

Alaska: A Bear Viewing and Wilderness Odyssey June 10 - June 17, 2017

YOUR ITINERARY

6/10/17
Saturday

Arrive Anchorage

✦ **Arrival and Transfer**

Arrive in Anchorage and transfer by free hotel shuttle to the Comfort Inn Ship Creek in downtown Anchorage, where your AdventureWomen Associate is waiting.

✦ **Dinner and Evening Plan**

Dinner is on your own tonight. Introductions and orientation follow dinner and then a good night's sleep is encouraged.

Accommodations: Comfort Inn, Ship Creek

Meals Included: Dinner

6/11/17
Sunday

Anchorage to Bear Camp

Our remote Alaska bear viewing camp is located on the shores of Lake Clark National Park in rugged Alaskan wilderness. We have unlimited opportunities to view and photograph brown bears (also known as "grizzly bears") and their cubs, just emerging from their winter dens to feed on the succulent saltwater and sedge grasses found around our Bear Camp.

✦ **Breakfast**

Early breakfast provided by the Comfort Inn.

✦ **Transfer, Gear Organizing and Lunch**

You will be picked up by vehicle and transferred to the Great Alaska Adventure Lodge, where you will make a brief stop for gear organizing, trip orientation, and a delicious lunch.

✦ **Bush Plane Flight**

Travel to the airstrip where you will board bush planes for a spectacular flightseeing trip to Bear Camp, a truly remote experience in every sense of the word. Perched on the edge of Lake Clark National Park and on the shores of Cook Inlet, with towering mountains behind and rugged coastline ahead, you know as soon as you land on the beach that this is a very special place. Bear Camp is accessible only by bush plane—a quintessential Alaskan adventure in itself. Fly with experienced Alaskan bush pilots, a group renowned for their skills of touching down on anything from ice floes to mountain stubble. You will land on a beach surrounded by endless vistas of snowy peaks with not even a cabin or highway in sight. The flight confirms why Alaska is called "The Last Frontier."

❖ **Bear Camp Orientation**

Climb out of the bush planes to greet your guides. With rifles slung over their shoulders, the guides' immediate orientation is about bear country safety. You can walk unattended around Bear Camp itself, but only in the daytime. Forays beyond camp perimeter only take place as a group, and only when accompanied by a guide carrying a shotgun, loaded with buckshot.

Note: About the shotguns—they are for your safety. The bears are so focused on foraging for food that the guns, in our experience, have not been de-slung from the guides' shoulders.

❖ **Afternoon Bear Viewing**

Powerful viewing scopes and binoculars allow you to observe bears in the wild from about 150 yards away. Spend the afternoon with your guides watching a wonderland of sows and cubs in their native habitat. This is an afternoon and night to remember!

❖ **Retire to Camp**

After more bear viewing, retire to your Weather Port accompanied by the sounds of jeering gulls circling the bay.

❖ **Dinner**

Dinner is provided at Bear camp today.

Note about meals: Meals are brought in daily by plane and prepared by the staff at camp. All meals are family-style, and feature fresh seafood/chicken/meats/pasta, and even a glass of wine.

Accommodations: Bear Camp

Meals Included: Breakfast, Lunch, Dinner

6/12/17
Monday

Bear Camp

❖ **Meals Throughout the Day**

Enjoy breakfast, lunch and dinner at Bear Camp today.

❖ **Morning at Your Leisure**

Wake up to the smell of hot coffee and then spend the morning with the royalty of Alaska Wildlife—the incredible brown bear.

❖ **Optional Yoga Class**

If the weather is nice, you may have yoga on the beach. No roads or trails access this area, so you get a glimpse of the “homesteader experience” and a true Alaskan wilderness as you feel your internal clock reset to a different pace.

❖ **Evening Campfire**

This evening may include a fire on the beach as the sun “almost” sets.

Accommodations: Bear Camp

Meals Included: Breakfast, Lunch, Dinner

6/13/17
Tuesday

Bear Camp to the Adventure Lodge

✦ **Breakfast and Lunch**

Enjoy breakfast and lunch at Bear Camp today-your last meals in this magical location!

✦ **Morning Bear Viewing**

Indulge in still more photographing and viewing bears from the many viewing stations situated throughout the area. Stand witness as bald eagles circle the heavens and bears lumber through the channels, splashing in the rivulets, and devouring the delectable grass.

✦ **Fly Back to the Adventure Lodge**

After lunch the bush planes arrive and you fly back to "civilization" and the Adventure Lodge, with all its creature comforts.

✦ **Transfer to Lodge and Dinner**

Transfer back to the lodge, settle in, and enjoy Happy Hour and dinner, ending another exciting day.

Accommodations: Adventure Lodge

Meals Included: Breakfast, Lunch, Dinner

6/14/17
Wednesday

Exploring the Adventure Lodge and Surrounding Areas

Cruise Kenai Fjords National Park

✦ **Breakfast**

Breakfast is at the lodge this morning.

✦ **Drive to Seward**

Depart the Adventure Lodge for a beautiful drive to Seward, called the "gateway to Alaska."

✦ **Short Hike to Exit Glacier**

Stop to stretch your legs and take a hike to the face of Exit Glacier, a retreating glacier, almost close enough to touch.

✦ **Wildlife Cruise**

Once in Seward, board a large cruise boat for an extensive wildlife cruise through Resurrection Bay and Kenai Fjords National Park on the Kenai Peninsula's western shore. This is the beginning of Prince William Sound, made famous by the tanker "Exxon Valdez." Whales, dolphins, mountain goats, puffins, sea lions, seals, otters, and sea birds join the glaciers, mountains, and fjords on this beautiful adventure near the Harding Icefield.

While cruising, the captain offers a thorough narration of your surroundings. The boat is designed so that you can experience and photograph the sights comfortably from inside the cabin, or outside on the observation deck. Visit a glacier, one of the many tidewater glaciers that are fed by the massive Harding Icefield. Spend time listening and watching for icebergs to "calve" into the sea. As you continue to cruise, the Captain shares facts about local geology as we photograph bald eagles, harbor seals, cormorants, sea otters, and maybe humpbacks and orcas as they play and feed.

✦ **Hot Lunch**

Enjoy a delicious hot lunch on the Cruise.

✦ **Dinner**

Enjoy dinner at the Lodge.

Accommodations: Adventure Lodge
Meals Included: Breakfast, Lunch, Dinner

6/15/17
Thursday

Exploring the Adventure Lodge and Surrounding Areas

Raft/Float the Upper Kenai River through Kenai Canyon and the Kenai National Wildlife Refuge

❖ **Breakfast**

Breakfast is at the lodge this morning.

❖ **Transfer to Upper Kenai River**

Leave the Adventure Lodge and travel to the Upper Kenai River for a scenic float trip through the Kenai National Wildlife Refuge and Kenai Canyon.

❖ **Rafting/Floating the Kenai River**

Your rafts take you through spectacular Kenai Canyon, a remarkable area teeming with moose, black bear, and salmon. At times you will actually float over spawning beds of salmon, watching them jostle for position! In turn, you can view bald eagles and bears as they maneuver for the best fishing spots. The prodigious spawning salmon feed native trout populations, bald eagles, and grizzlies. This important ecosystem is generally considered the "cradle" of the area's animal life.

❖ **Lunch**

Lunch is served shoreside by our guides.

❖ **Back at the Lodge**

Happy Hour and hors d'oeuvres await you back at the Adventure Lodge before dinner.

❖ **Dinner**

Enjoy dinner at the Lodge.

Accommodations: Adventure Lodge
Meals Included: Breakfast, Lunch, Dinner

6/16/17
Friday

Exploring the Adventure Lodge and Surrounding Areas

Discover Homer and Kachemak Bay

❖ **Breakfast**

Breakfast is at the lodge this morning.

❖ **Return to the Adventure Lodge**

Return to the Adventure Lodge on the banks of the Kenai River, surrounded by Alaska's stunning wilderness this afternoon.

❖ **Farewell Dinner**

After nightly Happy Hour, enjoy your last dinner and evening together, reminiscing about bears, whales, and all the amazing activities you've shared throughout the week.

Accommodations: Adventure Lodge
Meals Included: Breakfast, Lunch, Dinner

6/17/17
Saturday

Depart the Adventure Lodge

Time to say your farewell's to the Adventure Lodge and bid goodbye to all the amazing flora, fauna and landscapes experienced.

✦ **Breakfast**

Breakfast is at the lodge this morning.

✦ **Optional Morning Activities**

1. You can choose from a paddle in sea kayaks on the Swan Lakes Wilderness Trail, to watch for moose, swans, eagles, and countless ducks

OR

2. A morning of guided sport fishing with one of the lodge's expert guides (additional fee for this).

✦ **Depart the Adventure Lodge and Alaska**

Depart for the Kenai Airport, stopping to view wildlife along the way. Arrive at the Kenai Airport for your 4:00pm flight, with arrival into Anchorage at approximately 4:45pm. You may choose to take a plane out this evening, or stay another night in Anchorage on your own.

Meals Included: Breakfast, Lunch

ACCOMMODATIONS

Comfort Inn, Ship Creek

On the banks of Ship Creek, this waterfront hotel is 1.8 miles from Downtown Anchorage and 7.5 miles from Ted Stevens Anchorage International Airport. All rooms and suites include free WiFi and have en suite bathrooms with showers, as well as flat-screen TVs and coffeemakers

Bear Camp

The camp is, well, "cushy." Accommodations are in what the Alaskans call Weather Ports, which are Quonset-hut-like structures made of high-tech fabric stretched over ribs. Your comfortable Weather-Port cabin/tents are on raised platforms with small decks out front and twin beds in each cabin. They feature wooden floors, solid doors, propane heat, and light.

Adventure Lodge

The Lodge sits on 25 acres at the confluence of the Kenai and Moose Rivers. Its huge deck overlooks the Kenai and Chugach Mountains as they bisect the massive Harding Icefield. The Lodge is the terminus for the Swan Lake Wilderness Canoe Trail, and its back door swings open to the Kenai National Wildlife Refuge. The unique and special location of the Adventure Lodge allows unlimited access for wilderness recreation.

TRIP DETAILS

Included In Alaska

- All hotel accommodations throughout the trip
- All meals as listed in the itinerary
- Happy Hour (includes complimentary wine and beer) and hors d'oeuvres each evening
- All ground transportation
- Airfare within Alaska
- All activities as listed in the itinerary
- One AdventureWomen Associate

Not Included In Alaska

- *Meals not specified in itinerary
- *Alcoholic beverages
- *Airfare to and from Alaska
- *Gratuities and personal expenses

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.



14 Mount Auburn Street, Watertown, MA 02472
(800) 804-8686 • (617) 544-9393
info@adventurewomen.com

Pre-departure Information

Alaska: A Bear Viewing and Wilderness Odyssey

How To Register

Call the AdventureWomen office at (800) 804-8686 or (617) 544-9393 to determine space availability and register for this trip. We can complete your registration, including taking your credit card deposit over the phone. As a courtesy, we can hold your space for five days while you are making personal and travel arrangements.

If you prefer, you can register online by clicking "Sign Up for This Trip" on the Trip page.

Please be sure to read the AdventureWomen policies before registering!

Health Requirements and Health Insurance

This trip is rated **Moderate**. You must be in very good physical condition, be able to hike at least 3 miles with ease. **You MUST have your own health insurance.**

Traveling to Anchorage: Arrival and Departure

Your flight to Anchorage, Alaska needs to arrive in Anchorage by approximately **5:00pm on June 10, 2017**. We are staying at the **Comfort Inn Ship Creek, Anchorage, 111 West Ship Creek Ave, Anchorage, AK 99501 (907-277-6887)**. This hotel has a free shuttle service from the airport. After retrieving your luggage, call the hotel for a pick up. A note will be waiting at the hotel desk informing you of the time your AdventureWomen Associate will meet you in the lobby to discuss details for dinner and orientation.

We return by plane to the Anchorage Airport from Kenai Alaska Municipal Airport on June 17 at approximately 4:45 pm. so you can schedule a departure flight from Anchorage, AK anytime after 6:00pm. United, Delta, and Alaska Air have "red eye" flights in the evening. OR you can choose to stay on your own for another night and fly out of Anchorage on June 18.

Making Travel Arrangements to Anchorage, Alaska

We are happy to help you make your flight and travel arrangements. Please contact us at:

(800) 804-8686 or (617) 544-9393

email: info@adventurewomen.com

NOTE: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last minute registrants, we must often relinquish hotel space and air reservations up to 6 – 12 weeks prior to departure!

Please keep this in mind when making your travel plans.

What to Bring

Since weather in Alaska is always unpredictable, it is imperative that you come prepared on your Alaska adventure vacation with the proper clothing and outdoor gear to be safe and comfortable. When we say to bring warm (wool or polar fleece) sweaters, hat, socks, gloves— we mean it! You can always peel clothes off and put them in your day pack if you are too warm. On the other hand, if you are without the right clothes in a sudden storm, you will be miserable.

Clothing

- Medium-weight hiking boots: It is best not to wear shoes, even if they are walking shoes, because ANKLE support is absolutely essential in mountain terrain. Please do not buy heavy leather boots as there are numerous medium-weight quality hiking boots on the market that will better serve your purpose. Asolo, Garmont, Merrell, Vasque - to name a few - are widely available and designed especially for women. Since they are waterproof, Gore-tex boots, although a bit more expensive, are our first choice. Other boots should be waterproofed with one of the excellent waterproofing products available such as Nikwax. **MAKE SURE** your boots fit properly and are well broken-in. Wear them around town to thoroughly break them in. Please do not come on this trip with a pair of boots you have never worn before!
- Rain gear: Weather in Alaska can be extremely variable, and you should be well prepared for whatever conditions occur. Therefore, it is very important to bring a good waterPROOF (not just waterREPELLENT) rain suit (jacket and pants). A rain parka or poncho will not keep your legs and feet dry, and it is important that your entire body is covered in a downpour. Many

outdoor stores carry inexpensive rain suits, but beware of cheap VINYL gear that may tear easily at the seams. Your rain parka can also act as a lightweight wind jacket.

- One wool or fleece sweater, wool cap, and gloves. The wool sweater or fleece jacket can be layered under your rain parka to act as a warmer jacket.
- Extra comfortable shoes that you don't mind getting wet, tennis shoes or Tevas are a good option.
- Several pairs of long pants and hiking shorts.
- Long-sleeved shirts and T-shirts, underwear, sleepwear, lightweight robe.
- Bathing suit, needed in the event of an invigorating dip.
- Socks – it is best to wear 2 pair of socks inside your hiking boots, such as a pair of wool socks, and a thin pair of liner socks underneath the wool socks. We like Thorlo hiking socks and polypropylene liner socks which wick moisture and reduce blistering. Bring plenty of socks!
- Sun hat and sunglasses.
- 2 or 3 (100% cotton) bandannas for instant sweat bands and other uses too numerous to mention, some of which you have never even dreamed! Besides, it's a tradition at AdventureWomen!

Camera Equipment

- Camera, long lens, plenty of extra memory cards and batteries, plus battery charger. Again, we would like to stress: bring more memory cards and batteries than you think you need. Also bring plenty of Ziploc bags to protect your camera(s). You will have time to recharge your batteries at camp and at the Adventure Lodge. This is an experience you definitely want to record on film!
- Small, lightweight binoculars (a MUST) for game viewing and birds. You will be very disappointed if you do not have a good pair of binoculars. Nikon or Minolta make fine, lightweight viewing binoculars. Try a general game viewing 7 X 28, or 8 X 20 binocular.

Miscellaneous

- Small duffel bag to take for your 2 nights at our Alaska Bear Camp. Your large suitcase will stay at the Alaska Adventure Lodge.
- A day pack that is comfortable and large enough to carry your lunch, cameras, binoculars, rain gear, drink, and a water bottle on all hikes. Please note that fanny packs are not suitable. You can also take your day pack to Bear Camp.
- A one-quart water bottle. We recommend the 24 oz. Nalgene Everyday OTG Tritan Bottle. Made of Eastman Tritan™ copolyester, the bottle is completely BPA-free. Tritan™ copolyester provides excellent impact resistance and is suitable for both warm and cold beverages.

- Sunscreen, lip balm with SPF, insect repellent, lotion (fragrance-free).
- Toiletries, including soap, shampoo, and toothpaste. And to cover all your bases, you can also include an Ace bandage, Pepto Bismol, Immodium, Correctol, and Dramamine or Bonine for motion sickness (if you get motion sickness on boats. This is for the wildlife cruise).
- 10 or more quart size Ziploc bags for waste paper and left-over picnic lunches.
- Lightweight flashlight/headlight.
- Earplugs. We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs, which you can buy at most drug stores, or at www.earplugstore.com. Good to 22 decibels!
- Small travel alarm clock.
- Optional: journal, a relaxing book, and field guides.

Last Minute Reminders

- Make photocopies of your airline tickets and the first two pages of your passport, and put them in different locations (suitcase, carry-on bag, etc.)
- Bring 2-3 extra passport size photos to use in emergencies
- Your valuables should be insured for the duration of the trip, but better yet, leave them at home
- Remove extra credit cards, driver's license, and personal items from wallet or purse
- Make sure passport and airline tickets are valid and in the correct name
- Check with airline to reconfirm reservations and departure time (most airlines want to hear directly from the client for confirmations)
- Please leave all valuable jewelry at home!!!

Final Payment

Final Payment is due to AdventureWomen, LLC in a cash form (check, money order, or wire transfer) on or before **March 12, 2017**.

Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be **no smoking** by any participants on AdventureWomen vacations.

About Adventure Travel Today - Please Read Carefully!

At AdventureWomen, we would like to ensure that all participants understand that our excursions are *adventure travel vacations*, and not "tours." We define "adventure travel" as travel in which one *actively participates*, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to experience an *active, out of the ordinary vacation, and meet new friends*. Most of all, we want our trips to be fun!

In this spirit, the successful adventure traveler should be a *good-natured realist* and have a *sense of humor!* *Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist*, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. *Being on time is important*, and contributes to the congeniality, success and well being of both individuals and the group!

Thank you for choosing to travel with AdventureWomen! If you have any questions or concerns, please don't hesitate to call, write or email us.

AdventureWomen, LLC
14 Mount Auburn Street, Watertown, MA 02472
800-804-8686 • 617-544-9393