



# golden triangle ayh

pittsburgh council, american youth hostel, inc.

Volume 26, Number 5    MAY 1975

PADDLE, POLE,  
OR POWER INTO  
CANOEING THIS  
SPRING WITH

A Y H



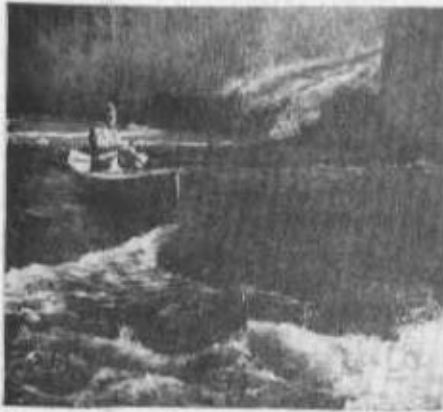


# SPRING CANOEING ON WOLF CREEK

Experienced paddlers led by Gordon Bugby enjoy a rare day of good weather this spring.

From upper left to lower right a typical AYH canoe trip.







## CANOEING SEASON IS HERE

Western Pennsylvania offers a marvelous variety of canoeing water. There are lakes for sailing and flat water paddeling or gently flowing rivers and creeks for families, beginners, or anyone who wants a relaxing trip gliding quietly through valleys and woods. There are whitewater streams of all levels of difficulty to challenge those who have learned to maneuver the boats and read the water. And there are big rivers, which appeal to the kayakers and rafters.

Gordon (Splash) Bugby, canoeing chaiperson, is planning a busy year for members interested in canoeing. A selection of trips from beginning to advanced and several sessions of 3 different open boat schools are planned for this season. This issue of the Golden Triangle serves as a guide to help you plan and choose a canoe trip.

### TRIP CLASSIFICATIONS:

Streams and rivers are classified according to their difficulty. The classes are:

Flat Water - lakes, ponds, or slow flat rivers with no apparent current. No rapids or riffles are encountered, and there is no problem navigating the river.

Class I (flowing water) - moving water with a few riffles and no waves. Few or no obstructions.

Class II (easy white water) - Easy rapids with waves up to three feet high. Wide clear channels that are obvious without scouting. Some maneuvering required.

Class III (intermediate white water) - rapids with high, irregular waves often capable of swamping an open canoe. Narrow passages that often require complex maneuvering. May require scouting from shore.

This classification system goes on to class VI, but hostel canoes run nothing heavier than class III. Open boats paddled by experts do run class IV rivers, and closed boats run class V and class VI rivers.

Trip leaders try to mix skill levels of trippers to insure a safe, enjoyable and educational trip. Most leaders will take one or two people who are slightly below the desired skill level and team them with skilled paddlers to provide a good learning experience for the tripper.

You should always contact the trip leader for exact details and to discuss any doubts you may have. The leader's decisions in accepting trippers must take the welfare of the entire trip into account. Canoe trips usually require reservations because of the limited equipment and transportation problems. When you make a reservation, you are obligated to show up or call the leader to cancel. If you have a doubt about the weather or other factors, call the leader. No show trippers are reported on trip forms and these people could have difficulty getting reservations the next time.

A caution to trippers about skills needed for a trip. It may seem unfair for the leader to ask you to get more experience before you run difficult rivers but it is more unfair for you to attempt a difficult river with less than the needed skills. Self rescue is not always possible. Risk is not only increased for yourself and your partner, but for the two or three teams of paddlers that must rescue you, your partner, and your boat. Be honest with the leader and acquire your skills and experiences with AYH in a logical sequence.

## GENERAL TIPS FOR CANOEING:

Clothing - Old clothes are amust. Wool is best when the water is cold. Swimming trunks are fine in summer, but a day trip can expose arms and legs to a severe burn. Bring a light shirt and long trousers for protection. Rain gear need not be expensive, just safe and functional. Ponchos are dangerous in heavy water where capsizing is a possibility. A light wind-breaker is nice for the evening chill or after a rain shower. Take a complete change of clothes and a towel. The best insurance against falling in is to assume that you will. This change of clothes will be left in the car at the take out point so you can change at the end of the trip.

Shoes - Shoes must be worn at all times; old tennis shoes are recommended. The streams and rivers of Pennsylvania quickly ruin good shoes. Cheap tennis shoes are available for \$3 a pair from discount stores.

Knee pads - Protection for your knees is a must for trips of class I and beyond. AYH life vests are NOT to be kneeled upon. Sometimes you can borrow knee pads, but don't count on this. They are available locally for \$3 a pair, or you can use an old foam pillow.

Lunch - A wet pack is taken on all AYH trips for protecting lunches. Please don't bring glass bottles, or other breakable items. If a bottle breaks, everyone's lunch is soaked. The wet pack is usually full of lunches and a first aid kit, so don't plan to put clothing in it.

Camera - Be careful! Don't take a camera on a trip unless it is waterproof or you have a secure means of keeping it dry (not a plastic bag). There may be some room in the wet pack but then your camera would be unavailable on the river portions of the trip.

Glasses - Wear your glasses if you need them. All paddlers have responsibility for reading the river. Tie your glasses on securely since they don't float.

Gloves - They are usually unnecessary. Try a thin cotton pair if you blister easily.

Paddles and life jackets - Paddles and life jackets are included with AYH canoe rental. Paddle for a while before you purchase your own personal equipment. Eventually you may want a paddle that is just right or a more comfortable life vest.

## CHECK LIST FOR TRIPPERS:

### Personal Equipment -

- \_\_\_\_\_ river clothing, shoes, socks, hat (with brim)
- \_\_\_\_\_ sun protection
- \_\_\_\_\_ rain gear
- \_\_\_\_\_ wind breaker
- \_\_\_\_\_ knee pads or cushion
- \_\_\_\_\_ lunch and water (no glass containers)
- \_\_\_\_\_ strap for glasses
- \_\_\_\_\_ complete change of clothes and towel.

### Trip procedure -

- \_\_\_\_\_ lower and load onto a car your half of a boat
- \_\_\_\_\_ select and load into a car one good life preserver
- \_\_\_\_\_ select and load into a car one proper size paddle

\_\_\_\_\_ select and load into a car for each boat one bailer, one spare life vest and one extra paddle.

The trip leader will make sure that the following equipment is carried:

\_\_\_\_\_ wet pack for lunches  
\_\_\_\_\_ first aid kit  
\_\_\_\_\_ throw line ( white water trips)  
\_\_\_\_\_ Canoe patching tape (white water trips)

Make sure you help load your own canoe and unload it. This spreads the work load evenly. If you are a petite member, we won't ask you to lift the boat up or take it off the car racks. But you can help carry the boat to and from the cars and help store the canoes in the rafters at headquarters. A Grumman canoe only weighs 75 pounds. One half of that calculates to just 37½ pounds.

### RIVER ETIQUETTE

Probably the most important factor contributing to an enjoyable trip, assuming the needed skills, is cooperation on the river. One boat can ruin an outing by simply not thinking of others. If a boat is maneuvering on the river, stay out of the way. Many paddlers like to hold back to get a better look at a rapid or to set up for a good run; you must also hold back. Stay out of their way especially if the other boat is being paddled solo or poled. You can avoid congestion at rapids by staying spaced out on the river. Before leaving an eddy look up stream to see if another boat is coming. Remember it takes several seconds to get out of the eddy and moving downstream. The other part of river etiquette is to avoid hogging the rapids or eddies. Take your turn properly and move on. Setting in one place too long slows down the trip and creates congestion.

### CANOE SCHOOLS:

AYH is tentatively planning one session a month for the following schools:

Beginning canoe school - Possibly weekday evenings on flat water in Pittsburgh, the school is for those with little or no canoeing. Beginning with fundamentals, it will cover parts of the canoe, procedures for getting into and out of a canoe and setting up a canoe for an AYH trip. You will learn forward and backward strokes from the bow and stern. Canoeing safety will be stressed.

White Water I - Prerequisites - Experience: Several class I trips paddling both bow and stern. Skills: paddle a canoe in a straight line from the stern, know forward and backward paddle strokes and steering strokes. You will work on maneuvering strokes (draw, cross draw, pry-away and sweeps) downstream and upstream ferries and river reading. Safety procedures for running rapids and working rescues will be emphasized and practiced. You will swim a rapid during the course. Everyone will paddle from both bow and stern and on both sides of the boat.

White Water II - Prerequisites Experience: White water I school and several trips on Class I and II rivers. Skills: You should be able to do downstream and upstream ferries from the stern. The school will work on eddy turns, peel outs, surfing in standing waves and hydraulics, rescue techniques, river reading and scouting rapids from shore. General tactics for running difficult stretches of river will be discussed and practiced. You will take part in rescue as well as be rescued. Closed boat I and II schools are being planned. Watch for dates for all these schools in the Golden Triangle.



## EVENING BIKE TRIPS START IN MAY

Beginning Tuesday May 6, and every Tuesday and Thursday thereafter, there will be a bike ride starting from the AYH headquarters building. Trips leave at 6:30 and return before dark. Cost is 25¢ for all comers plus 50¢ to rent one of our bikes if yours is out of commission.

Type of rides - The rides are fairly easy, although they are not for totally inexperienced riders (you must know how to operate a 10 speed on hills). At his option, the leader may deputize a member to lead a fast ride. More than half the trips follow the city bike route but we are always looking for new routes.

### Trip leaders' responsibilities -

Arrive at headquarters by 6 PM.  
Nag about the need for flags. Check tire pressures and brakes on all bikes (do this with experienced riders too, and watch for quick release hubs not engaged). Adjust rental bikes. Tell everyone the route you are taking. Get someone to lead a fast trip, especially if the group size is over 12 or so. Sign up all trippers, collect money, lock the building, and take off. On return, make sure all rental bikes are clean and in good shape. List any rental bike problems on sheet inside storeroom door. Remember that renter is responsible for damage to bike. Either give your key to the next leader, or drop key in trip report box, after being sure door will lock when you close it. Never leave unsupervised bikes in the parking lot. A Fuji was stolen there last year at 6:15 PM. Drop trip report and money in trip box. Be doubly sure door is locked. If you have problems call Dave Barbour at 243-2870 -- he lives 5 minutes away.

### Present and future evening trip leader:

Drag out your maps and set up some new trips -- both starting from AYH and other locations. Many of us feel we use the bikeway too much. Unbreakable rule: when you set up a trip on your map, ride it on your bike to establish degree of difficulty and time required. That way, you won't end up in the pitch dark with 15 bewildered cyclists 10 miles from home without lights, money, or mommies.

## FLAGS ON BICYCLE TRIPS

Every rider on every AYH cycling trip is encouraged to have a bicycle flag mounted on the bicycle. We very possibly will require bike flags some day soon, so equip your bike now. Flags will be required for certain trips if the trip leader so desires. If a flag is required for a certain trip, it will be mentioned in the trip announcement in the Golden Triangle. We will probably have flags for sale, and a couple may be available for loan in case you forget yours, but equip your bike now. Joe Hoechner will have a supply at Thursday night meetings.  
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## BANQUET A SUCCESS

The fish and dolphins welcomed 109 people to the banquet at the Aquazoo. Joe Bissonette, Director, interpreted their greetings. Justin Cline brought a message from national AYH. Master of Ceremonies Joe Hoechner presided. Group singing was to the accompaniment of a guitar group consisting of Claudette Falkenhan, Carly Grapes, Charles Rowe and Ron Barber. Claudette prepared and assembled the books which were used and Aileen Pastorek typed the master sheets. Driftwood centerpieces prepared by Fred, Eileen and Larry Hull were awarded as table prizes. During breaks in the folk dancing people enjoyed slides of AYH trips prepared by Dick Nugent. Mike LaMark prepared the Triangle publicity. Posters were created by Carolyn Ursenbaugh and Kai Bauman. Peggy Buckley and Joan Hehmann were in charge of reservations. Clara Herron handled publicity for the local papers. Both AYHers and fish had a wonderful time - many thanks to all who helped make the banquet a successful evening.

## T.O.S.R.V. IS HERE!

If you're going on the Tour of the Sciota River Valley this year, here is some information that might prove useful. First, bring your confirmation sheet, you'll need the number on it to check in. Memorize your number anyway. When you check in at Columbus Friday night you will receive a trip packet. Included in it will be maps, a food ticket, your sleeping space location for Saturday night, baggage ticket, a T.O.S.R.V. patch and your I.D. number tag.

Food and Water - You will get all you can eat, but be considerate of others! You don't have to pack any sandwiches but you may want to bring along your favorite candy or snack. Your breakfast stop is 25 miles from your starting point.

Clothing - Be prepared for rain - it's traditional on this ride. Leave your poncho at home - it is useless in the wind and rain. Get a tow piece international orange rain suit. For the ride shorts should be worn along with T-shirts, sweatshirts and windbreaker. Bear in mind you'll be cycling from the cool sunrise hours to late afternoon. If you plan to use cleated cycling shoes include a spare pair of shoes in your baggage to be shipped to Portsmouth. If you've never used cycling gloves try them now.

Gear - Leave your bike flags home for this trip. Auto drivers avoid the route like the plague. Flags could be a hazard in the pile-ups of cyclists that often happen. Also in high cross winds they can whip around endangering passing riders. Carry a spare tube, tools, etc. in a small seat bag. Avoid front handlebar bags, you'll be riding in tight packs and you'll want to be able to watch your front wheel. If you own a helmet, wear it. Take all unnecessary weight off your bike and maybe share tools with friends. You won't need a chain and lock during the ride but may want to include it in your baggage. Don't forget to pack two towels - one for you, the other for your bike. For more info call Joe Hoechner @ 343-2465.

## OPEN HOUSE PROGRAMS

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

May 1 - Come see all the alligators. Ride through the Ofinokee Swamp with the Hams. Hike the Florida trail through the Ocala Forest.

May 8 - Down the wild Colorado through the Grand Canyon - a slide show with William Voettinier.

May 15 - Joe Levine takes us on a canoe trip in the Adirondacks and around Lake George.

May 22 - 18,000 miles and 30 months later Greg and June Siple have completed their bicycle ride from Anchorage Alaska to the southern tip of South America. Tonight, they relive part of their experiences as they show slides taken along the way.

May 29 - Amateur Night. Tonight is the night our aspiring Hollywood producers display their talents and slides. Watch closely - you might see yourself on a bicycle, or in a canoe, or maybe in a snow bank.

## LET'S LIVE THINGS UP A BIT!

Come early on the second and fourth Thursday nights and join Claudette Falkenhan as we sing folk songs. We hope to start at 8 PM. That way we'll get in some singing before program time. Who knows we might have another John Denver or Judy Collins in the crowd.

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## NEW TRAIL BILLS

The two trail bills which were not passed last year in the Pennsylvania General Assembly were reintroduced. SB 143 establishes a scenic and recreation trail system; SB 144 protects the Appalachian Trail. Hikers take note



Attention: Reserve May 16, 17 and 18 for this year's exciting, exhilarating Morgantown weekend. We will leave Pittsburgh Friday night and arrive at Chestnut Ridge Youth Hostel in time for an evening snack and to relax before the activities begin on Saturday.

The stone hostel building has a large, covered porch with a fireplace - a perfect gathering place for meals and popcorn. The kitchen is equipped with gas stoves and cold running water.

This area of West Virginia has something to offer AYHers of all interests. Polish your climbing skills on Cooper's Rocks, or practice your whitewater skills and test your nerves with an exciting trip on the Cheat River. Be sure to check the prerequisites and reserve for the raft trip. Of course, there will be hiking and our cycling chairpersons are checking the possibility of a bike trip in the area.

The hostel has dormitory style rooms, but on a warm night many hostellers can be found sleeping under the pine trees surrounding the hostel. We will have group breakfasts on Saturday and Sunday, and also Saturday night dinner. Bring your own lunches from home. If you can help by planning or shopping for one of the meals call Sue Leathen at 366-8996.

The cost of the weekend will be approximately \$15. which will include transportation, meals, hostel overnight fees and registration. Be sure to have your hostel pass and remember there is a 25¢ charge if it does not have your picture on it. Reservations and the \$3 deposit must be in by May 8. That's not far away so fill in the form below and bring it to the next meeting or mail it to Sue.

Name \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Can you drive? \_\_\_\_\_  
 How many passengers? \_\_\_\_\_  
 Need a ride? \_\_\_\_\_  
 Amount enclosed \_\_\_\_\_  
 Mail to: Sue Leathen  
 167 E. Wedgewood Drive  
 Pittsburgh, PA 15229

A new report has been issued by the Citizen's Advisory Committee on Environmental Quality about the conversion of abandoned railroad rights-of-way to hiking and bicycling trails. The report discusses such topics as the potential of railroad abandonments as a recreational resource; procedures for citizen action; and opportunities for funding and development. The 68 page report, entitled From Rails to Trails is for sale by the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. Ask for stock number 040-000-00330-4. Price \$1.50.  
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#### NEWS FROM OTHER COUNCILS

We have recently received a number of notices from other councils of trips they are planning which would be open to any Pittsburgh Council member interested. More details will be posted on the bulletin board at the front of headquarters, as well as an address to write for more information or reservations.

The Dayton Cycling Club will be holding the Huffman 100 bicycle ride on May 25. A 107 mile ride through moderately hilly country from Dayton, Ohio to Liberty, Indiana and return. Pass 3 covered bridges and a museum of early Americana. A 50 mile loop is also possible. Applications are available at headquarters.

Lima Council is offering a number of extended trips, including: Buckeye Odyssey VII - June 14-22; long distance bike tour of Ohio; Historic Potpourri - June 14-29; bus-bike tour of Pennsylvania Dutch country, Washington, D.C. and tidewater Virginia; Backpacking in the Smokies July 5-13; Cycling along Lake Michigan July 12-20; Bike and Canoe the Muskingum watershed July 26-August 3; Backpack around Mt. Rainier August 9-24. See the bulletin board for more details.

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PUBLIC HEARING  
BICYCLING IN PENNSYLVANIA

A public meeting will be sponsored by the Pennsylvania Statewide Bicycle Policy Committee on May 8, 1975 at 7:00 PM in the Lecture Hall of the Boyce Campus of Allegheny County Community College to hear public response to various problems and opportunities associated with bicycling in Pennsylvania. Principal issues for discussion are bicycle safety programs, licensing, registration, equipment requirements and ridership proficiency requirements, as well as the planning, design, construction and maintenance of bikeways.

To facilitate discussion, you may obtain free of charge the report Issues and Options: Bicycling in Pennsylvania. Send your request along with your name and address to Mr. Anthony J. Gaeta, District Engineer Penn DOT, Four Parkway Center, 875 Greentree Road, Pittsburgh, PA 15220  
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HEMISTOUR REACHES GOAL

The AYH sponsored Hemistour Bicycle Touring Expedition reached Ushuaia, the world's southernmost city in Tierra del Fuego, Argentina, 2 years, 8 months, 9 days, and 18,272 miles out of Anchorage, Alaska. The February 25 finishing date came at the end of the southern hemisphere summer. The 20 cyclists ranging in age from 18 to 58, who rode with the group at various times accumulated a grand total of over 70,000 rider/miles. The ride was organized by former member of the Columbus and Pittsburgh Councils of AYH to promote adult bicycle touring in the United States and it stirred up a good deal of publicity including an article in the May 1973 National Geographic. In the 15 countries through which the group passed they encountered many obstacles including insects, mechanical failures, inadequate maps, theft, illness, temperature extremes, lack and over abundance of water, and an 80 mile climb from sea level to 15,850 feet in Peru that took 6 days. Every detail of the trek was carefully photographed for a slide lecture tour and book planned by expedition members. See May 22 - //

TIPS AND TALES

Cyclists, planning to visit the Jersey shore this summer, can write for bike route maps available for the area from Cape May to Ocean City. For your free copy write:  
Bicycle Map  
P.O.Box 365  
Cape May Courthouse,  
New Jersey, 08310.

Delaware Valley Council has available a collection of brochures, maps, etc. describing the numerous scenic, cultural, recreational, and historic attractions of southeastern Penna. These publications will be of considerable help to anyone planning a hosteling trip in the area and can be obtained by sending \$1 to cover postage and handling to the Delaware Valley Council, AYH, 4714 Old York Road, Philadelphia, Pa 1914.

A reminder that bicycles are not to be brought into the headquarters building through the front door. Cycles are to be brought in through the back door and they should remain in the back room. There is a rack by the back door for standing and locking your bike. We must obey fire regulations and keep the aisles and doorways clear.

Be careful packing lunches for all day summer hostel activities. Avoid quick spoiling foods or condiments such as mayonnaise. Stay with simple, safe foods - peanut butter, pepperoni, many cheeses and fresh fruit are good.  
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The Golden Triangle is a monthly publication of the Pittsburgh Council American Youth Hostels, Inc.; 6300 Fifth Avenue, Pittsburgh, PA 15232. Phone 362-8181 Thursday evenings only.

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We ask that credit be given to Pittsburgh Council for anything



## ADVANCED TRIP ANNOUNCEMENTS

White Water Canadian Canoe Trip. This trip will depart Pittsburgh at 7 PM Friday August 15 and return Sunday August 24. Probably will travel on the Mississagi River from 104 foot high Aubrey Falls to Thessalon, Ontario. Need camping equipment, food, and intermediate white water experience. Cost \$55.00. Reserve with Howard King, phone 264-1386.

Tour Long Island - Joe Hoechner tries again to lead a one week tour of rural and shore areas of Long Island by bicycle. Enjoy sun, sea, flat roads, seaweed (sand fleas?). Sometime in July. Call Joe @ 343-2465. (Age limit 19).

W.A.G.G. '75 IS COMING! Tour Washington and Greene Counties with the Wheelmen June 21 and 22. For an application write: WAG '75

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(WEST VIEW)

## WATCH THE HORSEPLAY

On a recent AYH trip, two members decided to drag another member down the road and throw the poor soul off a bridge. All in fun of course. At least the AYH'ers knew it was in fun, but a passing motorist didn't. Seeing two State Police a half mile down the road, the incident was reported by the panicked passerby. The two officers raced to the scene only to find a typical AYH end of trip crew. All ended well but we pass on the police's advice, "Don't clown around where people can get the wrong idea. You could get into a lot of trouble." It is nice to know the State Police respond promptly, but let's not cause them additional work.

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## HOSTEL OF THE MONTH

Downing Youth Hostel in Syracuse, New York is a modern 10 bed hostel with a guest house atmosphere. It is located in the center of town and the center of university activities. Hike and bike trails on the Erie Canal Towpath, the Finger Lakes and state parks are very nearby. In winter skiing is also closeby at Song Mt., Toggenburg, Greek Peak and Snow Ridge. If your interest leans toward the historic there are a number of museums, a French Fort and Indian Reservation all nearby. Of special to help to sick bikes there is a bike repair shop within a block of the hostel. For reservations contact:

Florence Carmen  
Downing Youth Hostel  
735 South Beech St.  
Syracuse, New York 13210  
(315) 472-5788 - after 5 P.M.

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## WANT ADS

For Sale: much experienced C-1 (Vertical seam Yugo). Needs some work. Call Roy Weil @ 681-5131.

Wanted to buy: one gallon polyester resin - cheap. Are there 54 other like souls interested in a 55 gallon drum? Call Roy Weil again

## TRIPS AND TRAILS

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

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

- |                                       |  |
|---------------------------------------|--|
| Fri May 2<br>Sat May 3                | Norm Snyder leads a <u>cave trip</u> to West Virginia. He will explore one of the largest caves in the world - 22 miles of underground passages. Call Norm @ 371-2371.   |
| Sat May 3                             | <u>Canoe Trip</u> Flatwater and Wildflowers: Meet at the headquarters building at 8:30 with lunch, a change of clothes, and a Field Guide to Wildflowers. Buffalo or Slippery Rock type trip, some experience necessary. Call Jan Bugby at 371-4233. Cost about \$4.50.  |
| Sat May 3                             | <u>Class III-IV Bike Ride</u> (Intermediate to Advanced Intermediate) Ralph Hempel leads a 50 mile ride in northern Allegheny County. A good conditioning ride for those going to T.O.S.R. A bike flag will be required. Also bring lunch, tools, and raingear. Leave headquarters at 9 AM. Cost of trip about \$1.50. Reserve with Ralph @ 963-8080.  |
| Sat May 3<br>Sun May 4                | <u>Class III Bike Ride and Hostel Overnight</u> - Join Joe Hoechner for a weekend of riding around the Laurelville Mennonite Church Center Youth Hostel. Short and long hilly rides. Good for intermediate riders doing TOSRV. Staying Saturday night at the hostel. Passholders only. Trip limited to 20. Reservations must be made by May 1. Approximate cost \$6 excluding food. Call Joe @ 343-2465. |
| Sun May 4                             | <u>Beginner's Hike</u> with Bill Bright on Laurel Ridge Trail. Leave headquarters at 8:30 AM with lunch, water, and rain gear. For more details call Bill at 823-0442.   |
| Sun May 4                             | <u>Canoeing and rafting</u> on the Casselman from Markleton to Harndsville. A slow moving trip to get photos for the Scenic Rivers Issue. Leave the headquarters at 7:00 AM with lunch, camera, (suitably protected) and about \$6.00. Reserve with Bruce Sundquist at 327-8737.   |
| Thurs. May 8                          | <u>Public Meeting</u> of Pennsylvania Statewide Bicycle Policy Committee at 7 PM Lecture Hall of Boyce Campus of Allegheny Community College. Anyone interested in bikeways is urged to attend.  |
| Fri May 9<br>Sat May 10               | Going to T.O.S.R.V.? Check with Ray Rossi for carpools at 364-5705.  |
| Fri May 9<br>Sat May 10<br>Sun May 11 | Western Pennsylvania Whitewater School at Camp Kon-o-quee.   |

## MORE TRIPS AND TRAILS

- Sat May 10 Beginner's Hike. Leisurely hike to look for Wildflowers. We will cover about 4 miles in the Wildflower Reserve near Raccoon Creek State Park. Leave headquarters with lunch and about \$1.50. at 10 AM. Reserve with Mary Giventer at 422-9282.
- Sun May 11 Rafting. Walt Smith will take experienced rafters for the season's opener on the Yough. Call Walt at 487-4458. Please note the raft costs have gone up along with other costs and that raft fees are now \$5. per person.
- Sun May 11 Class III Intermediate Bike Ride - The Washington County Covered Bridge Tour led by Jay and Margaret Angel. This trip covers 30-36 miles largely on dirt and gravel roads. Bring lunch, rain gear, tools, and a spare tube. Cost about \$2.00, leave at 8 AM from headquarters. Call Jay and Margaret at 362-5262.
- Tue. May 13 Activities Board Meeting. All members welcome - check this month's location with Claudette Falkenhan.
- Fri May 16 Annual Morgantown Weekend. See reservation form and  
 Sat May 17 details elsewhere in Triangle. Some of the activities  
 Sun May 18 currently being planned are:  
     Saturday - Beginner's Climbing - Jim Gogots leads a climbing trip to Coopers Rocks. Call 363-2924 for reservations; bring leather gloves and stiff soled hiking boots or tennis shoes. For those not on the weekend trip meet the group at 9 AM at the Morgantown Hostel.  
     Saturday - Rafting in the famous Cheat Canyon - for experienced rafters only. Please note that the level of the river could effect plans for this trip. Reserve with Mike Hurwitz at 731-1083.  
     Saturday - See the Cheat Canyon from another angle - hiking along it with Larry Giventer. Bring good hiking boots, cover 13 miles.  
     Sunday - Have another try at rafting on the Cheat. This time reserve with Jim Gogots. 363-2924.  
 Make your reservations for the entire weekend with Sue Leathen ( see reservation form) but make your reservations for the various activities directly with the trip leader.
- Sat May 17 If you prefer a calmer part of the Cheat, there is the  
 Sun May 18 Annual Cheat River Float Trip, Parsons to St. George to Unnamed takeout. Camping Saturday night at St. George. See this beautiful stretch of flat, but flowing stream. For more information call Bruce Sundquist at 327-8737.
- Fri May 23 Backpack in the Hickory Creek area of Allegheny National  
 Sat May 24 Forest. Beginners are welcome if suitably equipped.  
 Sun May 25 Leave Friday night. Cost about \$7.50 plus your food.  
 Mon May 26 Call Don Levenson evenings at 421-0987.



## AND MORE TRIPS AND TRAILS

- Fri May 23 Canoeing. Rich Bartoo will again lead experienced  
 Sat May 24 canoeists on the "Grand Canyon of Pennsylvania". Very  
 Sun May 25 scenic paddling and two nights camping along the river.  
 Mon May 26 You'll need camping gear, rain protection and about  
 \$15.00. Call Rich at 833-8506.
- Fri May 23 Backpacking on the North Country Trail. Leave AYH Friday  
 Sat May 24 night, hike three days, approximately 40 miles; for  
 Sun May 25 experienced backpackers only. Return Monday evening.  
 Mon May 26 Bring food, all equipment. Hiking the North Country Trail  
 all of which is within the Allegheny National Forest is  
 part of the requirement for a Keystone Trails Association  
 Western Hiking Award. Reserve with Cliff Ham @ 687-4960.
- Fri May 23 Hiking with Norm Snyder on the Laurel Sock Trail.  
 Sat May 24 Norm promises a 100 foot high waterfall. Leave Friday  
 evening and return Saturday evening. Call Norm at 371-2371.
- Sat May 24 Class V Advanced Bike Ride. Cycle camp with John  
 Sun May 25 Wronosky from Pittsburgh to Cooks Forest and return.  
 Mon May 26 Need full touring and camping gear. For further  
 information and to reserve call John at 431-1373.
- Sat May 24 Class I and II Bike Ride. Spend Memorial Day Weekend  
 Sun May 25 at Lake Pymatuning. Teenagers welcome! Joe Hoechner  
 Mon May 26 will be camping at the "youth group" campsites for  
 special low rates. Need food and gear and firewood for  
 three days and two nights of car camping and day cycling.  
 Call Joe for information and to reserve @ 343-2465.  
 Closing date for reservations is May 15. Approximate cost  
 is \$10 without food.
- Sat May 31 Beginner's Hike on the Rachel Carson Trail from Tarentum  
 to Harrison Hills. Bring lunch, water, hiking boots and  
 rain gear. Leave headquarters at 8:30. Call Joe Levine  
 for details @ 422-8287 (late evenings).
- Sat May 31 Class I Canoeing with Jim Roberts. An easy trip to  
 loosen winter stiffened muscles, and to enjoy spring  
 weather. Jim's number is 362-5792. The cost should be  
 about \$5.00.
- Sat May 31 Class II-III Bike Ride - Dave Marcus leads a 25-30  
 mile trip from North Park to Butler County. Bring lunch,  
 tools, rain gear, spare tube. The cost of the trip  
 should be about \$3.00 and includes a stop for breakfast.  
 Leave at 8 AM; reserve with Dave @ 521-4409.
- Sat June 1 Class II Canoe trip with Gordon Bugby. By this time it  
 should be warm enough to risk a splash. Need lunch, dries,  
 and about \$6.00.

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Evening Bike Rides start May 15. Trips leave headquarters at 6:30 PM;  
 get there early.

Thursday May 15 Leader Ray Rossi 367-1568

Tuesday May 22 Leader Dave Barbour 243-2870

Thursday May 29 Leader Joe Hoechner 343-2465.

Cost is 25¢ plus 50¢ to rent a bike; call the leader in advance to rent.

MON	TUE	WED	THUR	FRI	SAT	SUN
			1 OPEN HOUSE HIKING IN FLORIDA	2  CAVE TRIP - W. VIRGINIA	3 CANOEING BIKE TOUR  BIKE TOUR HIKE	4 CANOEING & RAFTING
5	6	7	8 OPEN HOUSE ADVENTURE ON THE COLORADO ADELPHI FOR ADS & ARTICLES PUBLIC HEARING ON BICYCLING	9	10 HIKE  TOSRV AYH - W. PA WHITEWATER CANOE SCHOOL	11 RAFTING BIKE TOUR
12	13 ACTIVITIES BOARD MTG.	14	15 OPEN HOUSE CANOEING IN THE ADIRONDACKS & DEADLINE FOR JUNE ACTIVITIES	16	17  AYH MORGANTOWN WEEKEND	18 CHEAT R. FLOAT TRIP  HIKING CLIMBING RAFTING
19	20	21	22 OPEN HOUSE HEMISTOUR WITH GREG SIPLE	23	24 CANOEING - BACKPACK - NORTH COUNTRY TR. HIKING - LAUREL ROCK TR. BACKPACK - ALLEG BICYCLE CAMPING	25 GRAND CANYON OF PA BIKE TOUR L. PYMATUNING
26 CANOE BACKPACK & BICYCLE TRIPS RETURN	27	28	29 OPEN HOUSE AMATEUR NIGHT	30	31 BEG. HIKE RACHEL CARSON TR. CANOEING BIKE TOUR	JUNE 1 CANOEING

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