

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

# ALASKA

## A Bear Viewing & Kenai Wilderness Odyssey



June 8 - 15, 2019

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### TRIP HIGHLIGHTS

- ▶ Enjoy an insider's glimpse into the Land of the Midnight Sun
- ▶ Take a bush plane to Bear Camp to view grizzlies in their natural habitat
- ▶ Experience a rafting float trip on the Kenai River
- ▶ Take a wildlife cruise to see orcas, puffins, otters, and more!
- ▶ Hike on a glacier

### TRIP ROUTE



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### QUICK VIEW ITINERARY

- Day 1: Arrive in Anchorage, meet your group, pack your bag for Bear Camp!
- Day 2: Organize your gear, take a bush plane to Bear Camp, afternoon bear viewing
- Day 3: Morning to explore camp, optional yoga on the beach, bear viewing
- Day 4: Morning bear viewing, scenic flight to Adventure Lodge
- Day 5: Short glacier hike, cruise to watch for wildlife and icebergs calving
- Day 6: Float down the Kenai River, lunch on the riverbank
- Day 7: Explore the “end of the road” - Homer, Alaska, farewell dinner
- Day 8: Optional kayaking or fishing, fly to Anchorage, depart Alaska

### TRIP PRICE

Main Trip: \$4,990

Internal Air: \$125

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your adventure  
in depth

### DAY 1

Saturday  
6/8/19

### Arrive in Anchorage

Anchorage, Alaska's most populous city, lies at the end of the Cook Inlet in south-central Alaska. Bear and moose are commonly seen outside of the city. You'll soon head out of town on your bear-watching adventure.

#### 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

Meet in the hotel lobby at 6:00pm for introductions and orientation. Dinner is on your own tonight.

#### Repack Your Bags

You will want to pack the few things you need at Bear Camp in your day pack tonight. The rest of your belongings will stay in your main bag, which will be stored at the Adventure Lodge for the two nights that you are at Bear Camp. The packing list indicates what you will want to pack for Bear Camp in your day pack.

### Accommodations

Comfort Inn, Ship Creek

### Meals Included

meals on your own

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### DAY 2

Sunday  
6/9/19

### Anchorage to Bear Camp

Your remote Alaska bear viewing camp is located on the shores of Lake Clark National Park in rugged Alaskan wilderness. You will 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 salt water and sedge grasses found around the Bear Camp.

#### 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 any last-minute gear organizing, trip orientation, and a delicious lunch.

#### Bush Plane Flight

Travel to the airstrip where you will board bush planes for a spectacular flight 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. 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

Meet your guides on the beach. Have an orientation about bear country safety. You can walk unattended around Bear Camp itself, but only during the day. 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 carried by the guides — 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.

#### Retire to Camp

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

### Accommodations

Bear Camp

### Meals Included

breakfast, lunch, dinner

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### DAY 3

Monday  
6/10/19

### Bear Camp

Unlimited time on the platform and ground level viewing stations, and no more than 12 guests at any time, ensure a remarkable bear viewing experience at the “picnic benches,” a viewing blind set across a small stream from a lush green meadow. In early summer, this coastal plain becomes a prime breeding ground and nursery due to its delectable grasses and sedges. Bears can consume 90 pounds of vegetation in a single day!

#### 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



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### DAY 4

Tuesday  
6/11/19

### Bear Camp to the Adventure Lodge

“Focusing my binoculars as we settled into the blind, I saw over 20 bears in the meadow—mothers and cubs, one or two lone females, and small gangs of rowdy adolescents. Through powerful viewing scopes, we observed the bears’ muscular shoulder humps and concave profiles. ... and watched the triplets, two and a half year-old siblings, who had just been weaned. Overheated by the warm afternoon, they jumped and splashed in the river, then sat up on their hindquarters and sparred with their forepaws, before piling together on the grass for a nap.” —from a bear viewing account at “Bear Camp,” named “Best Bush Camp in North America” by Outside Magazine and “One of America’s Best Adventures” by National Geographic Traveler.

#### Morning Bear Viewing

Indulge in more photographing and viewing bears from the 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

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### DAY 5

Wednesday  
6/12/19

### Adventure Lodge

Kenai Fjords National Park is at the edge of the North Pacific, where storms develop and feed this land of ice. The Harding Ice Field crowns the park and feeds at least 38 glaciers. The gigantic rivers of ice have shaped the earth beneath them and are now receding to reveal their work.

#### 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 you photograph bald eagles, harbor seals, cormorants, sea otters, and maybe humpbacks and orcas as they play and feed.

#### Dinner

Enjoy dinner at the Lodge.

### Accommodations

Adventure Lodge

### Meals Included

breakfast, lunch, dinner



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### DAY 6

Thursday  
6/13/19

### Adventure Lodge

The Kenai National Wildlife Refuge is often called “Alaska in miniature” and is home to a diverse number of species, including moose, eagles, brown and black bears, lynx, wolves, and trumpeter swans.

#### 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.

You will want rain gear and warm clothes today. Rubber boots will be provided.

#### Lunch

Lunch will be served shoreside.

#### Back at the Lodge

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

### Accommodations

Adventure Lodge

### Meals Included

breakfast, lunch, dinner

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#### DAY 7

Friday  
6/14/19

### Adventure Lodge

Homer, Alaska, nicknamed “the end of the road” is on the southwest side of the Kenai Peninsula. The Homer Spit features the longest road into ocean waters in the world - the true end of the road. There are numerous cafes and restaurants, art galleries, museums, and shops to explore.

#### Enjoy the Sights and Sounds of Homer

No trip to Alaska is complete without a visit to the charming, historic, and scenic “End of the Road” town of Homer and Kachemak Bay. On the way you will pass early Russian churches, active volcanoes, and most likely view baby moose with their mothers. It is a truly unforgettable and fun-filled day of exploring the art and uniqueness of the famous boardwalk at “Land’s End.”

The Kenai Mountains loom behind every building, and the town is a nature lover’s nirvana where common sights can include moose grazing, a black bear crossing the road, or porpoises playing in the surf.

In downtown Homer you can sample delicious seafood and visit art galleries, museums, and shops that sell locally made crafts. Nearby is Halibut Cove, a unique fishing and artists’ enclave where the roads are made of water.

#### 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

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### DAY 8

Saturday  
6/15/19

### 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.

#### Optional Morning Activities

This morning, choose between two options. You can paddle in sea kayaks on the Swan Lakes Wilderness Trail, to watch for moose, swans, eagles, and countless ducks. Alternatively, enjoy a morning of guided sport fishing with one of the lodge's expert guides (additional fee required).

#### Depart the Adventure Lodge and Alaska

Depart for the Kenai Airport, stopping to view wildlife along the way. Fly from Kenai to Anchorage, arriving 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

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.

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### Accommodation Details

#### 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.

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### Included/Not Included

#### Included:

- ▶ Accommodations based on double occupancy
- ▶ Meals as noted in the itinerary
- ▶ All transportation throughout the trip
- ▶ All activities as listed in the itinerary
- ▶ Happy Hour (includes complimentary wine and beer) and hors d'oeuvres each evening
- ▶ One AdventureWomen Ambassador

#### Not Included:

- ▶ Airfare to and from Alaska
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages other than happy hour
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities

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### Activity Level:

Moderate

**Active**

High Energy

Challenging

We rate this trip as Active. Our Active adventures get you on your feet! You should be in good physical condition where you are comfortable walking on uneven surfaces, such as cobblestone streets, biking manicured nature trails, or kayaking calm waters.

We recommend training before your trip (with your doctor's permission!) to make the most of your adventure. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you with this itinerary in mind. Best of all, AdventureWomen guests get a 25% discount with the code FITWOMEN. Learn more at: <https://fitfortrips.com/partners/adventure-women/>

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.



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Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Supplemental Rafting Release
- Copy of Flight Information

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before March 10, 2019.

### Money:

Suggested Gratuities: per person, for Alaska trip guides and staff (Approximately \$220-250 total for the week):

- ▶ \$80-100 for your main guide, cook, and other guides at Bear Camp
- ▶ \$70-80 for your Adventure Lodge guide (who meets you at the beginning of the trip and takes you on all the activities throughout the week, until you are dropped at the airport at trip's end)
- ▶ \$15 for scenic raft/float guides (three)
- ▶ \$30 for the Adventure Lodge Staff (cook, servers, housekeeping)

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**Arrive:** Arrive in Anchorage (ANC) on June 8, 2019 before 5:00pm.

**Depart:** Depart Anchorage (ANC) on June 15, 2019 after 6:00pm.

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](mailto:info@adventurewomen.com)**

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

**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 release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

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**Packing Considerations:** 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. Bring warm layers, even if you aren't sure you will need them. You can always stash them in your daypack.

### Clothing and Gear:

- Duffel bag or small suitcase
- Daypack
- Small duffel to pack for Bear Camp (if you don't want to use your daypack)
- Rain cover for daypack
- Medium-weight, waterproof hiking boots (make sure they are broken in!)
- Comfortable shoes that you don't mind getting wet
- Gore-Tex jacket
- Gore-Tex pants
- 4-5 pairs hiking socks
- 2-3 short sleeve shirts (quick dry recommended) -
- 2-3 long sleeve shirts (quick dry recommended)
- 1 medium weight fleece sweater/jacket
- 1 wool cap
- 1 pair gloves
- 1-2 pairs of pants
- 1-2 pairs of shorts
- 1 bathing suit
- Hat for sun protection
- 5-7 pairs underwear
- 2-3 sports bras
- Sleepwear

### AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen insulated bottle (good for hot or cold drinks!)
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)

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### Essentials Continued:

- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at [www.earplugstore.com](http://www.earplugstore.com)
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens

### Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

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### 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.

### Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

### Adventure Travel Today

At AdventureWomen, we want everyone to 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!**

**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!

In this spirit, the successful adventure traveler should be a