

HOSTELLING  
INTERNATIONAL

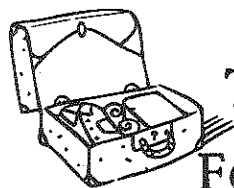
# GOLDEN TRIANGLE

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 3

MAY 1996



## Travel Features

Reserve a spot for the next AYH Families Group. Barbara and the Gang will be heading to Blue Knob State Park once again. Get your reservations in early, as space on this trip usually goes fast!!! See page 3 for details.

Join the Pittsburgh Council on one of its many extended trips. If sea-kayaking is your interest, be sure to check out page 6, or if camping and hiking is more to your liking check out Glenn Oster's latest two excursions on page 11.

The Council store is always a great place to start before any trip. Check out the back cover for all the latest guides and passes, and for an even larger selection of travel merchandise stop by the store.

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.

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.....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 [lll@telerama.lm.com](mailto:lll@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...

## TWO NEW RAIL-TRAIL BOOKS!

We are now carrying two great new books published by the Rails-to-Trails Conservancy. The first, **40 Great Rail-Trails in the Mid-Atlantic**, includes detailed maps and mile-by-mile descriptions for the best trails in New Jersey, Maryland, Virginia, Ohio, West Virginia and Pennsylvania. The trails selected for this book offer surprising diversity and intriguing experiences for anyone who enjoys the outdoors! Local rail-trails in the book include the Montour, Oil Creek, Youghiogheny, and Allegheny Highlands Trails. Available through AYH for \$14.95 plus postage and \$1.50 shipping. The second book, **700 Great Rail-Trails**, is a directory of the current rail-trails across the country. Not much description for any one trail, but a good place to start looking for your next rail-trail adventure. Available now for \$9.95 plus tax and \$1.50 shipping.

### AMERICAN YOUTH HOSTELS

PITTSBURGH COUNCIL  
5604 SOLWAY STREET  
PITTSBURGH, PA 15217

**Dated material --please deliver promptly  
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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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(412-574-2025)

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Production ... **Don Hoecker**  
Advertising ... **Wm. Eberle**

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## PITTSBURGH COUNCIL ACTIVITY CHAIRS

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Cycling  
**Wm Eberle** ..... 574-2025  
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Rafting  
**John Orndorff** ..... 741-2021  
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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**

**June**  
All copy, May 2  
Binding/Mailing, May 23

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

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

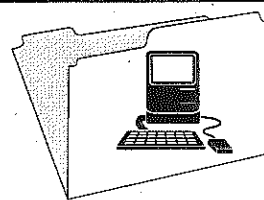
## Moving?

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"

## May Slide Shows

- May 2:** Carl Katz, South Vietnam.
- May 9:** Donna Allen, Backpacking The Grand Canyon, And Touring Other Western Vistas.
- May 16:** Carl Katz, North Vietnam.
- May 23:** Mark Mistrik, An Evening Of Sea-Kayaking Tales And Story Telling.
- May 30:** George Schnakenberg, Canoeing In The Temagami Region Of Ontario, Canada (re-scheduled show).
- June 6:** Chuck Martin, The Appalachian Trail In Maine (re-scheduled show).

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



## Thrift Drug Family Fun Ride

The Thrift Drug Family Fun Ride takes place prior to the Thrift Drug Classic bike race in South Side. The Family Fun ride uses the same course that professionals will race as they compete for preliminary spots on the U.S. Olympic Cycling team.

The ride is designed so that parents and children can bike ride together and have a great time! The 4-mile route begins at 8:15 am at the Thrift Drug Classic start/finish line at Station Square, then winds through the flats of residential South Side. All entrants receive a course map, a T-shirt, a goodie bag containing product samples, and a chance to win a Thule roof rack, cycling gear, and other family prizes.

The Thrift Drug Family Fun Ride benefits the local American Diabetes Association chapter, which represents more than 220,000 Western Pennsylvanians who have diabetes.

The registration fee is (before May 18) \$10 per adult and \$5 per child under 13. There is also a special family rate for 4 of \$25.

For more information or to register, phone 1-800-DIABETES.

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



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

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



## THE 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!*

## FAMILIES GROUP

May 25-27 Blue Knob State Park

Cabin camping with group meals and activities. Participants will help prepare meals and supervise activities. Contact Barbara Hanusa @ 441-7205 by May 19. In the past this trip has filled up before the deadline.

## New Student ID Discount for 1996

Travelex, the world's largest operator of passenger-terminal Bureaux de Change, offers a commission-free foreign currency service to all ISIC ("student ID card") and ITIC ("Teacher ID card") holders. Also available is the Travelex Buy Back Guarantee. Exchange the equivalent of \$500 or more in a single currency, and on return ISIC/ITIC holders can exchange up to 30% of their unused currency at the same exchange rate that they bought it, commission free. Travelex services are available at airports and retail outlets in Australia, Germany, the Netherlands, New Zealand, the United States, and the United Kingdom. Just look for the Mutual of Omaha / Travelex logo and present your ISIC/ITIC.

Call **Pittsburgh AYH** to get your student/teacher ID card as well as the Hostelling International membership card/hostel pass.

## 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.

## 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: \$ \_\_\_\_\_



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.

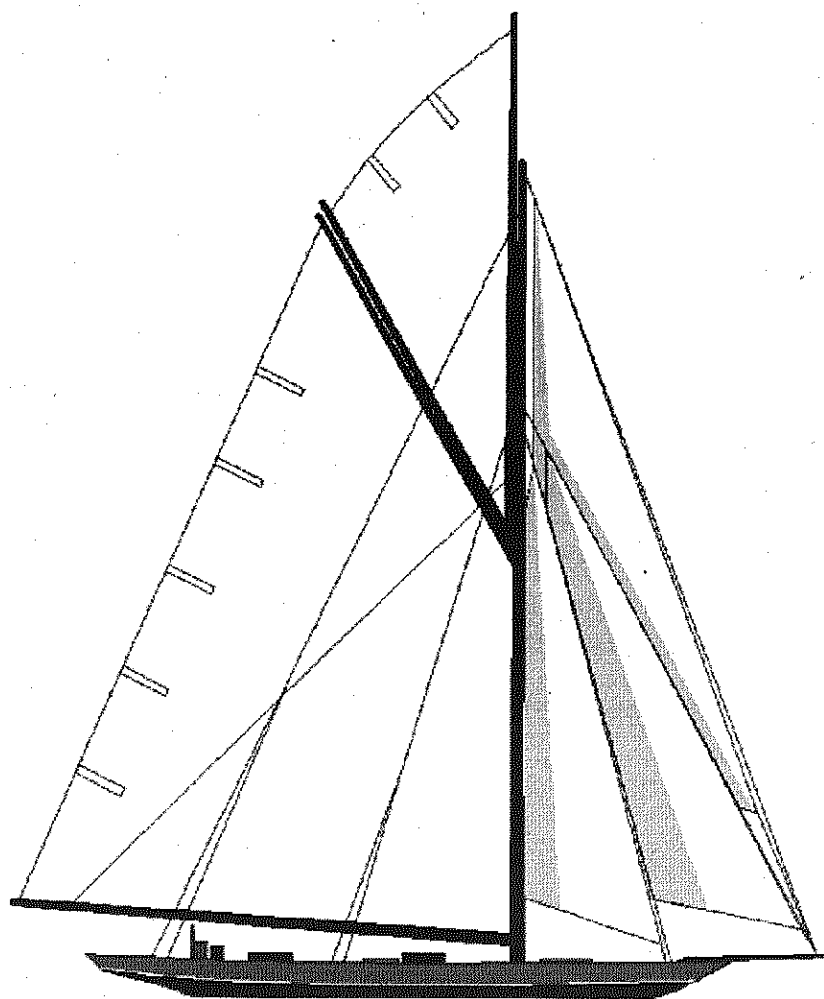
May 18 & 25      Saturday      Lake Arthur  
    Bob Zavos                      241-0659

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.

**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

## CANOEING

**Wednesdays in May:**  
 1st, 8th, 15th, 22nd, 29th  
**Basic canoe school**  
 Frank Bruns                      561-8579  
 Come to any or all sessions. Whether you are merely curious about paddle sports or wish to hone your skills, this is the class for you. Meet at headquarters at 6 pm. Call for reservations or details.

**Saturday - Sunday May 4-5**  
**Class I Canoe Camping**  
 Paul Henry                      962-1511.  
 Explore the scenic Mohican River in Ohio. Sea kayaks welcome. Call early for reservations. For canoe rentals and/or trip information and reservations call Paul Henry at 962-1511. For sea kayak rentals, call Mark Mistrik at 344-8665.

**Saturday May 11**  
**Whitewater Refresher School**  
 Gordon Buggy                      371-4233.  
 Call for details.

**Saturday May 18**  
**Creek Clean-up**  
 Mary Shaw                      681-5131  
 Three Rivers Paddling Club will sponsor a clean-up of Slippery Rock Creek. If you would like to help, call Mary for details.

**Sunday May 19**  
**Flatwater or Class I trip**  
 Joyce Appel                      526-5407.  
 Paddle on a stream or lake near Raccoon Creek State Park. Call for details.

**Fri. eve. - Mon. May 24-27**  
**Class I Canoe Camping**  
 Joyce Appel                      526-5407.  
 Enjoy the Greenbrier River in West Virginia. Bicycle riders may want to pedal alongside as we paddle. Spend Memorial Day Weekend with new friends from the Butler Outdoor Club. Call for details.

## 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.

- May 1 Raccoon Creek Park. Bring picnic lunch. Jim Hurst 276-0447.
- May 8 Trillium Trail. Dave Sadler 361-3707.
- May 15 Carnegie Mellon University & Botanical Institute. Luc Berger 683-3131.
- May 22 Deer Lakes Park. Bring picnic lunch. Don Hoecker 243-8298.
- May 29 Harrison Hills. Joe Levine 421-9706.
- 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.

**HIKING / BACKPACKING**

- Saturday May 4 Veronique Schreurs 422-0358  
Easy wildflower hike in Duff Park in Murrysville. There will be thousands of Trilliums, lots of other early flowers. Call for information & a reservation.
- Saturday May 18 Maynard Hansen 751-7615  
Intermediate hike, 8-12 miles at Quebec Run. See a gold mine! Meet at Wendy's in Southland Shopping center on Rte 51. Call for information & a reservation.
- Sunday May 19 Leo Stembler 681-1385  
Easy to moderately intermediate hike on the rails to trails. Call for information and a reservation.
- Saturday May 25 Tom Kaveney 276-8044  
Easy to intermediate hike somewhere in Laurel Highlands. Leave HQ at 8:30 a.m. Call for information and a reservation.
- 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. Call for information and 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.

**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**

March 24 Sunday Jim Ritchie 828-0210  
**Rachel Carson Trail.** An all day maintenance trip; leave early in the morning and work a full day. An eight-person crew will be required: chain saw, lopper, blazers, bow saw, draw knife, brush hog, etc. We will work in several woodlots around Harrison Hills. Call Jim for information and a reservation.

March 29-31 Fri-Sun Keystone Trails 828-0210  
**KTA Spring Meeting at the Pennsylvania Grand Canyon.** KTA meets twice a year, in the fall and in the spring. Join us at this year's Spring meeting in Wellsboro, PA, near the PA Grand Canyon. Great hiking program, great folks; KTA is Pennsylvania's premiere, trail maintenance umbrella organization. AYH is an organizational member of KTA. Opportunities to carpool. Call Jim for more information.

April 13 Saturday Jim Ritchie 828-0210  
**Bear Mountain (Litchfield Hills, Connecticut).** This is a trail maintenance observation trip to learn from trail maintenance techniques used on the Appalachian Trail through western Connecticut. You must provide your own transportation and meet me in Hartford. Observation hike consists of trip to the summit of Bear Mountain, highest summit located in Conn. Call Jim for more details.

April 20 Saturday Jim Ritchie 828-0210  
**Baker Trail, Cook Forest Area.** Our objective will be to blaze and clear from the Gravel Lick Bridge, down Cathers Run, all the way to Mill Creek. Two crews and more are needed. Call Jim to volunteer and to get the details.

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, Transitions Day.** 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 chain-saw 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 14-15 Sat-Sun Jim Ritchie 828-0210  
**Baker Trail.** 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. Call Jim for information and a reservation.

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.

**SEA-KAYAKING**

This season we've taken some of our favorite trips from the past and improved upon them. There are also exciting new destinations we can't wait to see. Thus, there have been some revisions since the February/March schedule. For instance, we've swapped the Memorial day and Fourth of July trips. Now we will tour the Pocomoke National Scenic River at the height of the honeysuckle bloom (the river becomes one long wildflower, cyprus & cedar garden) and celebrate Independence Day in the quaint - but very patriotic - village of Ocracoke in North Carolina's Outer Banks. Our ocean trips occur on summer's Big Three holidays: Memorial, Independence, and Labor Day weekends. This year we will do more ocean (as opposed to bayside) paddling. There will be more time for catching a wave in the surf, playing with porpoises and finding secluded beaches to beachcomb or nap on. To compensate for the increased proficiency required, additional time will be spent on the evening intros, preparing beginners who are interested in these trips. We've also brought back the sea-kayaker's Leader's Weekend, but with a new twist. It will be more interdynamic, learning from each other, and open to new paddlers as well. Finally, the new stuff this year includes Killarney in the Georgian Bay of Canada, new stretches of the Allegheny river and the Lake Erie shoreline, and a houseboat-supported sea-kayak exploration of Lake Powell in the Glen Canyon recreation area of Southwestern Utah. Killarney epitomizes the best of Great Lakes paddling. This wilderness area includes ancient mountains, monolithic pink granite rocks and rugged Canadian shield topography and coastlines features that have made it a favorite destination for the few kayakers who have been there. The Lake Powell trip is partially in response to requests for an unusual, long-duration trip that's still appropriate even for beginners. Here, you can see Grand Canyon scenery from a warm, flatwater lake. The houseboat will do all the long distance work, leaving us free to paddle unladen kayaks and hike up into the many scenic redrock side canyons.

As always, longer trips tend to get planned well in advance, then shorter trips emerge throughout the summer. The program is structured to teach beginners everything from ground-zero on up. Believe it or not, you don't even have to know how to swim in order to sea-kayak (that's what the boat is for...) And you won't be alone - each year we teach many new paddlers. A place like Pittsburgh, after all, doesn't just come with pre-trained kayakers. If you are interested in finding out more, come to one of our listed monthly dinners or contact any trip leader for more information about our evening intro trips. A current schedule of all trips is available free if you send us a self-addressed stamped envelope.

**Wednesday evening May 1st, 1996**

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

Intro to Sea-Kayaking. Evening paddling trips cover all basic aspects of sea-kayaking as you need it - from getting into the boat correctly through intermediate instruction in open water rescue and kayak rolls. You can also use the time to simply paddle around the lake. We use a learning-by-doing approach, and keep it fun. After a few intros, you will be ready for almost any daytrip. We finish off the evening with a cookout. Call for more information and to reserve a kayak.

**Saturday morning May 4th thru Sunday May 5th, 1996**

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

Ohio Rivers Weekend. Saturday we'll paddle a section of the Grand River - called the "Grand Canyon" of Ohio then run a stretch of the Mohican River on Sunday morning. Saturday evening entertainment includes a visit to the "Flats" in Cleveland. Overnight in a country-house hostel, which is very nice. Reservations are required. Call for more information

**Wednesday evening May 8th, 1996**

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

Sea-kayak Slide Show, Sierra Club. Free & open to the public. The Sierra club meets at the Pittsburgh Garden Center, Fifth & Shady Avenue in Shadyside.

**Saturday May 11th, 1996**

Vickie Gotaskie 344-4929

Sea-kayaking daytrip, destination to be announced, but appropriate for beginners. Call for more information and to reserve a kayak.

**Sunday May 19th, 1996**

Tracy Duggins 963-0675

Sea-kayaking daytrip, destination to be announced, but appropriate for beginners. Call for more information and to reserve a kayak.

**Monday evening May 20th, 1996**

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

Paddler's dinner for May. Please call at least a week in advance so we can make the appropriate reservations at the restaurant.

**Thursday evening May 23rd, 1996**

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

Sea-kayak slide show at the AYH. "Sea-Kayak Tales & Storytelling: Trips from 1995"

**Friday evening May 24th thru Monday evening May 27th or Tuesday evening May 28th, 1996**

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

Memorial Day Weekend sea-kayaking trip to Maryland's Eastern shore. Paddle down the Pocomoke National Scenic River on Saturday & Sunday, with an overnight at a full-service state Park (Hot showers!). This is the height of the wildflower bloom, so the river should essentially be Maryland's longest garden. The cypress and cedar forests, and abundant wildlife seem much more indicative of coastal rivers further south. We'll finish off the weekend at Assateague National Seashore on Monday (and if you can stay, Tuesday) with ocean paddling, eating great seafood and a visit to ocean city. Call for more information and to reserve a kayak.

**Wednesday evening May 29th, 1996**

Tracy Duggins 963-0675

Evening Intro to Sea-Kayaking. Fun, easy evening trip is the ideal way to become acquainted with the sea-kayak, and a good refresher trip if you haven't been in one lately. Call to reserve a kayak.

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

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

Our first Night-trip of the year. We got the idea for this when paddler's 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.

**Friday evening June 7th thru Sunday evening June 9th, 1996**

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

Weekend sea-kayak roadtrip to Lake Erie at Sandusky, Ohio. This is the "Vacationland" of Lake Erie. One day we'll paddle and relax in the warm, shallow waters of Sandusky Bay, the other we'll kayak out to one of the islands offshore. Beginners may take their kayak aboard the Ferry and meet us at the island to paddle around it. Overnight car-camping at a very nice State Park campground, and Saturday night pizza party and swimming at Marblehead Lighthouse, probably the most picturesque on Lake Erie. Call early for reservations and more information.

**Saturday June 22nd and Sunday June 23rd 1996**

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

Sea-kayak Leader's Weekend. This trip was inspired by the one Cathy Lynch (one of our program founder's) 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 (v)

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 carping space during the holiday weekend. Getting Tuesday off is highly recommended.

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

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

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 (v)

Labor Day Weekend sea-kayaking trip to the Southern Chesapeake. We stay in Crisfield Maryland - the blue crab 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.

**TRIPS CONTINUED ON PAGE 11.**



## 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 northeastern 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 Trail 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

## foot notes

### trail maintenance news for May 1996

-by jim ritchie

The big news in trail maintenance is the recent spring meeting of the Keystone Trails Association in Wellsboro ("Grand Canyon"), Pennsylvania at the end of March. Pittsburgh AYH members in attendance included Glenn Oster (who is a member-at-large of KTA), Paul Henry (of Joyce Appel fame), Joyce Appel (of Paul Henry fame), Dee Garvin, Mort Kurman (the latter two sometimes known as "MortnDee"), Patty Scheuering and her friend Diane, and one unrecognized soul who I believe is from Warren County, and yours truly, who has been elected as the new KTA membership secretary. The featured speaker was Scott Weidensall, author of the book, *Mountains of the Heart*, who gave an inspired slide presentation on the geology and the cultural history of the Appalachian Mountains, from the foothills of northeastern Alabama to the last push out of the North Atlantic Ocean on Belle Isle, Newfoundland.

While five hikes were offered on Saturday, the crown jewel of the hiking program was the 57-person trek to the depths of Pine Island Run, back up to the ridgetop overlooking the Grand Canyon, and then down the hogback to the shore of Pine Creek. The way out was right directly up the spill of Pine Island Run, along the edges and ledges of numerous waterfalls, over downed trees, under downed trees, and through downed trees. The feature hike included one broken ankle evacuation and several groups of people getting lost and orienteering their way out. On the serious side, we are very proud of the outstanding job done by Paul Henry, the designated sweep on this trek, as he assisted the many people who were hiking at the limits of their ability, rendering them safe and sound at the end of the day.

In Indiana County, the folks at the Keystone Generating Plant, notably Roy Craft, will help us get the routes laid in by the scouts last year and the traditional Baker Trail route in line and coincident. Patty Scheuering will become the new year-round Trailworker on that section, starting now, covering the generating station and the pine tree plantation adjacent, both nice areas to hike. Patty cloned herself on the section she had been working, Summerville to the Zion Cemetery near Tarkiln Run, enlisting Jim Hummel of Heathville in the cause. It turns out Jim and his friends not only have been hiking the Trail for years, but they have been taking care of it, all on their own accord. Jim knows all the people up there and will be a valuable addition to the cause.

In March, six volunteers did a full day of trail maintenance on the Rachel Carson Trail, in Harrison and Fawn Township, covering five miles of trail in about eight miles of hiking. TrailWorkers included Mort Kurman, Seid Waddell (who has now moved to Vermillion, Ohio), Grace Downey (who I hope got all the paint off her jacket), Leo Stember, who shared his outstanding knowledge of birdlife with Mary Ann Thomas, and yours truly. On a sad note, part of the Trail in Fawn has been overrun badly by dirt bikes and quads (ATVs), rendering it a pathway of mud for a mile or so. But the weather was wonderful, the work got done, and life is good.

A major property transaction occurred in Clarion County where the transition of the Baker Trail through the property formerly owned by Charlie Glenn to Spangler and Pendleton Runs, heading toward Mill Creek, has a new owner. Our TrailWorker in that area, Tom Brandon, and Glenn Oster—who hiked through the area in late March—had been alerted and instructed to stop by and say "Hello" and be friendly if someone had been around. Our intention is to make friends with the new landowner and provide continued access through that corridor.

By the way, that stretch of the Baker Trail, Spangler Run, Pendleton Run, and Mill Creek is one of the most beautiful sections of the Trail you can hike. Look it up in your Baker Trail Guide (Map #14). The outstanding blazing and trailwork comes to us compliments of Tom Brandon and his scouts, and Mike Robertson, our man on Mill Creek.

## 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 April 13	Beginners Class
Saturday May 5	Beginners Class
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.



**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, rufus-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**

**May 24- 27**      **Glenn Oster**      **364 - 2864**  
Use the Memorial Day weekend to enjoy the beauty of a remote West Virginia river. Bicycle the Greenbrier Trail with Glenn and camp along the way. You'll travel part way Friday night and reach the trail Saturday morning. The trail is about 75 miles long and you'll take the remainder of Saturday and all day Sunday to finish it. You'll camp Sunday night and drive home by Sunday evening. The path is a rail-trail conversion, not recommended for bicycles with tires less than 1". Call for info and reservation.

**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 Roolf**      **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 of our weekly Thursday evening (8:00 to 9:30 p.m.) open houses, or call or write the AYH office for an application.

**OHIOPILE WORK PARTY****Sunday May 19**

Please help volunteer for our Ohiopile Hostel cleanup parties. If you can volunteer a few hours of your time to help paint, move furniture, clean, wash windows, do yard work or whatever talent you have, it will be very much appreciated. Free lunch for all volunteers and also, you can stay overnight for free but you must make a reservation in advance. We're also looking for some donated items: (Upright Piano, refrigerator and crib). We will meet at headquarters at 7:30 AM. and will be back around 6:00 PM.. Call the office to leave your name and number if you would like to sign up and our work party coordinator will contact you!

**\*ANY VOLUNTEER WHO WORKS 6 WORK PARTIES  
WILL RECEIVE A FREE  
OHIOPILE SWEATSHIRT.**

**\* ANY VOLUNTEER WHO WORKS 6 WORK PARTIES WILL be  
eligible for the "OHIOPILE VOLUNTEER OF THE YEAR" AWARD**  
--Wm Eberle, Ohiopile Director of Operations.

## Spring Cycling in Bedford County

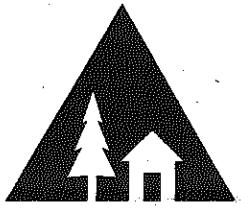
A new guide for bicyclists - Bicycle Scenic Country Roads in Bedford County - is now available free of charge. The compact folder contains detailed route maps for five bicycle tours through the scenic countryside of rural Bedford County in southwestern Pennsylvania. Tours vary from 9.6 to 40 miles in 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.



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**800-444-6111 (for reservations)**

## 1996 CALENDAR OF CYCLING EVENTS

### MAY

- 9 YOUTH BIKE LEAGUE ASSEMBLY, Greenfield Elementary.
- 11-12 TOSRV (Tour of the Sciota River Valley), The granddaddy of monster tours. 6000 riders, 200 miles. Columbus, Ohio. American Youth Hostels
- 11-June 26 LAB Pedal for Power Tour- East to West. Phone: (800) 288-BIKE. E-Mail: BikeLeague@aol.com.
- 16 YOUTH BIKE LEAGUE ASSEMBLY, Edgewood Primary.
- 18-26 CELEBRATION CYCLE '96, Pittsburgh, PA.
- 18 BIKE IT UP, Station Square, South Side. Youth Bike League
- 19 PEDAL PITTSBURGH, Station Square. 232-3545. Bicycle tour featuring architecture landmarks in the City.
- 20 BREAK AWAY DAY, Phillips School, South Side.
- 22 YOUTH BIKE LEAGUE ASSEMBLY- Bon Aire Elementary.
- 23 PITTSBURGH POWER PRO BICYCLE RACE, Station Square, South Side
- 24 MEET THE FUTURE OLYMPIANS.
- 25 SYCAMORE STREET CHALLENGE, South Side
- 26 THRIFT DRUG FAMILY FUN RIDE. THRIFT DRUG CLASSIC BICYCLE RACE/ OLYMPIC TRIALS Pittsburgh, PA. 241-4704. Professional racers meet legendary Sycamore St.
- 25 TRAIL OPENING: CONNELLSVILLE RIVERFRONT PARK. Conneltsville to Dawson and Spur Trail to Linden Hall. (TENTATIVE DATE.) Regional Trail Corp. 872-5586.
- 28 YOUTH BIKE LEAGUE ASSEMBLY- Markham Elementary.

### JUNE

- 1-2 Canaan Bicycle Event, East Coast's largest 24 hour Mt. bike team relay race. (304) 572-1000.
- 2 YOUGH-N-ROLL, Boston Volunteer Fire Dept., Boston, PA. Rides of 15, 35 & 70 Miles along and around the Youghiogheny River. Regional Trail Corp. 872-5586.
- 4-9 Correstates Bicycle Race, Lancaster, PA., Trenton, NJ, Phil., PA
- 6 WHEELMEN'S ANNUAL GATHERING (WAG), Ligonier, PA. 35 or 65 miles on the most popular bike route in Western PA. WPW Bicycle Club
- 7-10 GREAT EASTERN AREA RALLY (GEAR), League of American Bicyclists (LAB), Millersville, PA. Phone: (800) 288-BIKE, E-Mail: BikeLeague@aol.com.
- 8-9 MS 150 "Escape to the Lake (Erie)" Pittsburgh to Conneaut, Ohio. National MS Society, 1040 5th Ave, 2nd Floor, Pittsburgh, PA 15219. 261-6347.
- 8 Gear Pushers Classic Bike Race, Fairmont, WV. (304) 336-7760
- 15-23 PEDAL PENNSYLVANIA, Erie to Philadelphia, 50 to 75 mile days. Bob Ingersoll, Pedal PA, Inc., Phone: (215) 561-9679, E-Mail: BobI@Pedal-PA.com WEB: http://www.Pedal-PA.com
- 16-22 GOBA, Great Ohio Bicycle Adventure, Phone: (614) 874-TOUR
- 21-26 Bike Virginia, Civil War Odyssey, Manassas, VA. Phone: (804) 229-0507
- 22-23 Get In Gear Weekend, Snowshoe, WV. (304) 572-1000.
- 22, WAG, Wheelmen's Annual Gathering, Ligonier, PA. WPW Bicycle Club.
- 23-25 BLUE & GREY-95. Gettysburg College. Sponsored by BikeFed PA & LAB. SASE: c/o Tom Helm, 480 Saint Johns Drive, Camp Hill, PA 17011-1331. Limited to 140.

### JULY

- 3-7 LAB NATIONAL RALLY, League of American Bicyclists, Dayton, Ohio Phone: (800) 288-BIKE, E-Mail: BikeLeague@aol.com.
- 14 THE GREAT RIDE, Down-by-the-Riverside, Pittsburgh, PA. 255-8975. Rides from 15 to 50 miles featuring a 5 mile downhill on the I-279 HOV lane. American Youth Hostels.
- 14 "Hard Rock" Mt. Bike Race, Bunner Ridge, WV.
- 20-27 PEDAL PENNSYLVANIA, Pgh to Philadelphia, 50 to 75 mile days. Bob Ingersoll, Pedal PA, Inc., Phone: (215) 561-9679, E-Mail: BobI@Pedal-PA.com WEB: http://www.Pedal-PA.com

### AUGUST

- 2-9 West Virginia Fat Tire Festival, Slatyfork, Elk River Touring Center. The "Woodstock of Mountain Bike Festivals". The premier Mt. Bike event in the East. (304) 572-3771.
- 4 TOUR DE SEWICKLEY, Sewickley, PA. Rides of 60, 30 & 5 miles. Benefits St. Peters Child Development. 922-8322.
- 10 YOUTH BENEFIT RIDE, Children's Miracle Network, Pittsburgh, PA.
- 10 NORBA American Mt. Bike Challenge, Snowshoe, WV. (304) 572-1000.
- 17 WPW PICNIC, Tentative Date
- 17 YCL BIKE IT UP, Village Square Mall, Bethal Park, PA.
- ? Tour de Strongland, Armstrong County
- 24 YCL BIKE IT UP, Beaver Valley Mall, Beaver PA.
- 25 MON VALLEY CENTURY, Elizabeth, PA. Rides from 35 to 100 miles in and around the upper Monongahela River Valley. American Youth Hostels.

### SEPTEMBER

- 7 WPW FALL RALLY
- 29 RIDE FOR THE KIDS- Benefits Children's Hospital
- 17 NEOC, N. Eastern Ohio Century, Outspokin' Wheelmen, Youngstown, OH. (212) 758-6090.
- 20-Oct. 12 Pedal For Power Tour- North to South. Portland, ME to Orlando, FL. Phone: (800) 288-BIKE, E-Mail: BikeLeague@aol.com.
- 226 UNIVERSITY OF PITTSBURGH BIKE FAIR.
- 21 TOUR DE LIVRE, WPW & Hazelwood Library, Pittsburgh. Ride a challenging 52 mile tour of all twenty library sites in Pittsburgh. George Schmidt 521-1538. WPWGeorge@aol.com
- 23-24 TASSLE, Tour Along South Shore Lake Erie, Lorain, OH.

### OCTOBER

- 5 Head of the Ohio Regatta, Pgh. Crew boat racing in the Allegheny River. Follow the action by bicycle on the 3 Rivers Heritage Trail, from Clemente Park to Washington's Landing. 231-87725
- 6 AYH SABRE RIDE, Settler's Cabin Park, near Pgh. Airport. 15 to 65 mile rides.
- 12 YOUGHIOBERFEST, Boston, PA. Festival featuring biking and hiking the Yough River Trail. Mon/Yough Trail Council. Regional Trail Corp. 872-5586.

### NOVEMBER

- 1-3 Mt. Bike Weekend, Cairo, WV. (304) 642-2931.
- 22 WPW LIGHT UP NIGHT RIDE, Washington's Landing, Pittsburgh.

### JANUARY 1997

- 1 ICYCLE BICYCLE RIDE, Pittsburgh. 1st WPW club ride of the Year.

**Editors Note:** This list supplied by the WPW. Updates to this calendar must be sent to: George Schmidt, 6439 Landview Road, Pittsburgh, PA. 15217-3038 Phone: (412) 521-1538, E-Mail: WPWGeorge@aol.com, FAX: 422-4890 WPW/PACC member events are in bold letters.

## SEA-KAYAKING CONTINUED

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

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

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 (h) 624-3446 (v)

Sea-kayaking trip to South Carolina. Spend the holiday where it's warm & sunny.

## 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

### Stream Work Party

Work with other local organizations to clean up a section of Union County's Buffalo Creek on Saturday May 11th. Call Allan and Betsy Quant at 717-524-7692.

### CSH Meetings

Meetings are the third Thursday of each month (May 16th) 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.

**Massage Therapist:** Relaxing \* Stress Reduction \* Injury Prevention. Call 421-5872.

**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 Dolfino 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



The Pittsburgh Council Travel Store is open Mon. 9 to 3, Wed. 11 to 6 and Fri. from 9 to 3. Hours are subject to change, so it's a good idea to call the office at 412-422-2282 before coming in. We're in Room 202 of the Wightman School Building at 5604 Solway Street in Squirrel Hill, near the intersection of Wilkins and South Neglev. All passes, ID cards, rail passes, and books are available.