



HEA WORKSHOP

A few suggestions for things to do while you're in Alaska...

During the workshop:

Remember it doesn't get dark, so after the workshop you could ...



Start at the Log Cabin Downtown Visitor Information Center

Begin any exploration at the sod-roofed cabin. Friendly, knowledgeable staff can provide brochures, maps and information about Anchorage. Open daily, year-round. 4th Ave. & F Street. <http://www.anchorage.net/628.cfm>



Visit the "Alaska Native Heritage Center"

Hours of Operation

Summer 2009 - May 10, 2009 - mid- September 2009

Open Daily, 9 a.m. - 5 p.m. Phone: (907) 330-8000, Toll-Free at (800) 315-6608

Admission: Adults - \$24.95 – This wonderful center is only about 15 minutes away from the university. Check out their website for details. <http://www.alaskanative.net/>



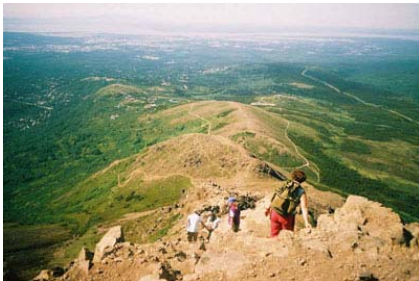
Go biking on the Coastal Trail

<http://www.alaska-bike-rentals.com/default.aspx>

333 W. 4th Ave. #206 Anchorage, AK 99501

(907)279-5293, fax (907)279-8338 BicycleAlaska@aol.com

Anchorage, AK is a "Bike Utopia." So says the November 2004 issue of *Bicycling Magazine*. It states: "Within the city limits of Anchorage you can find more than 400 miles of single and doubletrack open to bikes in the summer and winter." The 2008 *Anchorage Daily News Visitor's Guide* writes: "If you don't spend at least a couple of hours on a bicycle during a stop in Anchorage, you're missing out on what could be the highlight of your vacation. . . . Anchorage has more than 120 miles of paved trails. . . ." There are four **paved** greenbelt bike paths in Anchorage. The crown jewel is the **Tony Knowles Coastal Trail**. The other three greenbelt trails are the **Lanie Fleisher Chester Creek Trail**, the **Campbell Creek Trail** and the newly-opened **Ship Creek Trail**.



HIKE Flattop Mountain

One of the most popular hikes in Alaska, this 1.5-mile, steep trail rewards trekkers with a panoramic view of greater Anchorage. You can arrange for to take a shuttle bus from downtown anchorage or get directions and drive there yourself.

<http://www.alaska-bike-rentals.com/MoreInfo/FlattopMountainShuttle/tabid/108/Default.aspx>

Phone: 907-279-3334

Email: bicyclealaska@aol.com



Take a drive down Turnagain Arm.

Just south of Anchorage, the Seward Highway hugs the dramatic shorelines of **Turnagain Arm**, arguably one of the most beautiful stretches of highway in America. Chugach State Park's 3000-foot mountains jut up on your left.

On the right, the sprawling, sometimes four-mile-wide flats of Turnagain Arm seem to stretch like a plain to the opposite shores of Cook Inlet, where mammoth sloping mountains abruptly stop their flat expanse. Each turn reveals another scenic wonder. Take in a few of them in about two hours-plus, or make a day of it.

Stop at the road side stops to look for moose. Read about the various stops along the way and watch a video at <http://alaska.org/driving/turnagain-arm-drive.htm>

Before or after the workshop....



Take the train

North to Denali National Park or South to Seward and Kenai National Park



Denali National Park

- Train reservations must be made in advance. For information go to <http://www.akrr.com/>
- Once at Denali you must take a bus into the park. NPS Bus Reservations into Denali must be made in advance. For National Park info on Denali go to: <http://www.nps.gov/dena/>



Kenai Fjords National Park near Seward

- Train reservations must be made in advance. For information go to <http://www.akrr.com/>
- National Park info <http://www.nps.gov/kefj/>

Visit Kenai Fjords National Park –Get there by car, train, or bus.

Read about how to visit: <http://www.nps.gov/kefj/>



- Kayak at Kenai National Fjords
<http://www.nps.gov/kefj/planyourvisit/kayak-touring.htm>



- Take a full or half day cruise out of Seward to Kenai National Fjords
<http://www.majormarine.com/>



Visit Exit Glacier part of the Kenai Fjords National Park - Near Seward Alaska

<http://www.nps.gov/kefj/planyourvisit/exit-glacier.htm>

<http://www.nps.gov/kefj/>

Exit Glacier is the only part of the park accessible by road. You can stroll the trails, walk very close to an active glacier or take a [ranger-led walk](#). It is a place where you can witness up close how glaciers re-shape a landscape and learn how plant life reclaims the barren rocky land exposed by a glacier's retreat.



For the really physically fit....take a guided hike of Exit Glacier.

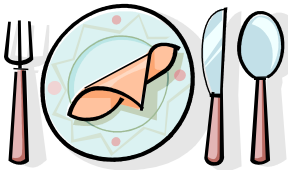
A guided glacier hike on Exit Glacier with “Exit Glacier Guides” located in Seward Alaska. To see great photos and watch a movie of this hike go to:

<http://www.exitglacierguides.com/index.html>

*“We are a [Seward, Alaska](#) based **guiding** and **hiking** company focused on providing affordable **tours** in the [Exit Glacier](#) area of Kenai Fjords National Park. We have been running our hiking tours out of Seward for seven years now, and we are the only company in town offering guided glacier tours. Our tours allow adventurous folks to **ice climb** and **hike** directly on the surface of this magnificent natural attraction. We also offer a cheap ride to Exit Glacier from [Seward](#) via an hourly, eco-friendly [shuttle](#).”*



Take a 26 glacier day cruise out of Whittier - <http://www.26glaciers.com/>



Restaurants in and near Anchorage:

Double Musky - Girdwood 35 miles south of Anchorage Cajun Alaskan fusion my favorite place to eat in AK

The Moose's Tooth Pizza - best pizza great salads and even better bear made right there right on the Seward Hwy in Anchorage.

The Bear Tooth Grille - great food great drinks lots of good tequila the theater pub is right next door you can drink a pitcher while you watch your movie and eat if you want.

Simon and Seaforts - best seafood in downtown Anchorage great view of the inlet, a little pricey.

Glacier brew house - good food good micro brew good bar, wood fired oven and great salads. ps awesome bread pudding and crem brule.

Gwennies - True Alaskan restaurant, their breakfasts are fantastic and large you'll be set for the day. The building was originally a brothel. Right across from the Harley dealership and close to lake hood the largest sea plane base in the world. Might want to walk around the lake after a Gwennies breakfast, its about a 4.5 mile walk.

7 Glaciers - awesome place to go for a drink and maybe apps. You have to take the tram up from the Aleyeska resort, beautiful view of Girdwood and Turnagain Arm of Cook Inlet. Girdwood 35 miles south of Anchorage



HIKING:

Winner Creek: A favorite hike in Girdwood it starts at the Aleyeska resort in Girdwood right under the tram.

Eklutna - just past Eagle creek toward the valley lots of hiking, you can rent canoe's or kayaks and paddle around the lake. You can even rent Mt bikes out there.

Flat Top Mt. - you can see it from anywhere in the Anchorage bowl, it is the peak that looks like someone cut the top off. It gives an amazing view of Anchorage, the Chugach

mountains the Talkeetnas and even the Alaska Range. You can see Denali "the great one" on a clear day.

NOTE: there are lots more hikes to go on of course but if you conquer these two you can ask around or get a trail map for the others there are thousands of miles of trails nearby as you can imagine.

OTHER ACTIVITIES:

Fishing - go to Homer or Seward and do a halibut salmon combo or if you aren't into fishing you should go anyway its once in a lifetime.

Resurrection Bay Tour: If you really really aren't into fishing take a tour of Resurrection Bay in Seward or Katchemak Bay in Homer Alaska.

If you find yourself spending time in Homer walk the spit great shops.

Halibut Cove Tour - You can arrange a ferry ride in advance on the Danny J to take you to Halibut cove. This is one of Barb's favorites! Google it for photos.

20 mile creek - you can take a jet boat river tour, everyone I have talked to that has gone said it was worth it. It is south of Girdwood about 10 miles.

Bear viewing – a lot of the air taxis offer this it can be a couple hour deal to all day to overnight, just depends on how much you want to spend.

Flight seeing tours- Rusts Aviation on Lake Hood, Regal on Lake Hood, K2 aviation in Talkeetna for a Denali tour.

For those with bigger budgets:

- Go flying or land on a glacier
- Go bear watching
- Visit Glacier Bay National Park
- Take an organized cruise