

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 50, NUMBER 5

JULY 2000



Hostelling - International Pittsburgh PA



Now Open

A 50 bed full service hostel in a commercial bank building. Free parking, travel store, handicapped accessible!



Be Sure To Visit:

- Andy Warhol Museum
- Station Square
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- Phipps Conservatory
- Historic Point State Park
- Three Rivers Stadium

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....And MORE!!!

AYH CANOEING PROGRAM

by Shelley C. Nilson

There is something in the AYH Canoeing Program for EVERYONE. This Spring has been a busy one, with schools as well as trips. Trips are intended to build on the skills learned by students at the Tuesday night sessions and moving water schools, but also offer learning opportunities for paddlers who have been active with the program for some years. Thank you to everyone who has led a trip this season. The trips described here encompass flatwater, moderate whitewater and canoe camping opportunities provided by the AYH Canoeing Program.

An easy flat water trip was held May 6 on French Creek, from Cochran to Utica. Leading the trip were birders/naturalists Hope King and Ellie Stanton. The weather was perfect and the current moved right along. We were off to a good start, having spotted orioles at the put-in, and it only got better. French Creek is one of the most bio-diverse watersheds in the area and exceeded our expectations. Bird spotting highlights of the six mile paddle included a bald eagle, red-tail hawk in its nest, a female wood duck with 14 ducklings in tow, blue birds, pileated woodpecker and various warblers. Herons, kingfishers, mergansers flew downstream from us. Deer, raccoon and beaver activity were noted. Snakes, toads and butterflies were in abundance, and we stopped to admire the colorful shells of freshwater mussels, for which French Creek is so famous. A break was taken to scramble up the bank to get a close-up look at the wildflowers, which were at their peak. Virginia bluebells and woodland phlox contrasted with the red and white of the trillium, yellow celandine. Close inspection of the mitreworts and spring beauties was needed to appreciate the details of their blooms. Solomon seal, violets and trout lily carpeted the woodland floor. Delicate maiden hair ferns and the pleats of the false hellebore offered textural contrasts. As we tallied up our sightings at dinner, we were amazed by the length of the list--it had been a great day, and we all went home with some new found knowledge of Nature.

Mother's Day, Sunday May 14 was spent learning new moves on Slippery Rock Creek from Kennedy Mill to Eckert Bridge. Under the tutelage of TRPC open boaters Mark P. and Larry W., three tandems and two solos improved their whitewater skills by practicing power ferries, attainments, making eddies and surfing waves. A side trip to the beautiful Muddy Creek Falls was a nice break. A level of 3-4" on the mill gauge was perfect for some of us who were less familiar with the run, which at this level could be considered a III-. A picnic supper coordinated by the Nilson children, in honor of Mother's Day, awaited the tired, but happy boaters.

(Continued on page 4)

NEW 2000 MEMBER DISCOUNTS

HI members with valid membership cards are eligible for the following discounts. Full details can be found in the FREE 2000 North American Hostel Handbook.

Ace Athletic- 10% off any non-sale item, 1214 East Carson Street; phone: (412)381-2520

Alamo Car Rental- Various Discounts. Contact your travel agent or Alamo and request Rate Code BY and I.D. Number 19998.

Andy Warhol Museum- \$1.00 off admission; 117 Sandusky Street, phone: (412)237-8300

Big Bamboo- Free pack of 15 gram bag of Champa Incense with any purchase. 116 Meyran Ave., phone: (412) 802-8338

Bike Tek- 10% discount. 5102 Liberty Ave. Phone: (412)682-1410

Casbah- 10% off bill. Not valid with any other specials, discounts, or promotions. 229 Highland Street; phone: (412)661-5656; email:casbah1@bigburrito.com; website:www.bigburrito.com

City Books- 15% off all used books and 10% off on most new books. 111E. Carson Street; phone:(412)481-7555; email:citybooks@sprintmail.com

Climb North- 50% off climb time rates, rentals not included; 2468 Wildwood Road, phone: (412) 487-2145

Dairy Mart- Free 44oz. Fountain drink with \$5.00 purchase; 1125 Arlington Ave., phone: (412) 4122

(Continued on page 3)



Pittsburgh Council, HI-AYH is a United Way Donor Option organization. Our Donor Option number is: 436 .

2000 North American Hostel Handbooks can be picked up at the Travel Center, the Pittsburgh International Hostel, and the Activities Headquarters. Copies are free when picked up in person.

HOSTELLING INTERNATIONAL

**PITTSBURGH COUNCIL-AYH
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PITTSBURGH, PA 15210**

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HOSTELLING



Pittsburgh Council, American Youth Hostels, Inc.

Serving Western Pennsylvania & West Virginia Panhandle
Since 1948, Incorporated 1955

The Golden Triangle is published monthly by the Pittsburgh Council of Hostelling International, American Youth Hostels. Contents are at the discretion of the editor.

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Triangle Staff

Managing Editor ... **Joel Platt**
(412-521-5244 joelplat@yahoo.com)

Copy Editor ... **VACANT**
Mailing Labels ... **Larry Laude**
Production ... **Don Hoecker**
Advertising ... **VACANT**

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(412-521-3641)

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Office Staff
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HOSTELLING
INTERNATIONAL

Pittsburgh Hostel Manager
Jessica Carpenter
(412-431-1267)

Ohiopyle Hostel Manager
Marjorie Paqualle
(724-329-4476)

NOTICE

Please note the deadlines for future issues of the **GOLDEN TRIANGLE**

August ISSUE
All copy, July 6
Binding/Mailing, July 20

If your work is on computer, Please contact Joel Platt at joelplat@yahoo.com

Moving?

If you move, or have any subscription problems, please notify us right away. Returned mail costs 42 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) 431-1267.

About AYH

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



**Submissions Policy:
Golden Triangle**

Classified Ads:

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

Trips

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

Articles

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

General rules for submission

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

Editors Golden Rule

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

Please note, the Golden Triangle frequency of publication for 1999.

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

Editor...

UPCOMING SLIDE SHOWS

June 29: We show the 16 mm film "The Emperor's Eye: Art And Power In Imperial China". Displays the priceless treasures of China's imperial art collection. Offers a glimpse of another culture and age.

July 6: Alexis Rzewski, "Hiking In Italy: Dolomites, Abruzzi, Etruscan Necropolis, Venice".

July 13: Jean Davis, "India And Palaces Of Maharajas". See New Dehli, Gandhi's grave, and northern India by bus.

July 20: Pizza and juice party, if possible out of doors.

July 27: We show the 16 mm film "First Contact". Australian gold prospectors in New Guinea stumble across an unknown Stone Age people and film their historic confrontation.

August 3: Phyllis Monk, "National Parks". Spectacular slides of landscapes, flowers, and of hiking. Grand Teton, Glacier, Olympic, Rocky Mountain, Yellowstone, Yosemite, Bryce Canyon, Grand Canyon.

Slide shows start at 8:30 PM, at AYH Headquarters, Shady Avenue at Fifth Avenue. Doors open at 8:00 PM. If you want to give a show, call Luc Berger at 412-683-3131.

Oops...

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

Mail regarding the Newsletter should be addressed to:

**American Youth Hostels
The Golden Triangle**
830 Warrington Ave.
Pittsburgh, PA 15210

Office: (412) 431-4910
or

HI-Pgh on the information super Highway. Point your browser to :
<http://trfn.clpgh.org/ayh/>
or you can email us at
ayh@trfn.clpgh.org



Pittsburgh Council Hostels

Ohiopyle AYH Hostel
Ohiopyle State Park
PO Box 99
Ohiopyle, PA 15470
(724) 329-4476

HI-Pittsburgh Hostel
830 E. Warrington Ave.
Pittsburgh, PA 15210
(412) 431-1267

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



HOSTEL HAPPENINGS

We are now accepting donations for our first-ever
Rummage Sale
Saturday, July 29
10am-3pm

(in the hostel parking lot) (rain or shine)

Do you have items in your house that you would like to donate to us?
Drop them off at the hostel!
(or call us and we will come pick them up!)
Call the hostel for more details.
All proceeds will benefit the Pittsburgh Council of AYH.

Volunteer Opportunities:

We rely on our team of enthusiastic and fun-loving volunteers to help organize outdoor activities such as hiking, kayaking, bicycling, and virtually all other types of outdoor adventures. We also need active participants in these events! If you are interested in helping to promote these types of events and love the outdoors, then we have volunteer opportunities for you! We also rely on volunteers at the Pittsburgh and Ohiopyle hostels to help make them memorable places to visit for international visitors, US visitors, and residents of 'da burg alike. For more information on volunteer opportunities, please call (412) 431-4910. Office hours at the Pittsburgh Council Office are Tuesdays-Saturdays, 12pm-5pm.

Examples of volunteer positions available at the Pittsburgh Council:

Travel Workshops/Seminars
Walking Tours of the City
Booth at Travel Fairs
Work Parties
Shuttle to Fallingwater/Ohiopyle
Organize and/or staff seasonal events
Great Ride

Congratulations to Nicole Mannino, the new Assistant Hostel Manager!

Best of luck to Wade Burch on his upcoming wedding. He will be married July 22!

Gallery Space for Artists' Work. The hostel is proud to offer wall space in our lobby to local artists. If you're interested in showing your work in the lobby and common area of the hostel (where travelers from around the world will see it), contact Jessica or Wade 431-4910.

Pittsburgh Hostel Wishlist:

The Pittsburgh hostel is in need of the following items. Any donations are greatly appreciated.

- Van (or any vehicle) for shuttling guests to Fallingwater/Ohiopyle hostel, airport, guided daytrips, city tours, etc.
- Commercial coffee maker or espresso machine.
- Small armchairs
- Lamps
- Small Couches
- Computers, color printer, scanner
- Artwork/posters for hostel walls
- Indoor bike rack, tire pumps, bicycle toolkits
- Television/cable sponsorship.
- Wallclocks
- Security Cameras for parking lot

JOIN THE PITTSBURGH/OHIOPYLE HOSTEL MAINTENANCE TEAM

Our two hostels in Pittsburgh and Ohiopyle need some attention and we need people to wrestle them into shape. Carpenters, plumbers and other building trade craftsmen are needed for extensive repairs and improvements to the Ohiopyle hostel. If you don't have these skills you are still most welcome to join us to learn some tricks of the trade and help with the less glamorous jobs like cleaning and painting. The Ohiopyle Hostel is in a gorgeous natural setting and we want a hostel that will complement it.

The Pittsburgh hostel in Allentown is only two years old and has been receiving rave reviews by travelers as the nicest hostel they have ever visited. The staff keeps it immaculately clean, but occasionally they need some help and small maintenance issues are beginning to pop up that we would like to nip at the bud.

As we are all so busy these days, we want to form a large corps of volunteers we can call on by phone or e-mail for work parties at the hostels.

We also hope that the work parties will degenerate into serious parties by the end of the day's labors. If you are interested in joining us contact George Schmidt. Phone 412-521-1538 or e-mail wpwgeorge@aol.com.

(Continued from page 1)

Danny K's Diner- 10% discount to hostelling members; 637 Warrington Ave., phone: (412) 381-7742

The Deli Express- 10% off total check amount. 1107 East Carson St., phone: (412) 381-4247

E-House- 10% off any purchase with valid membership card; 1511 E. Carson St., phone: (412) 488-7455

Eljays's Used Books- 10% discount on all books. 1309 E. Carson St., phone:(412)381-7444; email: eljaysbs@aol.com, website: www.abebooks.com

Eye of Horus- 10% off all merchandise, books, and tarot readings. 1305 E. Carson St., phone (412) 481-7887; email: eyehorus2LM.COM

Golden Triangle Bike Rentals- 10% discount on bike rentals. 416 Woodruff Lane; phone: (416)655-0835; email: goldentrianglebikes@yahoo.com, website: www.bikepittsburgh.com

Gray Line Trolley Tours of Pittsburgh- \$2.00 off admission on price on day schedule of Pittsburgh tours, April through October; 110 Lenzner Court, Sewickley, PA, phone: (412)741- 2720

Karakesh- 10% off final bill: 320 Atwood St., phone:(412)687-0533

Kaya- 10% off your bill. Not valid with any order specials, discounts, or promotions. 2000 Smallman Street; phone:(412)261-6565; email: kaya1@bigburrito.com; website:www.bigburrito.com

La Prima Espresso- \$0.50 off any coffee drink. 811 Liberty Ave., phone: (412) 471-4590; website: www.laprima.com

Mad Mex (NORTH HILLS)- 10% off your bill, not valid with any other specials, discounts, or promotions; 7905 McKnight Road / phone: (412) 366-5656; email: madmex-nh@madmex.com; website: www.bigburrito.com

Mad Mex (OAKLAND)- 10 % OFF your bill, not valid with any other specials, discounts, or promotions; 370 Atwood Street / phone: (412) 681-5656; email: madmex-oak@madmex.com; website: www.bigburrito.com

Mad Mex (PHILADELPHIA)- 10% OFF your bill, not valid with any other specials, discounts, or promotions; 3401 Walnut Street (The Shops at Penn). Phone: (215) 382-2221; email: madmex-philly@madmex.com; website: www.bigburrito.com

Mattress Factory Museum of Art- \$1.00 OFF admission, and 10% OFF merchandise in museum. 500 Sampsonia Way / phone: (412) 231-3169; email: info@mattress.org website: www.mattress.org

Monti's Studio- 10% discount store-wide; 844 E.

Warrington Ave. / phone: (412) 381-3240

Paisano's Pizza- 10% OFF final bill. We have pizza, hoagies, appetizers, chicken wings, salads, calzones, wedgies, gyros and more. 823 E. Warrington Ave. / phone: (412) 381-5530

Phipps Conservatory and Botanical Gardens- 10% OFF admission to conservatory and gardens throughout the year. Something's always blooming at Phipps - so visit today! ; One Schenley Park / phone: (412) 622-6914; email: phipp@phipp.pgh.pa.us website: www.phipp.conservatory.org

Pittsburgh Zoo- \$1.00 OFF admission with membership card, not valid for evening events. One discount per person. Phone: (412) 665-3639; email: connie@zoo.pgh.pa.us Website: www.zoo.pgh.pa.us

Pizza Outlet- 20% OFF regular price, or any current coupon discount. 1502 E. Carson Street; phone: (412) 488-7200

Premiere CD's- 10% OFF any purchase. 2336 E. Carson Street; phone: (412) 481-3641

Rachel Carson Homestead- Buy one admission, get one FREE! Take the 1A New Kensington or 20-minute drive from Pittsburgh. 613 Marion Ave. Phone: (724) 274-5459

Saint Elmo's Bookstore-20% discount on ALL novels. 2208 E. Carson Street, phone: (412) 431-9100; email: stelmoport@earthlink.com Website: www.saintelmo.com

Slacker- 20% OFF, except magazines. 1321 E. Carson Street / phone: (412) 381-3911; email: randall@slackernet.com website: www.slackernet.com

Soba Lounge- 10% OFF your bill. Not valid with any other specials, discounts, or promotions. 5847 Ellsworth Ave., Shadyside / phone: (412) 362-5656; email: soba1@bigburrito.com website: www.bigburrito.com

Southside Card & Gift- 10% OFF any purchase. 1717 E. Carson Street; phone: (412) 481-2500

Spice Island- 10% OFF final bill. 235 Atwood Street; phone: (412) 687-8821

Thoreau NM, a Production Company- \$1 OFF ticket prices. Please call ahead; 209 Moye Place Cottage, phone: (412) 431-8289; email: thoreaunm@juno.com website: www.trfn.clpgh.org/thoreaunm

Zenith Antiques & Tea Room- 15% discount. 86 S. 26th Street / phone: (412) 481-4833, website: www.concentric.net/~mamarama/zenith.htm

Zyθος, Inc.- NO cover charge...except for headliner, National DJ's. 2108 E. Carson Street phone: (412) 481-2234

GOLDEN TRIANGLE EDITOR:

I found the enclosed poem among AYH material. it was written in canada on an AYH ski-trip by Barry Governer, former president. with his permission, you may wish to print it. or just enjoy!

sent by: pat rossi (724) 335-5067

The Lone Pine

there's a lone pine there,
 flaunting itself in a field of white,
 perpetual green accenting the red home-
 stead
 in the background

a powder-blue sky with cirrus cloud lacing
 silhouettes the older pines which
 edge the fields.

perhaps a bird or two are there
 breaking the morning's chill
 with a warm song of ages past

is the house empty and serene,
 a naturalpart of such environs?
 or does the laughter of children
 chase the silence fromeach room?

funny, how happiness can sometimes
 be a child's cry.
 precious life, theirs, unmolded and untried.

an empty house breeds loneliness
 but can also harbor tranquility.
 for some reason, this one seems to be tran-
 quil,
 and i'm glad.

there are too many shelters, often full,
 which spew their loneliness upon
 an already troubled world.

what's that in the corner of the field?
 a lone hardwood, stripped now of its
 summer foliage...
 laid bare for all to see
 it's not as pretty as the snow-covered
 white-on-green pine.

but in many ways it's much more inter-
 esting,
 the varied twisting branches forming
 spider's webs against the sky
 with sometimes icy phalanges
 echoing the joy of sun
 which strives to strip it of
 this winter's chill.

i'm glad the hardwood was not forgotten.
 spring's entree and fall's finale
 would be missed...

i'll bring a dusk now
 and the snowy carpet will turn gray
 not wanting to disturb an
 oh, so tranquil day.

-barry governer 12/31/83

AYH ACTIVITIES WITH BEN

I have just returned from a three week trip out west. Visiting Zion National Park, Grand Canyon and driving through the mountains of Colorado is an inspiring experience. An experience shared with many other vacationers, many from overseas. Even though it was May, it was hot. Hot in the parks, extremely hot in Las Vegas. The Colorado River was flowing full, thanks to snowmelt in the Rocky Mountains.

The quaint valleys and floodplains along I-70, which I remember as ranches a few decades ago, are booming with expensive real estate developments from Denver to the Utah border. Lake Powell, ever my favorite for scenic overkill, was bursting with expensive boats, bus sized RVs, expensive accommodations and a pricey restaurant.

Commonplace in the national parks are American or European vacationers, who fly in, visit six parks in ten days, then fly home. They have done the Grand Canyon in an afternoon. And popular, so popular that the parks are at capacity.

My most pleasant experience was walking along the west rim path of the Grand Canyon. The west rim road is accessible from the busy Grand Canyon Village only by bus. You can hike from stop to stop, and board, or get off the leisurely paced shuttle bus at any outbound stop. The return trip is fairly quick with just two stops, to bring you back to the hubbub tourist throngs and parking problems of the village. The hike on the west rim path not only eliminated automobiles, but made the experience much more quiet. People were nicer, the slower pace made me appreciate the splendor of nature at its best. The National Parks are trying hard to deal with their popularity, I think they are going in the right direction.

The downside of limiting popular facilities, is permits for back country use. Bright Angel Trail, the spectacular Paria Canyon, white water trips on the Colorado, Green, Snake, Dolores and many other rivers are limited due to immense popularity. Sometimes permits are filled months in advance. It certainly was not as easy and leisurely as I remember back thirty years ago on my first trip out West.

Which makes me appreciate our Appalachian mountains so much more. In Pittsburgh we are blessed with access to forest hiking trails, and water as in few other places in the USA. And the trails are much easier to use, restrictions on back country use are not nearly as severe as throughout the West. We are blessed with a great number of lakes and streams, where you can boat without needing reservations ahead of time.

All in all, the Rockies are grand, but our own Appalachian Mountains are great and close by. And the local trails are easy to get to and not near as crowded. Happy hiking.

Ben

Rambles For Spring 2000**June**

June 21 Troy Hill. Lunch at Allegheny Brewery. Marilyn Ham. 687-4520

June 28 Blackridge. Bag lunch. Alex Federowicz. 421-0922

July

July 5 Bear Run Nature Reserve. \$3 All-day trip. Bag lunch. Earl McCabe 761-1844

July 12 Rhodof Shalom Biblical Garden. Dick Fischer 421-9215

July 19 Bushy Run Battlefield. \$3 trip. Bag lunch. Edmund Appleby 724-834-5077

July 26 Hampton Township. Bag lunch. Bill Phoennik 279-5411

August

Aug 2 Jennings Nature Reserve. Bag lunch. \$3 trip. Bill Phoennik 279-5411

Aug 9 Cedar Creek Park Trail. \$3 trip. Bag lunch. Alex Federowicz 421-0922

Aug 16 Mystery Ramble. John Hartman 241-5031

Aug 23 Saltsburg. Bag lunch Joan Roof 351-2061

Aug 30 Twin Lakes-Greensburg. Bag lunch. \$3 trip. Edmund Appleby 724-834-5077

September

Sep 6 Boyce Park. Bag lunch. Marge Patterson 821-4218

Sep 13 McConnell's Mill. \$3 all-day trip. Bag lunch. Marty Brigham 521-1913

Sep 20 South Park. Bag lunch. Billie Woodland 886-1603

Sep 27 Frick Park. Bag lunch. Margaret Laske 421-5219

Fall rambles begin at 10:00 AM. Meet in Mellon Park, upper parking lot at Fifth and Shady Avenues. Carpooling is encouraged. For trips over 10 miles, please pay driver \$2.00.

Call trip leader for more information, especially if you plan to meet us at the trail head.

**CANOEING**

Activity Co-chairs: Paul Henry (724) 347-3282
Brian McBane (724) 443-8972

May has been a busy month for the AYH Canoeing Program, thanks to the volunteers who led trips/schools and to good water levels, courtesy of Mother Nature. Special thank you's go to George Schnakenburg and his staff of instructors for leading the Tuesday night "Learn to Canoe" program at Sylvan, and to the Sylvan Canoe Club for hosting. Descriptions of some of the trips are in the accompanying article.

June 24,25 Tandem Canoe Clinic sponsored by Ohiopyle State Park, instructors from TRPC. Learn to paddle or improve your skills on the Middle Yough. Camping at the park. Call Ohiopyle (724) 329-8591 for more information.

July 1-4 Eric/Shelley Nilson (412) 487-3255
Celebrate the July 4th holiday with a canoe camping trip. Water levels will determine the river chosen. Last year's trip was a Class II on the New in West Virginia. Call for information, and skill level required.

Sat., July 8 Brian McBane (724) 443-8972
Moving Water School. Review strokes, learn to read the water and practice ferries. This is for paddlers who want to brush up and for graduates of the Tuesday night basic classes held at Sylvan.

Fri., July 14 Eric/Shelley Nilson (412) 487-3255
We will try another full moon paddle and lock through on the Allegheny, with a communal picnic supper on one of the islands. Although the full moon appears on the 16th, there should be plenty of light, with sunset at 8:50 pm and moonrise at 7:30 pm. We will be using the Fish Commission access at Harmarville, so boat registration is required, as is a light, whistle and of course PFD's. A 60' line or throw rope for each boat is also required, should we be able to lock through (last year barges took precedence). Call for information and reservations--the meeting time will be determined according to work schedules, though sometime between 5-6pm is needed. We anticipate a full evening paddle in the back channel.

Fri., July 14 Bruce Berman (412) 661-3872
Cut off date for TRPC registration for the Turkey Bash Clinic to be held on the Lower Yough July 29,30. The clinic offers two days of instruction in whitewater paddling, Class III +, and a wonderful turkey dinner Sat. night., with overnight camping. You must have your own whitewater boat to participate.

Sun., July 23 Larry Wentzel (724) 444-1929
A very thorough whitewater safety and rescue workshop is being offered by TRPC. If you can't make this one, Jon Maiman (412) 242-7179 has scheduled one for AYH on Aug. 19.

Wednesday evening paddles continue at North Park Lake. Bring your boat, PFD, whistle and light. Put in at the lagoon at Babcock and Pierce Mill, near the parking lot. Warm-up and paddle under the bridge and over to a picnic table if dinner is an issue. It is very disappointing to see the litter left behind by "fishermen", so we try to practice our strokes and pick-up some litter. A special thank-you to Larry Wentzel, ACA Instructor who has been on hand to lead drills and critique.

The water is usually much lower in the summer, with the Middle Yough and Allegheny being the only shows in town. Pick-up trips may be held. Call Brian McBane (724) 443-8972 if you are interested in getting one together.

Mark your calendar now for the 2nd Annual Regatta to be held on Lake Arthur at Moraine State Park, August 26th and 27th. There are opportunities to race as well as to help introduce the public to canoeing with "Dead Fish Polo" a game run by the canoeists from WPPSA. It's also a great day to be out with the family to enjoy all types of water sports. Call Joyce Appel for more information (724) 526-5407.

(Continued from page 1)

As I write, I am still unpacking from the Memorial Day Canoe Camping trip, led by Jon and Becky Maiman. The weather forecast was not good, but we all agreed it would be fun just to get out there again to paddle and camp, especially since the level on the West Branch of the Susquehanna was up. Friday night was spent at SB Elliot State Park, and by 11:30 am Sat. we were on the water, putting in at Coudley. We paddled in the rain for 4 hours, but it stopped when we found a camping spot below "Moshannon Falls" --- it was the only rain we had for the entire trip! Elegant communal dinners, from appetizers to dessert, were had each evening. Campfires kept the no-see-ums at bay, and the flute like song of the wood thrush provided the background music. Sunday we stopped at Karthaus for ice, lunch and a walking tour of the town. Another wonderful camping spot was found high on the bank (less bugs?), with everyone helping to unload bucket brigade style. A zip line rigged by kayaker/climber Terry facilitated packing up on Monday. The current was flowing at a good rate, so the 3 tandems, 2 solos and 1 kayak paddled an average of 4-5mph, taking out early Monday afternoon at Sinnemahoning Creek. Although the river was less crowded than two years ago on a Memorial Day camping trip, we managed to run into two groups from Pittsburgh!!! Elk were seen on the shuttles, and a bear and cubs were spotted by the Sylvan group, confirming the remoteness and beauty of these 44 miles of West Branch.

Shelley C. Nilson



BICYCLING

Everyone who likes to bicycle are welcome. We are trying to build a group of like minded cyclists who enjoy sharing the experience. So come join us. I know you are out there!

June 25th Sun. Allegheny Rive Ride. Did you know you can ride from Blawnox to Tarentum and back using flat roads, getting onto the back streets in the towns as you go (there is a famous ice cream stop in Cheswick). Call JoAnn Bary at 724-339-7472 or jbary@kiski.net

July 15th Sat. Ride one of the most scenic sections of the Yough Trail from West Newton to Boston and back, a distance of about 30 mi. In the middle we will take a hike at Dead Man's Hollow. Bring a Lunch. Call Grace Pischke at (412)731-0966 for details.

July 18-19-20 Tues/Wed/Thur Stanford House Hostel in the Chuyahoga National Recreation Area in Ohio. A change of pace! A midweek trip. Enjoy the many rail trails and tow paths without the large crowds. This is a wonderful place in mid-week. There is an old stone quarry turned into an "old swimming hole" to cool off. Come enjoy. Call Joan Roof 412-351-2061

July 23, Sun The Great Ride The City of Pittsburgh Department of Parks and Recreation welcomes nearly 2,000 cyclists from all over western Pennsylvania, Ohio, and West Virginia to the Great Ride on Sunday, July 23, 2000. Cyclists of all ages and skill levels start at 8:00 a.m. from Technology Drive in downtown Pittsburgh. Choosing between courses of 5, 20, 30, and 50 miles, they travel across five bridges with breathtaking views of Pittsburgh. Along the way, cyclists enjoy dramatic views of Pittsburgh's changing skylines, waterfronts, cultural districts, parks, and unique ethnic neighborhoods at their own pace. Four rest stops on the course give riders a chance to rest, refill their water bottle, and replenish their energy with fruit and other nutritious snacks. Registration is \$14 before July 7th and \$18 thereafter, which includes a great T-shirt. Call Citiparks for more information, (412)255-2493. <http://www.city.pittsburgh.pa.us/greatride/>

August 20, Sun Mon-Valley-Century. More information to come.

September 8,9,10 Niagra on the Lake weekend. This is a splendid area for bicycling due to the bike path the entire length of the Niagra River. There are also many country roads among the vineyards and much to do in the area. Jim and Andrea Getsy are working out the details. They offer options of bed and breakfasts or a motel. Call them at (412)795-2607

September 23rd, Sat. Mike Robertson will lead a ride on the Allegheny Highlands Trail between Markleton and Garrett. This is a part of the long trail going from Pittsburgh to Washington, DC This part of the trail follows the Casselman River and is not as heavily used. Call Mike at (412)678-4039

Oct 1, Sun SABRE. More information to follow.

Oct 7th&8th Wilderness Lodge Biking Weekend. Details not available at this time.

As you can see there are other times when we need rides to be led, especially August, and October. There are many other great places to bicycle. Maybe you know of some yourself. Call Joan Roof at (412)351-2061 to share your ideas.

HELMETS ARE REQUIRED!

Events and news courtesy of George Schmidt

July 29, Sat Five Star Trail 2000 Poker Run. Starting point: Lynch Field in Greensburg PA, Ride start 9 AM Two separate events 12 mile bike ride or 4 mile walk. Registration fee \$12 before July 14 and \$15 after. T-Shirt provided. Trophy and special prize for poker hand. All entrance fees benefit the Five Star Trail. More information call 724-830-3950.

August 6th, Sun @ 8AM The Eighth Annual Smicksburg Century Entry fee of \$20 gets you SAG support, Road markings Maps and Cue sheets, Two snack stops, Lunch and a commemorative Tee Shirt. The ride starts in Avonmore Pa. Contact Tim Townsend at 724-697-5460 or E-Mail - capricycling@hotmail.com I've changed the starting point of the Smicksburg Century Ride from Avonmore to Saltsburg in honor of the selection of the Conemaugh and Kiskiminetas Rivers as Pennsylvania Rivers of the Year. If anyone needs directions, or wants to register for this ride, they can call or e-mail me. The date is August 6th and the starting time is 7am to 8am at the little park at the end of Salt Street in Saltsburg.

September 9-10 That Dam Trip to Confluence, Fee \$45.00. Overnight trip includes rest stops, lunch, dinner, camping, gear transport, and T-shirt. For information see www.thatdamtrip.org or call 412-462-5328. Photos of last year's ride, registration forms, and a list of Confluence b&b's are included. If you plan on going, and will stay at a b&b, register early. B&b reservations will fill quickly.

September 16 Hammer The Hills for Habitat charity bike ride. 9/16/2000 at Brady's Run Park in Fallston, Pa off route 51. Registration is \$15.00 and starts at 9:00 AM. Distances are 30, 50, and 62.5 miles. Jeff Milnes, 724-775-5197, jjmilnes@usaor.net

September 17 NEOC (North-East Ohio Century) In addition to the century we will offer 62 and 30 mile rides. Gary Bradshaw 1549 Columbiana-Lisbon Rd. Columbiana OH 44408, phone (330)482-2891 e-mail neoc27@aol.com.

October 7 - Youghtoberfest Family Fun Ride, Boston, PA. Casual ride on the Yough River Trail, with 5, 15 and 30 mile options. Food and drink support provided. Fees: \$6.00 for adults, \$3.00 for children under 12 years of age, or \$15.00 for families (up to three children). Proceeds benefit the Yough River Trail. Ride starts at 10am. Registration opens 9am day of the event.

Volunteer for the Great Ride And help raise money for the Pittsburgh Hostel!

Yes, the Great Ride rides again!

This year's Great Ride will be on Sunday July 23rd and once again, a portion of the proceeds will go to supporting our Pittsburgh Hostel. Last year, the Pittsburgh Hostel received over \$3,500, and we hope to see a similar contribution this year, thanks to Pittsburgh Citiparks and the corporate sponsors of the Great Ride.

In return, Pittsburgh Council AYH is committed to providing volunteers as course marshals on Sunday the 23rd and to help with early registration on Saturday the 22nd. Last year we had almost 40 volunteers and hope to have at least that many this year.

What's involved? On Saturday, July 22, 2000 from 9:00 a.m. until Noon, Great Ride participants will have the opportunity to pick up their Great Ride packet in advance. Packet Pick Up will take place at the start/finish location at 300 Technology Drive (you can also register here!). Local bike mechanics will be on hand to perform free safety checks. If you can volunteer 3 hours of your time on Saturday, Citiparks can use your help.

On Sunday, we primarily need course marshals – friendly folks to stand at intersections and make sure the riders make the right (and left) turns and just to say hello to the riders as they go by. It's a lot more fun in pairs, so why not bring a friend with you? We would like to have most everybody on the course, especially on the first half, in place by 8 am and would need you for as little as two hours to perhaps as long as 5 hours. If you're a late starter, we can place you closer to the end of the course. Bring the Sunday paper, a folding chair, your favorite brew of coffee, a hat and some sunscreen and you'll be all set. We'll provide directions, instructions, and one of those red traffic flags, which you can pick up at the Saturday registration, Saturday afternoon or evening at the hostel, or early on Sunday at the starting point.

One other place to help and that's on the Mount Washington loop that goes past the hostel. We try to provide extra help along this part of the course and an extra water stop on Mount Washington.

Ready to help? Call the council office at 41-431-4910 and leave your name, telephone number, part of town you're available to help in, and which day you can help on.

For more information on the Great Ride itself, check out the Citipark's web site at <http://www.city.pittsburgh.pa.us/greatride/>. Why not check the course maps at http://www.city.pittsburgh.pa.us/greatride/html/course_maps.html and see if the ride passes by your house and help from there!

A free Great Ride T-shirt to everyone who helps!

Contact: Karl 412.767.5021; subscriptions@dirtragemag.com; Mon-Yough Trail Council, PO Box 14, McKeesport, PA 15135. October 15 Fall Foliage Ride, Yough River Trail Council

A-TEAM COMPLETES PRIMARY MISSION

The A-Team completed the first phase of developing a 180-mile bicycle route from Morgantown, WV to Erie, PA. It is called the "A" Route of the Bicycle PA Committee of the PennDOT Pedalcycle/Pedestrian Advisory Committee. What next? Number one could be designating and improving safe bike route connections from the "A" Route to the Pittsburgh Airport, Pittsburgh, Washington and other urban areas. The Bicycle PA Committee has already proposed an east west route across the center of PA through Johnstown and State College. Locally, we could develop a rail-trail/bike route system to connect parks and populations centers in Allegheny County and extend it to neighboring counties. If you have any ideas or opinions as to what direction we should take, contact George Schmidt. Phone 412-521-1538 or e-mail: wpwgeorge@aol.com.

BARRIERS REMOVED FROM BUTLER-FREEPORT TRAIL

For years, some homeowners along the 20-mile Butler-Freeport Trail have put up barriers to block trail users. In May, Butler County Judge Thomas Doerr granted Buffalo Township's request to have the barriers remove. Al Roenigk, chairman of the supervisors, said because of the lack of access, the trail hasn't been properly maintained. He said the homeowner's barriers had prevented access to at least a mile of the trail. In addition, the township officials are worried that they won't be able to reach anyone injured on that portion of the path. The landowners contend there are alternate routes and they should be able to block use of the trail until pending lawsuits are resolved. On May 24, President Judge Martin O'Brian started another hearing on the matter at the request of the homeowners. Excerpted from the May 25, 2000 Pittsburgh Post-Gazette.

SIC'EM REX!

Rex Rutkoski's article in the Valley News Dispatch on May 16, 2000 reports that a judge finally ordered barriers across the trail be torn down. The barriers were constructed by adjacent landowners to protest the development of the trail. Then Rex really laid into them. "Not only were those obstacles- barbed wire in one case- dangerous, but the protests against the trail have been an embarrassment to the Valley and the region. Shame on the narrow-minded people who have made us look like a bunch of hicks because some can't see beyond their own self-interest for the good of the community. Hurray for the judge who finally took action, and for the good people who have continued to support the trail." Rex has been the most vocal supporter of rail-trails and bicycling in the print media. His fitness column appears Tuesdays in the Sports section of the Valley News Dispatch. That alone is a good reason to buy that paper. Thanks again for your support, Rex.

POLICE WILL IMPOUND MOTOR VEHICLES ON TRAIL

Collier's Panhandle Trail is off-limits to dirt bikes, motorcycles and other motorized vehicles- restrictions that local officials intend to enforce. Township commissioners sent that message loudly and clearly March 7, after commissioners' Chairwoman Doreen Ducsay reported numerous infractions within recent weeks. Police Chief Daniel Rearick let it be known that police would not tolerate such riding on the popular new 2.8-mile trail, which opened in Octo-

(Continued on page 6)



SEA-KAYAKING

Activity Co-Chairs: Vickie Gotaski 412-344-4929
 Fran Fleming 412-363-1221

July 1 Presque Isle Trip Eriesistable! This trip has something for everyone. We'll spend the morning paddling the peaceful, calm waters of lagoons. Abundant wildlife reside in this watery paradise. We'll take a lunch break at the historic Perry Monument. Then you can choose a relaxing afternoon of sunbathing on Pa.'s best beaches, or try the more challenging water of Lake Erie. Russ 412-331-2073
 Vickie 412-344-4929

July 8 Yough River Come on out and try a se kayak in the Class II whitewater of the Middle Yough. They aren't as maneuverable as whitewater boats, but they're just as much fun! Russ 412-331-2073 Vickie 412-344-4929

July 11 Paddlers Dinner Frank's choice. Bring your stories, pictures, and ideas. See some old friends, and make some new ones. Frank 412-362-1614

July 16 Full Moon Paddle at Morraine With a little luck we'll have a clear sky on a warm July night, Leave your troubles at home, but don't forget your flashlight. Russ 412-331-2073 Vickie 412-344-4929

July 28, 29, 30 Lake Erie Ohio Coast Come for a weekend of camping, paddling, and exploring the wonders of Ohio's north coast. Visit Kelly's Island and see glacial grooves and Inscription Rock. Other sights include Marblehead Lighthouse and Vermillion., the "Venice of the Midwest". Russ 412-331-2073
 Vickie 412-344-4929 .

Don't have a boat? We have kayaks available for all club events.

MORE BICYCLING EVENTS

(Continued from page 5)

ber. Possible charges include defiant trespass, vandalism and criminal mischief.

Several residents also mentioned that state leash laws are being violated on the trail and in neighborhoods. The township solicitor will draft an ordinance requiring residents to clean up after their pets.

The corridor was dubbed the Panhandle Trail after the Panhandle Division of the Pennsylvania Railroad. It follows Robinson Run, beginning at Gregg Station in Collier and continues through South Fayette, Oakdale and McDonald and ends in Weirton, WV. Pittsburgh Post-Gazette, West Section, March 15, 2000.

COUNTIES AWARDED 'ENHANCEMENT' GRANTS

Three dozen "enhancement projects" that will expand recreation trails, beautify streets and improve historic properties linked to transportation have been approved for nine counties in southwestern Pennsylvania. The projects will draw more than \$8 million dollars in federal money that is allocated for the special program in the U.S. Transportation Efficiency Act known as TEA-21.

The Allegheny County Police Academy is to receive \$70,000 for a bike safety education program covering Allegheny, Washington, and Westmoreland Counties.

And \$500,000 has been approved for Pittsburgh to upgrade the Three Rivers Heritage trail between the West End and Fort Wayne (railroad) bridges, a recreational trail along the Ohio and Allegheny riverfronts past two new stadiums being built on the North Side.

Following is a county-by-county list of other sponsors, projects and the share of federal funds approved for them:

ALLEGHENY

- Regional Trail Corp., \$352,000 to extend the Youghiogheny River Trail to the Port Vue Bridge, including a new bridge ramp.
- Upper St. Clair, \$155,000 for McLaughlin Run Trail connecting existing trails in Wiltshire Park to trails at the township building.
- Crafton, \$180,000 for a 1.4 mile trail connecting the Three Rivers Heritage trail, Panhandle trail and Montour trail.
- Millvale, \$271,000 for a river trail being developed as part of an Allegheny River waterfront park and activity center.

ARMSTRONG

- County Industrial Development Authority, \$190,000 for the first phase of a pedestrian-bikeway trail system.
- Kittanning, \$400,000 for a recreational trail in Kittanning and \$60,000 to start converting 6.7 miles of abandoned rail into a hiking, biking and horse-riding trail.

BEAVER

- Beaver County Corp. for Economic Development, \$190,000 to create a a mile-long 12-foot wide multiuse path as part of Brady's Run Trailway.

FAYETTE

- Fayette County, \$366,000 to construct part of the 12-mile Sheepskin Trail between Connellsville and Uniontown.
- German Township, \$60,000 to connect the Sheepskin Trail with the Monongahela River.

INDIANA

- Indiana University, \$400,000 to establish the South Campus Bikeway.
- Indiana County Transit Authority, \$75,000 to install bike racks on busses and bike lockers and bike storage racks at bus shelters, and provide bus service to trail heads.

WASHINGTON

- Montour Trail Council, three grants: \$383,000 for the trail between Cecil Township Park and Gilmore Station; \$98,000 for the trail between Library Junction and the county line; and \$230,000 for the trail between the Cecil/Peters line and Morganza.
- Washington Co. Parks and Recreation Dept., \$400,000 toward building 17.3 miles of the Panhandle Trail spanning nine municipalities.

WESTMORELAND

- Allegheny Township, \$150,000 for the Wynn and Clara Tredway River Park and Trail following the south shore of the Allegheny River.
- Westmoreland County Parks and Recreation Dept., \$205,000 for construction of a six-mile bike-and-hike trail between Youngwood and the community of Tarrs.
- Scottdale, \$95,000 toward further development of a bike-pedestrian trail connecting three municipalities.

Pittsburgh Post-Gazette, May 25, 2000

The AYH would like to thank Ken Flack from the Southwestern Pennsylvania Commission for his work to organize the proposals and present them to the commission for approval.



ROCK CLIMBING

Rock Out with AYH!

The Pittsburgh AYH Rock Climbing program is a great way to experience the thrill of rock climbing. Our Beginner trips are focused on teaching "never evers" the basics of rock climbing. AYH supplies the climbing gear plus a group of experienced climbers to set up the climbs and teach the course. All you need to bring is a bag lunch, water, and a sunny disposition. Wear loose-fitting, comfortable clothes (shorts and T-shirts in the summer) and tennis shoes. It's not a bad idea to pack raingear in the event of a late-afternoon thunderstorm.

Beginner trips and Seneca Prep trips are held at Coopers Rocks State Forest, Exit 15 on Rt 68, east of Morgantown, WV. Trips leave from AYH headquarters at 7:30 am. We arrive at Coopers Rocks around 9:30 am, followed by a short walk to the climbing area. We are back at the cars by 4:30 or so. Many climbers stop at a local restaurant for dinner before driving back to Pittsburgh. We typically arrive back at AYH headquarters by 8 pm.

Cost is \$10 for AYH members (\$12 for non-members). Gas money (\$5/person, if you car pool from AYH Headquarters) and dinner are NOT included in the trip fees. Beginner trip fees break down as follows:

- \$3 activity fee (for first-timers only)
- \$3 harness/helmet rental (if you don't own your own)
- \$3 rope fee (for periodic rope replacements)
- \$1 AYH registration fee (\$3 for non members)

Experienced climbers are welcome on our "Beginner" trips since we top-rope climbs of varying difficulty (through 5.10). Seneca Prep trips teach seconding skills in preparation for a multi-pitch climbing trip to Seneca Rocks. AYH climbers also make frequent "unofficial" trips to Seneca Rocks, New River Gorge, the Gunks, and local climbing areas. Several AYH climbers can be found hanging out (pun intended) at The Climbing Wall, located in The Factory on Penn Avenue, on Thursday nights from 7 to 9:30 pm. Then we retire to the Evergreen pub (also on Penn Avenue) for a few cold ones and to make plans for the coming weekend.

Check the latest newsletter for the current trip schedule and leader. Call the leader listed for information about a trip or to sign up for the trip. Please call before 10 o'clock at night.

To find out more about the AYH climbing program, call Chuck Jones at (412) 242-6172. To sign up for a specific trip, call the Trip Leader listed in the table below.

2000 - AYH ROCK CLIMBING TRIPS

DATE	DAY	LEVEL	TRIP LEADER	PHONE
June 24	Sat	Rain Date **	Chuck Jones	(412) 242-6172
June 25	Sun	Seneca Prep	Pat Holtzinger	(412) 343-8379
July 7-9	F/S/S	Seneca Rocks	Chuck Jones	(412) 242-6172
July 23	Sun	Beginner	Tom Kaveny	(412) 276-8044
Aug 12	Sat	Beginner	Barb Homistek	(412) 687-7328
Aug 26	Sat	Seneca Prep	Pat Holtzinger	(412) 343-8379
Aug 27	Sun	Rain Date **	Chuck Jones	(412) 242-6172
Sept 8-10	F/S/S	Seneca Rocks	Chuck Jones	(412) 242-6172
Sept 24	Sun	Beginner	Jim Wojciechowski	(412) 322-4524

**** Rain Date trips are make-up dates in the event a prior Beginner trip is rained out. Contact the trip leader as the date approaches to see if the trip will be run.**



SAILING

The Sailing Activity is looking for a new chairperson. If you have experience and interest please contact Bob Zavos at 412-241-0659. We will still offer daily rentals on the two AYH Sunfish at \$20 per boat. You must have prior Sunfish experience and be able to rig the boats yourself. Other activities:

July 29 Sat. Lake Arthur Bob Zavos 412-241-0659
SAILBOAT RACING. If you are new to sailing or want to participate in a sailboat race you can join Bob in a 19' Flying Scot Sailboat. There is usually one race in the morning around 10am and a second after lunch around 1:30pm. Races generally last around 2 hours. If you know how to sail you can also skip the races and take out one of the AYH Sunfish for the day.

I want to buy- a new or used [in very good condition] 'Super Snark' or 'Snark Sun-

Official Rachel Carson/Baker Trail Website

is now live; the URL is
<http://members.xoom.com/rachelbaker>.

Also, I discovered the following website, by accident; you may (or may not) enjoy it. I thought it was quite interesting.
www.bakertrail.com -jim ritchie



HIKING/BACKPACKING/TRAILS

June 24 Saturday Jim Ritchie 828-0210
Leo Stember 681-1385

Rachel Carson Trail Challenge 2000. The RCTC2000 will begin at Harrison Hills County Park at 5:50 AM and will end at 8:54 PM at the Beaver Shelter in North Park, 34 miles later. Read all about it in this issue, *April Golden Triangle*. Registration is required and is limited to 200, so get your application in today. Trail guides are available for \$7.00 plus s/h and sales tax (total = \$8.99 at (412) 431-4910 (AYH Travel Store)).

July 15 Saturday Jim Ritchie 828-0210
Slippery Rock Gorge Trail (North County Trail). Eckert Bridge to Hell's Hollow and More!!! The basic hike is about 6 miles but we'll joust it up to around 10 miles. The Gorge Trail was built between 1991 and 1994 by the Keystone Trails Association through the more inaccessible south end of McConnell's Mill State Park. This is a great mid-summer hiking spot; most of the trail is wooded in the cool, shady gorge of Slippery Rock Creek. Intermediate difficulty, not a beginner's hike. Optional swimming at the beach after hiking. Maybe dinner. Call Jim for more information and reservations. email: jimritch@aol.com.

July 23 Sunday Don Stone 412-441-2027
 Hike an exploratory 10 miles in Dunbar State gamelands (#51) above Dunbar Creek to Robb's Knob Run, Zebly Flats and Glade Run Iron Furnace and cave. \$4.75 carpool-44 miles

July 30 Sunday Bruce Sundquist 724-327-8737
 Umteenth Annual Youghiogheny River Valley inner-tube hike from Johnson's Run to Morgan Run (3 miles on foot--3 miles on inner tube. Weather must be hot and sunny. Limit: 18

August 12 Saturday Jim Ritchie 828-0210
Glacier Ridge Trail (North Country Trail). From the bicycle rental in Moraine State Park across the Hidden River Bridge and onward to Route 536, about 8 miles. Most of the trail, but not all, is shaded woodland. What good is summer if you can't sweat a little? Optional swimming at the beach after hiking. Dinner in Portersville is another option. Call Jim for more information and reservations. email: jimritch@aol.com.

August 20 Sunday Don Stone 412-441-2027
 Hike, exploratory, 10+miles, in Lower Indian Creek Valley from Rt.381-Mill Run Reservoir to the Yough River. See what's left of the 1850 ghost town Hampton and the big blue holes. Creek-crossings and swimming depending on temp. and water levels. \$6.00 carpool-55 miles. Call Don Stone, 412-441-2027

ALLEGHENY GROUP--SIERRA CLUB--OUTINGS THRU AUG. 6, 2000, Courtesy Bruce Sundquist

For a more up-to-date listing, visit their Internet web site. Address:

<http://www.enviroweb.org/alleggheny-sc/>

EVENING CONDITIONING WALKS (Call for meeting time and place):

South Park (year-around). Times/locations may vary. Call Bonnie Thomas, 412-833-1068

Duff Park (Murrysville) Tuesdays and Thursdays. Call Nick Broskovich 724-863-6707

East End Wednesday Evenings, 7 PM. To Frick, Schenley, or Highland Park. Call Don Stone, 412-441-2027

Sat.June 24 Canoe-Snorkel somewhere on Youghiogheny River. Call Steve Tubbs, 412-279-4866

Sun.June 25 Hike, strenuous, on Laurel Highlands Trail between PA31 and US30, including Turnpike crossing. Mountain laurel may be in bloom. This is the longest section of the LHT: 16 miles. May also explore a little. \$6.00 carpool-57 miles. Call Dick Pratt, 412-362-5567

Sun.June 25 Hike an intermediate 10 miles in Roaring Run Natural Area--South Loop-, Painter Rock-, and McKenna Trails. \$5.25 carpool-45 miles. Call John Dern, 412-856-4642

Sat.-Sun.July 1-2 Backpacking in Allegheny National Forest. \$17.50 carpool-150 miles. Call Harold Kotchig, 412-341-1196

Sun.July 2 Hike, moderate, in Laurel Hill State Park w/swimming. Leave Monroeville Park & Ride at 10 AM. \$6.25 carpool-55 miles. Call Monika Vucic, 412-829-2311

Sun.July 9 Bicycling on the Moraine State Park Bicycle Path, with a stop for a swim. Meet at Harmarville (Nat. City Bank) at 10 AM. \$5.00 carpool-46 miles. Call Monika Vucic, 412-829-2311

Sun.July 9 Hike, strenuous and some exploration, over Chestnut Ridge along the gorge of the Youghiogheny River from South Connellsville to Mill Run Reservoir, via Casparis Cave and Indian Creek. Rhododendron may be in bloom. \$5.50 carpool-50 miles from Shadyside. Call Dick Pratt, 412-362-5567

Sat.July 15 Ride one of the most scenic sections of the Yough Trail from West Newton to Boston and back, about 30 miles. In the middle we will hike at Dead Man's Hollow. Call Grace Pischke at 412-731-0966

Sat.July 15 Easy cave trip to Harlansburg Cave. \$2.00 carpool--21 miles from Cranberry Mall. Call Norm Snyder, 412-351-4068

Sat.-Sun.July 15-16 Car-camping and blueberry-picking in Dolly Sods (typically 10 degrees cooler than Pittsburgh). \$16.50 carpool-160 miles. Call Janna Zuroski, 412-422-3406

Sat.July 29 Snorkel Trip on Yough Reservoir. Call Steve Tubbs, 412-279-4866

Sat. Aug.5 Leisurely berry-picking walk near Lock 6 along the Allegheny River. Possible swim. Call Janna Zuroski, 412-422-3406

Sat.-Sun.Aug.5-6 Backpacking in Allegheny National Forest. \$17.50carpool-150 miles. Call Harold Kotchig, 412-341-1196

Sun.Aug.6 Fast-paced intermediate 7-mile hike at Deer Lakes Park. Call Judy or Don Ziegler at 412-826-0519.

New Hiking Guide for the Laurel Highlands Available

The ridges of southwestern Pennsylvania – Chestnut Ridge, Laurel Ridge and Allegheny Front – contain the bulk of the scenic public lands in the region. Nowhere else in southwestern Pennsylvania can one find large expanses of nature-oriented and outdoor-recreation-oriented public lands for public enjoyment. The best way to gain access to the scenery and natural values of the region is by way of the roughly 550 miles of foot trails that blanket the 218 sq. miles of state forests, state parks and state gamelands of the "Laurel Highlands".

The Sierra Club's new guide "The Laurel Highlands: A Hiking Guide", gives you all the information you need to enjoy this major recreational and natural resource. This 288-page Guide describes opportunities for hiking, backpacking and ski-touring on 446 miles of foot trails on the public lands of these Laurel Highlands. Note: It omits the 70-mile Laurel Highlands Hiking Trail because that is described in a separate guide devoted exclusively to that trail. It also omits some trails in the Mt. Davis area of Forbes State Forest, the 26-mile Lost Turkey Trail on Gallitzin State Forest (which offers a map and brief guide), and some trails on State Gamelands #51 adjacent to Ohiopyle State Park. Covered in this guide are the foot trails of the following public lands in the Laurel Highlands:

State Parks, Area (square Miles): Ohiopyle,30; Laurel Ridge,24; Cooper's Rock,20; Blue Knob,9; Laurel Hill,6; Linn Run,1; Kooser,0.4

Forests: Forbes,86; Gallitzin,30

Public Lands: Bear Run Nature Reserve,8; Lower ICV Trail,4

Total Public Lands: 218 square miles

Peaks on ridges in the Laurel Highlands are at altitudes between 2500 and 3000 ft. Allegheny Front is the "backbone" of the Appalachian Mountains in this part of the country. It is the highest, the most rugged, and the most remote from major centers of population. Laurel Ridge is closer to population centers and contains an amazing wealth of public lands—state forests, state parks, and state gamelands. It is probably the most popular region for outdoor recreation in western Pennsylvania. Chestnut Ridge is closest to major population centers but contains less public land so it is not as popular among outdoor recreationists as Laurel Ridge. All of these ridges are heavily forested, largely because the steepness of the ridge slopes makes them poor sites for urban developments. Besides trail descriptions, this 6x9" soft-cover Guide provides 26 pages of USGS topographic maps showing trail routes. Trail routes on the maps are keyed to the descriptive text to make using this guide as easy as possible. This Guide gives other information as well: How to get to the trailheads Information on ski-touring and backpacking in the Laurel Highlands 32 photographs of some of the scenery to be seen along the trails Ratings of trail scenery, condition and difficulty (hiking and skiing), Altitude changes, stream crossing and other maps Information on organizations open to the public that use foot trails foot-trail maintenance, water purification, and hiking ethics "The Laurel Highlands: A Hiking Guide" costs \$11.95 and is available at the Activities Headquarters on Thursday nights, at the Pittsburgh Hostel and Travel Center, or by calling 412-431-4910. For mail orders, send \$11.95 plus 84 cents tax and \$1.50 postage (\$14.29 total) to Pittsburgh AYH / 830 East Warrington Ave / Pittsburgh PA 15210-1560.

foot notes
 trail news for july 2000
 -by jim ritchie

Bad news first: Sometime around the beginning of June, vandals destroyed the Cochran's Mill Shelter near Crooked Creek Lake. Only a week earlier, Patty Brunner and a scout troop had used the backpacking overnight shelter while conducting some trail maintenance in the area. Patty had reported some "youths" coming by the shelter late at night to "check it out" and, finding it occupied by the scouts, spent the rest of the wee hours of the morning, "peeling out" in their cars and trucks on a nearby road, as if to let the scouts know they were angry their favorite drinking spot had been taken. The site had been the apparent scene of regular drinking parties recently, as Mike Nagel, who maintains that area, had reported removing several large plastic garbage bags of beer cans several times this spring.

The Army Corps of Engineers, who manage the land on which the Shelter is located, reported this to me on a Sunday evening, explaining that, because of personnel cutbacks, they no longer are able to patrol the Shelter area very frequently.

So, most likely, the Cochran's Mill Shelter will not be rebuilt, for a while anyway, and if it is rebuilt, it would probably be rebuilt at a different site. In the meantime, the existing site is available for tent camping. However, for security reasons, you probably wouldn't want to camp there unless you were with a group.

If anyone has any information about those people who destroyed the shelter, please call me at (412) 828-0210.

Good Last month, I reported that Leo Stember, Hugh Downing and I have completed the Banyas Bypass of the Rachel Carson Trail in Frazier Township. In fact, Leo was **not** there; instead, I should have said the intrepid **Don Erdeljac** was there and he did a great job of blazing all the poles along Riddle Run Run and Murray Hill Road so that NO ONE will get lost on the Banyas Bypass. In fact, Don has been training on the Trail all the way through May and June, and every time he sees a new tree down, or notices a missing blaze, he runs home, gets his paint or his chain saw, and runs right back out and fixes the problem. Once again, we all say "Thanks, Don" for a doing a great job on the Rachel Carson Trail.

