



BE OUTDOORS

APPALACHIAN MTN CLUB

An Alaskan Adventure in Denali and Kenai National Parks

August 17- 27, 2022

AT# 2228

Trip Rating = Moderate

Click here for: [Ratings description](#)



Come join us as we explore two fantastic national parks! We'll have the privilege of staying 3 nights within Denali National Park at the Kantishna Roadhouse. This is an all-inclusive property where we'll enjoy our meals, naturalist guided hikes, beautiful scenery and delicious food. They'll even be the opportunity to go biking and fishing! Kantishna is the farthest point in Denali Park reachable by road, and it's the closest you can get to the base of Denali without hiking or flying in. Denali Park Road, which meanders 92 miles through Denali National Park, dead ends in Kantishna Valley, a remote location of the park with only a few lodges mixed in among tall trees and secluded wilderness. The cabins and lodges of Kantishna Roadhouse rest on the banks of Moose Creek, crystal-clear stream that gently flows through the valley. The

remote location of Kantishna makes it a true escape for your vacation. Established in 1905, Kantishna served as a gold mining town before becoming part of Denali National Park. You can expect a true taste of Alaska during your stay in Kantishna, as it is truly the heart of Denali National Park. The modern Kantishna Roadhouse lodge is a contemporary facility with all the amenities you'll need for a comfortable escape in Alaska. The lodge is fitted with a modern kitchen and dining area, and your stay at Kantishna Roadhouse includes meals throughout your stay. The cabins at Kantishna Roadhouse are cozy & comfortable, providing a quiet and pleasant place to sleep after a day exploring Denali or relaxing around Kantishna. The Roadhouse is also the only lodging option in Kantishna with a full-service bar and saloon. The surrounding wilderness and all-inclusive accommodations make Kantishna Roadhouse a premier choice for lodging in Denali National Park.

Our transport between the parks will be the renowned Alaska Railway through the stunning beauty of the mountains. Participants will have the option to upgrade (at an additional cost of \$720) to the Goldstar dome car service if they so choose.

Once we arrive in Stewart, Alaska we'll start our exploration of Kenai Fjords National Park by taking an all-day cruise to see the fjords and glaciers up close. On the way the naturalist on board will help us spot some of the local wildlife in the area. To continue our enjoyment we'll be treated to a buffet of local delicacies before returning to the dock in Stewart. A local naturalist will join us for the day as we hike along the spectacular Harding Icefield trail and also as we hike to Lost Lake north of Seward.

Detailed Itinerary:

Day 1 – August 17, 2022 (D)

Arrive in Fairbanks midmorning and drop off luggage at hotel, then we'll have a walking tour of city prior to checking in to hotel and group welcome dinner.

Hotel: 3-4 Star such as Best Western or similar

Day 2 - August 18, 2022 (B, D)

Take morning train to Denali, transfer by private charter bus to Kantishna Roadhouse, our home away from home for the next 3 nights. We'll stop enroute at the Denali NP visitors center.

Afternoon guided naturalist walk in area around the K. Roadhouse within Denali National Park.

Hotel: Kantishna Roadhouse <https://www.kantishnaroadhouse.com/>

Day 3 & 4 – August 19 & 20, 2022 (B, L, D)

Explore Denali National Park with naturalist

Hotel: Kantishna Roadhouse <https://www.kantishnaroadhouse.com/>

Day 5 – August 21, 2022 (B)

Take private charter bus back out of Denali National Park and take train down to Anchorage (7 hours), Alaska where we'll spend a night prior to going to Seward, Alaska for 4 nights while we explore the area.

Hotel: Best Western or similar

Day 6 - August 22, 2022 (B)

Today we take the Coastal train early in the morning to transfer down to Seward, about a 4-hour train ride. We'll walk around Seward after arrival.

Hotel: Harbor 360 or similar <https://harbor360hotel.com/>

Day 7 – Aug 23, 2022 (B, D)

Today we'll enjoy a 7.5-hour cruise to explore the glaciers and shoreline of Kenai Fjords National Park with a park ranger/naturalist who will teach us about the local history and wildlife. We'll also enjoy a delicious buffet on board ship prior to returning to our hotel.

Hotel: Harbor 360 or similar <https://harbor360hotel.com/>

Day 8 – Aug 24, 2022 (B)

Today we'll be joined by a local naturalist who will accompany us on the Harding Icefield Trail as we hike alongside the famous Exit Glacier within the national park. Elevation gain of 3000 feet over the course of 4.1 miles; round trip distance 8.2 miles. Starting on the valley floor, the trail winds through cottonwood and alder forests, passes through heather filled meadows and ultimately climbs well above tree line to a breath-taking view of the Icefield. The top of the trail is a window to past ice ages - a horizon of ice and snow that stretches as far as the eye can see, broken only by an occasional nunatak, or lonely peak.

Hotel: Harbor 360 or similar <https://harbor360hotel.com/>

Day 9 – Aug 25, 2022 (B)

Today our local naturalist guide will take us on a hike north of Stewart to Lost Lake. This trail climbs gradually through dense spruce forest to emerge after 2 miles on an open mountainside of meadows and brush offering spectacular views of nearby mountains. Leveling off after 4 miles the trail enters a subalpine area of wet meadows and hemlock groves then climbs up an alpine ridge cresting after 6 miles. From here are the first views of Lost Lake amid a panorama of near and distant mountains. Elevation gain of 1800', round trip distance of 10 miles.

Hotel: Harbor 360 or similar <https://harbor360hotel.com/>

Day 10 – Aug 26, 2022 (B)

Today we take the Coastal train back to Anchorage (4 hours) where we'll stay overnight before flying back home.

Hotel: Best Western or similar

Day 11 – Aug 27, 2022 (B)

Fly home

Leaders' right to change itinerary:

While the itinerary in this prospectus is what the leaders have planned at the time of writing, various factors may require changes for reasons of safety, transportation or lodging availability, and unforeseeable circumstances (such as weather considerations, natural disasters in areas to be visited, or recommendations of governmental agencies). The leaders reserve the right to make such changes as necessary, both before and during the trip.

Leaders' expectations of participants:

When you participate in this activity, you should be in proper condition for the challenges outlined in this prospectus and equipped with the appropriate gear as stated. You should always be aware of the risks involved and conduct yourself accordingly. You are ultimately responsible for your own safety. Prior to your acceptance as a participant in this trip, you will be asked to discuss your capabilities and experience with us. We may also request references to confirm your fitness level and suitability for participating in trip activities.

This trip is designed so that everyone may experience our adventure in Alaska through shared participation in activities and tasks in an organized group environment. AMC travelers are known for their cooperative efforts, and expectations are that all participants will be considerate of others sharing this AMC Adventure Travel experience.

It may happen on any trip that a trip member is or becomes unable to participate in one or more of the planned activities. Leaders in their sole judgment have the right and obligation to refuse participation in any activity to any group member for reasons of safety, whether it will be of the group or of the individual. Illness, injury or lack of proper gear or fitness for a particular activity are examples of some conditions that might result in a participant's being unable to perform one or more activity. Leaders may try to find a substitute activity for the trip member, but this may not always be possible.

Tying trip to AMC mission:

AMC Adventure Travel trips are run in a manner supportive of and consistent with the conservation, recreational and educational principles and mission of the Club. Trip leaders encourage participant conduct consistent with Leave No Trace environmental and conservation principles and local regulations.

AMC Membership

If you would like to join AMC, and save \$100 off the cost of the trip, please visit the website: [Join AMC](#)

What trip price of \$5760 (AMC member); \$5860 (non AMC member) includes:

- 3 nights shared accommodation 2-4 person cabins at Kantishna Roadhouse depending upon availability at time of booking reservation
- 1 night shared double occupancy in Fairbanks hotel
- 1 night shared double occupancy in Anchorage hotel
- 4 nights shared double occupancy in Steward hotel
- Meals as specified in detailed itinerary above
- AMC overhead expense fee
- Medical Evacuation Insurance
- Alaska Railroad train from Fairbanks to Denali in Adventure Class
- Alaska Railroad train from Denali to Anchorage in Adventure Class
- Round trip Coastal Train Anchorage to/from Steward in Adventure Class, see below for description of Adventure Class service:

Alaska Railroad Adventure Class

The Alaska Railroad offers two levels or classes of service on its Denali Star and Coastal Classic routes. Adventure Class is considered the standard or coach service while GoldStar service is an upgrade to one of the railroad's newer luxury dome railcars. The first thing you will likely notice about the Adventure Class railcars is their roominess. The single level cars range from 60 to 80 seats and have high ceilings, large windows, as well as a truly surprising amount of leg room. Most seats recline and have foot rests. There are overhead racks and plenty of room for hand carry luggage. There are restrooms in most train cars, and are otherwise typically close by. There is a public address system, and tour highlights are pointed out along the way by local high school students who have taken a special tour guide class sponsored by the Alaska Railroad. Usually there are a couple host guides on board, not one for each car, but they often walk among the cars visiting with passengers.

Another great Adventure Class feature is the shared dome car. These are partial dome cars that offer an even better view of the scenery along the train route. Passengers are asked to rotate seats, limiting their use to 20 minutes at a time, but often these cars are not busy and you can stay longer.

On the Denali Star and Coastal Classic routes the Adventure Class features the Wilderness Café. For breakfast there is a nice selection of menu items between \$3 to \$8, from fresh fruit to hot cereal and breakfast burritos. All day dining options range from \$6 to \$11 for salads, wraps, sandwiches and the like. There are also snacks and treats like cookies and ice cream, as well as beverages including full bar service and a separate lounge car. Please note, food prices quoted are from 2020 season.

What trip price does not include:

- Flight to/from Alaska
- Beverages at dinner
- Souvenirs and items of a personal nature

- Optional activities during free time
- Trip cancellation insurance
- Housekeeping tips, room service charges etc.
- Transfer between Fairbanks airport and hotel
- Transfer between Anchorage hotel and Anchorage airport
- Tip for local guide/naturalist
- Optional upgrade to Goldstar Dome car service on Alaska Railway at an additional cost of **\$720**. See below for description of GoldStar service:

Alaska Railroad GoldStar Dome Service

In 2005 the Alaska Railroad added a total of six luxury full dome railcars to their fleet. They are the newest dome cars on the train, manufactured by the same company that built the private dome cars used in Alaska by the major cruise lines. On the [Denali Star](#) and [Coastal Classic](#) routes passengers who upgrade from the standard Alaska Railroad [Adventure Class service](#) to GoldStar service will ride in these spectacular two-level dome cars.

*These 78 seat railcars feature large curved glass windows that run the full length of the car, allowing excellent 360 degree viewing. Each **Goldstar Dome** passenger enjoys a reserved seat in the upper level dome, as well as priority seating in the lower level dining room with **all-inclusive meals**. The comfortable seats recline, feature fold down tray tables, and all face forward unless you choose to reverse them... a nice option for parties with kids. A friendly bartender will wait on you in the upper level, offering complimentary soda, tea, coffee and other non-alcoholic drinks. Two adult beverages including beer, wine and cocktails are included per trip, and meals appropriate for the time of day are included as well. See our [dining page](#) for more information on Alaska Railroad dining options.*

One of the most popular GoldStar features is the unique second level outdoor viewing platform. In fact, the Railroad says it is the only one of its kind in the world. If you travel by train often, you have probably stood in an open air vestibule between cars, taking in some fresh air and scenery, or snapping a photo of the front of the train as it winds around a corner. Well, imagine this same experience from a spacious covered platform on the second level of the train. It is a great spot to enjoy a cocktail, visit with fellow passengers and take photos. Only GoldStar passengers are allowed to use this platform, so there is almost always plenty of room allowing you to stay as long as you like.

In addition to the amenities listed above, the GoldStar cars have restrooms on the lower level and even feature their own wheelchair lifts. While these cars are very much self-contained, and you may never want to leave, you are free to walk through the rest of the Alaska Railroad Adventure Class cars. This is a good option if you are looking for simpler fare to eat, or just to stretch your legs.

AMC POLICY:

Please be aware that, in accordance with AMC policy, you are subsidizing the leaders' costs. Beyond this, the leaders are not allowed to realize any profit from this excursion. The trip price also includes an AMC overhead fee to cover the administrative expenses of offering Adventure Travel excursions. The trip fee includes emergency medical and evacuation insurance coverage,

which is required by the AMC. It does not include insurance for travel delay, interruption, or cancellation, or for baggage loss. If these possibilities concern you, individual travel insurance is recommended. More information about included emergency medical and evacuation insurance, as well as about optional and recommended travel insurance, will be provided to participants in their formal acceptance letters.

Cancellation Policy:

The AMC Adventure Travel cancellation policy is based on the premise that your cancellation may not raise the cost to other participants or the leaders. Once you are notified the trip is declared to run as scheduled, the minimum cancellation fee is \$300. If actual costs (expenses already incurred on your behalf and any unavoidable future expenses that will be incurred as a result of your registration and cancellation) are higher, they will be assessed instead. Should the leaders be able to replace you with another acceptable participant, you may be charged a reduced penalty. This will generally not be determined until after the trip. Failure to make trip payment(s) in a timely manner will be considered a cancellation.

Before Aug 1, 2021, the minimum cancellation fee is \$300.

After Aug 1, 2021, the minimum cancellation fee is \$500

On rare occasions AMC Adventure Travel may need to cancel all or a portion of a trip due to *force majeure* [e.g. terrorism, local health conditions, natural disaster, changes in local regulatory environment, etc.] In the event of such a cancellation, your trip fee will be refunded less any trip expenses already incurred plus any non-cancellable future trip expenditures. AMC Adventure Travel is not responsible for additional expenses incurred by you in preparing for the trip (including non-refundable air tickets, visa fees, gear or medical expenses, etc).

How air travel is to be handled:

While participant airfare is not included in the trip price, leaders may assist participants in making suitable reservations. Participants will be told when and where they must join the group for the official start of the trip's planned activities. Once your air tickets are purchased they are your responsibility – do not make any non-refundable travel plans until told to do so by the leaders. The leaders will send out a document with a list of suggested flight from your home airport which will work to get you to Fairbanks in time for the start of the trip.

The price for this excursion is based on quotes or estimates obtained at the time the trip was submitted to the Adventure Travel Committee for approval (April 2020). The final price of the

trip will be adjusted in accordance with the best final arrangements we can make. If the trip's financial position is strong enough at the start, the leaders may make partial refunds during the trip, in the form of payments toward some meals and/or free time activities which would otherwise not be included. 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.

Conditioning and activity/fitness level:

Participants should be comfortable hiking up to 4 to 6 hours and 10 miles per day with elevation gain of up to 3000 feet. Participants should have recent previous experience hiking in mountains.

Application process or how to apply:

To apply, you must complete and submit the Participant Application, Confidential Health Questionnaire, and Acknowledgement and Assumption of Risk and Release form as well as a COVID release form, enclosing a registration deposit of \$1500 plus \$720 if you want to upgrade to the GoldStar service on the trains. You will be considered qualified for the trip when the leaders have determined by conversation with you that you and the trip seem to be a good match. You will be formally accepted, and your check will be deposited. Deposit checks from wait-listed applicants will not be cashed until we offer them a spot on the trip AND they accept.

Payment Schedule:

Second payment of \$2000 due by October 1, 2021
Final Payment of balance due by March 1, 2022

Please make payments by check payable to the "Appalachian Mountain Club" and mail to:
Ginette Beaudoin
66 Graham Street
Biddeford, ME
04005

Safety:

As participant safety is a high priority for all AMC-sponsored events, procedures and policies have been developed to attempt to limit participant risk. Participants are expected to work with volunteer leaders to reduce risks and make the experience successful for all. Participants should be aware that there are risks associated with outdoor adventure activities, including but

not limited to adverse weather and environmental conditions, remote locations of our trips and camps, and transportation in vehicles, on foot, or on a bike. When you apply for acceptance onto a trip, please carefully read and sign the *Adventure Travel Acknowledgement and Assumption of Risks and Release and Indemnity Agreement* and call if you have any questions.

Risks of trip activities:

Participants should be adequately prepared for cold weather hazards such as wind chill, hypothermia, sun exposure, icy conditions by ensuring they have sun protection and extra layers in their day pack during each day's activities.

YOUR LEADERS:

LEADER: GINETTE BEAUDOIN

Ginette has been a member of the AMC since 1988 and has led several day and weekend trips in the White Mountains of NH, as well as various parts of Maine. She led an Alaskan Alps adventure trip with co leader Don Parker in July of 2011, with Jenni Blumenthal in August of 2012 and co led the same trip with Terry Peters in July 2009 with 19 participants. She has also led Adventure travel trips to Yosemite national Park, Easter Island, Peru, Minnesota, Tuscany, Dolomites, Spain, Australia and New Zealand for the AMC. She has participated in numerous AMC Major Excursions to Switzerland and Alaska, involving hiking and cross-country skiing. She has hiked in the Stubaï valley as part of a 2006 Major Excursion and hiked to 20 high Alpine Huts throughout Alaska, Germany and Switzerland. She has hiked the NH 4000 footers. Her interests include hiking, photography, cross-country skiing, snowshoeing, travel, information volunteer for AMC and introducing others to outdoor activities

ADDRESS: 66 Graham Street, Biddeford, Maine 04005

PHONE: (207) 590-4431

EMAIL ADDRESS: ginette4000@yahoo.com

CO-LEADER: ANNA PANSZCZYK

Anna is a Boston Chapter INTRO (AMC) Leader. Anna has co led AMC Adventure Travel trips to New Zealand, Australia, Dolomites – Italy, Alaska, Azores, Yosemite National Park, Minnesota, Peru, Easter Island, Australia, New Zealand, and Morocco. Anna leads hiking trips in the White Mountains and most recently led an excursion to Waterville Valley and Craftsbury Vermont for snowshoeing and cross-country skiing. She has also co led the Claybrook ski trip on previous years. During the summer of 2014, she and the trip leader backpacked the Haute Route from Chamonix France to Zermatt Switzerland as well as Kepler Track in New Zealand. This is in addition to trips that she takes to all corners of the world! Anna has completed SOLO Advanced Wilderness First Aid course as well as CPR training.

ADDRESS: 22 Alfred Rd, Arlington, MA 02474

PHONE: 781-648-2492;
EMAIL: annatp12@gmail.com

Gear/Packing list:

You will be required to provide your own daypack, hiking boots, weather proof outerwear, hiking poles.

Clothing:

Polypro tops (long sleeve) and bottoms
Fleece top
Soft Shell or similar jacket and pants
Wool or fleece hat, balaclava and face mask
Waterproof mittens/gloves
Glove liners, sock liners
Slippers
Bathing suit/flip flops for swimming pool/spa
Casual wear for lodge and sleeping
Wool socks and footwear appropriate for Apres Ski

Gear:

Hiking poles and boots
Sun Screen, sun glasses
Gaiters, warm hat or headband
Hand and foot warmers
Daypack, water bottles, thermos
Camera with extra battery and memory card
Headlamp and extra batteries

Personal:

Prescription and OTC personal medications
Personal first Aid kit
Contact lens supplies
Toiletries such as toothpaste, toothbrush, shampoo, conditioner, etc
Plastic bags, thick ones and large enough to keep things dry inside your daypack
Alarm clock or just use the one on your smart phone