

The Golden Triangle

Pittsburgh Council

American Youth Hostels

Volume 41 Number 6

June 1990

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Slide Programs for May/June

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My Trip to Nepal
by Steve Paprocky

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by John Wee

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by Eric Bauer

June 21
Madagascar Island Microcosm
by Gail Gregory

June 28
Brazil '76
by Al Huffman

Slide shows begin at 8:30 pm
Headquarters opens at 8:00 pm

We need shows for July. To volunteer
call Rodney Horner (339-0944)

FORGET MOUNT RAINIER - NO WAY!

by Glenn Oster

Part IV

A third surprise - there was Todd with foot in cast and doing pretty well, sort of. Tough to drive with your foot in a cast, Jack and I helped him in getting his car to his sister's home from Longmire where Jon had driven it following the trip to the hospital. We didn't get back until 2:30 am. And wouldn't you know, sergeant major Blanche got us up at 6:30 - the only time I ever had uncharitable thoughts about her.

However, this was the day for the group to have uncharitable thoughts about their leader. They had the same climb to make whether or not I read the map correctly - and I hadn't. We had to climb 4,000 feet that day instead of the 3,000 feet I reported on our daily hiking plan. Fortunately, by then we had climbed so much that it really did not seem to be much of an ordeal. This trail segment took us along Carbon River across another cable bridge and then up. The most interesting scene of the day was approaching and hiking beside the leading edge of Carbon Glacier. Back-lighted it doubled for obsidian, that is, like black glass, but as we climbed higher and the sun shone on it, it was clearly ice. A large chunk had calved but hadn't fully broken away - and you could constantly hear rocks dropping off the side of the glacier as the edge melted. Strangely enough the glacier had a blanket of loose rock covering it - surely wouldn't have wanted to be below it as those rocks were tumbling down. Eventually we cleared the top only to see another glacier, Winthrop Glacier. By now we had seen enough glaciers that another didn't send us into orbit as the first one did to me. On we went down from the ridge to Mystic Lake and our campsite. It was very cool but Jean managed to get in both fishing and some swimming - better she than I. Others explored and located a ranger's cabin but also, no ranger. The ones who stayed close to

camp laughed at me. I couldn't stand my scruffy face one more moment. I shaved and they took pictures (I presume for blackmail purposes). With a 4,000 foot climb and a 300 foot descent over 7+ miles, some of us were a might tired. I know I slept very well that night.

The next was our 7th day on the trail. I was already becoming sad that our trip was more than half over. I guess I wanted it to go on and on. I wondered how we could duplicate the scenery we had seen. Little did I know that the best was yet to come. Not the 7th day, nice as it was, but the 8th and 9th days - but that's for later.

This day we set our sights on Sunrise, a ranger station, park-like area to which you can drive. And right on plan, Jack was there with clean clothes and food for us and, yes, he remembered to bring us a few cool ones. On the way we passed Skyscraper Mountain, which Pete and Jon climbed while waiting for some of us slower hikers. Great view in all directions but great horseflies, too, and lunch was most abbreviated. The next section was great for hiking - a broad, long meadow, known as Berkeley Park with Burroughs Mountain looming on the south side and a flowing drop off on the north side. In good time we reached Sunrise and Ranger Station and Jack's special brand of welcome. His supply service did so much to make this a pleasant trip. Can you imagine carrying an eleven days supply of food - to say nothing about the "aroma" of our clothes (tough to wash and especially tough to dry clothes in that cool weather). Three cheers for Jack!

This turned out to be our least desirable campsite - right next to an encampment of underprivileged boys from Seattle who became unmanageable and very boisterous in their quest to get the most out of this wilderness setting. We finally had to intervene;

continued on page 11...



COUNCIL NEWS

THE GREAT RIDE CHALLENGE: HELP THE RIDE & HELP THE HOSTEL

June 3, 1990

The 1990 Great Ride has arrived! This is the biggest ride in Western Pennsylvania with over 2,000 cyclists taking part each year. There will be a 15 mile East Ender, a 25 mile Grand Tour of Pittsburgh, and a 50 mile Town and Country Ride. Each rider will receive maps, a Great Ride T-Shirt, rest stops with snacks provided by Weight Watchers, and a concert at the end of the Ride. The celebrity slow race will be held again. It all starts and ends at Flagstaff Hill in Schenley Park and it all costs only \$7 if you register by May 21st and \$10 after that. Sound good? We've included a Great Ride brochure in this newsletter. Fill it out and send it in today!

As you may know by now, Pittsburgh AYH is a co-sponsor of the Great Ride along with Citiparks, the Wheelmen, Weight Watchers Frozen Foods, and 3WS. But even more important is the news that proceeds from the Great Ride this year will benefit the Pittsburgh International Hostel!

We need **your** help to make the Great Ride a success!

Here's what we need to have done:

Before the ride, we need help with set up at Flagstaff Hill, with marking the roads (both with painted arrows and with posted signs) and with distributing posters and brochures on the day of the ride. We need help with registration, rest stops, ride marshals on the rides, stationary marshals at selected locations to warn riders of turns or potential hazards, sag wagons to pickup broken bikes and their riders, and finally with cleanup and recycling materials. All volunteers will get a free Great Ride staff T-shirt, but we need to hear from you soon to make sure we have a T-shirt waiting for you on the day of the ride.

Ride Marshals: Be familiar with the route, encourage safe riding, offer moral support, and help with minor repairs if possible. You will need to send in an application, but write "AYH-RIDE MARSHAL" on it. No registration is required; however since all registrations will directly benefit the hostel, you may wish to include the registration as a donation. Contact Chuck Ejzak at 466-6196.

Corner Marshals: You will be posted at a



specified location to make sure no one makes a wrong turn or to caution riders approaching a sharp corner or steep hill. If you wish, you can ride out ahead of the riders and then follow after everyone has gone through. This will involve as little as 30 minutes and as long as 4 hours, depending on the location. Contact Jack Peth at 921-7214.

Rest Stops: We will have rest stops at Frick Park (Reynolds & Homewood), the Convention Center, Beechwood Farms, Deer Lakes

Park, and Riverview Park in Oakmont. You will hand out refreshments and water, encourage riders to not litter and to recycle, answer questions about the route. Port-a-johns will be provided, and you'll have radio communications with "Great Ride Control" at Frick Park. You'll need 2 to 6 hours depending on the stop. Contact Jack Peth at 921-7214.

Registration: Sign in riders and handout T-shirts and maps at Flagstaff Hill. Also add up checks and count money. This will last from about 7 am to 11 am. Free coffee for everyone helping out here. Contact Marianne Kasica at 921-5272.

Bike Parking: Check bicycles while people sign in or while they enjoy lunch and the concert. This will last all day 7 am to 3 pm, but we'll arrange for shifts. Contact Lynn Ejzak at 466-6196.

Road Markings: This will probably be done the week before the ride. This involves painting crazy marks on city streets, so if you're a closet graffiti fan, this one's for you. Contact George Schmidt (of AYH and the Wheelmen) at 521-1538.

Miscellaneous: Van drivers, truck drivers, setup people, cleanup people, Saturday night park watchers, etc. If you're able to help with any of this, contact Larry Laude at 665-9554.

Or if you prefer, leave your name, telephone number and preference with our answering service at 362-8181.

Remember — Weight Watchers will give away a free trip to the Bahamas, and anyone at Flagstaff is eligible to enter, not just the riders.

Grand Opening for New York International AYH- Hostel!

The New York International AYH-Hostel, largest hostel in the U.S. with nearly 500 beds, is officially open in New York City on Manhattan's upper west side. The hostel was dedicated at a grand opening ceremony on April 26, 1990.

The hostel is housed in a century-old historic landmark building designed by the famous 19th-century architect Richard Morris Hunt. The building had fallen into serious disrepair and was nearly destroyed by fire prior to its renovation by AYH.

American Youth Hostels was awarded the prestigious 1989 Chairman's Award by the New York Landmarks Conservancy for the painstaking renovation and restoration of the four-story red-brick Victorian Gothic building.

The New York International AYH-Hostel will serve as a gateway to America for hundreds of thousands of international tourists who begin their North American vacations in New York City, as well as American travelers visiting "The Big Apple."

The hostel's convenient location at 891 Amsterdam Avenue and West 103rd Street is only a block from Broadway and the New York subway.

The overnight accommodation fee is only \$20 per night – a real bargain in a city where the average hotel room costs well over \$100 per night!

The AYH hostel provides traditional dormitory-style accommodations with separate quarters for males and females, plus a cafeteria, hostellers' self-service kitchens, dining areas and conference rooms. The common room is in the building's former chapel – a spectacular room with pillars and vaulted 40-foot ceiling.

The opening of the New York International AYH-Hostel culminates several years of effort and cooperation by private groups, investment bankers, and city, state and federal agencies. The \$15 million New York Hostel project is one of the most comprehensive and innovative financing packages ever as-

THE PRESIDENT'S CORNER



The President's corner is going to be very short this month (and probably next month as well) since we're all getting pretty busy with the Great Ride. Let me just encourage you all to participate in the Great Ride and volunteer to help with it. The proceeds from the Ride this year will benefit the Pittsburgh International Hostel, so everything you can do to help make it a success will directly benefit one of the council's top priorities. It's June 3rd this year; I hope to see you there.

We're also trying to line up a retreat for the board to do some long range planning for the council. Tentatively, it will be on June 23rd and/or June 24th. It's not limited to board members, though. Anyone willing to help plot our course over the next one to five years is welcome to attend, space permitting. Check with me right after the Great Ride for more details. Larry Laude (412) 665-9554.

sembled by a nonprofit organization.

The New York Hostel will be the flagship facility in AYH's growing network of major urban hostels in the U.S. AYH recently opened new hostels in Washington, D.C. and Seattle, Washington, both in central downtown locations. Scheduled to open in March, 1990, is the Santa Monica International AYH-Hostel which will serve visitors to Los Angeles.

For reservations and information about the New York International AYH-Hostel, contact:

New York International AYH-Hostel
Reservations
891 Amsterdam Avenue
New York, New York 10025
(212) 932-2300

The Pittsburgh Hostel Story by Linda Smithyman

The Hostel Development Committee will brainstorm at Linda Smithyman's home in Brookline on Monday, June 11 at 7:30 pm. We'll discuss fund raising efforts and current sites for a hostel focusing on the South Side, including property on East Carson Street. Please call Linda at 531-1868 for more information.

Report on the May Activities Board Meeting

At its May meeting, the Activities Board approved sending Linda Smithyman to the National Leadership Training Course. Each year, Pittsburgh Council offers a "scholarship" to the LTC for a Council trip leader. If you'd like to apply for next year's scholarship, talk to Linda.

The Board approved a memory upgrade for the Editor's computer and reviewed plans for repairs to the roof at Headquarters.

The June Activities Board meeting will be held at 8:00 pm, Wednesday June 6 at the home of Barbara Hanusa, 6966 Edgerton Ave.

Deadlines for the JULY Issue

Copy
JUNE 4

Binding and Mailing
JUNE 18

Trips in JUNE

BICYCLING

General Information: It's best to call the trip leader before the ride to tell him or her that you are coming and to see if there are any changes. Make sure that your bike works properly and bring a spare inner tube, at least one water bottle, and if the weather looks threatening, a rain jacket or rain suit. AYH bicycle rentals must be arranged with the trip leader one week in advance. Bicycle helmets (ANSI or Snell approved) are required on all AYH cycling trips.

6/3 Sun All

Schenley Park. The Great Ride!, 4-50 miles. As the name suggests, this is the City's biggest bike event of the year! There are rides for nearly everyone who can ride a bike ranging from a 4 mile option to the 15 mile ride to a 50 mile ride through some of the northeastern suburbs. The best ride is the classic 25 mile Great Tour of Pittsburgh which visits a large number of Pittsburgh neighborhoods and includes some great views of the city.

6/8-10 FSS C Joel Platt 521-5244

6:00 pm at HQ. Gettysburg, 10-60 miles. This annual tour is perhaps the most popular weekend tour in Pittsburgh Council history. Stay at Gettysburg College, tour the battlefield and other popular tourist sights or ride on your own through the countryside if you prefer. Contact Joel for more details. Please reserve by 6/1.

6/9 Sat D Ober Rooney 364-3956

9:00 am at Sewickley Station. Beginners, 20 miles ride begins from the Sewickley train station. This is intended to be a beginner's trip for those who know how to ride their bike, but may not have done any longer distance rides. Call Ober to confirm the time and location.

6/15-17 FSS B Lori Prucca 343-9863

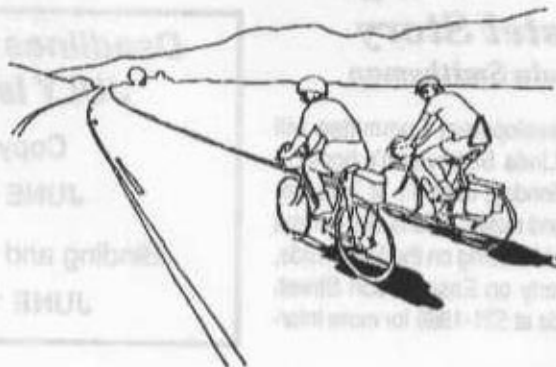
Stanford House Hostel, 60 miles. A very nice hostel located near the Cuyahoga National Recreation Area near Cleveland. The rides will follow rural roads to Lake Erie and back. **Space is limited so reserve early**, i.e., as soon as you can make up your mind. Check with Lori on the meeting place and starting time. The ride may be modified to be a Saturday/Sunday trip.

6/23 Sat C Jeff Weiss ?

9:30 am at HQ. An easy breakfast ride of 20 miles.

6/29-30 FS B/C Glenn Oster 364-2864(H)* 234-3976(W)

7:30 pm at HQ. Pymatuning, 65 miles. Car camp at Tuttle's Point and bicycle around the lake on Saturday. There's an option for a 30 mile ride with swimming. The area is flat and the pace will be moderate. Call for information and reservations. ***Call Glenn at home before 9:00 pm.**



Upcoming Bicycle Trips

Mountain Biking

Steve Nydes is interested in leading some mountain bike trips. No specific dates were selected for this month at the time of this writing; instead, call Steve (661-9357) if you are interested in mountain biking. He will try to organize a few trips. Beginners and intermediate riders are welcome.

LAW National Rally

In case you do not already know, the League of American Wheelmen will hold its national rally at Slippery Rock University from July 4-8. Riders from all over the country will be attending as well as manufacturers and other interesting people. Anyone interested in bicycling will certainly want to attend, especially since it will be so close to Pittsburgh. Applications are available at Headquarters or if you send me a self-addressed stamped envelope, I will send you one. Chuck Ejzak, 6858 Wilson St. West Mifflin, PA 15122.

MS Bike Tour

This year's MS 150 will also use the facilities at Slippery Rock. It is planned for July 28-29. Applications will also be available at Headquarters or by an S.A.S.E. to Chuck Ejzak.

Mon Valley Century

This year's tour will be on Sunday, August 19. Application forms are available. We are also looking for volunteers to help with the ride. Contact Lynn or Chuck Ejzak 466-6196.

Bike Trips Brochure

The 1990 Pittsburgh AYH Bicycle Trips brochure is available. You can get a copy at Headquarters or send a self-addressed stamped envelope to: Chuck Ejzak, 6858 Wilson St., West Mifflin, PA 15122.


FIRST ANNUAL MID-SUMMER, MID-DAY, MID YOUGH POT LUCK *by Janet Supowitz*

Personally, I enjoy paddling the Middle Yough. But, like most folks, I also like variety and by the end of July (mid-summer) there usually isn't much when it comes to choosing streams. To jazz up the usual trip on the Youghiogheny, I thought a pot luck mid-day meal at Lunch Rock would add a bit of novelty.

Who would have guessed that on the appointed day for a class I-II trip the Yough would rise to a mighty 4 feet? Undaunted, the intrepid organizer of the First Annual Mid-Summer, Mid-Day, Middle Yough Pot Luck and her trusty, crusty advisor rerouted the event to a class I section of the Casselman River.

The day was fine, the cuisine pleasing and plentiful, the paddlers companionable and well sated. In fact, we decided that we should pot-luck more often! Here's how to prepare for the Second Annual Mid-Summer, Mid-Day, Middle Yough Pot Luck:


1. Take a WWI canoe school
2. Take a few WWI trips, there's plenty of time between now and mid-summer!
3. Plan it well and fit in a WWII canoe school, if possible
4. Begin contemplating a culinary creation fit for a feast at lunch rock.

Prepare now - feast later & I'll see you on the water. 

BOWDEN'S CAVE *by Paul Bronder*

Bowden's cave you sandy, dusky creation
Let me rest my chin on your floor as I lay
prostrate

Your walls caress and shape all the words of
songs I happily sing while struggling along
Oh no, we're lost - I don't want to die here
underground - let me die under the sun's
sweet rays

But no, we're not lost, just ten feet off course
And afterwards - that warm afterglow -
unique to caving - to this cave - nixed in a
sunny hillside. 

Trips in JUNE

CANOEING

General Information: Bring these items on most trips: Lunch, water, change of clothes, sun hat, knee pads, suntan lotion/sunscreen, waterproof bag, strap for glasses, raincoat. Wear old sneakers and clothes that dry quickly or retain body heat when wet - wool or polypropylene clothes when it's cold, synthetics when it's warm. The stream we choose for a trip depends on the water level, which varies widely from week to week. *We usually decide where to go a day before the trip - sometimes on the day of a trip, so we don't publish an itinerary in advance.* We often stop for dinner on the way back to HQ.

Unless otherwise stated, meet at HQ at 8:00 am to load boats and gear.

6/2 Sat WWI School Karen Lukas 661-4835

This school is required for beginning paddlers who want to participate in the AYH canoeing program. It reviews basic paddling strokes then goes on to upstream and downstream ferrying, river reading and etiquette, safety, rescue, and scouting procedures.

6/3 Sun WWII School Frank Brun 561-8579

This school reviews the skills learned in the WWI school and moves on to eddy turns, peel outs, surfing, rescue, safety and tactics for river running.

6/9 Sat WWI Trip Bob Buck 793-1480

6/10 Sun WWII Trip Don Hoecker 271-4776

This school introduces canoeing on flat and moving water. Steering and maneuvering strokes are taught along with the proper way to get into and out of a canoe (hopefully without getting wet feet).

6/17 Sun WWI-II Trip Janet Supowitz 247-4016

6/23 Sat Solo School Roy Weil 681-5131

This school is for paddlers who have taken the WWI and WWII schools and have had some experience paddling class I and II whitewater. You'll learn the unique skills that are needed to maneuver a canoe alone.

6/24 Sun WWII-III Trip Jim Roberts 244-8332

6/30 Sat WWII School Gordon Bugby 371-4233

CAVING

6/8-10 FSS Beg Dan Martt 921-4638

Caving trip to West Virginia. Caving on Saturday, history & possible sight-seeing on Sunday, if some stay over. No experience is necessary, but talk to Dan before signing up, and to get information about meeting place and time.

6/24 Sun Beg Dan Martt 921-4638

Easy beginner trip for those wanting to cool off this month. Call Dan for information about meeting time and place.

Trips in JUNE

CLIMBING

General Information: Skill levels listed for a trip are the lowest level recommended for that trip. Consult the trip leader if you are not sure about the skills required for a particular trip. Beginner trips are open to everyone. They are geared toward teaching basic rock climbing skills to people that have never climbed before. All you need to bring on beginner trips are tennis shoes, lunch and water. AYH supplies the climbing equipment. Remember to wear comfortable clothes that give you freedom of movement. Please call the trip leaders ahead of time since space is limited.

6/3 Sun Int Eric Bauer 687-0766(H)

8 am at HQ. Mountain Rescue Class, Derry, PA - We teach you techniques used to transport an injured climber out of the rocks.

6/8-10 FSS Int Eric Bauer 687-0766(H)

Gettysburg Weekend. We'll stay at a college dorm in Gettysburg and climb at Hermitage Rock in Michaux State Forest. Contact Eric for the meeting place and time.

6/23 Sat Int Rich Rosenberger 335-4058(H)

8 am at HQ. Seneca Prep, Derry, PA. This trip is designed to teach climbers the skills needed to be a "second" on a multi-pitch climb. It is required for the Seneca Rocks trip scheduled for July 8-9.

6/23 Sat Beg Rich Rosenberger 335-4058(H)

8 am at HQ. Beginner trip at Derry, PA.

HIKING/BACKPACKING

6/8-10 FSS Int/Adv Glenn Oster 364-2864(H)* 234-3967(W)

7:30 pm at HQ. Hike the Bucktail Path Trail in central Pennsylvania. Call for information and reservation - *before 9:00 pm, please!

6/10 Sun Int Jim Ritchie 828-0210(H) 624-1220(W)

8:00 am at HQ. Rachel Carson Trail (Allegheny County) from Dorseyville to North Park. Approximately 9 miles. Call for information and reservations.

6/16 Sat Int/Adv Glenn Oster 364-2864(H)* 234-3967(W)

6:00 am at HQ (breakfast already eaten or munch on the way). This is our annual bootbuster. Hike 18 miles on the western ridge of the Oil Creek Hiking Trail. Call for information and reservations - *before 9:00 pm, please!

6/16 Sat ? Ben Brugmans 736-0103

8:00 am at HQ. Hike 8 miles on the Laurel Highlands Trail.

6/16 Sat All Pete Srini 921-1238(H) 788-7759(W)

8:00 am at HQ. An easy maintenance hike on the Baker Trail. No fees. Dairy Queen milkshakes are on Pete.

Pittsburgh Council Activity Chairs

Bicycling

Chuck Ejzak 466-6196
Dino Angelici 931-6651

Canoeing

Clare Bunker 244-9788

Caving

Dan Martt 921-4638

Climbing

Eric Bauer 687-0766
Rich Rosenberger 335-4058

Family Activities

Barbara Hanusa 441-7205

Hiking & Backpacking

Ben Brugmans 736-2751
Pat Tieman 561-3286

Kayaking

Ray Yutzy 341-5682
John Gayler 421-1307

Mid-Week Trips

Cliff Ham 687-4520

Rafting

Jon Maiman 441-2306
Linda Smithyman 531-1868

Sailing

Rick Tomlinson 963-8910

Sea Kayaking

Mark Mistrik 441-8293
Ted Self 795-6286

Volleyball

Joel Platt 521-5244

X-C Skiing

Fred Parker 856-4713
Rick Ulaky 422-0849

THE GREENBRIAR RIVER TRAIL

SOUTHEASTERN WEST VIRGINIA

The Greenbriar River Trail, operated by West Virginia State Parks, is a 75-mile (120 kilometer) long former railroad, now used for hiking, bicycling, ski-touring, and wheel-chair use. The former Greenbriar Division of the C & O Railway was built at the turn of the century to serve the booming timber industry of that time. The Trail passes through numerous small towns and traverses 35 bridges and two tunnels as it winds its way along the valley. Throughout much of its length, the Trail is directly adjacent to the beautiful Greenbriar River and is surrounded by peaks of the Allegheny Mountains.

A complete guide to the Greenbriar River Trail may be obtained by sending \$2.00, your name and address to:

Greenbriar River Hike, Bike and Ski Trail, Inc., Slatyfork, WV 26291



RECYCLING DIRECTORY AVAILABLE

GRIP has a directory ready to send to you that lists over 60 places, both commercial and volunteer groups, to take your materials to be recycled. They ask that you send a stamped self-addressed envelope to GRIP, P.O. Box 4806, Pittsburgh, PA to receive a current directory.

MID-WEEK ACTIVITIES

Rambles

If you're interested in walking on Wednesdays, call Fred Mauk (361-6299) on Monday or Tuesday between 8 am and 10 pm.

Trips in JUNE

RAFTING

General Information: What to Bring: Suggested attire for raft trips includes old sneakers, bathing suits, T-shirt (optional), sunscreen, bandana, glasses strap and a towel. You'll need a full set of dry clothes to change into after the trip. Wool clothing and/or rain gear are needed for cool or rainy days. Bring your own bag lunch to eat on the river. Most trips take a full day and a stop for ice cream or dinner on the way back. **Impromptu Trips:** When river water levels cooperate, we frequently organize impromptu trips, usually on rivers other than the Lower Yough. They're announced at the Thursday evening open houses.

6/3 Sun Beg Jon Maiman 441-2306(H)

7:45 am at HQ. Lower Youghiogheny River trip. Everyone is welcome including first time rafters. Approximate cost of this trip \$16-\$18 for AYH members. We'll probably stop for dinner on the way back.

6/10 Sun Int Gus Hughes 241-1593 (H) & Jon Maiman 441-2306 (H)

7:00 am at HQ. Raft the Cheat River Canyon in West Virginia This trip is for experienced paddlers only. We'll try to keep the cost to \$20.

6/16 Sat Beg Linda Smithyman 531-1868(H)

7:30 am at HQ. Lower Youghiogheny River trip. Trip leader training will be offered on this trip. If you'd like to become a trip leader for rafting, plan on coming on this trip. Everyone is welcome including first time rafters. Approximate cost of this trip is \$16-\$18 for AYH members.

6/24 Sun Beg Kevin Craig 487-1538(H)

8:15 am at HQ. Lower Youghiogheny River trip. Everyone is welcome including first time rafters. Approximate cost of this trip is \$16-\$18 for AYH members.

6/30 Sat Beg Shirley Ulakey 422-0849(H)

7:45 am at HQ. Lower Youghiogheny River trip. Everyone is welcome including first time rafters. Approximate cost of this trip is \$16-\$18 for AYH members.

SAILING

6/2-3 SS Beg Rick Tomlinson 963-0472

Sailing Clinic. Call Rick for information and reservations.

6/6 Wed Rick Tomlinson 963-0472

Sailing proficiency review. Call Rick for information and reservations.

Trips in JUNE

SEA-KAYAKING

General Information: On most day trips bring lunch, water, sun lotion, sunglasses, a hat, a change of clothes doubled-wrapped in water proof plastic bags, and an old pair of shoes to wear while kayaking. For cooler weather also bring layered clothing and a water-resistant paddling jacket. For longer trips contact the trip leader. Don't forget your rain gear.

6/6 Wed Beg Mark Mistrik 441-8293(H)

6:00 pm (flexible) at HQ. Introductory level Sea-kayaking at North Park or Glade Run Lake. Beginner instruction on a calm, flatwater lake and/or intermediate rescue instruction, or come out if you enjoy evening paddling. We'll probably stop for food afterwards. This is a good way to become acquainted with Sea-kayaking if you're interested in one of the longer trips. Call to reserve a space.

6/20 Wed Beg Mark Mistrik 441-8293(H)

6:00 pm at HQ. Introductory level Sea-kayaking at North Park or Glade Run Lake.

6/30-7/1 SS Beg Mark Mistrik 441-8293(H)

8:00 am at HQ. Beginner level Sea-kayaking trip to Tionesta, PA. Scenic flatwater paddling, hiking, swimming, etc. on the lake, and lots of food. Not recommended for anyone who's recently invested lots of money into a Weight Watcher's program. Call for more information or to reserve.

7/25-30 F-S Int Mark Mistrik 441-8293(H)

Quick & dirty Maine getaway - an extended trip to Acadia, Maine. Sea-kayaking, hiking, hostelling, eating, etc. More in the next issue.

VOLLEYBALL

Volleyball begins its summer schedule in June. There's just one more indoor session on June 4 at 6:30 pm at the Peabody School at Highland and E. Liberty Avenues. Beginning June 11 volleyball moves to Mellon Park (Fifth & Shady), at the top of the hill in front of the Garden Center. Meet at 6:00 pm. Call Joel Platt 421-5244.

USA ↔ DENMARK ↔ USSR

Travel/Cultural Exchange: Spend two weeks this summer in Denmark, two weeks next summer (91) in Lithuania. Then in the summer, 1992 serve as host for your Danish or Lithuanian guests for two weeks.

Costs are only airfare and expenses, stay with hosts, then host others in '92. You must be at least 20 years old and able to host others in the third year. For more information call Forum Travel (Bette McDevitt) at 681-4099.



REDUCE JUNK MAIL!!

Write to: Direct Marketing Association, 6 East 43rd Street, New York, NY 10017. Ask to be removed from mailing list.

WILDERNESS LODGE REPORT

The crocus, daffodils and Siberian Squill have come and gone. We've had some of the hottest March weather recorded in the century. But I still have many vivid memories of the best cross-country skiing that I've ever experienced in the East.

After driving through a blinding snow-storm on I-79, we arrived safely in Wattsburg for a delicious dinner at the Country Kitchen. While savoring our coffee several other AYHers came straggling in from Pittsburgh. One quick phone call to Nansi Janes, and she told me that Weeks Valley Road had just been plowed and to drive up all at the same time within the next half-hour, before the wind could blow snow back over the road.

Nansi was waiting for us at the front door of Wilderness Lodge and a cheerful fire was burning in the round-stone fireplace. Within several hours all 34 people on the trip had arrived safely. It snowed gently all night and with the good base of snow already on the ground we had excellent skiing both days. One of the surprises for the weekend - the temperature stayed just below freezing and there was not much wind either. Rodger, Nansi's son, was on his snowmobile bright and early Saturday morning tracking the trails for us. Other trails were broken by the first skiers on them.

Oh, the memories of skiing Peaceful Valley trail with all the evergreens drooping under the weight of the fresh snow with only the sound of your skies gliding along the trail. Then there was that thrilling run down Witches Nightmare on Cow Pasture trail. You knew you would have fun when the sign said: NO SKI RENTALS BEYOND THIS POINT.

If you want to join one of the three cross-country ski weekends run by Helen Coyne at Wilderness Lodge next year, mark these dates on your '91 calendar: January 11,12,13 and February 15,16,17. A third date will be chosen later. When you see the ad in October's *Triangle* make your reservation early as the trips fill up very fast. If you're lucky and get a snowy weekend at Wilderness Lodge you will have your own memories to sustain you through a hot Pittsburgh summer. (unsigned)

The Youghiogeny River Trail

Rushing water, giant boulders, precipitous cliffs, great views, thick forests, deep winter snows, even the clicking of Amtrak's Capitol Limited from Chicago to Washington. All this is visible on an easy family bicycle ride or hike. It's Pennsylvania's Youghiogeny River Trail and it's one of the nation's ultimate rail-trail experiences. The Youghiogeny (pronounced "yock-a-GAIN-y" but usually called "the Yock") has long been known as one of the premier white water rafting rivers in the East. About 112,000 thrill seekers go there every year to experience the feel of 340,000 gallons of water per minute dropping more than 200 feet over a 7.5-mile course. Another less wild stretch of the river makes for excellent canoeing. New on the scene but already more popular is the rail-trail that parallels the river through Ohiopyle State Park. In 1989 the Youghiogeny River Trail attracted over 130,000 bicyclists, walkers, runners, skiers, snowmobilers, hunters and fishermen from nearby Pittsburgh as well as from the surrounding seven-state



(photo David Burwell)

area. One of the great natural and commercial routes through the rugged Allegheny Mountains, the scenic Youghiogeny Gorge was actually used by two competing railroad companies, the Baltimore & Ohio and the Western Maryland. (Fortunately, with trains running on both sides of the gorge there was no room to build a highway, and the area today is remarkably free of cars). When the two companies merged into what is now the CSX Corp. only one track was needed, and the Western Maryland right-of-way was abandoned in 1976. The portion of the corridor within the state park was acquired by the far-

seeing Western Pennsylvania Conservancy and sold to the state, which then used work crews from the Pennsylvania Conservation Corps to surface it with fine limestone. In 1986 the panoramic trail was opened to the public. Interestingly, going from rails to a trail didn't mean financial collapse for the rural area in southwestern Pennsylvania; Ohiopyle Park is a considerable commercial machine generating about 300 jobs and \$20 million in tourist revenue for the region. Prompted by

the trail's success, there are now seven bicycle rental shops, several motels and a few bed-and-breakfasts in the vicinity. A memorable pathway already, the Yough River Trail seems headed for even greater recognition as part of a 315-mile system of rail-trails and canal towpaths that could ultimately link Pittsburgh and Washington, D.C. (The trail is also memorable to RTC members for another reason—it happens to be the one pictured on the Rails-to-Trails VISA Card.) This summer the trail is being extended an additional 7.5 miles northward within the park, providing users with views of the Youghiogeny's wild-

est stretch. The new section crosses the "High Bridge," an awesome structure which towers over the churning river, and also passes near "Fallingwater," the unique home Frank Lloyd Wright designed around a natural waterfall. The state is also trying to negotiate a land swap so that the trail can be extended 1.5 miles south into the town of Confluence. The next addition, 19 miles north to Connellsville, is slated for late this year.

Another separate effort, led by the Connellsville Chamber of Commerce, would turn the corridor from Connellsville to McKeesport into a combined trail and excursion rail line. In the other direction, southeast from Confluence, groups in Somerset County, Pa. and Allegany County, Md. are working to acquire the rail right-of-way and create the Allegheny Highlands Trail all the way to the existing C&O Canal towpath in Cumberland, Md. Even in a strong rail-trail state like Pennsylvania, the Youghiogeny River

Trail is special: a recreational paradise on its own, it is acting as a keystone in the creation of a badly needed long distance non-motorized transportation route through the Eastern mountains. You can't ask for much more.

For further information: Douglas V. Hoene, Park Operations Supervisor, Ohiopyle State Park, P.O. Box 105, Ohiopyle, Pa. 15470; Tel: 412-329-8591.

ALLEGHENY NATIONAL FOREST HIKING GUIDE

NOW OUT

by Bruce Sundquist


The 3rd Edition of *Allegheny National Forest Hiking Guide* is now available. This edition is bigger and better than ever, with 192 pages, 49 pages of maps, 33 photographs and a full color cover. Over 250 miles of trails are described. Most are suitable for back-packing. The new edition has been expanded to cover ski-touring opportunities and points of scenic and natural interest.

The publisher is Allegheny Group of the Sierra Club. The authors are Carolyn Weilacher Yartz, Jack Richardson and Bruce Sundquist. The U.S. Forest Service and lots of hikers contributed much to the contents of the *Guide*.

The U.S. Forest Service has recently cleaned and reblazed its foot trails on the ANF, so these trails are now in excellent condition. The USFS has also greatly expanded its system of ski-touring trails, reflecting a rapidly expanding interest in ski-touring in recent years (and the fact that the ANF is


in the snow shadow of Lake Erie, providing lots of snow over much of the winter).

Attractions of the ANF include Hickory Creek Wilderness Area, Allegheny Front National Recreation Area, Heart's Content Scenic Area, Tionesta Scenic Area and Research Natural Area, Allegheny Reservoir (with numerous campsites accessible only by foot or boat), Clarion River, several areas where management practices will promote old-growth timber and "forest cathedrals" for non-motorized access only, numerous campgrounds (many with beaches) and countless opportunities for camping in solitude.

To order your copy of *Allegheny National Forest Hiking Guide*, send \$8.00 + \$0.90 postage (book rate) + \$0.48 PA. Sales Tax (if applicable) to Pittsburgh Council, American Youth Hostels, 6300 Fifth Avenue, Pittsburgh, PA 15232. Wholesale orders (10 or more guides) receive 1/3 off the retail price and no postage is charged. 

Ohio River Sweep

The Ohio River Valley Water Sanitation Commission is sponsoring Ohio River Sweep 1990 on June 16th. The Ohio River Sweep is a riverbank cleanup for the Ohio River. A Sweep was held last year and was quite a success. However, there is one fundamental difference between last year's event and this year's. The 1989 Sweep only involved a section of the river flowing along Ohio and Kentucky. This year, the Sweep will encompass the entire length of the river, from its origin at Pittsburgh to its end at Cairo, Illinois. Volunteers from public organizations, civic groups, recreational clubs and the general public of six states will band together to pick up debris littering the riverbank. Each volunteer will receive a free T-shirt. General funding support for the project is being provided by Ashland Oil, and localized funding is being requested of a number of industries along the river.

Additional information will be available at AYH or may be obtained by calling the Pennsylvania Department of Environmental Resources at (412) 645-7138. 

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continued from page 1...

(their leaders were ignoring the whole thing). Their response was "we were just having a good time." Before dark we became friends though and things quieted down. They simply had to run out of steam.

Next day was another beauty, enough to stir your soul. Looking up Frying Pan Creek at the big glacier by the same name would cause a boulder to turn to gelatin. And we saw a bear on the trail — a big black bear in the brown phase. He was more afraid of us than we were of him and he took off across the stream without any prodding by us. And still we climbed up to Summerland. We had a super shelter there in a marvelous wooded setting with good views down the valley. We hiked all over that beautiful mountain top with its beautiful grassy meadows, tall pointed conifers that appeared to have been painted there rather than growing, lots of loose rock above timberline and lots of waterfalls. We also saw a full sized mountain goat working its way down the mountain as we were preparing dinner. It looked snowy white in the late afternoon sun. This was my favorite location — and I didn't even guess what was in store for us the next morning.

And next morning did indeed come. For us it was a wonderfully clear morning with cheerful, warm sunlight — I lost so much time taking pictures that everyone got ahead of me. Jean, in the lead, told me she had seen 13 mountain sheep along the way. The trail climbed up through a half mile or so of loose rock, passed an azure tarn, and near the top traversed several hundred yards of snow. We appreciated what the Summerland lady ranger had done for us the day before. She spent all day shovelling snow getting the trail in shape so that it could be hiked without fear of sliding hundreds of feet because of a misstep. What a gift!

Then came the most awe inspiring scenery that I have seen anywhere in the world. The valleys were totally socked in. Fog everywhere down there below us. And all the mountain peaks appeared to be islands in a bright white sea. And there were mountain slopes above the fog — intensely green in the bright sunlight — and the blue sky and floating white clouds — and, and — almost more beauty

than a person could bear.

Then as if all that weren't enough, there was Mount Adams, a mammoth white peak 45 miles away and yet literally dominating the horizon. And when we looked due south a long way we could see Mount Hood in Oregon (St. Helen's was a bit too far west of our position to be seen).

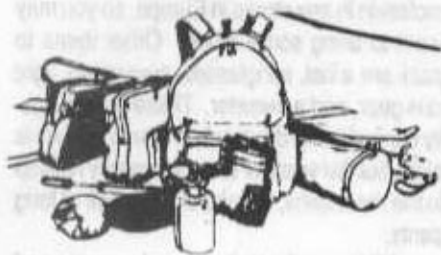
There was a steep ridge hovering above me on the right with lots of snow (cornices appeared to project out 60 feet or more) and waterfalls and that oh so blue sky. I took a full roll of 36 exposures in less than one hour. I couldn't stop taking pictures. Eventually the trail dropped steeply to our shelter in an area called Indian Bar. I arrived a full hour behind anyone else in our group. They had already begun exploring the Ohanepacosh Valley. I had been anxiously waiting to see a waterfall on that river with a name that intrigued me — Wauhaukaukau Falls. What a let down! The stream is small there near its origin and the falls were all of ten feet or so. There were lots of 150 foot falls that went unnamed; why should this little fellow have a name at all, let alone such a challenging name — took us quite a while to learn how to pronounce it.

There were other attractions there as well. For one, I looked up the mountain side and surely enough there was a snow formation that looked like a dutch girl running with a rolling pin in hand. Some said she looked more like Popeye's Olive Oyl. And that wasn't all. The river bed was home to a low yellow ground cover plant that I've never identified — but pretty it surely was in the sunlight. Farther up stream was another major stand of rocks in columnar joining. Only in this case the rocks were square instead of hexagonal and jutted straight up out of the ground like piling for a city block of buildings. They were really having trouble holding me down that day. It had been proven to me over and over during the last 9 days that I was experiencing the most beautiful scenery that I may ever see throughout the rest of my lifetime.

It's a good thing that we saw that area well when we did because we woke up the next morning in a dense cloud. Things were damp to say the least. This lasted until noon and by then we had dropped altitude and were in a thick forest area. Next came the coinci-

dence of coincidences. As I walked past Box Canyon, a tourist point reachable by auto, there was Jack Asherman. Had I been off by 20 seconds either way I would have missed him. He joined me in hiking to the Maple Creek Campground. This site stood out in our memories for two reasons — the fist, flies. Couldn't wait to get into the tent and away from them, although they did subside by time to prepare dinner. The other, believe it or not, was an open toilet a hundred feet away in the five foot high weeds right out in the open; no roof, no sides and no door. We never did figure out what the signal was for privacy, but we heard no shrieks; so presumably all's well that remains quiet.

Now for our last day on the trail. It was a second foggy, cool morning but everyone seemed to be super-charged, and we hiked and climbed and dropped in record time and were back to Cougar Rock Campground and Jack and Janet by noon — 10-1/2 miles past a number of great waterfalls hiking up 2,000 feet and down 2,000 feet. But how tough it was to finally realize that it was over!

We had hiked the 95 miles of trails plus lots of side trips, had climbed and descended 20,000 feet and, except for Todd's mishap, all were in great shape and in euphoric spirits. The group got along so very well and should have their emotional batteries charged for years to come. If you haven't experienced Rainier with its great scenes and incredibly well built and maintained trails you simply must. You owe it to yourself. 

WORLD TRAVELER

by Jerry Slagle

Part IV

In this article, I will describe two hiking areas in the Alpine region of Europe. The first area is in the vicinity of Innsbruck, Austria, while the second is hiking the European Long Distance Path Number Five (E-5), which crosses over the Alps.

The city of Innsbruck has a program for those interested in day hiking in the mountains near the city. During the summer months, a group of hikers meets daily at the city's convention center. The group is delivered by bus to the base of a nearby mountain and transported by chairlift up the mountain to the starting point for the day's hike. The hike generally lasts about 7 hours, and a guide will accompany the hiking group. The bus and the guide are provided free by the city. The chairlift fee is discounted.

After a few hours hiking, the group stops at a farm hut in the mountains to buy lunch. The farmers' wives earn extra income by selling lunches to hikers. The menu consists of local specialties, but the selections are limited because all the necessary food items must be hauled up the mountain to the hut by the farmers. Occasionally during these breaks, the guide sings Austrian folk songs with the group joining in the singing and dancing. It's all lots of fun, and I have fond memories of these hikes around Innsbruck.

The program is geared toward people who have limited time for hiking and no hiking gear. The city provides free use of hiking boots and a small day pack. You may want to bring your own boots though, since the free ones may not fit your feet correctly causing blisters. Speaking of blisters, I could not find moleskin in any stores in Europe, so you may want to bring some along. Other items to pack are a hat, sunglasses, sunscreen, light rain gear, and a sweater. These can be easily carried in the day pack. Wearing shorts is okay, but the weather changes rapidly high up in the mountains, so take along a pair of long pants.

Hiking on the trails is good exercise and the group waits up for the slower hikers. The hikes start at 9:00 am. and finish around 4:00 pm., leaving the evenings free for sightseeing and socializing. The hikers come from everywhere and many friendships develop from

these hikes.

Innsbruck gives each hiker a notebook to record their day's journey. At many of the mountain huts and inns, ink stamps, imprinted with the inn's name and its altitude, can be stamped in the notebook. The guide also awards medals for the number of hikes made. One medal is awarded for a first hike, then one for 5 hikes and so on. These books and medals are nice souvenirs of Innsbruck.

There are five youth hostels in Innsbruck. All of them fill up rather quickly in mid summer, so it's a good idea to reserve a bed beforehand. The price includes continental breakfast. There are supermarkets in the city where you can buy snacks for the hikes and food to cook for dinner at the hostel.

As mentioned before, these hostels are very crowded and noisy. Here is where I learned to share with other hostellers. You compete with others for the limited facilities of the hostel, but this doesn't mean it is all negative. It takes some adjustments and planning on your part to successfully enjoy your visit at a hostel. I did not encounter the hostel rule of staying for only three days (1985). Some popular hostels have a one day stay rule also. In Bavaria, Germany, you must be under twenty-seven years old to stay at a "youth hostel."

Some of the hikers stayed at bed and breakfast type places called "gasthaus." There they could have a more peaceful night's sleep. Check with the Innsbruck tourist office for more information on accommodations.

Another place to stay are the mountain huts. You hike up the mountain, stay at the hut and then the next day hike back down. Some of these "huts" are more like hotels with restaurants, bars, and private rooms. Most of the huts have basic services where you can buy a meal and sleep in a large common room (lager). The cost is moderate since all supplies are transported up to the hut in a cable chair or by helicopter. It's worth the cost to see the Alpine scenery and to socialize with the other guests.

The second hiking area is the European Long Distance Hiking Path Number Five (E-5). This was one of the paths which crisscrosses Europe. E-5 crosses over the Alps going north and south.

I always wanted one day to hike over the Alps, not to the very summit of the mountains, but along the trails which cross over the region. I discussed my hiking ideas with other hostellers to get their suggestions. While at one hostel in Africa, a fellow hosteller from Berlin suggested I visit the Alpine town of Bolzano, Italy. He said the tourist office would have the information I would need to hike over the Alps. Later on my travels, I took his advice and visited the Bolzano tourist office. They had a hiking expert who provided me with enough information on long distance hiking to begin my trek.

The first item was to buy the necessary E-5 hiking maps. These are available at bookstores and sporting good stores in the Alpine region. The map shows beginnings and endings of E-5 with all the terrain graphically shown. The path meanders between Konstanz, Germany, and a small village north of Verona, Italy. The trail passes through northeast Italy, west Austria, south central Germany and northeast Switzerland. One section of the path goes alongside of Lake Constance (Bodensee) in Switzerland, which makes the trail flat and not that interesting for someone who wants Alpine hiking. The map descriptions are written in German, but most of the symbols are understandable. I carried with me a Berlitz German for Travelers handbook, which came in handy numerous times.

Ordering meals at restaurants using this handbook was fun. Local specialties are not always fully translated, and you can be surprised at what you get. Part of the fun of traveling is the discovery of food prepared in so many different ways around the world.

The hiking expert recommended that I start my hike by trekking south from Bolzano to Verona and then return later north towards Germany. It was late spring and some mountain passes were still closed due to heavy snow. He seemed to worry about me and told me to follow the hut manager's advice about weather and trail conditions and to hike with others when crossing the mountain passes.

This area of northeast Italy was once part of Austria up until the end of World War I. The locals speak both an Austrian German dialect and Italian. The food and clothing are



more Austrian. The E-5 meanders across WWI battlefields where many of the trenches in which the soldiers fought can be seen.

Many of my fellow hikers were German speaking, but they still provided me with enough information to continue hiking other sections of the path. They usually knew enough English to convey this information to me. English is the international language and we Americans are lucky in this regard. It does help to learn a few words of the local language in the area in which you are traveling. The people will appreciate your efforts to communicate with them and enjoy listening to you make a fool of yourself.

After finishing the hike south to Verona, I returned north to Bolzano. The hiking expert saw that I had hiked long distances safely and then approved my membership into the South Tyrol Alpine Club. With this membership, a hiker can buy hiking and other products at a discount. The mountain huts also give members priority over non-members for vacancies and discounted hut fees.

In the early summer, the hiking trails are somewhat unstable because of the melting snow. The ground is saturated so there is a chance of landslides. Here and there along

the trails, you can see religious memorial markers for victims of past landslides. Late summer and autumn are ideal hiking times in the Alps.

Since it was still early summer when I was hiking north of Bolzano towards Germany, I'd cross several ice bridges (ice covered streams) and snow covered passes. On one ridge covered with melting snow, my foot kept falling through the snow down to the rocks underneath causing me to lose my balance and injure that leg. I was in a hurry since it was getting dark and there was a thunderstorm fast approaching with lightning striking all around. According to my hiking map, I was very close to the mountain hut, but I could not see it. Slowly I made my way along the ridge and down the steep slope and was very glad when I finally saw the lights of the hut in the distance. After this experience, I planned my hikes to a more reasonable time to stop in the afternoon. Again, it's a good idea to wait for other hikers at passes to go together over passes.

Other than mountain huts and youth hostels, I've stayed at a gasthaus or bed and breakfast style places along the trail. These were located mostly in small villages. Look for

signs in front of homes with the German words "zimmer frei" (vacant rooms). In 1987, my average cost for a single room was \$13. There seemed to be few youth hostels close to the E-5, so I did not stay at many hostels during this hike. The mountain huts are packed with people partying on weekends. In hiking long distances on these trails, I would advise you to stay at a gasthaus in the village during weekends. It's hard to get a good night's sleep when others are making lots of noise. This wasn't true for all the huts on every weekend, but it seemed to happen frequently.

Some days, I would hike all day long and other days, I'd hike for a shorter time. This gave me time to explore the area or just to rest. After weeks of hiking, a day or two of complete rest is great for the body. Another rule of hiking is to stop and reflect where you hiked to get a better understanding of why you are there, and what you have just accomplished. Everyday on the path was different with many challenges and discoveries.

One day I would like to hike the E-4 which also goes across the Alps, but from east to west. This is something to dream about and I know from experience it would be worth it to hike this path. #21

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Karen Lukas

Council Officers

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The Golden Triangle is published monthly by the Pittsburgh Council, American Youth Hostels. Contents are at the discretion of the editor. Mail regarding this newsletter should be addressed to: The Golden Triangle, Pittsburgh AYH, 6300 Fifth Avenue, Pittsburgh, PA 15232, phone (412)362-8181.

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GUIDELINES FOR CONTRIBUTORS

All articles of interest to our members are welcomed - subjects relating to our trips and activities, the environment, the outdoors, etc. Articles can be submitted can be:

- neatly typed and double spaced (at least a 12 point font so we can digitize the copy using a scanner. Dot matrix output does not scan well).
- on a 3.5" IBM or Macintosh disk with files formatted as text. The disk will be returned to you.

- sent to the editor via modem when prior arrangements are made.

Sorry I cannot accept more than one or two short paragraphs of hand-written copy. The use of material will be limited to available space. Place articles in the Editor's box at AYH Headquarters or mail to The Golden Triangle, 6300 Fifth Avenue, Pittsburgh, PA 15232. *Jean Bugby* Editor

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The Golden Triangle

Pittsburgh Council

American Youth Hostels

Volume 41

Number 6

June, 1990



American Youth Hostels, Inc.
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