

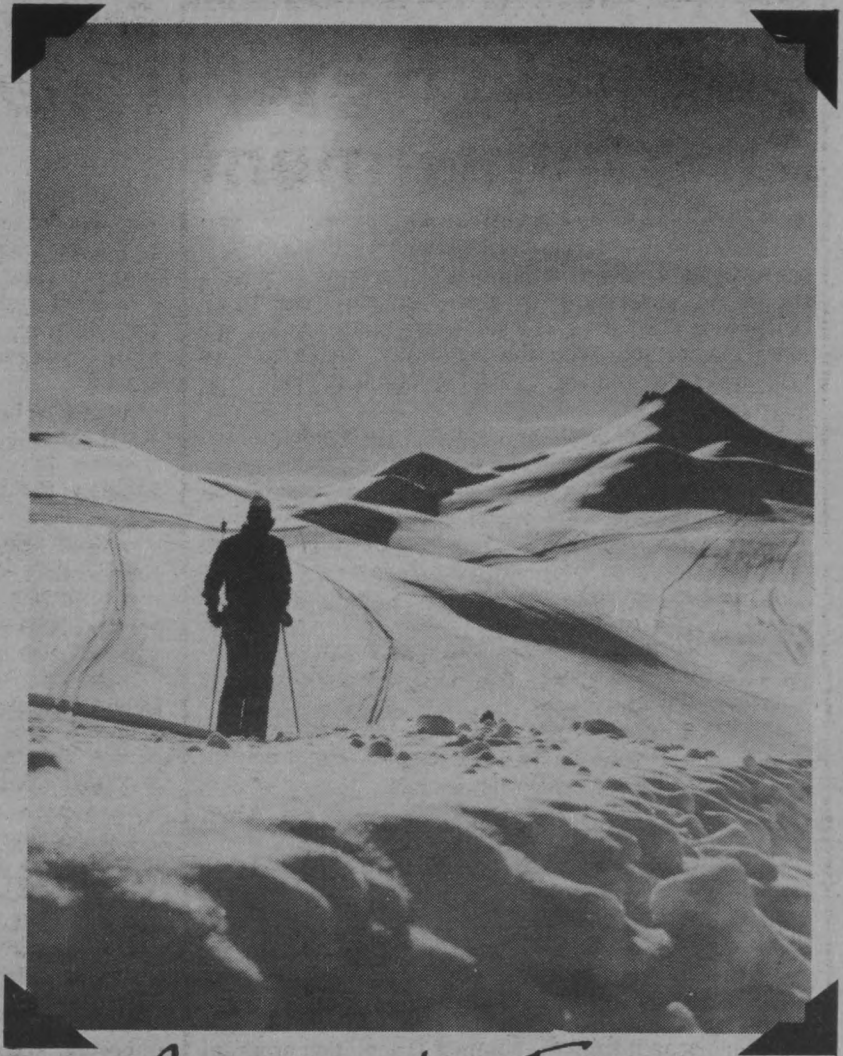
Travel the World

Daily Nexus Ad Supplement

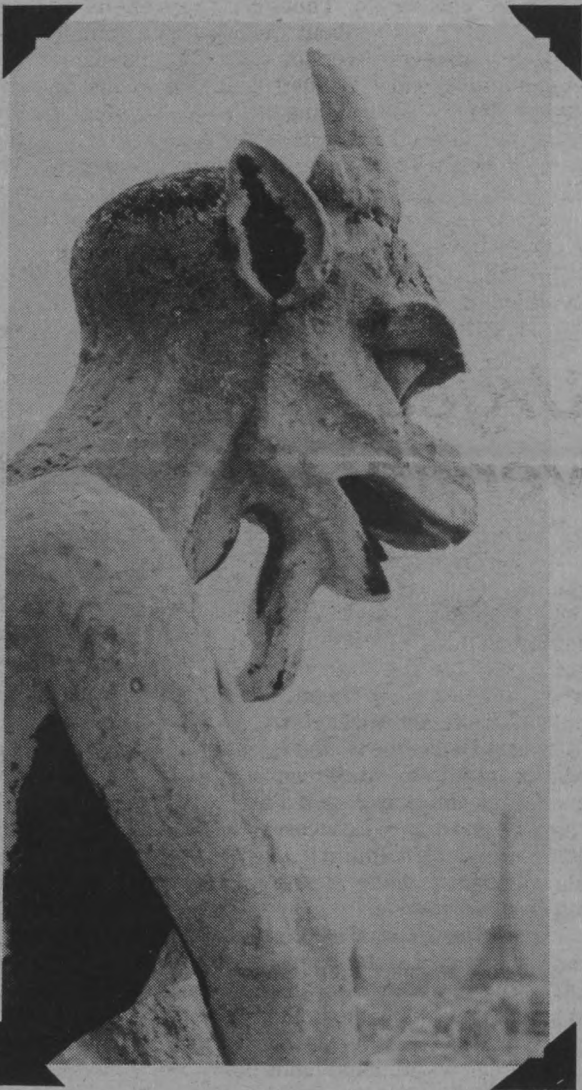
Photos by Greg Harris



Amsterdam, Holland



Courcheval, France



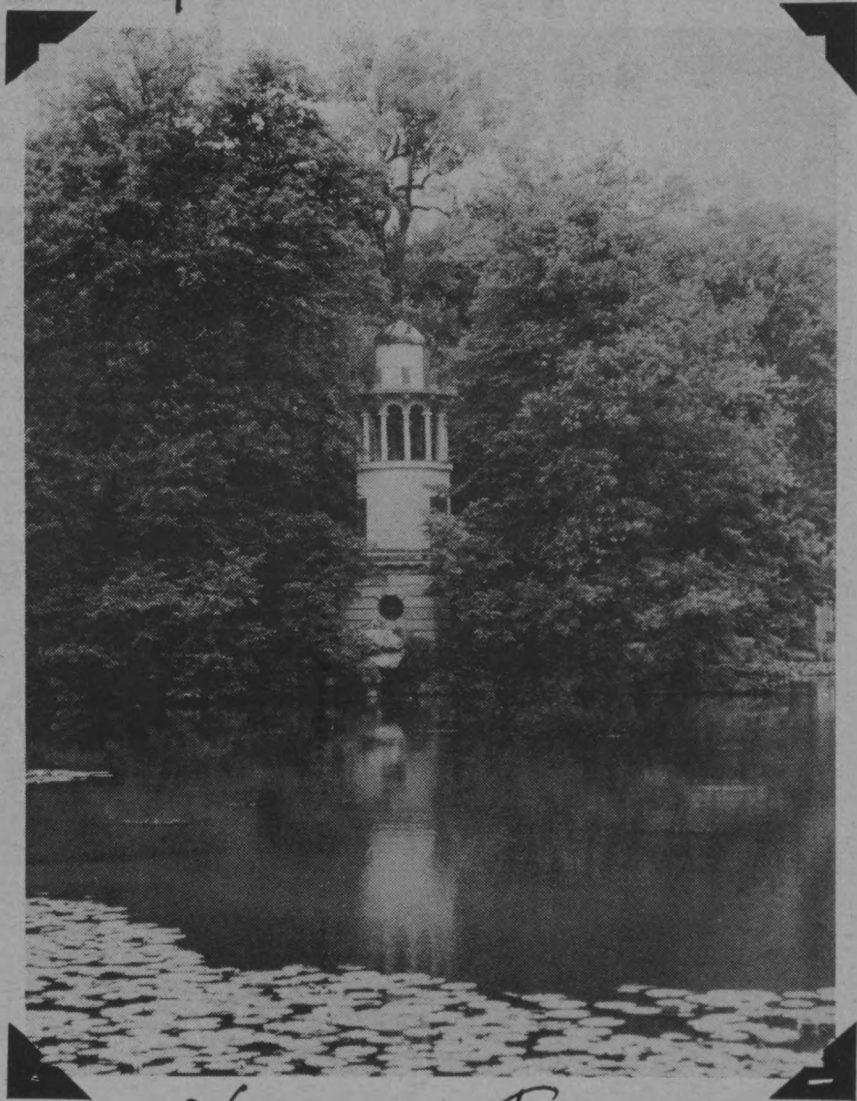
Paris, France



Geneva, Switzerland



London, England



Versailles, France

Rivers Hold Opportunities For White Water Travel

Looking out into the rushing blue water brings pangs of anticipation to any true river runner. Of course the thrill of white water rafting has been shared by many, but still, many people fail to perceive the potential thrill of negotiating a class 4 rapid (difficult white water) or the beauty of the riverbank as they pass mile upon mile of secluded shoreline.

The United States and especially California are filled with potential rivers to travel. River transportation consists of canoes and kayaks, which require some proficiency in handling, and rafts and dories, which can be ridden by just about anyone.

There are differences between each of the four modes of transportation. Kayaks are small, individual craft that allow a great deal of speed and maneuverability. Canoes, like kayaks, are small and easy to maneuver, with room for two or three people plus gear. Both kayaks and canoes are usually easier to transport to the river than larger craft, but once there they take a bit of getting used to.

Rafts and dories vary greatly in size. As few as three and as many as twenty people have been known to ride a single

raft. Dories generally hold between four and eight people. The advantage to the greater number of people can be a sharing of the responsibility of steering, or merely sharing in the fun of riding.

River trips usually have a definite beginning and a definite end. The craft is transported to the starting point by car or truck along with all of the necessary provisions. The provisions include all of the usual camping gear (because fortunately there are no hotels on the river) and many water tight containers.

The heart-stirring excitement of river running is difficult to describe. The excitement usually coincides with the white water encounters where rafters must hang on while being tossed about, or canoers navigate through the rocks and shallow spots. The fun of river running should not be (Please turn to pg.3A, col.1)

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Spectacular views await river travelers.

Discover California's Majestic Wilderness

California; land of Hollywood, sunshine, the 1982 Forty-niners. How far have you explored the wonders of this state? Most people live their lives in the city, ignoring the wilderness California has to offer.

Take the places listed below, for example. Have you ever visited any of these spots...or are you another of the many who are satisfied with cement walls and glass windows rather than towering pines and majestic mountains?

Read through the

descriptions below. Each of these spots is ideal in its own way for backpacking. If one sounds good to you, check into it and make plans to escape to the wilds of this state.

YOSEMITE NATIONAL PARK

Yosemite is one of the most well-known parks in the Western United States and it's less than a day's travel from here. Being a National Park means certain regulations like

wilderness permits and so forth, but careful consideration of park rules is not in the least bit restricting.

Being a popular place, Yosemite can get quite crowded in the summer, however the bulk of the people are those that merely drive through the valley, satisfied to simply look at the spectacular surroundings. To fully enjoy Yosemite you must travel into the back country where little travelled trails and exceptionally scenic landscapes exist.

Late June through mid-September is the ideal time to go. Before mid-June and after mid-September, below freezing temperatures are common. If you're prepared for low temperatures and potential snow storms, early in June and late September will afford you a greater degree of privacy.

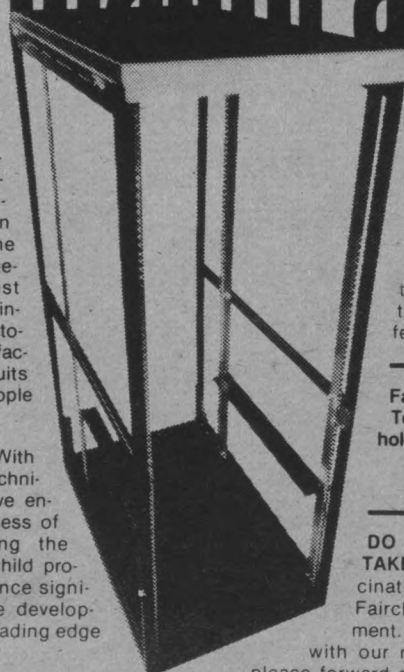
Yosemite is graced with a large selection of wildlife (Please turn to pg.3A, col.3)

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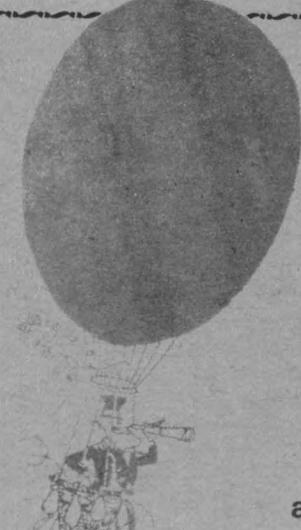
and creative environment, where the advancement of your personal career goals is compatible with our plans for the future. To that end, we have an R&D program designed to stretch your skills to the limit, as well as continuing educational support and inhouse training to enhance your professional development.

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River Running

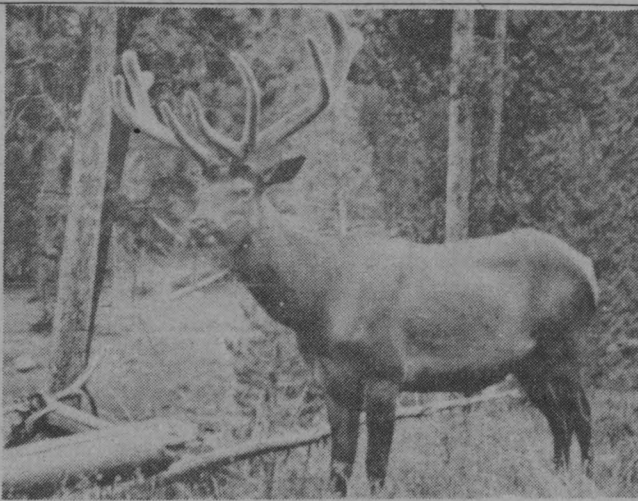
(Continued from pg.2A)

measured by the excitement of the white water because on most rivers white water rapids are few and far between.

The relaxed contemplation one experiences while watching trees and canyons, and a vast array of water fowl and wild life has been the inspiration of many who return to the routine of their everyday lives. The beauty of most rivers is still unspoiled because most travelers are experienced conservationists who take care to preserve our natural resources. However, you may see other parties on your trip, or the remains of their campsite where you stop to camp.

The campsites along rivers are often some of the best anywhere. You might have to hike a few miles, or a few hundred feet to find a waterfall, pool or cave. There is always lush vegetation everywhere because of the water. And sandy beaches are not unusual, though most river water is much colder than the ocean here in Santa Barbara, so swimming may bring chills.

Besides the beauty of the outdoors, and the excitement of



California Parks

(Continued from pg.2A)

including overzealous bears. Be sure you learn how to keep your food out of their reach while you sleep.

DESOLATION WILDERNESS

Another of California's best known wilderness areas is Desolation Wilderness. 63,469 acres are protected and will stand forever forming a kind of miniature Sierra Nevada in itself.

Located in and around Lake Tahoe, this area sets itself apart in its depiction of America's wilderness. With an abundance of lakes, pines, and wildlife, Desolation Wilderness marks itself as a spot of beauty that should be explored.

Weather conditions are similar to those in Yosemite. Mid-June to mid-September are ideal for backpacking, however the first hot spells of the season will bring a torrent of mosquitoes. However, because Desolation is not a tourist attraction, this wilderness allows you the chance to find few people along your trek.

SEQUOIA AND KINGS CANYON NATIONAL PARKS

More National Parks with more regulations but worth following in order to enjoy

this part of California.

Relatively uncrowded, you can enjoy a great variation of life zones, from the eastern slopes of the Owens Valley to the peak of Mt. Whitney at 14,495 feet.

In the canyons you'll find hot, dry, green summers with mostly chaparral, oaks, sycamore, deer, raccoons and more. In the middle elevations are beautiful forests of a variety of pines including the majestic Sequoia. You'll also find deer, black bears and more. The high country is devoid of trees and covered with barren rock with mountain meadows and alpine lakes. If you get the chance to escape into this backcountry, you'll find it surprisingly lacking in population.

CATALINA ISLAND

For those who can't get to a forest or park, this could be your spot. The island is 21 miles long and 8 miles wide with an interior and ocean (Please turn to pg.8A, col.5)



Exciting roller-coaster rapids enhance river running expeditions.

the rapids, there is always the late afternoon exploration of the riverbank and the surrounding area, as well as the evening campfire, that can always be remembered in beautiful memories.

If river running sounds serene and easy, its really not. Although all river runners wear life preservers, they can not be afraid of the water, and must know how to swim. Always present is the danger of falling overboard, capsizing the craft, or even hitting an unexposed rock. All of these dangers are carefully prepared for through training, almost always from someone very experienced.

River trips can either be planned by individual groups experienced in the art of river running, or individuals can join a river trip with an experienced leader for a slight fee.

People interested in river running should contact their travel agent or look for excursions from Leisure Services or U.C. Extension.

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Experience Solo Traveling

You never really know someone until you have traveled with him or her. Friends that travel together often end their voyage as enemies because of minor squabbles about where to eat dinner that night and which museum to go to, as well as over not so minor squabbles such as who gets the window seat on the train.

By traveling alone, you can avoid these complications, in addition to finding out a lot about yourself. Going it alone can be a very rewarding experience as long as you realize that there are some drawbacks to not having a companion.

The best part of traveling alone is that you can go wherever you want, whenever you want. You can be completely spontaneous if you choose, deciding each morning where you will spend your day. You can also change your plans whenever you want, without hearing any complaints from a companion.

To do this, you must be self-motivated, because you won't have anyone dragging you out of bed at 8 o'clock each morning to go sight-seeing. It is helpful to write a rough list of the places you want to see, leaving room for last minute changes. This can be especially beneficial in a large city where you'll be doing a lot of walking, and will want to see things in a certain order to save time and the soles of your shoes.

Museums seem to be a major source of friction between people traveling together, especially when one is interested in the art of the Renaissance, while the other only likes Dali. Believe it or not, there are some people who want to skip the museums altogether. When you are alone, you have the option of spending three hours in the sculpture garden of The Museum of Modern Art, while avoiding an entire wing of The Metropolitan.

(Please turn to pg.8A, col.1)



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Danish Atmosphere Lures Tourists

Yah, Yah! It's nearby Solvang!

Where else in California can you see a working windmill as part of the skyline? The finest Scandinavian tourist spot this side of the Atlantic is the community of Solvang, located just 45 minutes north of Santa Barbara.

A quaint tourist mecca since the 1920s, Solvang is noted for its Danish farm architecture and nationalistic flavor. Flags of red and white grace the brick and masonry walls. Wooden timbers criss-cross the masonry and beautiful leaded stained glass windows catch the sunlight. Windmills, a few of them operational, and beer gardens are found between the most spotless cafes in California. In the air, the smell of fresh-baked bread and the finest of Danish pastries lingers.

Past the cobblestone and brick sidewalks moves a streetcar, drawn by a matched pair of flaxen-colored draft horses clad with ornamental harness. Their bells ring out as the 45-minute tour, complete with narration, begins. For only \$1 you can become an expert at the things to see and do in the Danish community.

Even the sculpture reflects the Scandinavian tradition. A duplicate of the "Little Mermaid," a storybook figure made famous by Hans Christian Andersen's tale, is located alone one sidewalk. A bust of the storyteller himself stands in the park.

Without a doubt, something a visitor should not pass up is a taste of aebleskivet. It is a round, ball-shaped pancake that is browned until crispy and then dotted with powdered sugar. A definite treat. (Forget that waistline watching for a while!)

To remind you that, yes indeed, you are still in California, you can tour the Old Mission Santa Ines. For a small fee, you can take a self-guided tour of the restored mission, built in 1804 by the Spanish padres as a part of the California chain.

There are many, many fine places of accomodation in Solvang and the surrounding area. Restaurants of every size and shape, and shops with almost everything under the Scandinavian sun are ready to welcome you. For further information you can call (805) 688-3317. Gutendag!



Explore East Coast

Bangor. Greenwich Village. Long Island. Manhattan. Boston. Hartford. Philadelphia. Washington, D.C. Alexandria. Nashville. Cape Hatteras. Savannah. New Orleans. Orlando. These just some of the cities and places of interest to the East Coast traveler. And the list goes on, with the Blue Ridge and Allegheny mountain ranges of West Virginia, autumn in New Hampshire, Florida's Everglades, the rolling hills of South Carolina, and the Kentucky Derby in Bowling Green.

Traveling on the East Coast is, like traveling anywhere, moderately expensive and full of adventures. But like nowhere else in the world, the East Coast is a place of history that is particularly American, and is an experience unrivaled in its offering of fascinating insight into American life and culture.

For most Californians, of course, traveling on the East Coast means first traveling to the East Coast. This first may be the most expensive undertaking of a well-planned trip: plane fares as they are, frustratingly cheaper than most train fares, and the options of bus or car are at the least uncomfortable in the chunk of time each can take out of your travel. However, if time is yours to spend for a minimum of three days straight travel, and money is indeed an object, then Greyhound or the reliable Chevy are probably your best bet for getting from here to there.

What flying to the East does is to get you there quickly. You don't see much from two miles up, naturally, but once you land in New York, Virginia, or Florida, or any other spot in the East, you're in for more sights than you could ever hope to soak in. Driving east, or taking the train, is much slower, but you get a taste of the whole country along the way.

There are two methods of travelling the East Coast, once you've arrived at a given spot from which you want to start your exciting journey of discovery. The first is the Hop, Skip, Jump, in which the traveler hits selected points of attraction—say New York City, Washington, D.C., Cape Hatteras, South Carolina, and Disney World in Orlando, Florida—and leaves with a few postcards, some good memories, Kodak-style snapshots, and an empty pocketbook. That's the jump part. The second method is the Appreciation Waltz, a rather elaborate description for a long, take-what-comes-and-realize-it's-part-of-America drive from the lobster house in Bangor, Maine, to the orange groves of south Florida. Hop, Skip, Jump has its merits, yes, but the Appreciation Waltz is much preferred.

Which is a second element of traveling the East Coast. Only one way of transportation will allow you to execute the Waltz with

(Please turn to pg. 8A, col. 1)

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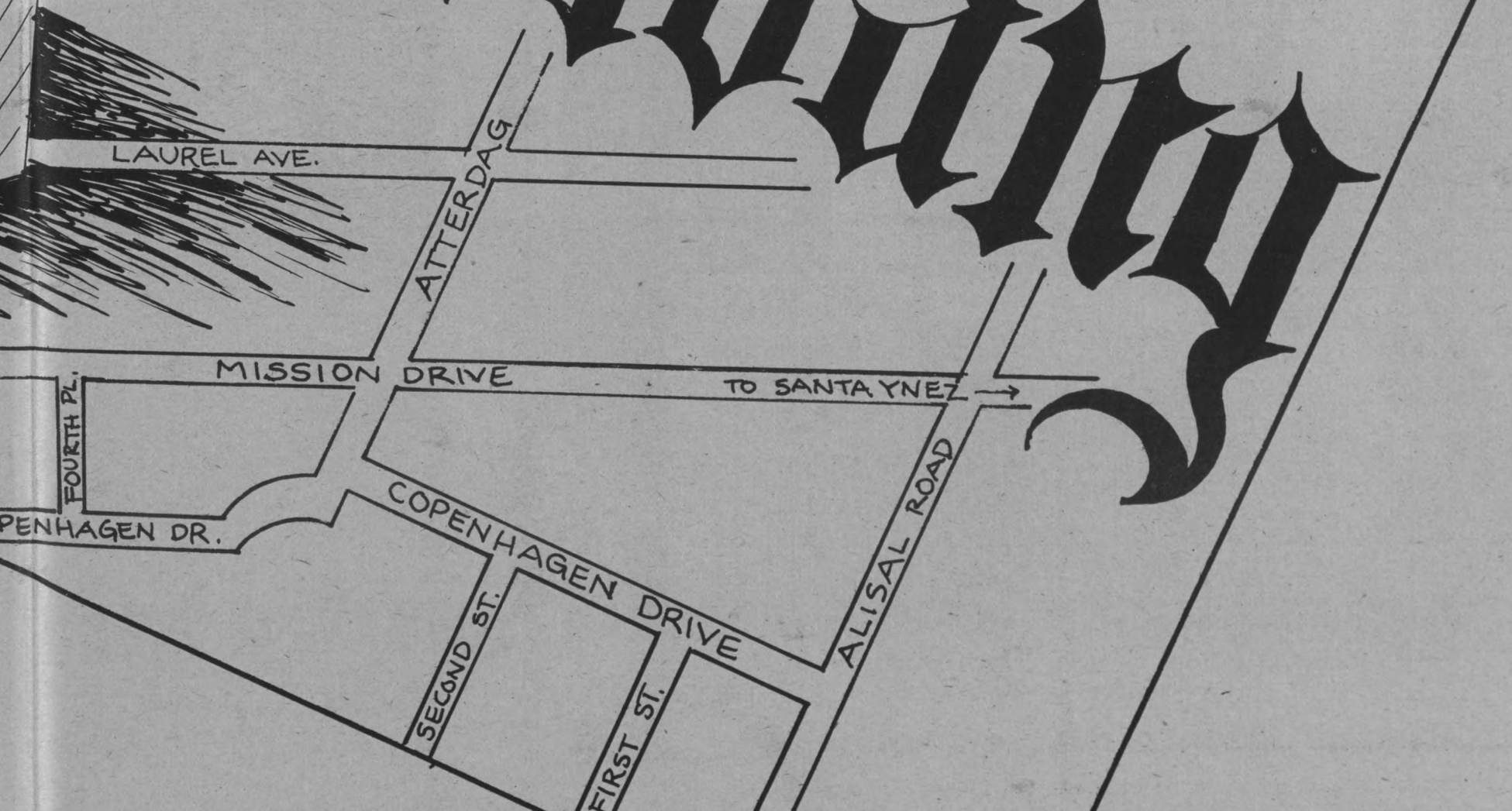
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Blend Academics With Travel On Semester At Sea Program

Have you ever dreamt of seeing the world: of swimming in sunny Sri Lanka, shopping in Hong Kong and visiting the Taj Mahal, the Acropolis, and the sphinxes?

These don't have to be just dreams, or even something to do when you've retired. The Semester at Sea program, open to all college students, can give you a chance to see the whole world, and learn while you're experiencing it.

Semester at Sea, operated through the University of Pittsburgh, takes students from all parts of the United States to twelve different ports: Japan, Taiwan, Hong Kong, China, the Philippines, Indonesia, India, Sri Lanka, Egypt, Greece, and Spain. This was the itinerary for last semester's voyage, which sailed with 28 UCSB students aboard.

The ship, the S.S. Universe, is a 424 foot ocean liner set up with complete classrooms. These accommodate the unique aspect of Semester at Sea, which blends academics with travel.

Students on board are officially enrolled in the University of Pittsburgh and are required to take 12 semester units. Sixty upper and lower division classes are offered, mainly in general education areas, though some major courses are available as well. The classes, taught by professors from institutions around the country, follow an "A day" and "B day" schedule and run 75 minutes each.

What is exceptional about learning while traveling is the blend of the classes with the countries.

For instance, one popular sociology class, Cross-Cultural Perspectives, examined the development of current attitudes, morals and social standards in the countries and areas visited. Another course, Political Violence and Revolution, studied the various terrorist groups of these

nations and traced their development and motives. Even a standard science course such as geology would relate to the itinerary by studying the geology of India, Japan or Spain.

In essence, the S.S. Universe is a floating university, giving each participant the chance to see places most people just dream about, and providing more background and understanding of each country than any tourist could probably have.

Yet the Universe is also "home" for three-and-a-half



(Above) See foreigners in their natural environment (Right) while traveling and studying on the S.S. Universe.



months, exposing students to a confined living situation where your roommates are your classmates, and you dine with professors, their wives and their children. You get to know your schoolmates, deans and faculty better than you may have known any before.

Most everyone grows to treasure the living aspect of the shipboard experience. Such close proximity cannot help but build a community feeling, which makes the days at sea not days to be endured but days filled with continuous enjoyment and activity.

Volleyball, aerobics and swimming in the saltwater pool are all available for the exercise-oriented. For still others there are happy hours, dances, and holiday parties. There is also the full gamut of clubs which sponsor "tuck-in" services or Monte Carlo nights. It's virtually impossible to

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be bored, or not feel a part of this zealous unit.

This feeling of community spills over even while you're in the various ports. The easily recognizable shipmate becomes an immediate friend if you find yourself lost in a crowd of foreign faces and tongues. This sense of not being alone makes the travel more relaxing. Though your time is your own in port, there is security in knowing you belong with a large group that's competent enough to handle any serious problem you may encounter.

You may also take advantage of the opportunity to participate in ship-sponsored tours which give city orientations or visit national museums, universities and performances. For more major points of interest there are optional pay-trips going to such places as the Taj Mahal, the Great Wall of China, or Delphi in Greece.

Most importantly, each port can be what the individual makes it. You can go as far or stay as near as you like, and invariably you'll meet natives who help you experience their country, and become friends and memories for life.

Shipboard education gives you the world as a classroom. The voyage gives you exposure and experiences you'll retain forever. The University of Pittsburgh gives you the organization, the opportunity and the credits. Don't spend your life and youth hoping to go someday; instead spend a semester at sea.

For more information, write to Semester at Sea, University Center for International Studies, University of Pittsburgh; Pittsburgh, Pennsylvania, 15260.

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Tues., Jan. 19th

*12-1: **RALLY** in Storke Plaza
Speakers on:
• Budget Cuts at UCSB • World Hunger
• Nuclear Weapons & the Peace Movement • Foreign Policy

*1-2:30: **TEACH-INS** in Storke Plaza by Member Groups
Learn More About the Issues and What You Can Do

Wed., Jan. 20th

*12-1: **RALLY** in Storke Plaza
Speakers on:
• Reaganomics: Weapons vs. Welfare • Women's Rights
• Registration and the Draft • Minorities in America

*1-2:30: **TEACH-INS** in Storke Plaza by Member Groups
Learn More About the Issues and What You Can Do

*1-6: **FILMS & SLIDE SHOWS** in UCen 2272
See Program for More Details

*7-9:30: **BLASE BONPANE** Speaks on Liberation Theology
With Film "El Salvador: Another Vietnam?" in Broida 1610

*9:30-?: **SOLIDARITY GATHERING** at Borsodi's
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Thurs., Jan. 21st

*12-2: **RALLY** at the UCen Lawn (by the lagoon)
Speakers on:
• Resource & Government Waste • Bottle Bill: Water Resource Initiative
• Disarmament & Third World Development • Energy Policy
• Nuclear Weapons Freeze • James Watt

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A.S. Legislative Council	People Against Nuclear Power
A.S. Student Lobby	Reagan for Shen Committee
Black Students Union	Santa Barbara Study Group
• Chaudhri 28	Students for Economic Democracy
Coalition to Stop the Draft	Student Hunger Action Group
El Congreso	Third World Coalition
Friends of SUNRAE	UCSB ARSOME
Friends of the River	U.C. Weapons Lab Conversion Project
Graduate Students Association	



Experience Foreign Cultures While Touring Europe

Imagine a balmy summer night on the French Riviera, the surf beating on the beach, soft music playing in the distance, and the best French cuisine you've ever tasted, served by unerring waiters. Or instead visualize huge beer gardens jammed with crowds all laughing and singing to the oomp band playing songs of days gone by. Or maybe even better, dream of spending the day wandering among the ancient ruins of Rome, standing where Caesar may have given one of his greatest speeches. Though all of these fantasies vary in experience, each can become a reality and enjoyed equally in only a short trip to one of the world's most exciting areas, Europe.

European travel used to be limited to the select few with plenty of money and time to spare, but today with competing airfares and planned, budgeted travel, taking off to ski down the slopes of Switzerland or to gawk at the crown jewels can be very reasonable.

Before running down to the airport though, plans should be made well in advance, including a good idea of exactly how much money you will have to spend. Travelling in style, in other words with bucks to burn, can be great fun. You can stay at all the best luxury hotels and dine with world famous chefs. But with today's inflation and the economic standing of most students, travelling among the jet set is impossible. Therefore, making a plan of action is a must. If you don't, you'll find yourself spending \$40 a week on food alone!

Exactly how much you

spend in Europe depends on where you are and how you to choose to live. You can travel cheaply anywhere but you have to try a lot harder in some areas than in others. For instance, \$10 in Portugal will get you a good restaurant dinner and a night in a hotel, but in London you would barely get a dorm floor space and a small bag of groceries.

Therefore, when planning, choose a limited number of countries you wish to visit, with emphasis on the cheaper spots. The most expensive countries in Europe today are Switzerland, Austria, West Germany and the Netherlands, with both Britain and France following close behind. So try to move quickly through these countries and get more for

your money in Italy, Spain and Greece. While in the more expensive countries, the best idea is to stay in the countryside in small farm house hotels. The hospitality is wonderful and you'll find that you get a better understanding of the country and its people.

Big cities anywhere are expensive but, unfortunately, irresistible because of their collection of art and culture. The key to saving money is to stay away from tourist traps and choose a reasonable place to sleep. Hostels are a cheap and acceptable lodging for anyone on a budget. Prices vary from \$2-\$5 with the average around \$3.50 a night. In order to take advantage of these cheap nightly fees however, most hostels require purchase of a

membership card which is good for hostels all over the continent and British Isles. The cards can be bought at any hostel the first night you arrive.

After settling in, be sure to decide exactly what museums and areas around the city you wish to visit. Most businesses close down from noon-2p.m. everyday for lunch, so plan on spending this time wandering the streets and just watching the crowds.

Transportation around cities can also be expensive but there are plenty of mass transit systems which can help out. Whenever possible, walk to where you are going; you will see much more of the area and get a better feeling of the country than if you spend half your time on a bus. Besides, walking is free. If you must use the transit systems opt first for the subways, which are usually very cheap and will get you wherever you wish to go quickly and conveniently. Only take a taxi if absolutely necessary. Many European taxis have no meters and if they know you are foreign, especially American, they will often take you for a long ride which adds up to a big bill.

Travelling between countries can also be very cheap. European trains are still the cheapest, and are a very convenient mode of transport. Unlike the United States, Europe has retained the romance and convenience in their trains, which we lost long ago. While getting a look at the countryside, as well as advancing to the next locale of visit, travellers can meet people of all ages and



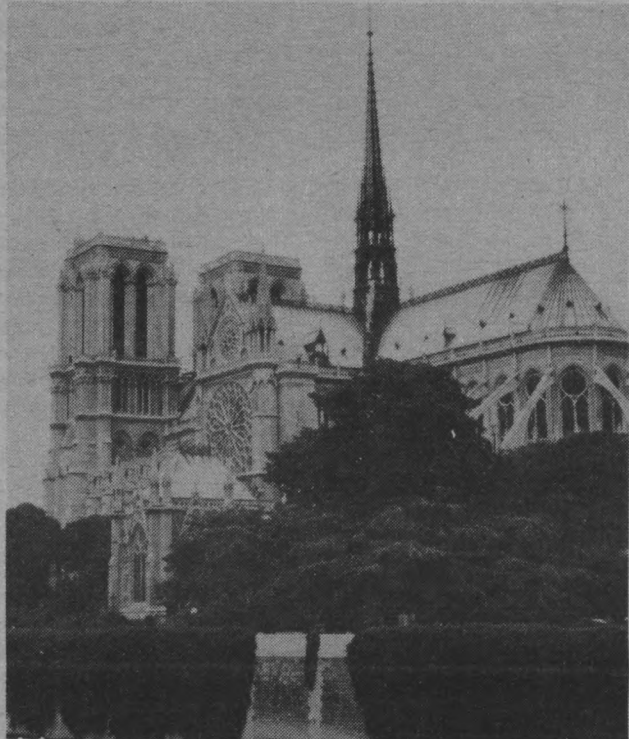
Nice, France.

NEXUS/Greg Harris

nationalities, giving them a broader outlook on the area. Bring food on board and be prepared to share; everyone becomes very close, quickly. Travellers under 26 can purchase a Eurail Youth-pass which will allow them free access on all trains for the two months the pass is valid. With the pass the only extra charge you will have on the trains is for a berth, if you choose to sleep horizontally. The pass is a must if you plan to travel by train frequently. A word of caution, however: do not try to overuse the pass and get the most for your money by jumping from country to country, or you will get home with only a blurred memory

of train stations and conductors. For those over 26, an Interrail pass can be purchased for a slightly higher fee, but it offers all the same services.

Europe is full of good deals for travellers if they just keep their eyes open. Before leaving, talk to a travel agent and find out what new opportunities are open for travelling students and how far in advance you should buy your tickets. Then, once in Europe, be sure to check with the local student agencies on special events and happenings. With these basic guidelines, dreams of foggy London and snow-covered Alps can come true.



Notre Dame in Paris, France.

NEXUS/Greg Harris

Youth Hostels Offer Low Cost Alternatives For Travelers

There's a trip to satisfy every taste, pocketbook and age in the new 1982 "Highroad to Adventure" brochure published by American Youth Hostels, Inc. The "Highroad," a passport to adventure which is available free from AYH national headquarters here, describes a wide variety of creative, low-cost, organized trips and tours throughout North America, Europe, Africa, China, Israel and Australia.

In all, there are over 50 low-cost adventure tours and every tour is planned to satisfy the person looking for a unique travel experience and a camaraderie that is a special ingredient of hosteling and hostels. "Highroad" tours range in length from 3 to 46 days and cost as little as \$96.

Of special interest this year are many of the new trips to various parts of the United States and the world. One of these, the 14-day "Spectacutour" is designed for adventurous souls who will sailplane, ride in balloons, rock

climb, white-water raft, hike, horseback ride, ride aerial tramways and jeepride in the spectacular Colorado Rockies. The price is \$1095 which also includes transportation, meals, lodging, tour guide and insurance.

In addition to mini-bus tours there are trips for the cycling enthusiasts such as the 14-day "Salty Dog" trip for just \$390. This easy cycling tour is designed for the novice and intermediate cyclist who enjoys the sun, sea and sands of Cape Cod, Martha's Vineyard and Nantucket. There are

(Please turn to pg.8A, col.5)

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Rediscover America

(Continued from pg.4A) Astairean precision. Drive. Much of the ties between cities and communities back East is made of asphalt or concrete, and there's no better substitute for the convenience of going where you want to and seeing what is there than a car. The automobile lets you set your own schedule and gives you, in the event of financial problems, a warm place to sleep.

Whether you've chosen the HSJ or the Waltz, an itinerary of travel is a must. Unless the lure of adventure is so strong as to lend you free rein over time and space, not to mention money, you should plan a fairly rigid schedule of what you'd like to be doing on

what days. Suppose you have two weeks of travel time on the East Coast; plan your itinerary so that you spend no more than a few days in any one state, and so you can arrive at your final destination unhurried. You might spend the weekend in New York City, for instance, taking in a Broadway show and such attractions as the Statue of Liberty, the World Trade Towers, Central Park, CBS Studios, and the United Nations Building. Then for two days, you're driving southward, taking in Boston and Hartford, Connecticut. If it's autumn, be sure to drive through the Blue Ridge Mountains and West Virginia: what you'll witness is Nature's own symphony, a color-concerto of beauty in transition. Then for three

days you're seeing Washington, D.C. (be sure not to miss the Smithsonian Institution, the Capitol Building, and the Library of Congress), Alexandria, Virginia, one of the nation's oldest port cities, and Cape Hatteras, a wonderfully quiet resort area that is your first glimpse into the South as it was in the days of Jefferson Davis and John Calhoun. The rest of your trip will be divided among Bowling Green and Kentucky bluegrass, the peanut farms of Georgia, jazzy and brilliant New Orleans, and perhaps Florida's Busch Gardens or Cape Kennedy.

Eating when traveling the East Coast depends to a certain extent on your tastes, and on the places you choose to spend your mealtimes. For the most part, when presented with "the best restaurant in town" and Ma's Oldtime Barbecue on Pitt Street, go for the home cookin'. This is particularly wise in the South: the best food in the state, and the true food, doesn't come from Cordon Bleu chefs; it comes from the generations of

homemakers who have fed the South since the Civil War. But there are exceptions: in New York, for example, one is hard put to find so-called home cooking. After all, it's a city, not a milltown. There the choice is yours, as it is in Washington, D.C. and other large cities, although cabdrivers or street vendors can usually recommend a good eatery.

There are a hundred cultural experiences along the way. In New York, Chinatown and Saks Fifth Avenue paint pictures of poverty and wealth. In Boston, liberalism at its historical best, and the breathtaking presence of American colonial heritage. Washington, D.C. is a center of government not just for the nation, but in the world as well. In Georgia, the traffic cop who stops you for speeding on Highway 1 may actually invite you over for dinner, a practice not uncommon in the South.

Plan your trip, adjust your expenses, and if you don't waltz, at least foxtrot. After all, you'll never see America like this again, even if you come back in a year. The East Coast, travelers should remember, is a world apart from the rest of the country.

Travel Alone

(Continued from pg.3A)

Before packing up, and seeing the world by yourself, there are some things that need to be considered. Most importantly, traveling alone can be dangerous for women. Using common sense can alleviate many problems, however. There are sections of every city that should not be ventured into alone, even during the day. Almost any good guidebook can tell you which neighborhoods to avoid.



The Hague in Holland.

NEXUS/Greg Harris

Most problems seem to arise on buses and subways, but knowing where to sit will help you avoid any unwanted contacts with unappealing characters. On a bus, either local or long distance, sit up front near the driver. On long distance rides, the back seats seem to always be occupied by people that look like the kind that your mother always told you to avoid. Avoid them. If you can't get a seat up front, sit by some old lady or a family with screaming kids.

Another drawback to traveling alone is that there isn't anyone to share exciting discoveries with. This is where a journal or travel diary comes in handy. By writing down your experiences, you can share them with your friends when you get home.

If you are the type that enjoys going out to fancy dinners or clubs, you may not want to on your solo vacation. Men do not usually experience any problems, though women do. This may change one day, but women still get treated poorly when alone in a restaurant, in addition to getting strange looks from the other customers. One woman had made reservations for herself at a famous restaurant, only to be told when she arrived that they would not seat her. Be prepared for this kind of insulting treatment.

Despite these few negative points, traveling alone can be an incredible experience. Very often, the trip may seem lonely and depressing until you look back at it and realize how much you learned about the world and yourself.

Youth Hostels

(Continued from pg.7A)

12 departure dates for youth and adult groups leaving throughout the summer months. Besides "Salty Dog" there are 25 other cycling tours throughout the United States and Canada.

For those who want to travel abroad, American Youth Hostels sponsors a number of trips that will explore the back roads and enchanting cities of the British Isles and the Continent. One such tour is "Romantic Roads." This 45-day cycling tour rambles along the romantic roads of Bavaria, Switzerland and the French Riviera and includes the charming cities of Bern, Luzerne, Munich and Nice.

For adventuresome travelers looking for a trip that is completely out of the ordinary, AYH has hiking and bicycling trips through China, including a 3-day visit to an agricultural commune. Also offered is a two-week bus tour through Mexico and a three-week bus tour to exotic India.

American Youth Hostels also offers a number of trips for the individual traveler who does not want to go on an organized tour. "Australian Adventure," for example, includes 30 days of youth hostel accommodations, a 30-day bus pass good to any destination served by Australia's Greyhound Lines, plus 10 percent off on sightseeing tours in Adelaide, Brisbane, Alice Springs and other cities across Australia.

The "Highroad" also includes an Israeli trip. This 7-day package costs just \$437 for two people. Included in this price is a compact rent-a-car, seven nights accommodation with two meals, and free entrance to museums and parks throughout Israel.

There is one element every trip in the 1982 "Highroad to Adventure" has in common and that is hosting with over 5000 hostels presently in operation in 50 countries. Hosting is sharing a travel and living experience with others and brings people from all over the world together in unique, low-cost accommodations ranging from cabins to castles, ships to lodges, hotels to lighthouses.

Other travel services include custom designed group tours to just about anywhere in the world. AYH will handle all accommodations, transportation and meal arrangements for a small fee, and provide each group with detailed instructions, maps and information about the destinations to be visited.

The 1982 "Highroad to Adventure" is available free by writing to American Youth Hostels, Inc., Travel Department, National Administrative Offices, 1332 "I" Street, N.W., Suite 800, Washington, D.C. 20005, or by calling, tollfree, 800-424-9426.

California Parks

(Continued from pg.3A) coast crossed with 75 miles of hiking trails.

Much of the island remains wild, dotted with cliffs, long narrow canyons, caves, coves and inlets. Not only that but the island is inhabited by buffalo (yes, it's true), mule deer, wild goats, boars and Catalina Fox, as well as more than 100 species of birds.

With a Mediterranean climate, Catalina is a good place to visit in September and October when the crowds are gone.

DEATH VALLEY NATIONAL MONUMENT

It's the hottest and driest place in the U.S. with summer temperature near the 120 degree mark. Needless to say, avoid it in mid-summer. Winters are mild and occasionally cold.

Much of the valley is barren of vegetation but some areas offer a sparse

cover of desert plants. You'll also find rabbits, rodents, coyotes, kit foxes, bobcats, desert big horn and wild burros - descendants of animals lost or abandoned by prospectors.

MAMMOTH LAKES SIERRA

This 50-mile portion of the eastern slope is spectacular in contrast with the western slope in that it drops abruptly thousands of feet to arid valleys far below.

Also in contrast to the west slope rivers and dense forests, the eastern slope hosts smaller streams and fewer forests, less dense in their nature. The land is spacious with grand views all around.

The area, kept green by Pacific storms blowing across Mammoth Pass and Minaret Summit, is known for the distinct color in the rocks of the area.

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