

Alaska National Park Adventure To Denali and Kenai Fjords

AMC trip #1810



July 9- 23, 2018

Tentative Itinerary

Participants should be flexible to change the itinerary based on unforeseen circumstances.

Mon 09	Arrive Anchorage. Welcome dinner. Overnight	Tues 17	Dayhike on Kenai peninsula/ Lost Lake/ Primrose Trail. Hotel in Seward.
Tues 10	Morning off in Anchorage. Sightseeing on own. Afternoon 4	Wed 18	Harding Icefield dayhike (Kenai Fjords NP). Hotel in Seward.
Wed 11	Dayhiking in Denali NP. Cabin/hostel.	Thur 19	Day 1 Resurrection Pass backpack.
Thur 12	AM Dayhike in Denali NP. Afternoon drive to Denali State Park. Prep for backpack. State park	Fri 20	Day 2 Resurrection Pass backpack.
Fri 13	Begin Kesugi Ridge Trail backpack.	Sat 21	Day 3 Resurrection Pass backpack. Hotel in
Sat 14	Day 2 Kesugi Ridge Trail backpack.	Sun 22	6 hour Kenai Fjords boat cruise / wildlife watch. PM drive 2.5 hours to Anchorage. Hostel.
Sun 15	Final day of Kesugi Ridge Trail backpack.	Mon 23	Flights out of Anchorage.
Mon 16	Drive 4 hours to Seward. Afternoon on your own in Seward/ sightseeing. Hotel.		



Trip Overview

There is no better way to explore the pristine backcountry of Alaska than by backpacking into the wilderness. Alaska is home to vast, scenic and lush landscapes full of breathtaking peaks and majestic wildlife. This two-week trip will combine backpacking and dayhiking in two national parks and also national forests and state parks. You will also have free time to explore Anchorage and Seward.

This trip is considered moderately strenuous and will involve two separate backpacking trips (each 3 days long). You should have at least intermediate backpacking skills and have backpacked within the last year. Since this trip is geared towards the outdoors adventurer, the accommodations reflect this fact whereby we will stay in bunkrooms at hostels for several nights, as well as camping in a state park campground.



We will also enjoy learning from national park rangers while in Denali National Park, and also hiking on the Harding Icefield and while on the scenic boat cruise, both in Kenai Fjords National Park.



Kesugi Ridge



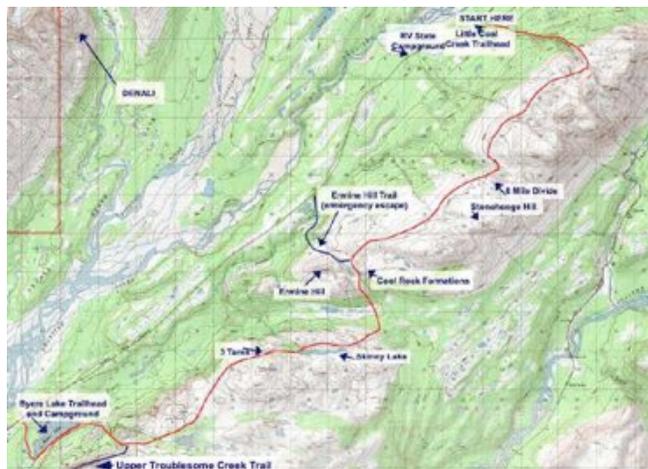
Denali National Park

Accommodations

We will be staying in bunkroom hostels in Anchorage and outside of Denali National Park, a budget hotel in Seward, frontcountry campgrounds (state park campgrounds have no showers) and possibly a private campground, backcountry campsites and possibly (if we are able to get reservations) forest service small cabins (sleep 6 to 8 persons only, others will sleep in tents). Efforts will be made to provide gender-separated rooms, but at times might not be possible. In an effort to have low impact camping, we will take as few tents as possible, which means everyone will need a tentmate.

Backpacking

This trip is led by a volunteer AMC trip leader and co-leader. Participants should have previous backpacking experience and be able to carry 3 days of gear (tent, sleeping pad, food, clothes, bear proof can, cooking gear, toiletries, water, etc) weighing approximately 25-35 lbs. Participants should be familiar with their gear and how to pack their packs. Each day we will set out after breakfast and continue to our campsite, arriving by mid to late afternoon. Lunch will be on the



Cost and Cancellation Policy

The trip cost was estimated based upon a January 2017 estimate. The final price of the trip might need to be adjusted after final arrangements have been made. The estimated cost is \$2,750 not including airfare. You should anticipate an additional approximate \$900 for round trip airfare from east coast towns to Anchorage. Trip leaders will assist participants in reserving their plane tickets. **All flight information should be discussed with a trip leader prior to purchasing a ticket.** Once you purchase a ticket, you are the owner and the AMC will not refund your plane fare.

Any savings we achieve, as well as any cost increases we incur, will be shared by trip participants. Our cost estimates are conservative, and so a refund is considerably more likely than a price increase. All Adventure Travel trips are run on a non-profit basis and refunds, if any, are issued after the trip's financial accounting is complete.

The trip fee covers the following:

- All lodging
- All meals including breakfast and dinner while backpacking, plus a pre-loaded cash card for each person to buy lunch food to take hiking/backpacking
- Entrance to all national parks and permits
- Some shared group gear rentals (stoves/fuel/bearproof canisters)
- Rental cars
- Scenic wildlife watch boat tour of Kenai Fjords National Park
- AMC Adventure Travel fee
- Evacuation Insurance

What the trip fee does not include:

- Round trip airfare to/from Anchorage
- Sightseeing tours/ entrance fees to museums, aquariums, etc.
- Travel insurance (for lost luggage, trip interruption, etc.) or medical insurance
- Backpacking equipment (backpack, sleeping bag, tent, etc)

Our cancellation policy is based on the precept that a cancellation shall not raise the cost to other participants or the leaders. Therefore, if you cancel we will refund any fees you have paid, less expenses already incurred, or unavoidable expenses that will be incurred to the leaders or other participants as a result of your registration and subsequent cancellation. If you cancel after airline tickets have been purchased, you own the tickets. **You are strongly encouraged to purchase an optional trip insurance policy** at your own extra expense (company suggestions will be made upon registration).



Trip Leaders

Andrea Deaton Christensen, Leader

Andrea is an active Adventure Travel leader for the AMC and enjoys taking groups into the backcountry to experience places and adventures they've never had before. An AMC leader for more than a decade, Andrea has led biking, hiking, kayaking and backpacking trips all over the northeast, the U.S, internationally, over a dozen of them Adventure Travel excursions. She has served on various committees at the club-wide and chapter levels including Outdoor Leadership Development, Adventure Travel and Chapters Committees. She is a graduate of and former instructor for AMC's Mountain Leadership School, and has led backpacking workshops at the Mohican Outdoor Center. Andrea served on the Delaware Valley Chapter Executive Committee for many years, volunteering her time as Chapter Chair, Vice-Chair, Leadership Chair and Backpacking Chair. Most recently she has led trips to Annapurna Base Camp in Nepal, Costa Rica, and Thailand; and has also led trips to Patagonia; New Zealand; Yosemite National Park; Kilimanjaro summit in Tanzania; High Peaks of Colorado; Belize; Tuscany, Italy. Andrea is certified as a Wilderness First Responder and enjoys creating new backcountry recipes! She moved to Jackson, WY in 2007 and she and husband Jon were married in Jackson Hole in 2012. Jon and Andrea recently moved to the Big Island of Hawai'i where Andrea works for the University of Hawai'i Foundation raising money for Hawai'i Community College.

Jon Christensen, Co-Leader

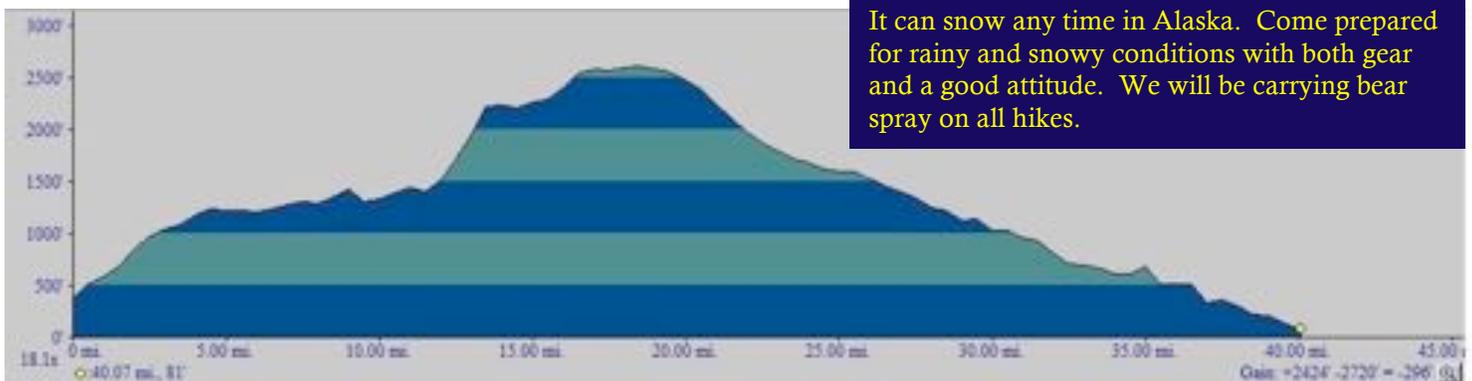
Jon is an avid traveler and backpacker who also enjoys performing improv comedy. His international travels include a Trekking Annapurna Base Camp in Nepal, explorations of New Zealand, Thailand, Morocco France, Belgium, Belize, The Netherlands, Patagonia, and 7 weeks in Peru and Ecuador (including the Galapagos). He enjoys fly-fishing, paddling and biking. He has lived in some of the extremes of the U.S including the culturally diverse Washington D.C., the hottest lowest driest Death Valley and one of the snowiest places Jackson Hole and the most remote land on earth, Hawaii. Jon has been an AMC member since 2010, is a graduate of Mountain Leadership School and has a wilderness first aid certification. Jon has travelled and backpacked extensively across the United States. He currently serves as the Chief of Facilities Management at Hawai'i Volcanoes National Park. Jon is proud to be Andrea's husband.



Resurrection Pass Trail (3 days 2 nights)

Weather/Wildlife

It can snow any time in Alaska. Come prepared for rainy and snowy conditions with both gear and a good attitude. We will be carrying bear spray on all hikes.

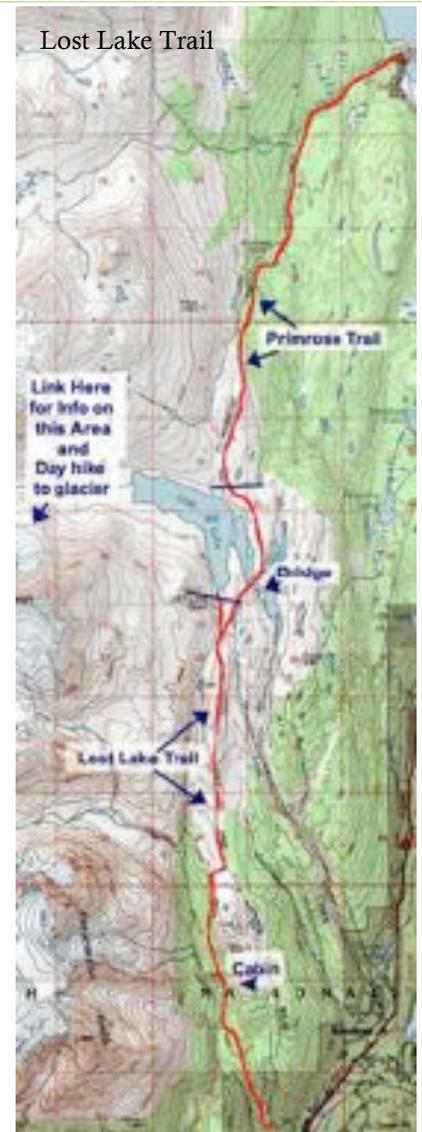


To Apply:

To apply, you must complete and submit the Application, Confidential Medical forms, and the signed Acknowledgement and Assumption of Risk and Release form, along with a \$1,500 deposit. You will not actually be accepted, and your check will not be deposited, until the leaders have determined by telephone conversation with you that you and the trip seem to be a good match. The final payment of \$1,250 is due February 1, 2018 (final amount will be confirmed prior to the deadline). Make checks payable to the *Appalachian Mountain Club*.

If you are interested, you should register as soon as possible. Early registration is strongly suggested, otherwise there is a risk the trip may need to cancel. Please send all completed forms to Andrea Deaton Christensen, P.O. Box 180310, Hawai'i National Park, HI 96718.

When registration is complete, we will send all participants the names, addresses, and phone numbers of all those going on the trip. We will be using email as our primary source of communication. If you have any questions, please call us so that we can discuss them. Contact Andrea at 267-738-8048 or by e-mail at andrea.deaton@gmail.com.



Emergency Evacuation and Accident Medical Insurance



In the case of an emergency during our trip, emergency medical transportation and evacuation costs can be exorbitant. Most U.S. medical policies, HMOs & PPOs provide little or no coverage for these expenses.

The basic policy that is included with your trip fee includes \$100,000 for emergency medical evacuation. It also includes an additional \$5,000 for accident and sickness medical expense, which would supplement anyone's personal medical insurance. The \$5,000 is not a lot

when it comes to medical bills, so participants should have their own medical insurance.

Participants should consider taking out supplemental trip insurance to cover the costs incurred if they should need to cancel the trip due to a family emergency or other fees due to delays, lost luggage, etc. Upon your trip acceptance confirmation, you will receive information about a recommended trip insurance provider.



Being a Team Player

We will be more than just a group; we will be a team. If you are a loner, cannot accept and enjoy being part of a group, are not a team player who is willing to help your fellow travellers, then please do not register for this excursion. Although every effort will be made for individuals to have time to take photos, or shop, depending on the itinerary and other factors, we cannot guarantee significant amounts of personal time.

We will hike together as a group and hikers should not venture off on their own. We may consider options for splitting the group based on pace.

Team members should realize that while backpacking each person will be expected to assist with campsite duties such as cooking, cleaning or treating water in addition to setting up and tearing down camp each day.

Keeping together as a group in the backcountry, especially in grizzly bear country, provides a margin of safety. This is not only for your own safety, but also so that we can keep on track with our itinerary.



Resurrection Pass Trail

Experience and Risks

Good physical condition is absolutely required for this

trip. There are many risks associated with travelling in the Alaskan wilderness; you should be aware of these risks, and be willing to take responsibility for your safety and enjoyment.

If you have never participated in an AMC trip previously, the leader will recommend that you participate in at least one local AMC trip and receive a recommendation from this AMC leader prior to being accepted on this trip.

When you participate in this trip you should be both physically and mentally prepared and equipped with the appropriate gear.

You should always be aware of the risks involved and conduct yourself accordingly. We are not responsible for your safety – you are. Please discuss your capabilities and experience with us prior to registering for this trip. We may request further information about your capabilities to gauge your preparedness; please do not be offended by our questions, they are for your



Lost Lake Trail

Who are the target participants?

People who are interested in exploring pristine backcountry and willing to carry their gear to earn the opportunity to get away from crowds. Participants must be comfortable with traveling with a group and even after a long day of hiking are willing to share in group responsibilities such as cooking dinner, pumping/filtering water or washing dishes. Participants must be physically capable of hiking 12 miles/day while carrying 25-35 lbs of gear, and doing this several days consecutively with the possibility of inclement weather. Travellers with an open mind and flexible temperament will most enjoy this trip.

Equipment List

Below is a preliminary gear list for the trip. It is in your best interest to use as lightweight gear as possible.

Required Gear

- 1 large duffel or suitcase to use as your luggage to leave extra items during backpack
- Daypack
- Water bottles / hydration bladder
- Personal / backup water treatment
- 1 backpack (approx. 3000+ cu in. capacity) – large enough to carry bear canister
- Sleeping bag
- Sleeping pad
- Bear canister (we will rent these)

Clothing

- Broken in Hiking Boots
- Hiking pants/ shorts
- Reliable waterproof jacket and pants
- Warm jacket, pants and hat
- Synthetic tops
- Hiking socks
- Thermal Underwear
- Lightweight hat, gloves
- Clothes for town/ evenings

Group Gear (please let us know if you are willing to bring/ share)

- Pots, serving utensils
- Water filter/water treatment
- Tent to share

- Trowel

Accessories/Miscellaneous

- Bowl/utensils/insulated mug (lightweight)
- Toiletries
- Sunglasses
- Personal Medications
- Sunscreen and bug repellent
- Electrolyte drink powder/ energy snacks
- Headlamp
- Ziplok bags
- Stuff sacks (incl. extra for food & group gear)
- Cash/ credit card
- Pack towel
- Pack Cover/Liner

Optional Gear

- Sandals for stream crossings & hostels
- Bandanas
- Camera, memory cards, batteries, charger
- Playing cards or book
- Watch with alarm, GPS, cell phone, charger
- Batteries (extra)
- Journal/ pen
- Pillow (for camp/travel)
- Trekking Poles

Places We'll Visit: More Detail





Denali National Park

Denali National Park is an enormous park, and we will only have time to explore a small portion of it during our 1.5 days of dayhiking there. We will stay in a hostel near the entrance at Healy. We will explore the visitor center and take the park shuttle through the park. Some dayhike options might include Mt. Healy Trail or the Savage Alpine Trail.



Kesugi Ridge Trail /Denali State Park

Kesugi Ridge, a long alpine ridge across the Chulitna River basin from the Alaska Range and Mount McKinley, offers a 27.5 mile backpack that we will split between 3 days and 2 nights. If clear, there are fine views of Mt. McKinley. The hike is challenging with a climb to the ridge, and many ups and downs. There will be a total elevation gain of 5,400 feet. We will hike from North (starting at Little Coal Creek TH) to South ending at Byers Lake Campground. After we finish the backpack we will need to return to the start TH to pick up the car prior to driving 1.25 hours to Talkeetna.



Kenai Fjords Nat. Park & Nearby

The town of Seward will be our base for adventures on the Kenai peninsula. We will dayhike the Lost Lake/ Primrose Trail (15 miles hike) whereby we plan to split into two groups going in opposite directions and “swap keys” to avoid a car shuttle. We also plan to join the park ranger led hike on July 5 to the Harding Icefield, an 8 hour hike. The Resurrection Pass backpack is a total of 31-mile hike between Hope TH and Devil’s Creek TH where we will split off the trail. There are forest service cabins available for rent, but depending on the group size, some will need to tent camp outside of the cabins (they sleep 6 comfortably). There might also be opportunity for fishing in the lakes.