leaders. Call Jim for more details.

November 16 Saturday Jim Ritchie 828-0210
Bicycle Touring, Princeton, NJ. You'll need cold weather gear to do this one; several riding options; one will be an 80 mile round trip to Asbury Park on the Atlantic; others include a 40 mile tour of the Princeton area, on mostly flat ground. You must provide your own transportation to and from Princeton. Call Jim for more details.


KENN HOWARD
MASSAGE THERAPIST
412 242 2424

Great for tired and
sore hiking muscles!



Aye, There's the rub.
-Hamlet

SEA-KAYAKING

Chincoteague

by Vickie Gotaskie
Sea-Kayak Adventurer

Waves were breaking at a fast pace as we launched from a near-empty Chincoteague beach. Paddling straight through the breakers was exhilarating! The kayaks rose and fell with each wave, as the water swept over the bow, and spray splashed our faces. Once past the surf zone, the waves were large, but rolled gently. Here we experienced a relaxing sensation as the kayaks were lifted to the top of each wave, then smoothly swept downward. Enjoying the feel of the ocean; seeing gulls in the blue sky overhead and the land appearing only as a thin strip in the distance, we wondered if life got any better than this. Suddenly, we realized that we were not alone. A pod of porpoises had joined us. Being inquisitive creatures, they swam around our kayaks to get a closer look. Their curiosity satisfied, off they swam with a grace and speed that we could never follow.

After paddling along the coastline for half an hour, we saw our blue sky being replaced by a dark band across the horizon. A storm was moving in, and we had to curtail our paddle and seek shelter in a nearby cove. As we approached the cove, three funnel-shaped forms spiraled down from the clouds to the sea. I was seeing water spouts for the first time. As fascinating as they were, I was glad to be in the safety of the cove. We landed on a deserted beach to have lunch and waited out the offshore storm. After the storm passed, we swam in the warm waters of the cove and had a contest to find the largest hermit crab, then headed back to camp in the kayaks.

We've had many sea-kayaking trips to the Chincoteague-Assateague area, and each one has been a different experience. Looking forward to what 1996's trips will bring.

Friday evening May 31st thru Saturday June 1st, 1996

Mark Mistrik 344-8665 (h) and 624-3446 (w)

Our first Night-trip of the year. We got the idea for this when paddlers didn't want to quit kayaking after dark on the regular intros. Here, we'll set up tents on the shore of Crooked Creek Lake, build a campfire, and then you can paddle, talk, snooze, eat ... whatever, until Saturday afternoon. This trip is usually very well attended so call early if you need to reserve a kayak. Trip is appropriate for beginners.

Sometime between June 3rd to the 14th, 1996

Mark Mistrik 344-8665 (h) and 624-3446 (w)

Three Rivers Arts Festival. This is one of our yearly traditions - paddle downtown and arrive by kayak to this year's festival. While there, we'll sample the offerings: concerts, exhibits and other artsy things, plus an incredible selection of junk food. Call for the exact date, more information & to reserve.

Saturday June 8th, 1996

Mark Mistrik 344-8665 8:00 AM

Lake Wilhelm in Goddard State Park. This is the next state park up from Moraine, and features a mix of woodlands, meadows, plus a large wildlife propagation area. Bring a lunch - and eat on an island. This is an easy trip, appropriate for beginners. More advanced paddlers may (try to) cover the entire lake, if they're so inclined. Call for more information and to reserve a kayak (if you need one).

Tuesday June 11th, 1996

Mark Mistrik 344-8665 or 624-3446

Evening Intro to Sea-kayaking. Fun, easy evening trip is the ideal way to learn sea-kayaking or improve your skills. This is also a great way to unwind after work & enjoy a summer evening. Summer grill-out included. Call for more information and to reserve.

Wednesday evening June 19th, 1996

Mark Mistrik 344-8665 6:15 PM

Monthly Paddler's Dinner. Good food, outdoor-related conversation and new trip information. Each month we try a different restaurant. Call for location & directions.

Saturday June 22nd and Sunday June 23rd, 1996

Mark Mistrik 344-8665 (h) 624-3446 (w)

Sea-kayak Leader's Weekend. This trip was inspired by the one Cathy Lynch (one of our program founders) used to lead up to a few years ago. It's basically a sharing of information among participants. We'll cover advanced paddling technique, sea-kayak rescue, emergency & first aid, kayak design, the fundamentals of kayak touring, trip preparation & packing, and equipment maintenance & repair. Communal breakfast and dinner; bring your own lunches. One overnight at the Ohiopyle Youth Hostel. Call for more information and to reserve.

**Wednesday evening July 3rd thru Sunday evening July 7th, 1996**

Mark Mistrik 344-8665 (h) 624-3446 (w)

Fourth of July trip to the Outer Banks of North Carolina. Trip includes ocean kayak surfing, relaxing in the quaint village of Ocracoke, seashell collecting, snoozing, and paddling to Portsmouth - a barrier island ghost town. Call for more information. Early reservations absolutely required to guarantee a camping space during the holiday weekend. Getting Tuesday off is highly recommended.

Tuesday evening July 16th, 1996

Mark Mistrik 344-8665 5:30 - 6:00 PM

Intro to Sea-Kayaking. Evening trip to either North Park or Glade Run Lakes is an excellent way to try kayaking, learn new technique or practice. You can also just "take the evening off" and explore the lake on your own. Call for more information and to reserve a kayak.

Friday evening July 19th to Saturday afternoon July 20th, 1996

Mark Mistrik 344-8665

Donley Island Night trip. This is a very pretty island on the Allegheny river and one of our favorites. It's also the logical next step up from last month's Crooked Creek trip. Here, we'll paddle a short distance Friday evening and arrive at the island by kayak! Afterwards, you may kayak, eat, rest by the campfire or just relax and enjoy the evening. Saturday there's a choice of more kayaking, hiking, and fossil or artifact hunting. We'll head home in time for dinner. Call for more information and to reserve.

Friday evening July 26th thru Sunday evening August 4th, 1996

Mark Mistrik 344-8665 (h) 624-3446 (w)

Sea-kayak touring and camping trip to Killarney Provincial Park, Ontario, Canada. This is our pristine Wilderness trip this year, paddling into a land of ancient mountains & open sea. The park is located at the northernmost extreme of the Georgian Bay on Lake Huron. A preview book highlighting the park's history and natural features will be available for review at the monthly dinners. Call for more information.

Friday evening August 30th thru Monday September 2nd or Tuesday September 3rd, 1996

Mark Mistrik 344-8665 (h) 624-3446 (w)

Labor Day Weekend sea-kayaking trip to the Southern Chesapeake. We stay in Crisfield Maryland - the bluecrab capital of the world, and Chincoteague, a National Wildlife Refuge on the seashore that has some very good paddling available. Last year, we watched porpoises, wild ponies, and waterspouts (safely offshore) while we paddled to Tom's cove. Call for more information and to reserve.

Friday evening September 27th thru Monday evening October 7th, 1996

Mark Mistrik 344-8665 (h) and 624-3446 (w)

Sea-kayak the redrock canyons of Lake Powell in Southwestern Utah. This trip will be supported by a maxivan and a houseboat while we're on the lake. Each morning, we'll move the houseboat to a new side canyon, then you'll have the entire day to explore the area by kayak and/or on foot. You may camp back in the canyons or return to the houseboat at night. We expect daytime air temperatures of mid to upper 70's and the water should be warm enough for swimming. This is the easiest of our long trips this year - suitable for beginners. Trip includes some quick sightseeing and a visit to a hot springs along the way. Space is limited so call early for more information.

Saturday October 12th thru Sunday October 13th, 1996

Ed Ostrovecky 224-1419

Ed's annual Kinzua Fall Foliage Weekend.

Wednesday evening November 27th thru Sunday December 1st, 1996

Mark Mistrik 344-8665

South Carolina Lowcountry Come spend a Southern-style Thanksgiving with us. Sightseeing in historic Charleston, beach walks, palm trees, plenty of wildlife and porpoises. Blackwater river, lake & saltwater paddling trips. Lodging in a rustic cabin (w/fireplace) overlooking the scenic Edisto river. Call for more information. Space is very limited.

The First Annual Rachel Carson Trail Challenge, June 22nd, 1996

This year, 1996, will see the first ever Rachel Carson Trail Challenge hike, a 34-mile, one day, endurance event, held in the spirit of the Alaskan Iditarod, the Pittsburgh Marathon, the 70-mile Laurel Highlands Trail Run, and the many Ironman Triathlons. Sponsored by the Pittsburgh Council, American Youth Hostels, the Rachel Carson Trail Challenge will start at the Beaver Shelter in North Park, at sunrise on Saturday, June 22, (taking advantage of the Summer Solstice) and will extend through a 34-mile roller coaster of hills and bluffs, through the Townships of Hampton, Indiana, Springdale, Fawn, Fraser, and Harrison, ending at Harrison Hills County Park, in the northeast corner of Allegheny County, near Freeport.

The Rachel Carson Trail stretches from North Park, in Shaler, to Harrison Hills County Park, lying entirely within Allegheny County. The trail is characterized by its roller coaster hills and is often said to be one of the most difficult hiking trails in the United States. A typical hiking pace is around 2 miles per hour. The hike will begin at sunrise and will officially end at sunset, 5:50 A.M. to 8:54 P.M., a total of 15 hours and 4 minutes.

The endurance hiker participants will be given a trip sheet and a set of topographic maps to guide them on their journey. There will be a half dozen checkpoints throughout the hike, each offering minimal support: water and nutrition bars. Hikers are expected to carry all of their own requirements, including food, first aid equipment, raingear, water containers, maps and a trip sheet. Hikers may start anytime within one hour of sunrise, BUT... there is a **minimum time requirement that must be met: two miles per hour**. So all hikers must pass through the first checkpoint, 4 miles down the trail, by 7:50 A.M., 2 hours from the start. The same rule applies for all checkpoints throughout the hike. Hikers not meeting the minimum time requirement will be dropped from contention for earning an official completion.

All hikers completing the 1996 Rachel Carson Trail Challenge will receive recognition prizes including, an embroidered Rachel Carson Trail sew-on patch, a Rachel Carson Trail Challenge Completer's T-shirt ("I Completed the Rachel Carson Trail Challenge, 34 Miles in One Day"), a weekend for two at the Pittsburgh AYH Ohiopyle Youth Hostel, and a complimentary subscription to the monthly Pittsburgh AYH activities publication, the *Golden Triangle*.

Two Dimensional Challenge:

The Challenge has two dimensions. The first challenge, the obvious one, is to be able to endure through 34 miles of tortuous hill-climbing and descent; the second, more subtle, is your ability to keep on the route. The core strategy will be the ability to pace oneself throughout the course of the hike.

Three Challenges include:

**The Challenge
The Half-Challenge
and the Family Challenge.**

There will be three levels of participation: the 34-mile Rachel Carson Trail Challenge; a 17-mile Rachel Carson Trail Half-Challenge, and the 5-mile Rachel Carson Family Challenge. The Half-Challenge will cover 17 miles, also starting at North Park, but ending at the Rachel Carson Homestead in Springdale. Finishers in the Half Challenge will receive a completer's t-shirt ("I completed the Rachel Carson Trail Half-Challenge").

Family Challenge:

The Rachel Carson Trail Family Challenge is 5 miles long and lies entirely along the Rachel Carson Trail within North Park. Entire families, Mom, Pop, the kids, Granny and Gramps, are encouraged to participate. The hike begins at the Beaver Shelter in North Park at 9:00 am. AYH encourages your family to bring a picnic lunch, and to stay in the park, enjoying the sunshine and fresh air.

Registration:

The registration fees for the Challenge are \$15, the Half-Challenge, \$12.00, and the Family Challenge, \$6 per family member. All participants will receive a Rachel Carson Trail T-shirt. Official registration for the Challenge and the Half-Challenge must be in advance, no later than **JUNE 15th, 1996**. Registrations for the Family Challenge received by that date will receive their T-shirts on the morning of the hike; on-site registration is available for the Family Challenge, but registrants will have t-shirts mailed to them.

Proceeds:

All proceeds from the Rachel Carson Trail Challenge will be divided evenly between the Rachel Carson Homestead Association, in Springdale, PA, and the Pittsburgh Council, American Youth Hostels, in support of the new **Pittsburgh International Youth Hostel** project, finishing the development of a youth hostel for international and American travelers, in the Allentown section of Pittsburgh (near Mount Washington).

To register for participation, fill out the **Rachel Carson Trail Challenge** registration form in this newsletter, and mail it to:

RCTC
c/o American Youth Hostels, Room 202
5604 Solway Street
Pittsburgh, PA 15217

THE 1996 RACHEL CARSON TRAIL CHALLENGE OFFICIAL ENTRY FORM JUNE 22, 1996

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

Mail to: **RACHEL CARSON CHALLENGE**
c/o Pittsburgh AYH, Room 202
5604 Solway St.
Pittsburgh, PA 15217

Last Name (please print)

First Name

Middle Initial

Age (as of 6/21/96)

Street Address

City, State

Zip Code

Telephone: daytime

evening

T-shirt size: Small

Medium

Large

X-Large

Hike Desired:

Full Challenge _____ (\$15)

Half-Challenge _____ (\$10)

Family Challenge _____ (\$6 ea)

TOTAL _____

LIABILITY WAIVER

In consideration of your acceptance of my application for participation in the Rachel Carson Challenge, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property I may have, or which may accrue to me as a result of my participation. I, the undersigned, discharge and release the Pittsburgh Council, HI-AYH, its activity leaders, and their respective agents, boards, commissions, and any other involved employees and representatives from all liability arising out of or connected in any way with my participation in the Challenge, whether or not caused by the negligence of any of the above parties.

I acknowledge that there are inherent risks and dangers which may arise at any time during the Challenge. My participation is voluntary and is done at my own risk. I voluntarily assume all risks of loss, damage or injury that may be sustained while participating in the Challenge. I attest that I am physically fit and sufficiently trained for the completion of this event. I understand and agree that medical or other services rendered to me by or at the insistence of any of the above parties is not an admission of liability to provide or to continue to provide any such service and is not a waiver of any of said parties of any right hereunder. I understand that serious accidents occasionally occur during hiking and that participants in the Challenge may sustain mortal or serious injury as a consequence thereof. Nevertheless, I agree to assume those risks and to release and indemnify and hold harmless all the persons mentioned above who might otherwise be liable to me (or my heirs or assigns) for damages, of whatsoever kind or nature.

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

Participant's Signature in Full

Parent or Guardian's Signature if hiker is under 18

NYRATS-10 New York Ride Across the State

A Fun Yet Challenging Ride for Peak Performers

Applications are now being accepted for NYRATS 10.

The 10th Annual New York Ride Across the State will depart Buffalo NY on Sunday July 21 and arrive in Manhattan seven days later on Saturday, July 27.

Peak performance riders from all over the US and Canada participate in NYRATS. Riders must be able to cycle 60 to 100 miles per day. Accommodations are in College Dorms and Motels. Luggage is transported and full support is given to all riders.

NYRATS-10 is a new route and will follow Historic Route 20 much of the way. The itinerary is as follows: Day 1 - Buffalo to Geneseo, Day 2 - Geneseo to Geneva, Day 3 - Geneva to Hamilton, Day 4 - Hamilton to Oneonta, Day 5 - Oneonta to Kingston, Day 6 - Kingston to Sparkill, Day 7 - Sparkill to Manhattan. Scenic New York State is at its best in July. Riders can expect a lot of fun, sun, a little rain and hills, humidity and heat.

Pre-NYRATS rides to Niagara Falls and the Burgwardt Bicycle Museum are planned for those who arrive in Buffalo a day early, Saturday June 20. Accommodations will be onboard the USS Little Rock by special arrangement with the Naval and Servicemen's Park.

Points of Interest NYRATS riders will see along the way include Lake Erie, The Canadian Parkway, Niagara River and Falls, Erie Canal, The Finger Lakes, The Catskills, Seneca Falls and the Womens' Rights National Park, Baseball Hall Of Fame, Ashokan Reservoir, West Point, Bear Mountain State Park, The Historic Hudson River and Manhattan.

NYRATS is sponsored by Hostelling International - Niagara Frontier Council of American Youth Hostels. Any surplus funds realized this year will go toward the Teens at Risk Mentoring and Discovery and Youth Hostelling Discovery Programs.

Hostelling International helps all, especially the young, gain a greater understanding of the world and its people through hostelling. Affordable travel and accommodations are available to all ages, races, nationalities and incomes.

For more information call 716-852-5222. Or send a SASE for applications. Mail to NYRATS, P.O. Box 1110, Buffalo NY 14205-1110. E-Mail, af060@freenet.buffalo.edu

Peace Tour 96 A Coast to Coast Bike Ride

Cycling For Peace and The Environment

Peace Tour 96 is a new kind of tour offered by Hostelling International, Niagara Frontier Council. Designed by Donna Price, a Certified Hostelling International Trip Leader from Buffalo New York, Peace Tour 96 is a coast to coast bicycle tour in the spirit of the hostelling tradition. It will combine the study and practice of peace with a cycling tour. The group will work within itself to create a peaceful community which utilizes philosophies of mutual respect, non violence and creative conflict resolution to live and travel together. The focus of Peace Tour 96 is both peace and the environment.

The tour will tread lightly upon the earth while working for peace in communities, parks or with organizations dedicated to peace and the environment along the route. Cyclists and communities along the route will be invited to meet with the cyclists who will be offering service at 10 stops along the route. Accommodations will be at campgrounds, hostels, and other accommodations offered along the way. Cyclists carry their own gear and some common gear used by the group.

Tour dates for the 91 day trip are June 2 through August 30. Tour route is from Portland, Maine to Bandon, Oregon. Cyclists will travel through New Hampshire, Vermont, Ontario, Canada, New York State, Michigan, Wisconsin, Minnesota, South Dakota, Wyoming, Idaho and Oregon. There are limited spaces on the tour for 1 month and ten day options for cyclists who cannot ride the entire distance. It is expected that between 7-12 cyclists will do the entire tour.

Because the Niagara Frontier Council is the organizer of the Peace Tour, a special welcome and Peace Festival is planned as the tour arrives in Buffalo, NY. Location to be announced. The public is invited to attend the festival and welcome the riders to Buffalo.

Peace Tour 96 is expected to arrive in Buffalo from Niagara Falls, NY on June 14 and depart Buffalo via the Peace Bridge on June 17. A Peace workshop is scheduled for Saturday June 15. Anyone wishing to accompany the riders on their departure Sunday are welcome to do so but must apply and have a safety check of bicycle and helmet.

For more information and to receive the 1996 Discovery Tour Catalog listing Peace Tour 96 and other hostelling trips, call 716-852-5222. E-Mail, af060@freenet.buffalo.edu

AYH ROCKS!

Yes, Pittsburgh AYH rock climbing is back. As you may know, Eric Bauer, last year's climbing chair, has moved on to a new job in the Chicago area. This year, Jim "Woj" Wojciechowski and Vern Miller have joined up as co-chairs to continue the program. Thanks go to Eric for all his work in the past and to Woj and Vern for taking a turn as lead climbers. Here's the schedule for this year's classes:

Saturday June 1	Beginners Class
Saturday June 29	Seneca Prep Class
Friday-Sunday July 12-14	Seneca Rocks Trip WV (call for details)
Saturday July 27	Beginners Class
Saturday August 10	Beginners Class
Saturday August 24	Seneca Prep Class
Friday-Sunday September 6-8	Seneca Rocks Trip WV (call for details)
Saturday September 29	Beginners Class

All classes will meet at 7:30 am at the AYH activities headquarters in Shadyside the morning of the trip, and all classes will be held at Coopers Rock in West Virginia. For class and trip information, call Woj at 322-4524 or call Vern at 398-8328 or 935-3434.

CYCLING WEEKEND AT WILDERNESS LODGE AUGUST 2-4

Come on up to rustic Wilderness Lodge to enjoy a weekend of relaxation and bicycle touring on the relatively flat lands of Erie County, PA. Country roads diverge in all directions from the Lodge, north to Lake Erie, east to New York State and Peek 'n' Peak, and west to French Creek. Nanci Janes' Wilderness Lodge has been a favorite of cross-country skiers for many winter seasons, now make it a tradition for cycling in the summer. After riding, come back to the lodge to sit back and relax, enjoy Nanci's wonderful home cooking, and the company of other AYH riders.

Roger has agreed to provide some cycling routes starting at the Lodge and to lead one tour through the area on Saturday. Plans are to provide several rides each day so you can choose from a 40-50 mile all-day ride, two 25-mile half-day rides, and a 15-20 mile evening ride. Maps will be provided to all riders. In addition to Roger's ride, other ride leaders will be designated. Many of the area roads are dirt, some are paved, so a fat-tire mountain bike or a hybrid might be ideal; a skinny-tire touring bike will probably be ok, just a little rough on the dirt.

The cost of the weekend includes Friday and Saturday night lodging, a family style dinner Saturday evening. Vegetarian meals are available upon request. Breakfast and lunches are available at the Lodge at an additional but reasonable cost. Rooms are mostly hostel style with 3-6 people in a room; also, there are three double rooms available. Space is limited to 36 people. Cost does not include transportation, but we will try to assist with carpooling.

Cost: \$55 per person for AYH members and \$65 per person for nonmembers for the weekend for a bed in a hostel-style room. The double rooms are \$130 per room for members, two persons to a room, and \$150 for nonmembers.

Reserve early by call the office at 412-422-2282 to make reservations for the weekend. Send a check for the full amount ASAP afterward to guarantee your space. Make checks out to Pittsburgh AYH. A waiting list will be kept in case of cancellations.

Please note: there will be no refunds after July 12, three weekends before the trip, unless we can get a replacement for you. All weekend fees include a non-refundable \$10 per person, or \$20 per double room.

Wilderness Lodge Bicycle Touring Weekend

Name: _____

AYH pass #: _____

Street Address: _____

City: _____ ST _____ ZIP _____

Enclosed is a check for: _____

_____ I am driving and I can take _____ passengers.

_____ I need help finding a ride. (we'll try)

_____ I will drive and meet the group at Wilderness Lodge.

Mail to:

Wilderness Lodge Cycle Tour
Pittsburgh AYH
5604 Solway St., #202
Pittsburgh, PA 15217

ADOPT THE RACHEL CARSON TRAIL*-by jim ritchie*

Pittsburgh AYH needs volunteers to help maintain the Rachel Carson Trail (and the Baker Trail), keeping those trails open and blazed. The Rachel Carson Trail was built in the early '70s, dedicated in 1972 and has been maintained by Pittsburgh AYH for 24 years. The trail is 34 miles long and is located entirely within Allegheny County, stretching from North Park to Harrison Hills Park near Freeport.

We expect maintenance volunteers to give two days of their time each year: one day in the Spring to put up fresh blazes and a second day in the Fall to walk through trimming and pruning, picking up trash along the trail, a making notes about any major work that needs to be done. Your report, just a telephone call to me, will let us know how to plan our major projects for the next year.

All Adopt-A-Trail maintainers will get a free Baker Trail or Rachel Carson Trail T-shirt. All expenses for paint and brushes will be reimbursed by AYH or you may pick up your supplies directly from me.

If you volunteer, I will personally walk with you through the section of the trail you adopt so that you know the route. I try to provide you with a section that will take you about one hour to go from one end to the other, so you have a two-hour round trip. Of course, doing blazes and other work will add to your walking time.

The Baker Trail (BT) and the Rachel Carson Trail (RCT) are rustic trails with minimal improvements, similar to the Indian Trails encountered by George Washington and Christopher Gist in the mid-1700's. They simply provide a marked route through the boundary areas and over the fringes of developed areas in today's Western PA. They are full of surprises and they are full of interest. Both trails cross rugged country and comprise numerous steep uphill and downhill climbing. In the Spring, you may encounter wildflowers such as red and white trilliums (trillia?), trout lily, spring beauty, bloodroot, jack-in-the-pulpit, butterflyweed; summer brings blackberries and blueberries; fall colors are outstanding on the high vistas of the RCT. Fauna include deer, red-tailed hawks, turkey vultures, indigo bunting, rufous-sided towhee, rose-breasted grosbeak, huge anthills, and a variety of reptile life.

If you are interested in becoming a Trail Maintenance Volunteer, give me a call at (412) 828-0210; if I am not at home, leave a message on my answering machine and I'll get back to you as soon as I can. You may find, as I have, an immeasurable wealth of discovery awaits you on the trail, the Rachel Carson Trail, and the Baker Trail.

VOLUNTEERS NEEDED FOR RACHEL CARSON TRAIL CHALLENGE

June 22, 1996

Pittsburgh AYH needs volunteers to help out on June 22, the day of the first ever Annual Rachel Carson Trail Challenge. Volunteers will assist with registration verification, handing out materials, and verifying hikers passing through checkpoints along the trail. Volunteers are needed as follows:

- 4:30 A.M. - 7:30 A.M. North Park**
Registration Table
3 people needed
Challenge/Half-Challenge
- 7:30 A.M. - 9:30 A.M. North Park**
Registration Table
3 people needed
Family Challenge
- 6:00 A.M. - 9:00 A.M. Checkpoint One (5 mi)**
Maintain Checklist
3 people needed
Water/Nutrition bars
- 7:00 A.M. - 11:00 A.M. Checkpoint Two (11 mi)**
Maintain Checklist
3 people needed
Water/Nutrition bars
- 10:00 A.M. - 2:00 P.M. Rachel Carson Homestead**
Half-Challenge Endpoint/Checkpoint Three (17 mi)
3 people needed
Water/Nutrition bars
- 1:00 P.M. - 5:00 P.M. Checkpoint Four (24 mi)**
Maintain Checklist
3 people needed
Water/Nutrition bars
- 4:00 P.M. - 8:00 P.M. Checkpoint Five**
Maintain Checklist
3 people needed
Water/Nutrition bars
- 6:00 P.M. - 10:00 P.M. Harrison Hills County Park**
Maintain Checklist
3 people needed
Water/Nutrition bars

To volunteer your services, in support of the Pittsburgh International Youth Hostel and the Rachel Carson Homestead Association, call Leo Stember at 681-1385, Jim Ritchie at 828-0210, or the Pittsburgh AYH Office at 422-2282.

BICYCLING**July 14 A/B/C****The Great Ride** Famous tour of the city. Call AYH office for more details**July 19-21 B/C Ober Rooney 364-3956****Pymatuning Weekend Camp** at Tuttle Beach campground. Leave Pittsburgh Friday Morning. Up to 60 miles a day.**Aug 3-5 B/C Ober Rooney 364-3956****Niagara Falls** A popular trip; Leave Pittsburgh Friday morning. Ride from hostel to Niagara on the Lake. Saturday ride to Fort Erie, and on Sunday back to Niagara on the Lake. Stay at the Canadian Hostel or at B'n'B.**Aug 3-4 A/C****Wilderness Lodge** Rides in northern PA and Southwestern NY. Call AYH office for more details.**Aug 9-11 B/C Judy Menosky 242-1573****Ironmaster's Mansion** In Pine Grove Furnace State Park in central PA. Ride on rural roads or bike paths. Excellent hiking is available and swimming is just a short walk from the hostel.**Aug 25 A/B/C Lynn and Chuck Ejzak****Mon Valley Century Bicycle Tour** Choose from a challenging 100 miles, 70 miles, 50 miles and 35 miles. Rides start in Elizabeth, PA. Call AYH office (after July 1) for an application or get one at AYH. Discount for registrations received by July 31.**Aug 30 - Sep 2 B/C Diane Whittier 372-1068****Marsh Creek State Park** (in Eastern PA) Lots of biking and other activities available including cycling in the Brandywine Valley and touring the Andrew Wyeth Art Museum and Longwood Botanical Gardens. Suited for beginner and intermediate cyclists. Other activities like sailing also available. \$20 deposit per tripper required to reserve. Call Diane for more information.**Sept 13-15 A/C Joan Rooff 795-8345****Stanford House Hostel** In the Cuyahoga Valley National Recreation Area (in Ohio). This whole area is a bicyclists delight. Ride on rail trails going in many directions. Stanford House is a wonderful hostel that has long been a favorite destination for Pittsburgh AYH trips. Call Joan for more info and to reserve**Oct 6 A/B/C Bill Eberle 921-1932****SABRE (Southwestern Autumn BREEze)** Southwestern Allegheny county and Washington county. 100 km (65 mile) and 50 km (35 mile) rides offered. Rides start at Settler's Cabin Park. Registration includes marked roads, map, snack stops and a picnic lunch at the end. Call AYH office (after Aug 1) for an application or get one at AYH. Discount for registrations received by Sept 15.**Ride Class:** A Adv. (50+ miles), B Inter. (30-60 miles), C Easy (15-40 miles), D Beg. (10-20 miles)

All Trips: Trips are generally open to riders of all ages, subject to the trip leaders' approval. (Most riders tend to be between ages 18 and 70) AYH Members are given priority over nonmembers for trips with limited space. Bicycle Helmets (ANSI or Snell approved) are required on all rides. Riders are responsible for their own equipment. To become a member, sign up at one our weekly Thursday evening (8:00 to 9:30 p.m.) open houses, or call or write the AYH office for an application.

HIKING/BACKPACKING**Sunday June 2 Veronique Schreurs 422-0358****Easy hike** in Frick Park together with BOLD (Blind Outdoor Leisure Development.) We will need some guides. Meet at HQ at 10am. Call for info / reservation.**Saturday June 8 Loraine Johnson 829-0345****Veronique Schreurs 422-0358**
Moderate intermediate hike in Cooks forest 5-7 miles. Meeting at the Integra Bank in Harmarville at 8am. Call for info & a reservation.**Sat-Sat June 8-15 Jim Ritchie 828-0210****Laurel Highlands Trail.** This is a week-long backpack trip on which we will through-hike the Laurel Highlands Trail across the spine of Laurel Ridge, 70 miles in 7 days from Seward to Ohiopyle, staying in shelters when possible. Easy packing.**Sunday June 9 Leo Stember 681-1385****Intermediate hike** in Quebec run or Rail to Trails on the Yough. Call for info & a reservation.**Sunday June 16 Luc Berger 683-3131****Easy 2 1/2 mile hike** in Todd sanctuary near Freeport. See the pond, beautiful streams & waterfalls. Call for information and a reservation.**Saturday June 22 Leo Stember 681-1385****Jim Ritchie 828-0210**

Rachel Carson Trail Challenge. This is a Summer Solstice End-to-End endurance hike on the Rachel Carson Trail, 34 miles in one day. This will be the first of an annual event in the spirit of the Iditarod, the Marathon, and Ironman Triathalons. The hike begins at sunrise and ends at sunset, approximately 15 hours. Can you do it? Can you stay on the Trail? Expert hikers in the peak of condition will succeed. Minimal support. Required registration fee includes t-shirt, recognition for completers. See article in this issue of the GT for more details.

Saturday June 22 Veronique Schreurs 422-0358**Moderate intermediate hike** on the Laurel Mountain hiking trail from Rte 30 to Beam rocks: 6 miles. Call for info & a reservation.**Saturday June 22 Leo Stember 681-1385****Rachel Carson Trail Half-Challenge.** The same as the above, except only 17 miles, ending at the Rachel Carson Homestead. See article in this GT for more details. Registration fee required, includes T-shirt.**Saturday June 22 Leo Stember 681-1385****Rachel Carson Trail Family Challenge.** This is the family version of the Challenge: a 5-mile loop hike in either North Park or Harrison Hills Park (to be determined), suitable for a nice day hiking in the outdoors. Proceeds go to the Rachel Carson Homestead Association and the Pittsburgh International Youth Hostel Fund. Registration fee required.

Spring Cycling in Bedford County

A new guide for bicyclists - Bicycle Scenic Country Roads in Bedford County - is now available free of charge. The compact folder contains detailed route maps for five bicycle tours through the scenic countryside of rural Bedford County in southwestern Pennsylvania. Tours vary from 9.6 to 40 miles in length with ratings from "easy" to "difficult". Enthusiasts and beginners alike may also take advantage of mountain bike areas and rentals.

Descriptions of two loops whet-your-whistle for the cycling experiences that await you in Bedford County. On the Covered Bridge Loop, pass by three of the county's 14 covered bridges built in the late 1800s. Rated "difficult", this 16.7 mile-loop is on an asphalt surface with rolling hills and climbs. Begin in the town of Bedford's National Historic District on the 9.6 mile "easy" Schellsburg/Shawnee Loop. Travel through the antique-laden town of Schellsburg, Shawnee State Park and take a side trip to a covered bridge.

In addition to cycling, enjoy the country pleasures of Bedford's outdoors. Hike at Shawnee, Blue Knob and Warriors Path state parks. Fish for a variety of species, including bass, walleye and trout in Shawnee, Koon and Cordon lakes, Yellow Creek and many miles of other streams and waterways. Swim, golf, or, simply tour the countryside - covered bridges, orchards, Historic Lincoln Highway - through suggested drive routes.

For your free bicycle tour guide and 32-page guide listing area attractions, events, dining facilities, lodging (including hotel, motel, inn and resort accommodations), contact the Bedford County Conference and Visitors Bureau by calling toll-free 1-800-765-3331 (throughout the United States and Canada) or (814) 523-1711 or by writing to 141 South Juliana St, Dept HMC, Bedford, PA 15522.

Editor's Note: The Living Waters Hostel in Schellsburg would be a great place to stay while cycling in Bedford County. For information or reservations, call 814-733-4212 or 814-733-2162.

CANOEING

May 31 — June 1 Friday evening — Saturday

Joyce Appel 526-5407

Flatwater full moon night canoeing on Crooked Creek Lake. Set up camp, then explore the lake by moonlight. Call for details.

June 1 Saturday Brian McBane 443-8972

Moving water school. Location to be announced. Call for details.

June 2 Sunday Paul Bronder 882-9255

Class II-III Whitewater canoe and kayak trip. Call for details.

June 8 Saturday Brian McBane 443-8972

Class I canoe trip. Location to be announced. Call for reservations and details.

June 9 Sunday Gordon Bugby 371-4233

Moving water school. Call before 10 pm for details.

June 14 or 15 to 21. Friday or Saturday to Saturday

Walt Reinhart 486-5127

Flatwater canoe camping trip. Start near Kinzua Dam and canoe for a week on the Allegheny River. Call for details.

June 22 Saturday Steve Tubbs 279-4866

Class I-II canoe and snorkel on the Youghiogheny River with the Sierra Club. Call for details.

June 29 Saturday Paul Bronder 882-9255

Class II-III whitewater canoe and kayak trip. Call for details.

June 28-30 Friday evening - Sunday

Joyce Appel 526-5407

Class I canoe camping on the Mohican River in Ohio. Paddle through the Mohican River Wildlife Area and Mohican State Park. Side trip or possible canoe run through 400 foot deep Clearfork Gorge. Call early for reservations or details.

July 4-7 Thursday-Sunday Jon Maiman 441-2306

Class I canoe camping trip. Location will depend on water level. Call for reservations or details.

July 4-7 Thursday-Sunday Joyce Appel 526-5407

Wilderness flatwater canoe camping trip in New York's Adirondacks, or the Pine Barrens of New Jersey. Possible departure on Wednesday night. Call for reservations or details.

July 6 Saturday Paul Bronder 882-9255

Class II-III Whitewater canoe and kayak trip. Call for details.

To be announced. Joyce Appel 526-5407

Looking ahead to late August or early September, plans are being made for a canoe camping trip into the Alagash Wilderness in Maine. Call with input, inquiries, or suggestions.

October 4-13 or 11-20. Friday-Sunday following.

Joyce Appel 526-5407

Canoe camping, hiking, and exploring caves in Arkansas along the Buffalo National Scenic River. Breathtaking bluffs with Autumn foliage. Call for details or reservations.

Hostelling gives the green light to travellers who care

If you want a different kind of holiday, and you care about the environment, Hostelling International has more to offer than ever, with packages that let you experience almost everything, from dog carts to beach-combing, and homeopathy to bread-making.

Bike across Britain and sleep in a barn.

In England and Wales, for example, you can stop off at Youth Hostels along the new 5,000 mile national cycle network. This is being promoted by the charity Sustrans, (which designs and builds traffic-free paths for cyclists, walkers and wheelchair users), and supported by the Youth Hostel Association. Or you can check out the hostels you want on the new Green Flag rural tourism database. It details all 240 Youth Hostels in England and Wales, and highlights those in priority heritage areas like Stratford, Stonehenge and Hadrian's Wall. You can sleep in a camping barn in the North Pennines - a former cattle byre that has received a Green Tourism showpiece award - or stay in similarly rustic accommodation in the Forest of Bowland, Exmoor, Dartmoor and Tarka country. And if you want to make a contribution - how about joining a 'learn and conserve' project to repair footpaths in the Lake District, or refurbish a National Trust estate?

Contact: Youth Hostels Association of England and Wales. St.Albans Telephone: (44) 1727 855215 FAX: (44) 1727 844126

Learning and conserving in the USA and New Zealand

In the USA and New Zealand the Sustainable Living Centre, (SLC), project is making Youth Hostels into conservation learning centres and models of environmental practice, where environmental programming is a key element - offering hostellers an involvement in local ecological projects, like tree planting, endangered species programmes and a wide range of environmental issues, with lectures on 'living lightly on the Earth'.

Contact: Hostelling International-American Youth Hostels. Washington DC Telephone: (202) 783 6161 FAX: (202) 783 6171
Youth Hostels Association of New Zealand. Christchurch. Telephone: (64)3 3799-970 FAX: (64)3 3654-476

Join the flying swan for Gentle Tourism in Germany

The German Youth Hostels Association, offers more than 600 opportunities for hostellers - especially schoolchildren and families - to experience culture and nature in the least intrusive way through its 'Gentle Tourism' packages - identified by the 'Flying Swan' emblem. Bookings for these packages went up by nearly 25% in 1994 and are rising again this past year. They include biking, hiking and kayaking. There are creativity seminars covering subjects ranging from homeopathy to bread baking and a whole programme of environmental topics. Hostellers eat local food produced by ecologically sound agriculture and explore the region, meeting and understanding the local people and their way of life.

Contact: Deutsches Jugendherbergswerk. Detmold. Telephone: 5231-7401-0 FAX: 5231-7401-49, -66, -67

Preserve the Island Shore and enjoy a Netherlands nature holiday

The Netherlands Youth Hostel Association offers a unique opportunity to combine relaxation and environmental care on the islands off the Frisian coast - where there is more sunshine than anywhere else in Holland. It is a beach holiday with a difference in February and March, and it is so popular that early booking is essential. Visitors spend the mornings in groups, beach combing the beautiful sands of everything harmful to local wildlife. Afternoons are free and bicycles are included in the all-in, 7-day price of 350 Guilders, (excluding travel), to help you explore the friendly villages and local attractions like lighthouses and museums. There are optional environmental talks each evening and a special farewell party at the end.

Contact: NJHC-Hostel, Terschelling, Burg. van Heusdenweg 39, 8881 EE, Terschelling West, Nederland. Tel: (31) 562 442338. FAX: (31) 562 443312

The great outdoors is still great in Canada

In Canada the hostelling heritage ties them closely to the environment. The movement there originated with hiking in the Rocky Mountains and, today, their focus is still on conservation and non-intrusive ways to enjoy perhaps the greatest outdoors in the world, and keep it great. For example, many hostels provide cycle hire and guided walking tours. Education programmes increase travellers' awareness and enjoyment, and often include excursions with local experts to learn about the area. There are canoe trips on the Thompson River, camping packages on Vancouver Island that take travellers into the wonderful world of a British Columbia rainforest, and many hostels in Canada are in national or regional parks where you can start a spectacular wilderness hike right from the hostel's front door.

Contact: Hostelling International, Canada. Gloucester, Ontario Telephone: (613) 237 7884 FAX: (613) 237 7868

Everything in the garden's lovely at Trebeurden

In France, the grounds of the Trébeurden hostel are typical of Hostelling International's policy. The grounds are being developed into a landscaped area of natural beauty with a huge variety of cultivated and wild plants and herbs, including many varieties traditional to Brittany - giving visitors the opportunity to develop their knowledge under the guidance of an expert in horticulture and landscape gardening and, since this is France, also depart with some new recipe ideas. The Hostel offers many other attractions, including a local bird sanctuary.

Contact: Auberge de Jeunesse de Trébeurden, 22650 Trébeurden. Telephone: (33) 96 23 52 22.

No drink and drive on the Swiss dog cart route

Switzerland's many environmentally sound hostel packages include the rare opportunity to travel by pollution-free dog cart in the film star resort of Saanen-Gstaad, courtesy of Zijttu, a St. Bernard bitch but without the traditional reviving brandy! She pulls the hostel's provisions on the warden's shopping trips and, on request, brings guests and their luggage from the station to the hostel. Telephone: (41) 30 4 13 43. Fax: (41) 30 4 55 42

Other Swiss hostels demonstrate environmental concern with a highly practical approach to recycling by raising their own pigs - fed by leftovers from guests and staff, as well as edible kitchen refuse.

Contact: Schweizer Jugendherbergen. Zurich. Telephone: (41) 1 360 14 52. FAX: (41) 1 360 14 38.

Environmental Charter throughout 63 countries

And recycling has a large role in Hostelling international's world-wide environmental charter that is now being taken up by around 5,000 Youth Hostels in 63 countries many of them displaying posters confirming and detailing the policy. The entire organisation is committed, for example, to using paper from environmentally friendly sources and to sending its own wastepaper, bottles, cans and plastics for recycling.

Conservation of resources and energy efficiency are other key objectives. Hostels in Canada, for example, have fitted low-flow showerheads and toilet dams to reduce water usage. In Scotland, an energy audit has identified changes that will reduce hostel fuel bills by £30,000 a year and at least two hostels have installed a wind-powered generator for lighting and heating. Tree planting programmes are sponsored or implemented by Hostels all over the world and, again in Scotland, the Youth Hostel Association, together with the Scottish Conservation Projects TNSS will be reinstating the 'oriental gardens' that used to be in the grounds of the Loch Lomond Youth Hostel when it was a private residence.

POSTCARDS

Here's the latest from Helen Coyne as she travels around the world on her bicycle:

01 May 1996

G'Day Mates

My sister, Fran, from Oregon has joined me on my tour in Australia - flew into Sydney - bicycle, panniers, camping gear - and we are tearing up the east coast towards the Great Barrier Reef. We took time out to visit the Koala Bears in hte Pt Halloran Conservation Reserve Wilderness on the outskirts of Brisbane. They are so cute! Another favorite of the wildlife here in Australia is the Kookaburra Bird - who wakes us, in our tent, every morning with his laugh, as he sits in the old gum tree. We are very impressed with the cleanliness of the cities in Australia. The seascapes along the east coast are very scenic, one more beautiful than another. We are on our way to Cairns, with a list of must-dos, such as an island out on the reef, a visit to the tablelands, and a taste of some aboriginal culture. Hello to all my friends at AYH Pittsburgh.

Helen.

CAR CAMPING / BACKPACKING TRIP TO OREGON JUNE 28 - JULY 14

Join me, Glenn Oster, on another of my scenic trips to the far west. If you have never traveled out there, this is an inexpensive way to see it.

The trip will focus on backpacking the Three Sisters Wilderness in Oregon. Don't let this intimidate you, however, because the backpacking part of the trip will be only for fifty miles spread over six days. Also, if someone does not care to backpack, they can remain behind with the van and camp, day hike or sightsee as they choose.

The Three Sisters Wilderness gets its name from three extinct volcano mountain peaks, usually snow covered. The scenery is unusual and beautiful. I've flown over it and driven thirty miles east of it, but I never entered the wilderness. I'm salivating at the prospect.

We will travel by van and alternate drivers (don't have to take a turn at driving if you're uncomfortable with it.) Once we get past the mid-west, the scenery will be incredible. Also, we'll visit (but won't have time to hike at) super places such as Scottsbluff, Nebraska; spectacular Jackson Hole and Grand Tetons, Wyoming; Crater Lake, Oregon; Mount Shasta, Lassen Volcanic National Park, Yosemite National Park and Mono Lake California; Arches National Park, Utah; and Maroon Bells and the Garden of the Gods, Colorado.

Costs will approximate \$500 - \$600 plus meals. We will use campgrounds and eat our meals in restaurants while traveling.

The trip will be limited to eight persons, and several have shown interest already. If you believe you want to go, let me know early. Otherwise, you might be on a waiting list. Give me a call at (412) 364-2864 or write to me at 784 Olive Street, Pittsburgh, PA 15237-4882.

BACKPACK THE APPALACHIAN TRAIL IN VERMONT AND NEW HAMPSHIRE

You know you've always wanted to backpack a scenic part of the Appalachian Trail, but you didn't like hiking it on your own. Here's your opportunity. Hike with me, Glenn Oster, through the beautiful mountains of Vermont and New Hampshire. Enjoy the views and majesty of the Presidential Range. This won't be easy, but the hikes will average only eight miles per day, partially making up for the climbs and descents.

The trip will start Friday, July 30 and return Friday, September 13, 1996. After car shuttling and making food drops, we'll start hiking at North Adams, Massachusetts near Mount Greylock. The hike will extend for 295 miles to Gorham, New Hampshire with some easy days for trail food replenishment, showers, laundry and restaurant food. If you would like to do it but can't be gone for more than a couple weeks, we can most likely work out a way.

The trip will be limited to five persons. Its cost will vary with the number who participate and whether some hikers plan on only completing a segment and drive on their own. Completing the entire hike and traveling with the group rather than driving on your own would cost approximately \$300 each for two persons and \$230 each if five of us are hiking. Cost variables reflect motel and campground accommodations on evenings off the trail, countering the economies of group travel. Of course, all food cost would be additional.

You may be concerned about the pace at which we will be hiking. Relax. Only worry about it if you are a fast hiker, because I'm not. If you are fast, I won't mind your getting to the day's destination ahead of me.

If this sounds interesting to you, give me a call at (412) 364-2864 or write to me at 784 Olive Street, Pittsburgh, PA 15237-4882.

Central Susquehanna Hostellers

CSH Meetings

Meetings are the third Thursday of each month at 7:15 pm at the Lewisburg Area Community Center at 100 North 5th Street in Lewisburg.

Bike Rides

In addition to longer weekend rides, there are normally shorter bike rides every Thursday evening. Call Chris Olsen at 717-523-8471.

CSH Information

Call Chris Olsen at 717-523-8471.

Lewisburg Trips

For information on activities in the Lewisburg area, call Chris Olsen at 717-523-8471.

CLASSIFIED

All trips and products listed here are private and are **not sponsored or endorsed** by American Youth Hostels. Non-commercial ads are free for members. Contact the Editor for more info on Ads for Members and Non-members.

For Sale: Bicycle shorts, Cannondale, Black, never worn. size M, \$5. Call Michael at 322-7206.

WANTED TO BUY: Tandem Bicycle, John Gayler, 366-4062

Free: Assorted car-top canoe racks for open and closed boats. Call 327-8737.

For Sale: Olympic Bicycle T-Shirts, Haines 100% Beefy T. Official and Licensed. Call Michael at 322-7206.

For Sale: Used clipless Nashbar leather bicycling shoes. Men's size 9, \$15. Warren 687-1680

For Sale: NIKON FG SLR. 28 mm 52 mm and 70-210 mm zoom macro lens closeup lens tripod and bag mint condition \$400.00. Call RICHARD GREGO, 412-533-5725

For Sale: Feathered friends sleeping bag, Tern model, -10 degrees, goose down, gore-tex, like new, \$200. Call KIRK SLATER, 658-5904 evenings.

For Sale: Northface internal-frame backpack \$150; Northface tadpole tent (1-2 person) \$140; Whisper light stove \$50; First-Need water filter \$40. Call 242-9747(w) or 1-800-917-4763(pager) and leave message.

For Sale: Sail board/wind surfer; Mistral-large older model in good condition. Fiberglass mast, hardware, 2 sails (4m&6m) \$250. Perfect for starter. Night 766-3972 or Day 762-7440.

For Sale: 2 Dolfin professional silicone dive masks; low volume, fog-free, double edge. Used once and in original box. (older snorkles free) \$35 Eileen 531-9610

For Sale: Cross-country skis, boots (size 44) and poles. "Trak" waxless skis. As new - used once. \$85 for all. Peggy 361-4781.

For Sale: 60" metal desk, 55" wood roll top desk, steno chair Peg Cline @ 372,1782

Distributing AYH brochures We are looking for places to distribute hostelling brochures, primarily brochures describing hostelling and how to purchase a Hostelling International membership, but also some specific hostel brochures. If you have some suggestions on where we can display brochures for potential hostellers - such as colleges, travel agencies and travel bookstores, please call the office at 412-422-2282. We will be happy to deliver them.

Editor, The Golden Triangle
5604 Solway ST.
Pittsburgh, PA 15217

REMINDER TO TRIP LEADERS

All trips and equipment usage must be approved by the appropriate activity chair or co-chair. Trip reports and fees should be turned in by the end of each month at either the AYH Activities Building or AYH Office or mailed to Pittsburgh Council, 5604 Solway St., Pittsburgh PA 15217

