

# Appalachian Mountain Club

## Dayhiking and Sightseeing in Alaska July 11 - July 25, 2009

**Hello!** We are delighted that you are interested in this exciting trip! Please read the information carefully, and then contact us if you have specific questions about this trip: Dave Mihalek 203-734-2665; [gmihalek@sbcglobal.net](mailto:gmihalek@sbcglobal.net) or Carl Rosenthal 603-447-1858; [croenthal789@msn.com](mailto:croenthal789@msn.com) . For general questions about the AMC's Major Excursions, email [AMCexcursions@outdoors.org](mailto:AMCexcursions@outdoors.org) .

### LOCATION

Join us as we visit Sitka and Juneau, 2 beautiful cities along Alaska's Inside Passage, Anchorage, Denali National Park and Seward. We will travel and enjoy incredible views using a water taxi, a ferry, planes, a bus, cabs and rental cars. Some of our hikes include Harbor Mt., Mt. Edgecumbe, Mt. Verstovia, Mount Healy Overlook Trail, Exit Glacier and Turnagain Arm Trail. We will visit the Mendenhall Glacier, Kruzof Island, a Tlingit museum, a totem pole park and some famous saloons. As we travel, we will almost certainly see bald eagles. Our trip will conclude a spectacular bus ride through Denali National Park and a Glacier Cruise in Kenai Fjords National Park.

### TYPICAL PARTICIPANTS

You should enjoy traveling and be comfortable traveling in areas which are unfamiliar to you. You should recognize that you may find yourself in closer quarters or be less comfortable than you are used to at home. If you are a loner, if you cannot accept and enjoy being part of a group, if you are not a team player who is willing to help your fellow travelers and contribute to their having a great time, then please do not register for this excursion.

This trip is designed for experienced hikers. On the day hikes, you must be able to hike 8 to 10 miles a day at a moderate pace easily, with moderate elevation gains, while carrying enough equipment to keep you safe in the event of bad weather or injury.

### Itinerary

#### Day 1, SAT 7/11:

Upon arrival at the Sitka Airport, we will proceed to our motel, buy some lunch and breakfast

supplies and do a little exploring.

**Day 2, SUN 7/12:**

We will get up early to hike Harbor Mt. and Gavin Hill. This 12.5 mile hike is moderate to strenuous with fine overlooks of Sitka, the rainforest and the local mountains. We will count bald eagles along the way. At the summit, we will enjoy excellent views of Sitka Sound, Baranof Island, Kruzof Island, Mt. Edgecumbe and more peaks. In the afternoon/evening we will stroll the downtown and check the dock areas for more eagles. Sitka is full of Russian and Tlingit Indian history. We have the option of seeing a show with native dancers.

**Day 3, MON 7/13:**

We will take a water taxi 10 miles west of town to Kruzof Island. Here we will climb as much of Mt. Edgecumbe (a dormant volcano) as time permits on a 13.4 mile hike with 3000' gain. On a clear day we will have breathtaking views from the rim. All along the hike we will have spectacular views of many peaks and glaciers.

**Day 4, TUE 7/14:**

We will climb Mt. Verstovia ( 5 miles RT-2500' gain). The afternoon is open to visit a raptor center, Tlingit museum, and we can stroll through Sitka National Historical Park, a totem pole park, the smallest but oldest nationally designated park in Alaska. (2 miles walk).

**Day 5, WED 7/15:**

Arriving early at the ferry terminal we can check our luggage and walk to the boardwalk estuary trail at Starrigavan Bay (1.4 mile loop). We will catch the Alaska Marine Highway (local state ferry) to Juneau (the state's capitol). This trip has gorgeous views along the way. Arriving, we buy lunch and breakfast supplies, get settled into our hostel and walk around the town center.

**Day 6, THU 7/16:**

We will climb Mt. Roberts for views of the Chilkat Mountains and Gastineau Channel, one of the most expansive and beautiful views in all of Alaska. It's 2 miles to the visitor center and tram, 2.5 miles to the cross, 3 miles to Gastineau Peak, or 4.5 miles to the summit. We have the option of taking the tram to the visitor center and/or back down to town. The afternoon is open to explore downtown, the Marine Docks, and the Alaska Museum.

**Day 7, FRI 7/17:**

We will catch the first shuttle to the spectacular Mendenhall Glacier and take hikes from the Visitor Center.

**Day 8, SAT 7/18:**

We take an early cab to the airport to catch our flight to Anchorage. Pick up our rental cars and drive six hours to Denali National Park. Check into motel.

**Day 9, SUN 7/19:**

Spectacular bus ride through Denali National Park. We should see grizzlies, caribou, and other wildlife along the way. Stay in Denali National Park

**Day 10, MON 7/20:**

We'll hike the 2.5 mi. Mount Healy Overlook Trail which gains 1,700 feet in elevation to eye-popping views of the Nenana River coursing below and the Alaska Range towering above. Drive to Seward. Stay in Seward.

**Day 11, TUE 7/21:**

We will hike on a trail, which parallels the frozen blue waterfall that is Exit Glacier, all the way to a magnificent overlook. We will savor views of the glacier which contrast with the deep green of the forest and the magenta of the fireweed blooms. Stay in Seward.

**Day 12, WED 7/22:**

Cruise in Kenai Fjords National Park and Resurrection Bay. We should see abundant wildlife, and tidal and alpine glaciers. Stay in Seward.

**Day 13, THU 7/23:**

We will hike as much of the wonderful Turnagain Arm trail as time, our legs and lungs, and the tides permit. This trail features views of Turnagain Arm and the mountains on the Kenai Peninsula. We might see white beluga whales, Dall sheep, bears and wildflowers. Stay in Anchorage.

**Day 14, FRI 7/24:**

Hike Rendezvous Peak and enjoy awesome views of Denali, Mount Foraker, Mount Susitna, Cook Inlet, Turnagain and Kniik Arms and Anchorage. Have our Farewell dinner. Stay in Anchorage.

**Day 15, SAT 7/25:**

We take a morning flight back to the "lower 48."

**Group size**

A minimum of 12 and a maximum of 18, including leaders. A waiting list will be established if more than 16 people apply for the excursion.

**Expectations/Experience Level for Participants**

In order to participate in this excursion, you must consider and agree to the following:

**Ability:** You must be able to hike 10 miles a day at a moderate pace easily, with moderate elevation gains, while carrying enough equipment to keep you safe in the event of bad weather or injury.

**Group Dynamics:** You must participate as part of a group and abide by the leaders' decisions. You must work towards the group having a good time, be prepared to help your fellow hikers and spend time with other participants on the trip. In doing so, you will enjoy the trip to the maximum.

**Group Safety:** Group safety will be our Number 1 priority.

**National Park Rules:** We will obey the rules and regulations of the National Parks that we will be hiking in.

**Driving:** Some participants will be asked to share in the driving. Please inform the leaders if you would like to do this.

## **ACCOMMODATIONS**

Four nights at a hotel in Sitka

Three nights at the Juneau Hostel

Two nights at motel in Denali National Park

Three nights at motel in Seward

Two nights at motel in Anchorage

## **Leader's Qualifications**

### **Leader: Dave Mihalek**

Dave has been an AMC member since the mid 70's and has led many day hikes. He has led weekend hiking trips for 25 years and has led week-long trips to Virginia several times. He led a Major Excursion to the Sierras in California in 2000 & 2003 & 2006, to Glacier in 2001, the Desert Southwest in 2002 and 2005 and Washington state in 2004 and 2007. He has served as Chair of the Connecticut Chapter Nominating Committee and has served in various other positions over the years. He has completed the SOLO basic First Aid Course and the Heart Saver CPR Course. He has been a participant in a major excursion to Poland and the former Czechoslovakia. Dave has hiked the New England 4,000 footers, New Hampshire and most of New England in winter, the Coast-to-Coast Walk in England, the Tour du Mont Blanc, Mt. Whitney, rim-to-rim in the Grand Canyon and many other hikes in Europe and the western United States.

Address                      62 Derbyshire, Derby, CT 06418

Phone                        (203) 734-2665

### **Trip Co-Leader – Carl Rosenthal**

Carl has been a member of the AMC since 1984 and has led numerous day and weekend hiking trips. He has co-led Major Excursions to the Sierras in California in 2000 and 2003 and Glacier National Park in 2001 and the Desert Southwest in 2002, 2005 and 2008 and Washington state in 2004 and 2007. He has led trips to Big Bend and Guadalupe Peaks in 2002 and 2003 and New Mexico in 2004 and New Mexico and Colorado in 2005. In recent years he has led trips to Peru, Ecuador, Patagonia, Alaska and the Dolomites. He is a Past Chair of the Connecticut Chapter and is presently a hike leader for the New Hampshire Chapter. He has completed the SOLO basic First

Aid Course and the Heart Saver CPR Course. He has been a hike leader at August Camp and an instructor at the AMC-ADK Winter School. He has been a participant in Major Excursions to Austria and parts of the former Soviet Union. Mr. Rosenthal has hiked the 115 Northeast 4,000 footers in winter and has stood on the highest points in the contiguous 48 states.

Address 58 Overlook Drive, Center Conway, NH 03813

Phone 603-447-1858

Email address [croenthal789@msn.com](mailto:croenthal789@msn.com)

## **TRIP COST**

The approximate cost for the trip is \$3,400. This will cover the following items:

All lodging as specified above

All dinners excluding alcoholic beverages

Where possible we will stay at motels which include breakfast

3 breakfasts and 3 lunches in Juneau

All transportation (water taxi, ferry, bus, cabs, car rentals) while on the trip

AMC Excursion Fee

Not included:

Airfare from Boston or New York to Sitka, and from Juneau to Anchorage, and from Anchorage return to Boston or New York Approx. \$1,650

Breakfasts except those in Juneau and at motels where they are included

All lunches except those in Juneau.

The approximate cost for the excursion is based on quotes at the time the trip was submitted to the Major Excursions Committee (June, 2007). The final cost of the trip will be adjusted in accordance with the best arrangements we can make with the airlines and any savings we might enjoy or increases we might have to endure.

Please be aware that, in accordance with AMC policy, you are subsidizing some of the leaders' costs, but not all of them. Any unspent funds will be refunded to all participants. The trip fee also includes an AMC overhead charge to cover the administrative expenses of offering Major

Excursions.

## **How to Proceed**

If you would like to go on this trip, contact the leader to obtain the application form. Complete the Application Form and enclose a check for the \$1,100 registration fee made out to the Appalachian Mountain Club and mail to:

Dave Mihalek, 62 Derbyshire, Derby, CT 06418

If you are accepted onto the trip you will also be asked to fill out and mail back an Acknowledgment and Assumption of Risks & Release & Indemnity Agreement, and a Confidential Medical Form both of which will be emailed to you.

The balance of \$2,300 is due by April 12, 2009.

When registration is complete, the trip leader will send all participants the names, addresses and phone numbers of those going on the trip. Trip leaders prefer to use email as a primary source of communication.

## **CANCELLATIONS**

The AMC cancellation policy is based on the simple precept that your cancellation shall not raise the cost of the trip to any of the participants or the leaders. Therefore, if you cancel, your refund will be all that you have paid, less expenses already incurred and future expenses which can not be avoided. If you cancel and the trip still fully books, then your fees will be refunded in full with the exception that, after airline tickets have been purchased, you own the tickets and that part of the fee cannot be refunded.

## **EXPERIENCE AND RISKS**

This trip is designed for experienced hikers. On the day hikes, you must be able to hike 8 to 10 miles a day at a moderate pace easily, with moderate elevation gains, while carrying enough equipment to keep you safe in the event of bad weather or injury.

We will be hiking in bear country. We do not want to be hiking alone. In fact, we will always be in groups of four or more.

## **REQUIRED GEAR**

Here is a list of suggestions for what to bring to have a good time on the trip. Most of the items are things you would bring for a dayhike in the White Mountains of New Hampshire.

Day pack  
Personal first aid  
Rain gear (both jacket and pants)  
2 one liter water bottles  
Wool or pile hat or balaclava  
Wool or pile gloves or mitts  
Extra pile or wool layer for warmth  
Comfortable hiking boots and socks  
Long pants - wool or synthetic  
Hiking shorts (zip off pants highly recommended)  
Cotton or synthetic T-shirts  
Long sleeve synthetic shirt  
Sunglasses  
Sun hat  
Sun protection lotion  
Lip protection balm  
Leisure clothes for travel and restaurants (moderate amount)  
Personal toiletries  
Toilet paper  
Head lamp with extra batteries

Optional recommendations:

Bathing Suit  
Pack towel  
Camp soap  
Camera  
Ear plugs  
Short gaiters to keep snow/dust out of boots  
Small knife (be sure to pack in check in luggage, not carry on)  
Compass  
Extra shoelaces  
Zip lock bags  
Reading material for breaks in the action  
We strongly recommend hiking with a pole or poles, but if you don't like them, that's fine.

