



# GOLDEN TRIANGLE

American Youth Hostels, Pittsburgh Council

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

VOLUME 44, NUMBER 7

JULY 1994

## OHIOPLYE HOSTEL - COME VISIT

by Linda Smithyman

Have you ever visited our hostel at Ohioplye State Park? If not read on for some interesting information.

Bob Utz has been our new hostel manager since the middle of January. He quickly became "snowed in". Fortunately he loves the snow. Since January the hostel has had visitors from Japan, Germany New Zealand, Canada and Australia and from 19 different states as far away as New Hampshire and California. So why are these folks coming to Ohioplye?

Ohioplye is the largest state park in Pa. the Youghiogheny River passes right through it. Activities in the area include canoeing, rafting, kayaking, lots of hiking easy and advanced and the bicycle trail for cycling or easy walking along the river. plenty of things to do. Fallingwater, the famous house built by Frank Lloyd Wright is just 3 miles up the road. Sign up for a tour or a special architectural tour for \$25 for people who are really interested.

Ask Bob about history of the area or some stories. Interesting sights to see include Cucumber Falls or the main falls and the slides-mother natures water slide nearby.

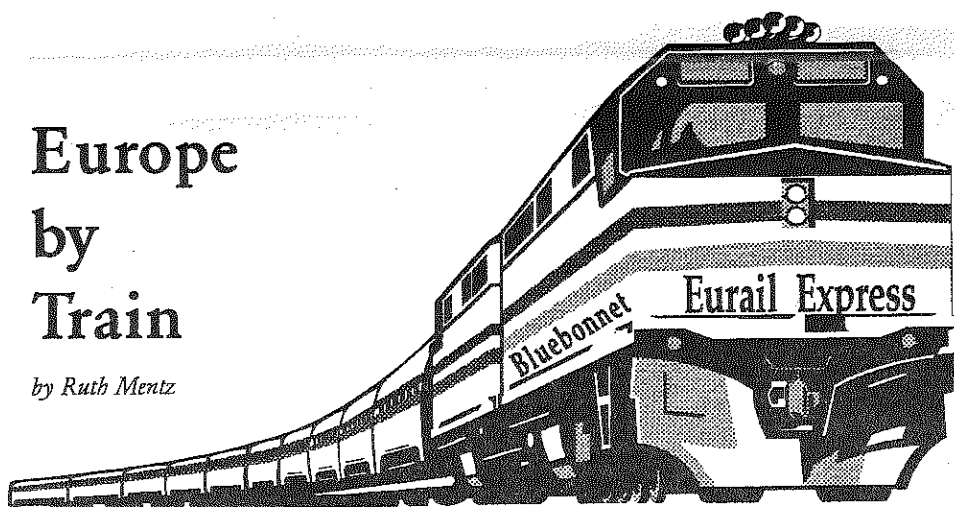
The hostel has a new family room downstairs and separate rooms for men and woman upstairs. It includes a full kitchen, dining room, common room, and the sun room for quiet reading. Years ago the building was a home of the park superintendent. Volunteers from Pittsburgh and Bob help to maintain the building with the "work parties".

Stop by and meet some folks with all over. Better yet, stay overnight the cost is minimal, the scenic drive is only 60 miles and some new friends will be there to meet you.

.....

## Europe by Train

by Ruth Mentz



**D**id you know that Hostelling International sells Eurail train passes on the spot? It's a great way to see Europe and allows you to take advantage of the cheapest flight because you can start your train trip from wherever you land. A Eurail Pass gives you unlimited rail travel on a network of more than 100,000 miles in and between more than 17 countries. In all your sightseeing excitement, don't forget to allow enough time to catch your return flight!

You must purchase your pass in the U.S. before you leave for Europe, and you must start your travel within six months of the date issued. If you are under 26, the Youth Flexipass is one of the greatest bargains. You can buy one for as little as \$255, which allows second class travel on any five days within a two month period. The pass can also be purchased for a 10 or 15 day period. A Flexipass allows the convenience of stopping to sightsee cities without using your train travel days. The under 26 age group may also purchase a Eurail Youthpass, which provides second class rail transportation for a continuous period of 15, 30, or 60 days.

If you are 26 and over, take advantage of the Eurail Flexipass for First Class travel for 5, 10, or 15 days of travel within a month period. In addition, you can purchase the regular Eurail Pass 15, 21, 60, or 90 days of continuous travel.

Most long distance trains have a restaurant or buffet car. On shorter trips, snack vendors move through the train selling a variety of refreshments, including coffee, soft drinks, and snacks. However, I like to pack a picnic lunch, as many of the locals do. If you are on a budget, most train stations have a fruit stands and bakery shops nearby. Many trains do not carry drinking water, so be sure you have a water bottle filled before you depart.

To immediately obtain a Eurail pass, simply drop by the Hostelling International office at 5604 Solway ST., Suite 202 or call (412) 422-2282 for more information.

Flash. "EuroPass" now available...select your countries and the number of rail travel-days...flexibility to match your schedule!



The Annual AYH's "The Great Ride", See Bicycling, page 6.

### FEATURED IN THIS ISSUE

STATE CAPITAL	TRAVEL GUIDE	SAILING
Save big. Visit DC Hostel.	50 state guide to the department of tourism	Class space filling fast!
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.....And MORE!!!

### AMERICAN YOUTH HOSTELS

PITTSBURGH COUNCIL  
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PITTSBURGH, PA 15232

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# HOSTELLING



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

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## Oops...

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

## MATERIAL...

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

Mail regarding this Newsletter should be addressed to:

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

## PITTSBURGH COUNCIL ACTIVITY CHAIRS

Chairman of the  
Activities Committee  
VACANT .....### ####  
Canoeing  
Karen Lukas ..... 661-4835

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Steve Tubbs ..... 279-4866  
Cycling

Wm Eberle ..... 833-9732  
Chuck Ejzak ..... 466-6196

Family Activities  
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Hiking / Backpacking  
Helen Coyne.....776-0678  
Jim Ritchie..... 828-0210

Kayaking  
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Midweek Rambles  
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Rafting  
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Jon Maiman ..... 441-2306

Rock Climbing  
Eric Bauer ..... 687-0766

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Bob Zavos ..... 241-0659

Sea Kayaking  
Mark Mistrik .....647-7609

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Vicki Krug..... 361-4386

Trail Systems  
Glenn Oster ..... 364-2864  
Jim Ritchie ..... 828-0210

Headquarters Programs  
Tom Rodgers ..... 621-6310  
Chris Kline ..... 441-7352

Storekeeper  
Wm Eberle ..... 833-9732

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

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

## NOTICE

Please note the deadlines for  
future issues of the  
GOLDEN TRIANGLE

AUGUST  
All copy, July 7  
Binding/Mailing, July 28

SEPTEMBER  
All copy, Aug 4  
Binding/Mailing, Aug 25

If your work is on computer,  
Please contact Bill Eberle  
@ 833-9732

or  
Larry Laude @ 665-9554

## Moving?

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

## About AYH

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

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For People Who Live Their Dreams...

## May Slide Shows

July 7nd An exciting trip to Nepal and Thailand. Part I  
by Carl Katz  
July 14th Carl continues his Asian Adventure with a hiking  
Tour in the mountains around the Khumbu Valley  
area near Mt. Everest. Part II  
by Carl Katz  
July 21st Newsletter Prep night. A little work at HQ,  
followed by a drink or meal at a local restaurant  
July 28th Your last chance to visit Hong Kong before the  
Chinese take-over!  
by Steve Poprocky

To Schedule a show or have a show idea call  
TOM RODGERS 621-6310

## Pittsburgh Council Hostels

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

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

Charleroi Youth Hostel (SA)  
Rogo's Hotel and Restaurant  
601 McKean Avenue  
Charleroi, PA 15022  
(412) 483-6200





## WASHINGTON DC HOSTEL

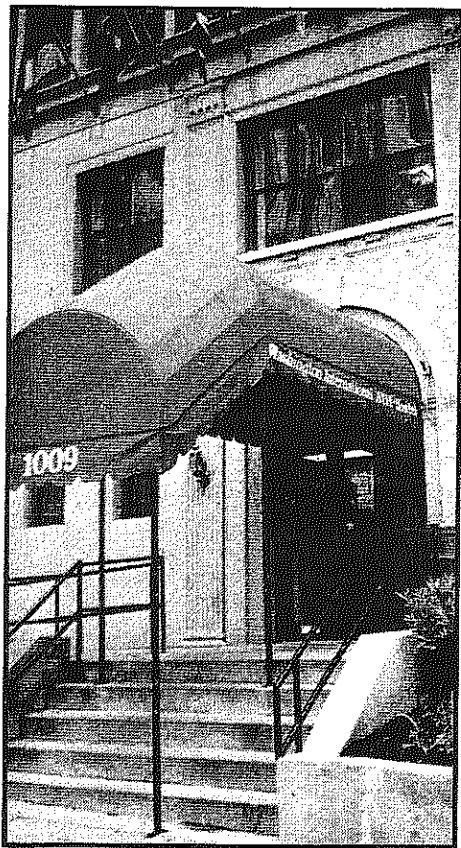
By Ellen Mayou

Recently, some co-workers of mine spent more than \$200 a night stay in a hotel in Washington D.C. I spent the same night at the Washington International AYH- Hostel for \$15 and fared just fine.

The Washington International AYH-Hostel is conveniently located in downtown Washington. Just eight blocks from the White House. It is only three blocks from a Metro Stop that will take you to Washington's National Airport for just \$1.25. The Hostel is located in a renovated eight story brick building and can accommodate up to 250 guests. All the facilities were clean and well maintained: the woman's restroom even had a hair dryer available. The staff was extremely friendly and a kind gentleman in the hostel store patiently explained the layout of Washington to me so I could get my bearings.

The hostel has a nice program of both daytime and evening activities for the guests. The night I was there, they were showing the movie "dances with wolves" for free. Daytime activities included walking tours of the mall, the monuments, the Pentagon and Capital Hill. Washington, of course, has so many attractions you will probably want to speed much more than just one night there.

If you plan to go to the New Holocaust Museum, be prepared to wait.



Hostel in Washington, D. C.

## BOARD MEETING MINUTES

Highlights of the May 17th Board of Directors meeting:

Preparations are continuing for the audit for the fiscal year just ended. \* The board reviewed alternatives for structuring the Pittsburgh hostel project, including setting up a partnership or a subsidiary corporation. \* Information recently received from the national office on volunteer hostel managers was reviewed and referred to legal counsel. \* The Risk Management Manual was approved for a phased in implementation by the Council. \* Linda Smithyman's request for a leave of absence from the Board was approved.

The next board meeting will at 7:30 on July 19th at the Council office. Activity chairs are being invited to attend as well. As usual, any member is welcome to attend the meetings.

Larry Laude, Secretary

## Pittsburgh AYH is accepting pledges and donations for the Pittsburgh Hostel.

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

Thanks for your interest and help.

Clip out the coupon below and make your pledge today.

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

- ☐ \$2500
- ☐ \$1000
- ☐ \$500
- ☐ \$250
- ☐ \$100
- ☐ \$50
- ☐ Other: \$ \_\_\_\_\_



Yes, I can also volunteer my time for:

- ☐ Fundraising
- ☐ Architecture or Design
- ☐ Construction
- ☐ Public Relations
- ☐ Clerical help
- ☐ other: \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

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

## HANDY DANDY 50-STATE TRAVEL GUIDE

For free info on states you plan to visit, call any of the tourism department numbers below.

Alabama	(800)252-2262	Montana	(800)541-1447
Alaska	(907)465-2010	Nebraska	(402)471-3111
Arizona	(602)542-8687	Nevada	(800)638-2328
Arkansas	(800)-NATURAL	New Hampshire	(603)271-2343
California	(800)862-2543	New Jersey	(800)537-7397
Colorado	(800)433-2656	New Mexico	(800)545-2040
Connecticut	(800)282-6863	New York	(800)225-5697
Delaware	(800)441-8846	North Carolina	(800)847-4862
Florida	(904)487-1462	North Dakota	(800)437-2077
Georgia	(800)847-4842	Ohio	(800)282-5393
Hawaii	(808)923-1811	Oklahoma	(405)521-2409
Idaho	(800)635-7820	Oregon	(800)547-7842
Illinois	(217)782-7139	Pennsylvania	(800)847-4872
Indiana	(800)289-6646	Rhode Island	(800)556-2484
Iowa	(800)345-4692	South Carolina	(800)346-3634
Kansas	(800)252-6727	South Dakota	(800)843-1930
Kentucky	(800)225-8747	Tennessee	(615)741-2158
Louisiana	(800)334-8626	Texas	(800)888-8839
Maine	(800)533-9595	Utah	(801)538-1030
Maryland	(800)543-1036	Vermont	(802)828-3236
Massachusetts	(800)447-6277	Virginia	(800)248-4833
Michigan	(800)543-2937	Washington	(800)544-1800
Minnesota	(800)657-3700	West Virginia	(800)225-5982
Mississippi	(800)647-2290	Wisconsin	(800)432-8747
Missouri	(800)877-1234	Wyoming	(800)225-5996
Wshngtn. D.C.	(800)422-8644		

Who says you can't get a free map anymore? Most of these offices can provide numbers for information for parks and cities as well.

This information comes from LIB 1 - United States - of the Travel Forum on CompuServe.

## Travel Trivia

(This puzzle comes from our sister council in Texas. With a little help from the US handbook, I think you will find it quite enjoyable -Editor.)

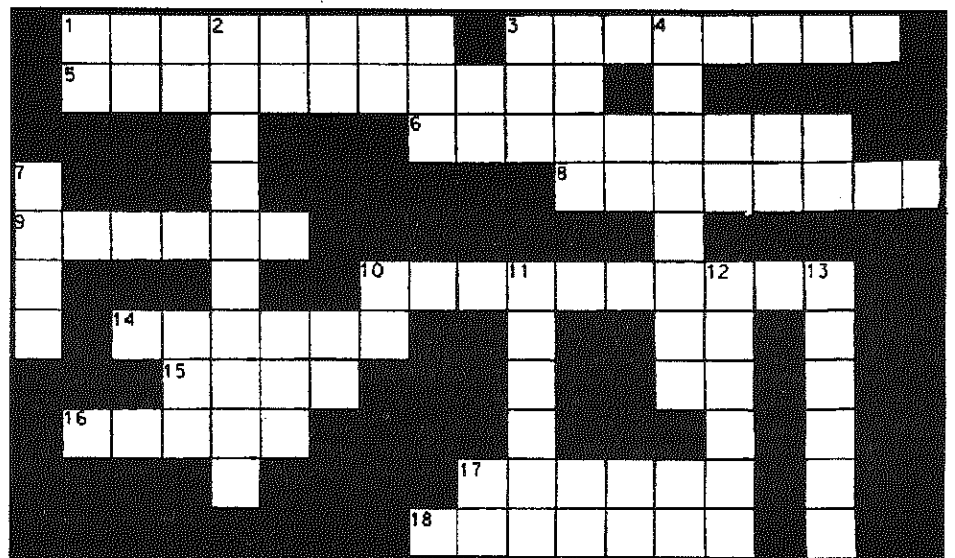
- 16 Prime Minister of Britain
- 17 Environmental club
- 18 Climbed Mt. Everest

## Across

- 1 Street on which the Houston Hostel is located
- 3 Capital of Australia
- 5 City where Space Center Hostel is located
- 6 Night the Texas HI board meets
- 8 "Show me State"
- 9 Capital of the Lone Star state
- 10 Name of Texas HI council
- 14 Capital of Saskatchewan
- 15 Salt lake City state

## Down

- 2 Capital of New Zealand
- 3 Type of fish found in North Atlantic
- 4 Street on which the Texas Hostelling International office is located (OOPS! one letter short.)
- 7 Location of Texas Ranger museum
- 11 European train pass
- 12 First country to reach South Pole
- 13 Paul Gauguin painted here



## OHIOPYLE WORK PARTIES

Sunday, July 10

Bob Utz, Hostel Manager at 329-4476

Mary Bates, Work Coordinator at 364-7113

Watch for other dates August 14, Sept. 18 & Oct. 16

We are continuing to get some maintenance things done at the hostel in Ohiopyle. FREE LUNCH for all volunteers!! Meet at HQ at 9:00 am and be back by 5:00 PM. Sneak in a hike too if there is time. If you can volunteer a few hours of your time to help paint, move furniture, clean, wash windows, do yard work or whatever talent you may have, it will be welcome.

AYH volunteers always have a fun time even though they are working. Here is a chance for you to help out and give something back to AYH for the fun times that you have had. You can stay overnight FREE as well but you must book a reservation in advance.

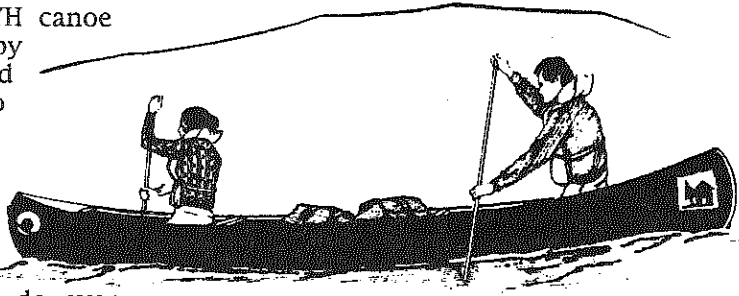
Mary will be fielding phone calls regarding carpooling, what to bring with you, etc. Please call her if you have any questions or would like to sign up!

## CANOEING

**July 1-3 Fri-Sun Jon Maiman 441-2306**  
**Canoe camping trip.** Jon will go to the New River if there's enough water. The group will leave headquarters Friday evening. Call Jon for more information and to sign up for the trip.

## What to Bring on a Canoe Trip

HI-AYH canoe trips are lead by experienced leaders who are familiar with water conditions on local rivers and streams. Trip leaders do everything possible to make your trip safe and enjoyable, but you are responsible for your own safety and comfort, too.



Before being accepted as a trip participant, you must have taken HI-AYH canoeing schools to the appropriate level or be able to demonstrate that you have equivalent experience.

Here are some other suggestions.

- 1) You can use your own canoe, paddle and pfd (vest), or you can rent equipment from the Pittsburgh Council. If you bring your own canoe, it must be equipped with air bags and bow and stern lines.
- 2) All participants must wear a pfd (personal flotation device or safety vest) whenever they are in a canoe on an HI-AYH trip.
- 3) Bring water, a lunch, and sun screen with you.
- 4) Avoid wearing cotton clothing. Cotton holds moisture longer than synthetic fabrics, and can be very cold even in August.
- 5) Bring shoes or sandals that can get wet.
- 6) Bring shoegear and a change of clothing in case you do get wet and want to change.
- 7) Bring a change of clothing to wear on the way home. We often stop for dinner, and you'll want to be comfortable.
- 8) Trip participants share the cost of the trip, so you'll need some money to pay transportation, rental and registration fees.

## Important Phone Numbers for Water Sports Enthusiasts:

Pittsburgh River Gauges	(412) 262-5290
- via Computer Modem	(412) 644-6462
Southern West Virginia Rivers	(304) 529-5127
(incl. the New, Greenbrier, Gauley & Meadow Rivers)	
Susquehanna River Basin	(717) 234-6812
(incl. Pine Creek, & Susquehanna River, West Branch)	
Yough Dam Recreation Information	(814) 395-3166

## CANOE TRIPS

Pittsburgh Council offers a variety of canoeing activities during the canoeing season from May to October. These vary in difficulty from family trips on quiet rivers to Class III whitewater. Trips may be day trips or canoe-camping trips several days in length. To participate in canoe trips you must demonstrate to the leader that you are qualified at the level of the trips by having taken one of our canoe schools or having equivalent experience.

Pittsburgh Council runs several canoe schools to allow new members to get started in canoeing or improve their skills. You may choose to develop your skills as a solo or tandem paddler. The number of schools and types of trips each month reflect the wishes of the membership and trip leaders.

Most of our leaders and instructors were developed through the AYH canoeing program. New members with previous experience are usually asked to attend a whitewater school to see how Council trips are run.

Pittsburgh Council has canoes, pfd's (life vests), and paddles for use on Council trips at a modest rental fee. While Council policy prevents the equipment from being used on higher class rivers, some members paddle their own canoes on more difficult water.

## CANOE SCHOOLS

**BASIC CANOEING** introduces canoeing on flat and moving water. Steering and maneuvering strokes are taught along with the proper method of getting into and out of a canoe, and how to load, unload, lift, and carry a canoe.

**WHITEWATER I** reviews the basic strokes used on whitewater rivers. These are taught on still or quiet water. Progress to moving water follows, and downstream and upstream ferrying skills are taught and practiced. Other skills that are taught include river reading, safety, rescue, river etiquette, and scouting procedures. The school is taught on Class I rivers.

**WHITEWATER II** reviews the skills learned in WW I and moves on to eddy turns, peel outs, surfing, rescue, safety, and tactics for river running. WW II is taught on Class II rivers.

**POLING** is taught on flowing streams. This is an interesting variation to the sport, and not nearly as difficult as it may seem.

## SEA KAYAKING

Guess what this month? You're club has a new sea-kayak - a Prijon (pronounced 'pre Yawn') Sea Yak. This will be an excellent boat for zippy daytrips, weekend camping trips, and ocean surfing runs. It happily accommodates smaller paddlers, is very comfortable, and rolls easier than many whitewater kayaks. And it's a very nice shade of blue. We bought it at the Chesapeake Bay sea Kayak Symposium in Elk Neck, Maryland after three days of testing dozens of competing models, and it was the most fun I've had in awhile (the seafood, weather, paddling and people are great there). This is an annual event, so join us next year to help us pick our next boat.

It's our tradition to have a champagne christening when we first put a new kayak in the water. We took it to Assateague, a beautiful barrier island off the coast of Maryland and Virginia, to see what it could really do. So on Saturday morning, May 28th, after the wild ponies came through the campsite on their morning raids, and pooped all over the place, we launched the boat into the surf. Luck does play a part in our sport, and made this trip unusually memorable. The weather was absolutely perfect - cool air, warm sunshine, nice ocean breeze, and a gentle surf. Right from the put-in we found ourselves surrounded by a large, playful pod of porpoises. They swam along side and underneath us, flipping and twisting, for half an hour while I used up all my film. Towards late afternoon, the wind picked up, as it usually does there, and we headed back to shore. We finished off the day at Hooper's, an all-you-can-eat crab house featuring some of the best ribs, chicken, shrimp (and crabs!) anywhere, then our obligatory waddle through Ocean City, Maryland, to try to walk some of it back off.

If you want to know how the next three days Memorial Day weekend went, ask us on one of our trips. July and early August will be back to the Great Lakes: Erie at Sandusky, Ohio and the Apostle Islands on Lake Superior. Of course, there will be lots of local day and evening trips, and some that organized after the newsletter deadline, so call us up or come to a meeting to find out what's going on. And you're invited to join us on monthly dinners, whether you want to meet us in person, talk about the AYH, sea-kayaking, or an upcoming trip.

**July 6 Wed Mark Mistrik 647-7609**  
**Introduction to sea-kayaking evening trip to North Park or Glade Run lake.** Easy trip is a very good way to get aquatinted with the sea-kayak. Basic instruction, an overview of the sport, and actual paddling in the lake will be covered. This trip is a prerequisite for almost all other trips for anyone who has never sea-kayaked, and recommended if you haven't been in one lately. Please call to reserve. MEETS: 5:30-6:00 PM at HQ

**July 8-10 Fri-Sun Mark Mistrik 647-7609**  
**Great Lakes Sea-Kayaking Along the coast and to the islands Sandusky, Ohio.** This area includes the most scenic stretches of Lake Erie coastline, and has been described as "a bit of New England stretched away in the Mid-West". Trip includes car-camping, two days of kayak touring, sightseeing, and eating. Each day's paddle will be determined by the daily conditions. Sea-Kayaking in this area is usually choppy (small waves close together) and a lot of fun, and the water will be warm and ideal for swimming. **EARLY RESERVATIONS ESSENTIAL** in order to reserve a camping space. The Intro trips or previous paddling experience is prerequisite. Call for more information and to reserve a kayak. MEETS: 5:45-6:15 PM at HQ

**July 12 Tue Mark Mistrik 647-7609**  
**sea-Kayaker's Monthly dinner and Annual Cultural Event (ACE) for 1994.** Tonight join us for dinner at an Indian restaurant in the Oakland area at 6:00 PM followed by the Shakespeare Festival's "The Taming of the Shrew" at 8:00 PM **EVERYONE WELCOME** - even if you're just curious about sea-kayaking. We generally talk a little about trips or trip planning, and sample as much of the menu as possible. You may join us for only the dinner, or the play if you wish. To order tickets call 624-PLAY (7529). The cost for single tickets is 12 dollars. MEETS: 5:45-6:15 PM in Oakland

**July 16 Sat Mark Mistrik 647-7609**  
**SPECIAL EVENT- join us for an evening of stargazing, sea-kayaking, either or both.** Tonight will be the beginning of an historic event, the bombardment of Jupiter by the debris of comet Shoemaker-Levy 9. We'll drive out to a dark sky location, set up tents, go for an evening paddle on the lake, build a campfire, have dinner (a charcoal grill will be lit) and, if the skies are clear, observe Jupiter with a long focal length catadioptric 8-inch telescope. A second large telescope will be on hand for a more casual look at the heavens, including objects frequently viewed by amateur astronomers such as galaxies, nebula, and star clusters. An overview of the sky, constellations and amateur astronomy will be provided. Get to know your universe. Please call if you're interested in sea-Kayaking (you must reserve a kayak) or only in the observing. Paddlers will return home Sunday, Observers may stay as long as they like, and leave when they wish. MEETS: 2:00 PM at HQ

**July 15-17 Fri-Sun Mark Mistrik 647-7609**  
**East Atlantic Sea Kayaking Symposium in Castine, Maine.** Nearly an annual event - this year we're not going (in order to see what happens to Jupiter) but this is the premier sea-kayaking instructional event of the year. Call if you want more information, or join us next year.

**July 23 Sat David Engle 363-3367**  
**Invasion of Club Wet.** Sea Kayak 1.5 miles on the Monongahala River from Squirrel Hill to Sandcastle, visit club wet, the return. MEETS: 6 PM at HQ

**Aug 5-14 Fri-Sun Mark Mistrik 647-7609**  
**Apostle Islands, Wisconsin.** 9 day trip to some of the best sea-kayaking you'll ever see. The Apostle Islands National Lakeshore is a group of 22 islands above the Bayfield peninsula in the northern most part of Wisconsin on Lake Superior. Explore islands, isolated coastlines and sea-caves with the kayaks, and some light hiking. Also, one day of sightseeing in Chicago. Accommodations should include a hostels, B-n-B's, and camping. Call for more info.

**Aug 14 Sun David Engle 363-3367**  
**Sea-Kayak Scavenger Hunt at North Park lake.** BYOP (picnic) and open to everyone - BYOB (boat). Call David and ask about the prizes.

see SEA Kayaking cont., page 4



## FAMILY ACTIVITIES

**July 1-4** **Barbara Hanusa** **441-7205.**  
**Family Tent camping at Shawnee State Park**, near Bedford, PA. Beginning level with more advanced levels if someone is willing to lead these activities. Primitive camping, swimming, canoeing on lake, short hikes, evening campfires, etc in Shawnee State Park. (The lake and beach are among the best in the state.) We have reserved the group tenting site that has pit toilets and water. Types and levels of activities will depend on the participants. Cost of state park fees and HI-AYH fees: \$2.50 per camper per night for AYH members, \$4.00 per camper per night for non-AYH members (under 3 free).

Food costs (addition to above fees) and preparation will be split among the participants. Trip begins and ends at Shawnee State Park. At minimum, you will need a tent, sleeping bag or blankets, and outdoor clothing. There are usually enough propane or gas stoves to share. Canoes and row boats can be rented there or bring your own. PFDs (personal floatation devices) must be used. Specific boating activities will depend on the participants.

**July 30** **Barbara Hanusa** **441-7205.**  
**Stream Walk and Picnic Supper** Linn Run State Park near Ligonier, PA. Easy to moderate hike up Linn Run Stream with car shuttle to return. You will need shoes that can get wet. Join us for a hike with a stream expert. Hike begins and ends at Linn Run State Park. Meeting time is 1:00 pm. Call for details and picnic plans. Rain day is July 31.

## RAFTING

Rafting is a great way to have fun in the sun. The American Youth Hostels has an extensive rafting program. We have trips for all skill levels from first timers to experts. Our 1994 trip schedule is listed below. So pick out a trip and sign up today. Don't miss out on the fun! For more information or to sign up for any trip, please call the trip leader or the AYH office at 422-2282.

**River:** Lower Yough. **Location:** Ohiopyle, PA.  
**Dates:** 7/30 (12:15 Put-In), 8/20 (11:45 Put-In), 8/27 (TBA Put-In)  
**Leader:** Doug Bruce (H)561-5037  
**Dates:** 7/9 (12:15 Put-In), 8/6 (11:45 Put-In)  
**Leader:** Kevin Craig (H)487-1538  
**Skill Level:** ALL **Format:** Day Trip

**Reservations:** A \$5 DEPOSIT PER PERSON IS REQUIRED TO RESERVE A SPACE FOR ALL OF OUR LOWER YOUGH. TRIPS. IF YOU SIGN UP FOR A TRIP AND CAN'T GO AND CAN'T FIND SOMEONE ELSE TO TAKE YOUR PLACE, YOU LOSE YOUR DEPOSIT!

**Description:** The Lower Yough. is aprox. 7 miles of Class III-IV water. We run it as a day trip and we usually use 4 man rafts. This is a good introductory trip for first time rafters. We frequently stop for dinner on the way home.

**River:** New River Gorge **Location:** Fayetteville, WV.  
**Leader:** Jon Maiman (H)441-2306  
**Dates:** 7/15-7/17, 8/12-8/14, 9/2-9/5  
**Cost:** Aprox. \$70/person for 2 day trips, Aprox. \$86/person for 3 day trips  
**Skill Level:** Advanced Beginner & Up. **Format:** Weekend Trip  
**Reservations:** A \$10 DEPOSIT PER PERSON IS REQUIRED TO RESERVE A SPACE FOR ALL OF OUR NEW RIVER TRIPS. IF YOU SIGN UP FOR A TRIP AND CAN'T GO AND CAN'T FIND SOMEONE ELSE TO TAKE YOUR PLACE, YOU LOSE YOUR DEPOSIT!

**Description:** The New River is one of the oldest rivers in the world. We run aprox. 7 miles of Class IV water. The New is a high volume river with lots of big waves. Depending on the water level, we use 4 and/or 6 man rafts. Anyone who has been on the Lower Yough. at least once or would like a more aggressive introduction to rafting is welcome to come on New River trips. An optional group dinner is offered as part of the trip.

## ROCK CLIMBING

Date	Description/Location	Meet	Leader
July 9-10, S-S	Sececa Rocks Weekend INT		Eric Bauer 687-0766
July 23, Sat	Beginner Trip Coopers Rocks, WV	7:30am at HQ	Eric Bauer 687-0766

The Seneca Rocks trip involves multi-pitch climbing. You must have attended the Seneca Prep trip on June 23 in order to be eligible. Space is limited so please call trip leader for reservation.

Beginner trips are geared towards teaching basic rock climbing skills to people that have never climbed before. All you need to bring are tennis shoes and lunch. AYH supplies all climbing equipment. Space is limited so please call trip leader for reservation.

## SEA Kayaking cont., from 4

**Sept 2-6** **Fri-Tue** **Mark Mistrik** **647-7609**  
**Labor Day Sea-kayaking trip.** Possible destinations include The Delaware Water Gap and New York City. The Saint Lawrence Seaway at Tibbits point, New York, or at the Atlantic Ocean. We'll decide at the June kayakers dinner ( June 24th but the trip will be rated Easy to Intermediate level.

**Late Sept. Southern Chesapeake weekend** (paddle on the Rappahannock) See Bioluminescence at night and stay in a condo- youth hostel-resort.

**October: Kayak touring 40 miles the length of Assteaque Island bayside**, on Chincoteague bay, camping in canoe-in only sites, and always within a mile or two of the ocean.

**November: Urbanna, Virginia's annual Oyster Festival.** I swear I'm not going to miss this again THIS year.

## SAILING

The Sailing Activity will offer day trips on Lake Arthur, weekend trips to other nearby lakes, and occasional week long sailing trips on larger cruising sailboats. Individuals with prior sailing experience and those with their own sailboats are especially encouraged to join our program. We also need individuals with trailer hitches to pull the sailboat trailers. Individuals who assist in boat maintenance, sailing class instruction, and trailer transportation will receive equivalent free rental time.

Participants for all sailing activities must be in good physical condition and able to pass minimum Red Cross recommendations for swimming competency. Personal Floatation Devices are required on all trips.

### Introductory Classes

We offer introductory classes for those who have never sailed before or anyone who desires to brush up on their skills. Individuals must be AYH members and at least 16 years old. Classes consist of two evening classroom sessions, and two full on the water sessions. We use the Red Cross Start Sailing Right textbook and offer Red Cross Certificates to those who pass all Red Cross requirements. Classroom work is at the AYH HQ building in Pittsburgh and the water sessions are at Lake Arthur. The class fee is \$70. The textbook is an additional \$10 and may be shared. Classes are limited to 12 students. Send in your application fee with payment as soon as possible to insure a space. Classes may be canceled up to 7 days prior to the first classroom session for a full refund minus a \$10 administrative fee. After that date refunds will be given only if the space is filled.

Introductory Classes		
Shore School AYH HQ 7pm-9pm	Shore School AYH HQ 7pm-9pm	On-Water Class Lake Arthur 9am-5pm
Class 2 Mon., July 11	Mon., July 18	Sat & Sun. July 23 & 24

\*\*\*Final Registration for class 2 is by July 1

### SAILING CLASS REGISTRATION

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone No.: \_\_\_\_\_  
 (you may use this form for multiple registrations)

Check class selection: Class 2 \_\_\_\_\_

Class fees: \$70 x \_\_\_\_\_ = \_\_\_\_\_

Textbooks: \$10 x \_\_\_\_\_ = \_\_\_\_\_

TOTAL ENCLOSED \_\_\_\_\_

Make check payable to Pittsburgh Council AYH. YOU MUST BE AN AYH MEMBER FOR ALL CLASSES - See membership inf.(back page), or contact the AYH office for information.

Send registration and fee to: Robert Zavos  
 AYH Sailing, 1007 Savannah Ave., Pittsburgh PA. 15221

**July 4INT** **Mon** **Bob Zavos** **241-0659**  
 If your staying in the area for the holiday go for a sail at Lake Arthur and then stop off for the fireworks at the point on the way back.

**July 8-10 INT** **Fri-Sat** **Jan Herczak 921-3565**  
**Lake Glendale**, Prince Gallitzin State Park. Leave Friday after work (or join us when you can) for a 2 1/2 hour trip east toward Altoona. Glendale Lake is the 4th largest lake in Pennsylvania's State Park System and hosts a sailing club so the wind must be good. Bring tents, cooking equipment, food, and hiking gear. We will bring the Sunfish. If you have your own sailboat bring it too.

**July 16 INT** **Sat** **Bob Zavos 241-0659**  
**Spend the day sailing on Lake Arthur** and then join us for a picnic supper. We will grill out near Watts Bay for those who wish to stay. Each person will bring one item for the meal.

**Aug 12-14 INT** **Fri-Sat** **Bob Zavos 241-0659**  
**Lake Pymatuning Weekend.** Depart Friday afternoon for the State campground near Jamestown, PA. We will camp out and launch our sailboats from the beach. We will eat out Friday night and cook out Saturday night. Return to Pittsburgh Sunday afternoon.

**Sept 3-5 INT** **Sat-Mon** **Jan Herczak 921-3565**  
**Lake Chautauqua**, New York. Stay at the Rose cottage and enjoy the Chautauqua Institute in off season while we sail on beautiful Lake Chautauqua.

**Sailing Fees:** Day rental is \$14 per day. The AYH activity fee of \$1 is added for AYH members and \$3 for non- members.

**Sailboat Rentals:** At least one Sunfish and one Flying Junior will normally be stored on the racks at Watts Bay on Lake Arthur for day rentals at a fee of \$15 per person per day with a maximum of \$30 per boat. We have additional boats, including a 470, when a vehicle with a trailer hitch is available. Rentals are normally available only to AYH members who have completed our introductory course. Individuals with prior sailing experience who assist with sailing instruction or sailing trips may also rent boats. Individuals who rent boats will be responsible for any lost or damaged equipment. All boat rentals and trips must be approved by the Sailing Activity Chairperson.

**BICYCLING (Road & Mountain)**

Jul 9 Sat Joan Roolf 795-8345.

WPW Joint Ride. Come tour Ohiopyle, Confluence, Hardnersville and the Yough Dam. This ride will be a "laid-back" 26 mile ride. Bob Utz will give us a tour of the Ohiopyle Hostel. Come see the improvements. We will eat somewhere along the way. Meet in the Ferncliff Peninsula parking lot near the hostel at 10 am.

July 10 Sun Int Bill Eberle 833-9732  
The Montour trail, Fat-tire rides. 27 miles of the montour trail starting at Cecil Park. Faster pace and a few tricky sections of the undeveloped section between the Arrowhead trail and Hendersonville make this an intermediate ride. Please no beginners.

The Great Ride, July 17th; Sponsored by Pgh Citiparks, rides are planned of 25 and 35 miles with food stops and T-shirts available. A 5 mile downhill on the I-279 H.O.V. lane may be included. Almost 2,000 cyclists are expected! Call the office for an appication and details at 412-422-2282.

The Mon Valley Century, August 21st; The MVC starts south of Pittsburgh at Elizabeth PA. There are rides of 35, 65, and 100 miles! A map, food stops, and a sag wagon will be provided, and you will be able to purchase commemorative T-shirts. About 1,200 riders participate.

SABRE, October 2nd; When autumn breezes blow in southwestern Pennsylvania join us at Settlers Cabin County Park. SABRE has cool fall cycling with rides of 15, 35 and 65 miles. We expect 1,500 cyclists this year.. Call Bill Eberle at 412-833-9732 for Information or an appication.

**GREAT RIDE VOLUNTEERS**

This year's Great Ride will held on Sunday July 17, 1994 starting and finishing in the large parking lot between the Strip District and the Convention Center. The ride will otherwise be very similar to previous years, including the ride down the HOV lane on I-279 into the city. The optional climb up Mount Washington will return this year and will pass near the site of the Pittsburgh Hostel in Allentown.

Citiparks will be handling more of the administrative work this year, but AYH will still be providing volunteers for the rest stops, corner marshals, and registration. **The proceeds of the Great Ride will again benefit Pittsburgh Council's Pittsburgh Hostel Project.**

It is the help of Pittsburgh Council volunteers that make this event such a success each year, and we look forward to having your help again this year.

If you are able to volunteer for this year's Great Ride please call Larry Laude in the evenings at 665-9554.

**MID-WEEK RAMBLES**

July 6 Wed Cliff Ham(for info) 687-4520.  
Walk in Schenley Park. Leader to be announced

July 13 Wed Cliff Ham 687-4520.  
All day picnic to the Baker Trail in Crooked Creek Park. We will walk along the Baker Trail. Bring lunch and good shoes. Charge for transportation and AYH registration.

July 20 Wed Cliff Ham(for info) 687-4520.  
Walk to the Biblical Gardens of Rodef Rodef Shalom. Leader to be announced.

July 27 Wed Cliff Ham(for info) 687-4520.  
Frick Park to Duck Hollow and the riverfront. Leader to be announced.

August 3 Wed Cliff Ham 687-4520.  
Ramble in Oakmont, along new walking trail, and in riverfront park.

August 10 Wed Marilyn Ham 687-4520.  
Millvale Borough: churches and landslides.

August 17 Wed Cliff Ham(for info) 687-4520.  
Ramble in Highland Park. Leader to be announced.

August 24 Wed Cliff Ham 687-4520.  
Ramble in Duff Park, Murrys ville. Bring lunch.

August 31 Wed Cliff Ham 687-4520.  
Southside Riverfront Park.

Note also: August 13: Wild Food Festival at South Park, prepared by our naturalist friend, John Doyle.

**Notes for all trips:**

- \* Meet in upper parking lot, Fifth and Shady Avenues, by 10 a.m.
- \* Trips are subject to change because of weather, conflicts of schedule, and choice of group. We will plan a walk in all kinds of weather; be prepared.
- \* Please share expenses of transportation when trips exceed 10 miles. Suggested: one dollar per passenger.
- \* Call the leader for further information about a trip or to inform the leader that you plan to attend. Call Cliff or Marilyn Ham at 687-4520 for information. Please do not call after 10 p.m.

**HIKING / BACKPACKING**

\*\*\*\*\*  
NOTICE: An Activity Fee is charged for all AYH Hikes/Backpacks. Members are charged \$1 per day; nonmembers are charged \$3 per day. A carpool fee, to reimburse drivers for gasoline, tolls and wear and tear is also charged.  
\*\*\*\*\*

July 2 Saturday Jim Ritchie 828-0210  
Trail Maintenance, Baker Trail, Smicksburg to Mahoning Creek to North Freedom. We're going to cut, lop, chop, paint, and do some pick-up work on the Baker Trail along Mahoning Creek near Dayton. We'll also check some of the work we did back in December and March near the Mahoning Reservoir to see if it's holding up. Meets at 8:00 am at HQ in Mellon Park. Limited to 8. Call for info and reservations.

July 7 Thursday Leo Stember 681-1385  
Harrison Hills. This midweek hike through Harrison Hills County Park will focus on bird and wildflower identification. Easy (between 3-5 miles, leisurely to moderate pace, some moderate hills). Meets at 9:00 am at Headquarters in Mellon Park. Call, daytime is best, for more information.

July 9 Saturday Steve Nydes 661-9357  
Laurel Highlands Trail, Route 653 Parking area to Seven Springs. Intermediate difficulty (8-9 miles, moderate hills-some steep, moderate pace); high atop Laurel Ridge, from milepost 19 to milepost 27; the trail is mostly shaded under a canopy of tall trees. Features include rock outcroppings providing vistas to the east and west, a 19th century cemetery, the Grindle Ridge Shelters and Lake Tahoe. Meets at AYH Headquarters in Mellon Park at 8:00 am. Call for info/reservations.

July 17 Sunday Maynard Hansen 751-7615  
Laurel Highlands Hiking Trail, From Route 30, Mileposts 46-52 and Return. See both sides of the trees!! Twelve miles, or less if you prefer to turn around earlier. See Bear Pen Hollow and Mystery Hill. Intermediate to Advanced (over ten miles, moderate pace, some hills). Meets at 8:45 am at the intersection of Route 30 and Route 48 in North Versailles. Call Maynard for more information and reservations.

July 21 Thursday Leo Stember 681-1385  
North Park: Rachel Carson Trail. This will be a 2-6 mile hike along the Rachel Carson Trail in North Park. Leo maintains this section of the RCT. Focus will be on bird and wildflower identification. Easy (leisurely to moderate pace, flat with a couple moderate hills). Meets at 9:00 am at Headquarters in Mellon Park. Call, daytime is best, for more information.

July 23 Saturday Jim Ritchie 828-0210  
Rachel Carson Trail, Section D (North Hills). This is the easiest of the four sections of the Rachel Carson Trail, going past Hartwood Acres, the Hampton Nature Reserve, and through the Crouse Run Valley. About 8 miles, moderate pace, several moderate hills. Option to stay at North Park and swim at the pool or return to HQ when done. Meets at 8:00 am at HQ in Mellon Park. Call for info/reservations.

July 24 Sunday Bruce Sundquist 327-8737  
Youghiogheny River Valley Innertube Hike. Three miles on foot, three miles on innertubes down the Yough River, from Johnson Run to Camp Carmel. Trip postponed if weather is not hot and sunny. Limit 18. \$4.75 carpool fee based on 54 miles and tolls. Call for info/reservations.

July 30 Saturday Mike Lubich 883-2238  
Boyce Park, NIGHT-TIME ORIENTEERING. Orienteering involves using a map and compass to locate a series of checkpoints in a forested area. This event sponsored by the Warrior Ridge Orienteering Club. No experience necessary; instruction provided. Courses for all levels from pre-school to expert adult; map fee is charged; 7:00 pm starting time. You can also rent a compass for a small additional fee. **This is NOT an AYH event.** Call Mike or Dave/Karen (304-594-1952) for more information.

July 31 Sunday Bruce Sundquist 327-8737  
Son of the Youghiogheny River Valley Innertube Hike. Three miles on foot, three miles on innertubes down the Yough River, from Johnson Run to Camp Carmel. Trip postponed if weather is not hot and sunny. Limit 18. \$4.75 carpool fee based on 54 miles and tolls. Call for info/reservations.

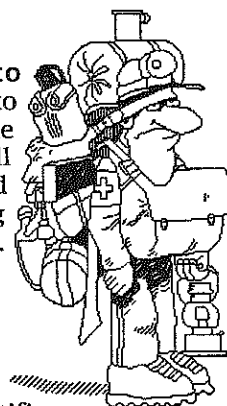
August 6 Saturday Jim Ritchie 828-0210  
Trail Maintenance, Rachel Carson Trail.

August 11 Thursday Leo Stember 681-1385  
Deer Lakes County Park. 2-5 miles. Meets at AYH HQ in Mellon Park at 9:00 am. Some hills. Bring a bucket: the blackberries should be ripe!

August 13 Saturday Jim Ritchie 828-0210  
Hike the Baker Trail!! Garver's Ferry to Bethel.

August 14 Sunday Maynard Hansen 751-7615  
Laurel Highlands Trail, Park at Route 271; Mileposts 57-52 and Return. Intermediate level hike (about 11 miles, moderate pace, flat with some hills). Meets at 8:45 am at the intersection of Route 30 and Route 48 in North Versailles. Call Maynard for more information and reservations.

August 25 Thursday Leo Stember 681-1385  
Beechwood Farms. 2-4 miles. Meets at AYH HQ in Mellon Park at 9:00 am. Some hills.



**CLASSIFIED**

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

**C&O Canal Trail. Looking for a couple people to join me on the C&O Canal for a bicycle trip.** Leave early July for about one week. Call Kathleen at 347-1564.

**Bike Baby Trailer, Almost New,** Still in Original Box. Holds 2 kids in forward position. For Sale \$200, call #242-0781.

**I'm returning to Greenland in July - August 1994.** Anyone interested in the US-Iceland-Greenland circuit please call 681-1385, Leo.

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

**For Sale: Women's Tanner all leather** Gortex hiking boots. Size 7 1/2 m, like new. Asking \$95. Judy 443-6795.

**Early retired Sierra Nut seeks likewise** with flexible schedule for late summer or fall trip. Call Jerry Gaines 475-3957.

**For Sale: Schwinn Tempo Bicycle,** teal & white, 26" 12 speed, Mavic 40 rims, Cateye Micro-computer, very good condition \$250.00 Phone John 775-2767.

**For Sale: Coleman Tent Trailer** - Basic trailer, no stove, sink, etc. All new canvas. \$300 or BO. evenings 371-1384.

**Editor, The Golden Triangle**  
6300 5th Ave  
Pittsburgh, PA 15232

**REQUEST-A-HIKE**

Is there an area in Western Pennsylvania that you've always wanted to hike? But you don't want to go alone? And you don't know the area very well? If your answers to these questions is "Yes", call Jim Ritchie at 828-0210 and we'll find leaders that knows that area and ask them to schedule and lead a hike there. If you want to keep the difficulty level to easy or intermediate or you would like a strenuous, exploratory hike, let me know that also and I will pass that information along as well.

**OFFICE STAFF WANTED**

We are looking for someone to work part-time in the Council office answering the phone, answering the mail, answering questions from walk-in members or potential members, selling memberships and rail passes, supplying membership sales agencies, and filling book orders. You must enjoy dealing with people and be computer literate. Hostelling experience is helpful. The hours are 8 to 12 hours per week. For more information or to apply, call Larry Laude at 412-665-9554.

**Labor Day - camp-hike-bike-museums weekend.**

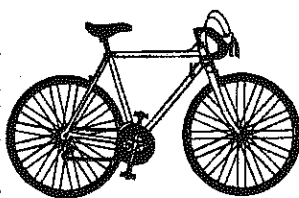
Plan to join us at Cunningham Falls MD for camping and hiking; biking on trailways in the DC area; and touring DC's many museums. More details next month. All levels and families welcome. Veronique Schreurs / Jeanette Tuttle.

**Ride Leaders Needed!**

Do you love the adventure that the every day training ride brings? Or what about the fact that gas prices do not affect your riding in the least. Our sport is one of great pride, enjoyment and accomplishment; If you feel about cycling the way I do, then consider being a ride/trip leader.

As a trip leader you would plan a one day or even a one week trip that you feel would be of interest to others and act as the tour guide on that trip. At the very basic level this trip could be as simple as meeting at North Park for a 25 mile ride, or possibly a tour of a suburban PGH neighborhood. You as the trip leader would choose the route, the distance and decide on the level of difficulty of the ride. Once your ride has been approved by one of the cycling chairs you would see it listed, like the rides above for example. All ride leaders must be approved in advance, and helmets are required at all times. Give it some thought!!!!

*Wm R Eberle, Cycling Chairperson.*

**VOLUNTEERS NEEDED**

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

\*Mon Valley Century (Chuck and Lynn Ejzak, 466-6196)

\*SABRE (Wm Eberle, 833-9732)

\*Typing articles for the newsletter into a computer (Bill Eberle, 833-9732)

\*Hostel development and fund-raising (Marianne Kasica, 665-9554)

\*Ohiopyle hostel support and work parties (Linda Smithyman, 531-1868)

\*Travel and Hostel Editor for the newsletter, Larry Laude, 665-9554

\*Answering questions & council office Joe Hoechner, 422-2282

\*Leading Pittsburgh Council trips (Jon Maiman, 441-2306)

\*Scouting trails for the next Hiking Guide Joe Hoechner, 422-2282

\*Slide shows at the Thursday Open House (office, 422-2282)

\*Trail Maintenance, Baker Trail and Rachel Carson Trail (Jim Ritchie, 828-0210)

**HEADQUARTERS MAINTENANCE**

Well, we're a little late on spring cleaning but our activities Headquarters in Mellon Park definitely needs some attention. The Council is looking for volunteers to clean up the building and to do minor routine maintenance on a regular basis. This includes such things as trimming the hedges and weeds around the building, planting and watering flowers at the entrance, vacuuming the rug, emptying the trash, replacing light bulbs as needed, updating the bulletin boards and similar work. This could be done Thursday evenings just before the Open House meetings or at any other convenient time of the week. More aggressive work might include patching some of the plaster, touching up the paint, winterizing the building next fall, and working with Ray Yutzy to update the electrical supply and lighting. 1-2 people are also needed to coordinate the work, track of volunteer time and to report on HQ to the board and to identify any problems or required major repairs. If you can help as little as one hour a month, please call Larry Laude at 665-9554.

**HIKE THE 100 MILE WILDERNESS**

**THE APPALACHIAN TRAIL IN MAINE**  
**AUGUST 5 - 21, 1994**

Been harboring thoughts of experiencing the 100 mile wilderness in Maine some day?

I'm Glenn Oster, and I surely have. I'll bet a number of you have too. Well, someday has arrived; I'm planning to backpack that section of the Appalachian Trail this summer, and you're invited to join me. Actually, we'll hike about 120 miles to the crest of Mount Katahdin so as to round out that end of the AT. Hiking in Maine is said to be rigorous, and this one should be rated as an advanced level hike; so, we'll have to be in good physical condition. But we have plenty of time to get in shape before the hike starts.

We plan to drive, leaving PGH on Fri evening, Aug 5, and our routing will depend on where all the hikers live. Average hiking day will cover 12 miles, but some will be as short as 10 miles while others will be as long as 15 miles. Climbs and descents total some 21,500 feet.

Trip charges per hiker are indeterminate until the number of hikers is known. The number dictates the size of van we rent and how we work out the shuttle details. A ball-park guess is a range of \$250 to \$400 plus meals both on the trail (no group cooking) and while traveling.

Call for more info/reservations; I'll be glad to hear from you. I can be reached at (412) 364-2864.

**Your Dream Vacation**

**North Cascades National Park**  
**Olympic National Park**  
**Mount Rainier National Park**  
**Mount Saint Helens**  
**July 2 - 16, 1994**

Can you see yourself watching the Rocky Mountains from the air and then descending to Seattle as you gaze, awe inspired, at the chain of snow covered mountain peaks visible to the south - majestic Mount Rainier, Mount Adams, Mount St. Helens and Mount Hood - incredible. Then travel by van to backpack for six days in the rugged, scenic and unbelievable spiny mountains of North Cascades National Park. (If you are not up to backpacking, you can use the van to car camp and sightsee or day hike while others are in the wilderness.)

For the next seven days, tour and day hike. We'll visit Olympic National Park - snowy Hurricane Ridge, the lush Hoh Rain Forest, and impressive sea-stacks and arches offshore in the Pacific Ocean. Next we'll head for Mount Rainier and climb up to Frying Pan Gap for absolutely overwhelming views. Lastly, we'll drive through Mount St. Helens and see the devastating effect of a big-time volcanic eruption.

It's pretty hard to imagine more scenic beauty packed into a two week vacation. You can elect not to backpack, as mentioned, but if you do join the backpackers, you'll need to be able to hike at an advanced level.

Assuming all openings are filled, the cost is estimated to be about \$500 plus transportation to and from Seattle, hostel beds and meals.

The trip will be limited to eight, and three hikers have already signed up; so, if you are interested, better let me know soon. These western trips usually fill quickly.

Phone Glenn Oster at (412) 364-2864 for more info/reservations.

**ambridge  
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shop**

**518 merchant street,  
ambridge, pa.**

**phone : 266 - 1111**

**Trek - Specialized - Cannondale**

**Klein - Diamond Back - Frames**

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**Very complete selection of parts, accessories, helmets, and clothing**

**Fit Kit sizing - Wheelsmith spoke computer - complete frame prep**

**with over 20 years experience serving Western Pa. cyclists**

**\* 10% off all non-sale items to A.Y.H. membership \***

**■ It's worth the drive to the Ambridge Bike Shop ■**

**( Call us now about our customer bicycle repair clinics )**



The Pittsburgh Council office is open Mon, Wed, and Fri, from 9:00 am to 3:00 pm, and Tuesdays from 1:00 pm to 6:00 pm. We're in Room 202 of the Wightman School Building at 5604 Solway St. in Squirrel Hill, near the intersection of Wilkins and South Negley. All passes, ID cards, Eurail Passes, and books are available. For Info Call 422-2282.