

Get Up and Go! Tours

'Active, Informative, Fun!' Alaska Adventures, since 2002
Our 18th Season!

Alaska

Multi-Sport, Hiking & Family Adventure Tours

ALASKA 2019 ONLINE BROCHURE

(no photos download version)

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Get Up and Go! Tours

'Active, Informative, Fun!'

ALASKA MULTI-SPORT, HIKING & FAMILY ADVENTURE TOURS

Toll Free Tel / Fax: 1-888-868-4147 or 1-907-245-0795

Email: alaska@getupandgotours.com

Online Brochure / Website: www.getupandgotours.com

Mail: PO Box 91028, Anchorage, Alaska 99509-1028, USA

Get Up and Go!

to

Alaska

ADVENTURE WONDERLAND

DREAMING OF ALASKA AND ADVENTURE? Have a week or two of vacation, and want to make the most of it? Are you eager to not just see, but to *actively experience*, to learn about, and to have some real **fun** in Alaska? Ready to hike, sea kayak, raft, glacier trek, ice climb, canoe, view wildlife, eat like a king, and, in short, live large under the midnight sun?

Well then you've come to the right place: **Get Up & Go! Tours** offers high quality yet affordable **Multi-Sport, Hiking, Family, and Custom/Private** Alaska tours that are truly, as our slogan says, *Active, Informative, Fun!*

- **ACTIVE:** Our professionally guided, small group tours do more than just show you Alaska: regardless of which tour itinerary or accommodation style you choose, **fantastic day hikes and a variety of uniquely Alaskan 'multi-sport' adventure activities** get you off the beaten track, up, and going in amazing Alaska virtually every day of the tour!
- **INFORMATIVE:** Along with all the exciting outdoor activities, frequent wildlife viewing opportunities, and beautiful scenery, daily background and natural history briefings by our experienced guides **enrich your Alaska experience** by helping you to better understand and appreciate the very special nature of "The Great Land."
- **FUN!** Our fantastic guides and clients are people like you: **active, curious, friendly, fun-loving, and hungry for new experiences.** You'll be in good company with **Get Up & Go!** and are sure to make some new friends.

GET UP & GO! Our 6 to 18-day, *Active, Informative, Fun!* Alaska tours cater to adventurous, outdoor-oriented people who understand that to truly experience Alaska you have to lace up your boots or grab a paddle, oar, or ice axe and get out there!

ADDITIONAL ALASKA TOUR FEATURES: In addition to the great daily hiking and **included** multi-sport adventure activities, natural history information, and fun, all **Get Up & Go!** tours also include most or all meals (fresh, abundant, delicious food!); small groups (4-12 clients per tour); all local transportation (including local flights and ferries); all specified camping, and/or lodging fees; regular wildlife viewing opportunities; beautiful Alaskan scenery; and one or two professional, friendly, knowledgeable guides who will work hard to make your Alaska adventure the trip of a lifetime! Please join us!

"Hi! I just returned from an amazing Alaska Explorer trip with Marci and Amanda. This was definitely the best vacation I have ever taken! Alaska was so completely different from anything that I have ever been exposed to. The whole trip was so well planned out, but Amanda and Marci didn't make it feel like a regular touristy trip.... They are so knowledgeable and fun to be around, plus the food was great!... Amanda and Marci were great guides, and I would love to go on another trip with either one of them again in the future! I'm going to recommend this trip to everyone that I know that loves the outdoors because I had such a great time. Thanks for a great experience! --Hilary Blum; New Jersey; Alaska Explorer

WHO COMES ON OUR TOURS? If you are a **healthy, adventurous, friendly, and fun-loving person** who enjoys **hiking and being active** in the outdoors, and have a moderate or better fitness level, you'll fit right in. **No previous experience is necessary for any activity on any tour.** Except on our Family tours, most **Get Up & Go! tours are for adults aged 18 and over** (mature 15-17 year olds are permitted when traveling with an adult). More than a third of our clients are solo travelers, so even if you don't have a travel companion, please don't be afraid to come on your own: you're sure to make some new friends!

ABOUT OUR TOURS

Get Up & Go! Alaska Tour Types

ALASKA MULTI-SPORT / HIKING TOURS: These are our primary tours: 6 to 18-day *Active, Informative, Fun!* Alaska adventures that get you ‘up and going’ in Alaska’s most beautiful national parks and natural areas. A variety of uniquely Alaskan ‘multi-sport’ activities such as sea kayaking to active glaciers, glacier trekking (or optional ice climbing), canoeing, and whitewater rafting, along with truly memorable day hiking, are **INCLUDED** highlights of every tour: Unlike with some other tour operators, there are *no hidden extra costs for the uniquely Alaskan adventure activities you’re coming up here to experience*. Our various tours are available in **Camping**, ‘**Camp & Cabin**,’ and/or **Lodge-based** formats (see the Accommodations section below for details).

All of our tours feature well designed, moderately paced itineraries, small groups (minimum 4, maximum 10-12, average 7-8), scenic campgrounds and/or charming lodges, top quality equipment, and of course all the fantastic Alaskan scenery, day hiking and adventure sports you desire, as well as regular natural history briefings and genuine good times! And our ‘Camp & Cabin’-based tours with more than seven clients feature not one, but **two professional Get Up & Go! Tours** guides.

Many of our tours also feature **included** scenic bush plane flights (to access more remote destinations), Alaska Marine Highway ferry trips, water taxis, and of course all local overland transport. See the *Alaska Tour Features* section just below for more information about our tours, and the specific tour descriptions later in this brochure for detailed outlines of our various tour itineraries. And of course, please feel free to call or email with any questions: **1.888.868.4147** or **1.907.245.0795**.

“I just wanted to tell you that I had a WONDERFUL trip this summer!... Your 10-day (Alaska Explorer) package was perfect for me. I felt fortunate to see as much as I did. It was the kind of trip where every day just got better and better! I (also) wanted to tell you that I really appreciated all that your guides did for us. They really worked well together as a team and were always conscious of our needs... and both were full of knowledge and facts about Alaska. I credit my amazing experience, to their professionalism, skills and definitely, their personalities! Not to mention the fantastic meals :-). I love to hike and was not sure that I would want to do the multi-sport package but I was so thrilled by each experience and it really added to the adventure! When people ask me about (my) trip, I always mention Get Up and Go! Tours. Thanks again and if I ever return to Alaska it will be with you guys :-)” –Christine Fitzgerald, Middleboro, Massachusetts; *Alaska Explorer*

ALASKA FAMILY TOURS: Our *Alaska Family Explorer* tour is for families with children ages 10 and above (or ages 6 and above on select and private trips, please inquire). This 8-day tour is designed with kids and families in mind, and features a variety of beautiful scenery, two spectacular national parks (Denali and Kenai Fjords), walk-up (and walk-on!) glaciers, great wildlife viewing opportunities, as much hiking and other outdoor activities as you’re interested in, great food, and a friendly and experienced guide (or two). ‘Camp & Cabin’ or lodge-based. See page 23 for complete Family tour details.

“We were 100% satisfied... From the initial planning to taking care of the smallest details and your flexibility -- should we want to take a trip again, you'd be the one to call.” --Peter Cornelius, Santa Cruz, California

Our **ALASKA CUSTOM & PRIVATE TOURS** allow groups and families, large or small, to enjoy a custom-designed, and/or private Alaska adventure of any length, guided or unguided. Please contact us for more information: we can help you design the perfect vacation for your pre-formed group and make all the arrangements for you. **1.888.868.4147**.

“Just got back today and wanted to let you know we had a wonderful time and enjoyed things immensely, thanks to your efforts. The trip was one of the best we ever took, and you helped make it that way... The lodges were wonderful, clean, beautifully set, and the owners were most friendly and cooperative. The outings you arranged for us were well worthwhile and enjoyable. The people we met were well learned and expressive: really nice people... I especially commend you on the thoroughness of the itinerary, it made everything very plain and easy to follow, and was very informative and enjoyable to read. All in all, a very good trip. If you need a reference please call on me.” --Zvi Herschman, Hempstead, NY; **custom tour**

Get Up & Go! Alaska Tour Accommodation Styles

IN OR OUT? CAMPING, 'CAMP & CABIN' & LODGE-BASED ALASKA TOURS

Because different people have different concepts of just exactly what getting active in the Great Outdoors means, we offer different tour itineraries in 'Camp & Cabin,' and Lodge-based formats. Be assured that regardless of which style of accommodation you choose, all **Get Up & Go!** tours are designed to get you "up and going" in the beautiful wilds of Alaska, actively experiencing it for yourself with great daily hiking and multi-sport adventure activities. The tours, itineraries and activities are the same: the difference is simply where you sleep at night.

*"Dear Geoff: I want to convey to you my complete satisfaction with the **Get Up and Go!** tour my son and I just returned from last week. The trip was fabulous--very well planned and brilliantly executed. Marci and Amanda were superb guides, always flexible, well informed, inexhaustible, upbeat, helpful, and just plain fun to be with. Virtually every aspect of the tour exceeded my expectations--especially the meals. Prior to the trip I was braced for MREs or Mac 'n Cheese. Instead we had fresh salmon, halibut, fajitas, enchiladas, lasagna, steak, et al. They really did a marvelous job with the meals--and with every other detail of the trip.*

*"We will come again to Alaska, and when we do we will book again with you. But we will insist on Marci and Amanda. Thanks for a great tour. Sincerely, Carl Smith" —Carl Smith, Alexandria, Virginia; **Alaska Explorer***

*"Thanks for a great tour! I don't think the 12 people on the tour could have been a better group of people. Marci and Jed far exceeded my expectations with their great food, wonderful senses of humor, and amazing ability to make every activity better just by being there. Seeing 6 moose, 12 grizzly bears, 4 river otters, 6 beavers, 10 caribou, a couple dozen bald eagles, 5 seals, hundreds of salmon, a dozen sea otters was incredible. The lunar eclipse, huge Northern lights show, and perfect weather did not hurt either. I hope Marci is around for a couple more seasons because I want to go on the Kenai trip and now my brother wants to go on the Arctic trip with me." --Zack Hebert, Eureka Springs, AR; **Alaska, Kenai, and Arctic Explorer***

'CAMP & CABIN'-BASED TOURS: Even if you've never camped before, be assured that it's easier and more comfortable than you might think (and much cheaper than staying indoors). The beautiful natural settings of our campgrounds, the long hours of Alaska summer daylight, our helpful guides, high quality tents, and the tremendous camp food we serve up all make camping in Alaska a pleasurable and unforgettable experience! Sleeping bags and pads are the only gear you need to bring (or rent them cheaply from us, with advance notice), and showers are available at least every other day (actually much more often on most trips). 'Camp & Cabin'-based tours also feature 1 to 3 nights—depending on which itinerary you pick—of shared, indoor lodging in remotely located, charming and cozy cabins or lodge rooms. These are our most popular and inexpensive tours.

*"Now that I am home I can't help but wonder if I will ever recover from the trip of a lifetime... I had an absolute ball and my only reservation about doing it all again is my fear that it could never ever be as good as the first time!"
—Dudley Chignall, Essex, England*

*"I have just returned from an amazing Alaska adventure with your tour guides, Matthew and Dave. I must tell you that your team was encouraging, informative, and downright FUN! I will definitely recommend and return to **Get Up & Go! Tours** for future outings!" —Valerie Polk, Savannah, Georgia*

LODGE-BASED TOURS: If you love being active in the Great Outdoors but are just not a camping kind of person, a lodge-based tour is the way to go! Lodge-based tours offer the same great destinations, itineraries, hiking and adventure activities as our camping-based trips: the only real difference is the end-of-the-day accommodations. Our lodges, cabins and hotels are all friendly, welcoming places chosen for their scenic locations, proximity to places of interest and charm. Depending on their location, most lodges and cabins feature private baths and showers, while the most remote of these is a bit more rustic, with shared bathroom facilities (right next door to most rooms; our lodge in McCarthy, the charming and historic Ma Johnson's Hotel, supplies bathrobes & slippers to all guests).

*"I don't typically do this following a trip, but this trip was so sensational I really need to let you know. Tim and I were beyond satisfied with the great itinerary, optional opportunities, and terrific planning for our 10 days in Alaska.... Thanks for offering such a great way to see Alaska and having the good sense to pick such a great guide. I'll spread the word to my traveling friends." —Joan & Tim Fulton, York, PA; Lodge-based **Alaska Explorer***

Get Up & Go! Alaska Tour Features

MULTI-SPORT ADVENTURE, ALASKAN STYLE! We get you out there, up, active, and having fun in the wilds of Alaska! All **Get Up & Go!** tour itineraries—whether 'Camp & Cabin,' or Lodge-based—are highlighted by *included* opportunities for you to try your hand at a variety of uniquely Alaskan multi-sport activities, including **sea kayaking** to the face of a glacier, **glacier trekking** (or optional **ice climbing**), **whitewater river rafting**, **canoeing**, and more.

Never tried some of these before? Don't worry, ***NO PREVIOUS EXPERIENCE IS NECESSARY FOR ANY ACTIVITY.*** These activities are professionally guided, easier, and, while not without some risk, safer than they might seem, and tremendously fun. Taking a **Get Up & Go!** Alaska tour can be the opportunity you've been looking for to try some of these exciting adventure sports for yourself. And if you're an old hand, Alaska serves up beautiful, world-class settings for these activities that you won't soon forget.

Superb **fishing**, **glacier and wildlife-viewing day cruises**, scenic mountain “**flight-seeing**” trips, and even **helicopter-accessed**, **glacier-top dogsled mushing** are also optionally available on many of our tours (or before or afterwards).

ALASKA IS A HIKER'S PARADISE: Along with all the exciting multi-sport activities and spectacular Alaskan scenery and wildlife, all **Get Up & Go!** tours are highlighted by **fantastic daily hiking** opportunities. These beautiful hikes are of varying distances and difficulty levels, and, with **TWO GUIDES** (on our 'Camp & Cabin'-based trips with more than 7 clients), often feature more than one option. Long or short, challenging or casual: *there's something for everyone of moderate fitness or better.* And because our tours are fully supported and base camp oriented, *you never have to carry more than a lightweight daypack.* Whether you “go big,” or enjoy a more leisurely pace, you are definitely going to love the hiking!

“... I had such an awesome time and certainly did things I never imagined I would. Matthew and Dave were excellent guides, and I had an opportunity to go 'extreme' with both of them on two separate hikes. It was definitely a trip of a lifetime.”
—Paul Bradley, Toronto, *Alaska Explorer* and *Mountains & Glaciers*

ALASKA'S AMAZING FLORA, BIRD AND WILDLIFE: In addition to getting you up and going in the Alaskan wilds, all **Get Up & Go!** tours are highlighted by regular wildlife-viewing opportunities. Depending on which tour itinerary you choose you'll have excellent chances to view grizzly and black bears, caribou, moose, wolves (if you're especially lucky), Dall mountain sheep, beavers, sea otters, sea lions, harbor seals, humpback whales, orcas, spawning salmon, and many more species, all in their natural coastal, or sub-arctic tundra, taiga, or boreal forest habitats. An amazing diversity of bird-life, including bald and golden eagles, arctic terns, puffins, loons, trumpeter swans and innumerable other species, as well as a profusion of colorful wildflowers are all abundant.

QUALITY LEADERSHIP: Recognizing that the guide is the single most important factor in the success or failure of any guided trip, we employ some of the best. In addition to being knowledgeable about Alaskan human and natural history, our experienced guides are friendly, helpful, multi-talented, and conscientious: he or she will take a personal interest in you, and work hard to assure that your vacation is the relaxing, enjoyable, and memorable experience you expect!

Your hard-working guide/s will organize and coordinate the daily schedule and activities, keep you informed, guide you on hikes and adventures, feed you (and quite well at that: the food is a real highlight), transport you, handle all the details and any unexpected problems that might arise, and, in a nutshell, do what it takes to make sure that the trip is enjoyable and successful. You can relax knowing you'll be in good hands with **Get Up & Go!**

TWO GUIDES ON MOST 'CAMP & CABIN'-BASED TOURS: Unlike any of our competitors in the low-end price range, all **Get Up & Go!** 'Camp & Cabin'-based tours with more than 7 clients feature **two guides**. *That means more personal attention, better service, a safer experience, and much better value for your vacation dollar!* You won't find a better Alaska trip for the money anywhere: we guarantee it. Please note that **Lodge-based** tours, as well as those with seven or fewer clients, are led by a single guide. Maximum group size is 10-12 clients, minimum is 4, average is 7-8.

“Hey boys, in writing this letter I could not help but remember Geoff and Matthew, my fearless, Alaskan guides, who did it all to assure us a great time! You are truly the ultimate campers! Thanks again for a wonderful vacation, you guys put together a great trip, which I for one intend on repeating. I will certainly recommend you guys to anyone! It was a lot of fun!”
—Alejandro Bates, Palm Beach, Florida

RECIPE FOR SATISFACTION: A RELAXING PACE AND GREAT FOOD! We don't just rush you around: most **Get Up & Go!** tour itineraries feature a majority of two and three-night stops, which means more full, travel-free days for hiking and adventuring, less time spent packing and unpacking and more time for relaxing and enjoying yourself and the great Alaskan outdoors.

On our '**Camp & Cabin**'-based tours, days are climaxed by exceptional, multi-course camp meals, featuring fresh seafood, meats, fruits, vegetables, and desserts. Wait 'til you see what our guides can do with a dutch oven on an open campfire! Most meals on Camp & Cabin-based tours, and all breakfasts and lunches (except the first morning and during ferry trips) on lodge-based tours are included. Dinners on **Lodge-based** tours, and the few non-included meals on 'Camp & Cabin'-based trips, are taken at our lodges, in local restaurants, or on the ferry, and are paid for individually. Vegans, vegetarians, gluten-free, and most special diets can also be accommodated, please list any dietary restrictions or preferences on your **Tour Reservation Form**.

"The highlight of my entire vacation was the 'hands on' experience with you and the group in Alaska. It was truly an adventure, and would have to be ranked right at the top of my favorite places and trips I've taken. I hope to travel with you again on one of your future tours. Thanks for a great time." —**Eddie Brower**, Secaucus, New Jersey

MODES OF TRANSPORT: We travel overland, from campsite to campsite or lodge to lodge, in comfortable 15-passenger vans. On many tours we take to the sea or air to travel to more remote or otherwise inaccessible destinations via the Alaska Marine Highway (the state ferry), private "water taxis," or scenic bush plane flights (all are included in the tour price).

ADDITIONAL TOUR FEATURES: All of our tours feature well designed, moderately paced itineraries, small groups (maximum 10-12, average 7-8), scenic campgrounds and/or charming lodges, all specified entrance fees, top quality equipment, and of course all the scenery, hiking, and multi-sport adventure activities you desire.

"Hey folks, Truly outstanding and unforgettable experience! I just wanted to thank you and your guides ... for a wonderful 10-day journey. They were the consummate professionals and always saw to the comfort and well being and experience of all participants. Am looking forward to my next trip with you folks." —**Reginald Hsu**, San Francisco. **Alaska Explorer**

MORE THAN JUST A VACATION—AN ENRICHING EXPERIENCE: As mentioned above, along with everything else—the great daily hiking, the additional adventure activities, the good company, the leisurely trip pace, the delicious food, and the amazing Alaskan wildlife and scenic splendor—all of our trips feature a strong (yet low key and informal) educational component as well.

The human and natural history of Alaska—the people, places, wildlife, flora, and geography—spring to life with regular and informal briefings and discussions led by our guides. Learning about the fascinating history of the places you are visiting, and the natural things you are seeing can greatly enhance your Alaskan adventure, transforming it from a simple "vacation" into a more enjoyable and even meaningful experience. At **Get Up & Go! Tours** we take pride in sharing our knowledge, insight, and experience with our clients, as we feel that this accents and distinguishes our tours as unique, special, and more well rounded experiences. It's even part of our motto: **Get Up & Go! Tours:** 'The **Active, Informative, Fun!** way to experience the **real** Alaska.'

*"I just wanted to tell you how exciting our adventure was. We could not have had a better experience than we had with **Get Up and Go Tours**. The guide, Dave, was excellent. You should be very proud of what your company has to offer. I would, without reservation, recommend your company to anyone who wants to experience Alaska.*

"Once again, many thanks," —**Dennis and Gayle Brandon**, Wilmington NC, **Alaska Explorer**

SO COME ON—EXPERIENCE WILD ALASKA WITH *GET UP AND GO! TOURS*

Alaska truly is a magical land, rich in beauty, natural splendor, and uncommon opportunities for both adventure and escape. It's still-being-formed geography and landscapes, vast wildernesses, abundant wildlife, and remote situation at the far edge of the too-hectic, modern world make it an idyllic, natural getaway destination. (Check out the **Why Alaska?** page of our website for more information about Alaska and its many attractions).

Our active, small-group style of travel makes it easy for you to actively experience and get to know this larger-than-life adventure wonderland for yourself on one of our affordable and well-planned tours, with the friendly assistance of our knowledgeable, professional guides. Even the food is great! So why not get the most from your Alaska vacation on a **Get Up & Go! Alaska tour: The Active, Informative, Fun! way to experience the real Alaska.**

ALASKA TOUR ITINERARIES

6 to 18-Day Alaska Adventures

WE OFFER FOUR DIFFERENT 6 & 10-DAY MULTI-SPORT/ HIKING TOURS, & ONE 8-DAY FAMILY TOUR.

Each of these tour itineraries features different sets of attractive Alaska destinations, hikes, and multi-sport adventure activities. See our *Alaska Destinations & Activities Comparison Charts* on the following page for quick comparisons of the features of each of the various itineraries. Detailed tour descriptions, dates and prices of each tour follow below.

10-Day Get Up & Go! Alaska Tours

If you have at least ten days, may we recommend:

- ❑ **ALASKA EXPLORER**, our most popular and diverse tour, combines the best of our 6-day *Mountains & Glaciers* and *Alaska Ranger* tours into a ten-day, “Alaska greatest hits” package. ‘Camp & Cabin’ or Lodge-based. page 10

6 & 8-Day Get Up & Go! Alaska Tours

If you only have six to eight days, choose from the following 6 and 8-day Alaskan adventures:

- ❑ **KENAI EXPLORER** 6 days; Multi-Sport/ Hiking; ‘Camp & Cabin’-based page 14
- ❑ **MOUNTAINS & GLACIERS** 6 days; Multi-Sport/ Hiking; ‘Camp & Cabin’-based page 17
- ❑ **ALASKA RANGER** 6 days; Multi-Sport/ Hiking; ‘Camp & Cabin’-based page 20
- ❑ **ALASKA FAMILY EXPLORER** 8 days; designed with families in mind; ‘Camp & Cabin’ or Lodge-based page 23

12 to 18-Day Get Up & Go! Combination Tours

HAVE MORE TIME AND WANT TO SEE AND DO MORE? You’re coming all this way, you might as well make the most of it! Our shorter itineraries can easily be combined in various ways to form longer and more wide-ranging, **12 to 18-day combination tours**. Combination tours may include one or more free, unguided days in Anchorage between tour segments.

- ❑ All three of our six-day tours--*Kenai Explorer*, *Mountains & Glaciers*, and *Alaska Ranger*--can be combined with each other, to form a two or three-week adventure, without repeating any specific destinations.
- ❑ Our popular ten-day *Alaska Explorer* tour can also be combined with our six-day *Kenai Explorer*, to form a 16+ day adventure, without repeating any destinations.

Combination tours include a \$50 pp lodging credit/discount, that can be applied to the Anchorage hotel or hostel of your choice. See the descriptions of the specific 6 and 10-day tours that compose the longer combination tours for all the details, dates and prices.

All tours start and end in Anchorage, Alaska’s biggest city and chief transportation hub, with an excellent international airport served by most major domestic, and several international airlines.

Please call with any questions: 1.888.868.4147 toll free from the USA or Canada, or **1.907.245.0795** from all other countries.

“We had such a blast with Get Up and Go! Alaska Tours. Your guides were great, so knowledgeable, personable and fun. They did a great job of setting an upbeat environment that easily permeated throughout the group and allowed us all to quickly bond amongst the diversity of our backgrounds and hometowns.

“All of our excursions were arranged and executed flawlessly and we had the added blessing of excellent weather to truly make each day an exceptional experience. My husband Kevin and I would recommend Get Up and Go! to anyone who aspires to visit and actively explore Alaska. When we have shared how much fun we had with family and friends, we are often asked, ‘would you do it again?’ And, we have replied ‘Yes as it was awesome experience! Thanks for everything!’

--Kim and Kevin Kehoe, Smyrna Beach, FL, Alaska Explorer

“Just wanted to let you know that we had an exceptional time...! Thank you so much for giving us such a great adventure. Sophie (GG! guide) was awesome and I can’t say enough great things about her. She was so accommodating and bent over backwards to make sure we had a wonderful time. We all consider her a friend now and look forward to staying in touch.

“You and your team are doing a great job! I’m telling everyone who is thinking about Alaska that they need to do it with Get Up & Go! Take care, Joe” --Joe Diggins, Sewickley, Pennsylvania; jhdiggins@comcast.net; Alaska Family Explorer

Alaska Destination & Activity Comparison Charts

WHICH TOUR DOES WHAT & WHERE? The charts below compare the **destinations** and included and optional **activities** of all of our various tour itineraries at a glance. More detailed tour descriptions follow the comparison charts.

Alaska Destination Comparison Chart

Use this chart to compare the destinations of our various tour itineraries; the number in the boxes beneath the tour names indicates how many nights are spent at/near each destination on each tour.

DESTINATIONS	<i>Alaska Ranger</i>	<i>Mountains & Glaciers</i>	<i>Kenai Explorer</i>	<i>Alaska Explorer</i>	<i>AK Family Explorer</i>
Denali National Park (NP)	3 nights	--	--	3 nights	3 nights
Wrangell-St. Elias NP	--	2 nights	--	3 nights	--
Kenai Fjords NP/Seward	--	--	2 nights	--	2 nights
Valdez/ Prince William Sound	--	2 nights; ferry crossing	--	2 nights; ferry crossing	--
Kenai National Wildlife Refuge (KNWR)	--	--	1 night	--	--
Matanuska Valley	1 night	1 night	--	--	2 nights
Kachemak Bay State Park	--	--	2 nights	--	--
Alaska Wildlife Conservation Center (AWCC)	--	--	--	--	included
Denali Highway area	--	--	--	1 night	--
Maclaren River remote camp	1 night	--	--	--	--
Anchorage	starts & ends	starts & ends	starts & ends	starts & ends	starts & ends

Activity Comparison Chart

Use this chart to compare the included & optional activities on our various tour itineraries

CHART LEGEND:

- **Included:** means this activity is *included* on all versions of this tour
- **Optional :** this activity is **optionally available** (at additional cost, payable locally, credit cards accepted)
- **Optional* :** this activity is an **especially recommended optional activity**
- -- : this activity is **not available** on this tour

ACTIVITIES	<i>Alaska Ranger</i>	<i>Mountains & Glaciers</i>	<i>Kenai Explorer</i>	<i>Alaska Explorer</i>	<i>AK Family Explorer</i>
Exceptional Daily Hiking	Included	Included	Included	Included	Optional*
Wildlife Viewing Opportunities	Included	Included	Included	Included	Included
Sea Kayaking	--	Included	Included	Included	Optional
Whitewater Rafting	Included	Optional	Included	Included	Optional*
Glacier Trekking	Included	Included	--	Included	Optional*
Ice Climbing Course	Optional*	Optional*	--	Optional*	Optional
Hike to the Face of a Glacier	Included	Included	Included	Included	Included
Canoeing	Included	--	--	Included	Optional
Prince William Sound Ferry or Flight	--	Included	--	Included	--
Denali Wildlife-Viewing/Access Bus	Included	--	--	Included	Included
6-hour Kenai Fjords National Park Glacier & Wildlife-Viewing Cruise	--	--	Optional*	--	Optional*
Scenic Flight / Flight-Seeing	Optional*	Included	Optional*	Included	Optional*
River and/or Lake Fishing Charter	Optional	--	--	Optional	--
Salmon or Halibut Fishing Charter	--	Optional	Optional	Optional	Optional
Zip-Line Course	Optional	--	--	--	Optional
Alaska Railroad Train Trip	--	--	--	--	Optional*

2019 ALASKA TOURS BY DATE

If you have more time, most trips can be combined to form longer Alaska adventures of up to 18 days.

- May 26-31, 2019: *Kenai Explorer*, Camp & Cabin. 6 days.
- June 3-8, 2019: *Mountains & Glaciers*, Camp & Cabin. 6 days.
- June 6-15, 2019: *Alaska Explorer*, Camp & Cabin. 10 days.
- June 9-14, 2019: *Alaska Ranger*, Camp & Cabin. 6 days.
- June 9-16, 2019: *Alaska Family Explorer*, Camp & Cabin. 8 days
- June 13-22, 2019: *Alaska Explorer*, Camp & Cabin. 10 days.
- June 16-21, 2019: *Kenai Explorer*, Camp & Cabin. 6 days.
- June 16-23, 2019: *Alaska Family Explorer*, Camp & Cabin. 8 days.
- June 16-25, 2019: *Alaska Explorer, Lodge-based*. 10 days.
- June 18-27, 2019: *Alaska Explorer*, Camp & Cabin. 10 days.
- June 23-July 2, 2019: *Alaska Explorer, Lodge-based*. 10 days.
- June 24-29, 2019: *Mountains & Glaciers*, Camp & Cabin. 6 days. **Kids 12+ okay this date only**
- June 27-July 6, 2019: *Alaska Explorer*, Camp & Cabin. 10 days.
- June 30-July 5, 2019: *Alaska Ranger*, Camp & Cabin. 6 days.
- June 30-July 7, 2019: *Alaska Family Explorer, Lodge-based*. 8 days.
- July 4-13, 2019: *Alaska Explorer*, Camp & Cabin. 10 days.
- July 4-13, 2019: *Alaska Explorer, Lodge-based*. 10 days.
- July 7-12, 2019: *Kenai Explorer*, Camp & Cabin. 6 days.
- July 8-15, 2019: *Alaska Family Explorer*, Camp & Cabin. 8 days.
- July 14-21, 2019: *Alaska Family Explorer, Lodge-based*. 8 days.
- July 15-20, 2019: *Mountains & Glaciers*, Camp & Cabin. 6 days.
- July 18-27, 2019: *Alaska Explorer, Lodge-based*. 10 days.
- June 18-27, 2019: *Alaska Explorer*, Camp & Cabin. 10 days.
- July 21-26, 2019: *Alaska Ranger*, Camp & Cabin. 6 days.
- July 21-28, 2019: *Alaska Family Explorer*, Camp & Cabin. 8 days.
- July 25-August 3, 2019: *Alaska Explorer*, Camp & Cabin. 10 days.
- July 28-August 2, 2019: *Kenai Explorer*, Camp & Cabin. 6 days.
- July 28-August 4, 2019: *Alaska Family Explorer, Lodge-based*. 8 days.
- August 1-10, 2019: *Alaska Explorer, Lodge-based*. 10 days.
- August 4-11, 2019: *Alaska Family Explorer*, Camp & Cabin. 8 days.
- August 5-10, 2019: *Mountains & Glaciers*, Camp & Cabin. 6 days.
- August 8-17, 2019: *Alaska Explorer*, Camp & Cabin. 10 days.
- August 11-16, 2019: *Alaska Ranger*, Camp & Cabin. 6 days.
- August 11-18, 2019: *Alaska Family Explorer, Lodge-based*. 8 days.
- August 15-24, 2019: *Alaska Explorer, Lodge-based*. 10 days.
- August 18-23, 2019: *Kenai Explorer*, Camp & Cabin. 6 days.
- August 18-25, 2019: *Alaska Family Explorer*, Camp & Cabin. 8 days.
- August 18-27, 2019: *Alaska Explorer*, Camp & Cabin. 10 days.
- August 22-31, 2019: *Alaska Explorer*, Camp & Cabin. 10 days.
- August 25-30, 2019: *Mountains & Glaciers*, Camp & Cabin. 6 days.
- August 25-September 3, 2019: *Alaska Explorer*, Camp & Cabin. 10 days.
- August 29-September 7, 2019: *Alaska Explorer, Lodge-based*. 10 days.
- September 1-6, 2019: *Alaska Ranger*, Camp & Cabin. 6 days.
- September 1-6, 2019: *Kenai Explorer*, Camp & Cabin. 6 days.

"I just want to say that your company is the best. We saw more then we expected. Your guides Dave and Max were just perfect. I really enjoyed everything and will recommend your company to every person who wants to visit this amazing part of the world. Thank you so much and I hope to see you again next year! p.s. thank you about the weather!" —Pavlin Z, Bulgaria

ALASKA EXPLORER

Alaska Multi-Sport / Hiking Tour

2019 Tour Description Sheet

10 days, starts and ends in Anchorage
(Combines well with *Kenai Explorer*)

Sea Kayaking, Glacier Trekking (or Ice Climbing), Whitewater Rafting, Canoeing, Day Hiking, and Wildlife Viewing at Denali and Wrangell-St. Elias National Parks, Tangle Lakes, and Prince William Sound:

Our Most Popular Tour!

2019 TOUR DATES & PRICES

ALASKA EXPLORER

'Camp & Cabin'-based tours

Tour Dates: June 6-15; June 13-22; June 18-27; July 4-13; July 18-27; July 25-Aug 3; August 8-17; August 18-27*; August 22-31*; August 25-September 3*. (*Fall Colors & Northern Lights!)

Camp & Cabin-based Tour Price: \$2,495. No single supplement or sales tax.

10 days / 9 nights. Six nights tent-camping in organized campgrounds and three nights in shared cabins

ALASKA EXPLORER

Lodge-based tours

Tour Dates: June 16-25; June 23-July 2; July 4-13; July 18-27; August 1-10; August 15-24*; August 29-September 7*. (*Fall Colors & Northern Lights!)

Lodge-based Tour Price: \$3,450. **Single Supplement:** \$895 (or ask if you can share with another same-sex single)

10 days / 9 nights. All nights in twin-share private lodge rooms or cabins

TOUR INTRODUCTION: Year after year, the ten-day *Alaska Explorer* is our most popular Alaska adventure tour. And with good reason: This active, wide-ranging and diverse tour has it all! A variety of *uniquely Alaskan multi-sport activities*, *superb day hikes*, and *exceptional wildlife-viewing opportunities* are set amidst massive mountains, awe-inspiring glaciers, beautiful alpine tundra, and charming and historic mountain villages, as well as some of Alaska's finest coastal landscapes. Throw in both a stunning mountain bush plane flight over glaciers and volcanoes, and a ferry trip through the dramatic glacial wilderness of Prince William Sound (or a scenic over-flight of the glacier-clad landscape), and, well, *Alaska Explorer* is simply the most comprehensive, wide-ranging, and exhilarating introduction to wild and majestic Alaska available.

For those with more than a week to travel, *Alaska Explorer* essentially combines the best of our 6-day *Mountains & Glaciers* and *Alaska Ranger* tours into a single, 10-day, "greatest hits" adventure. Featuring extended visits to **Denali** and **Wrangell-St. Elias National Parks**, as well as to **Prince William Sound**, and **Tangle Lakes**, *Alaska Explorer* offers the best variety of scenery, the best hiking, and the most popular multi-sport activities of any of our tours. Active and adventurous? You'll love it!

GET UP & GO! *ALASKA EXPLORER* is all about getting out there and experiencing the wilds of Alaska for yourself: **Sea kayak** amidst seals, otters, and nesting sea birds to the face of a glacier; lace up crampons to **trek out onto a huge and very blue glacier**, or strap on a harness and grab some ice axes to try your hand at **ice climbing** (~\$55 supplemental fee required); **canoe** tundra-clad lakes; and go **whitewater rafting** on a fun Class III-IV river at Denali National Park. Great stuff, all of it!

The **day hiking** is memorable as well: across sub-arctic taiga and over alpine tundra, through boreal forest, alongside rivers and lakes, up to historic mining ruins, and along dramatic glaciers and glacial moraines: you will be awestruck. Please join us and experience the best of wild and majestic Alaska for yourself!

"Geoff, I just wanted to send a quick email to let you know what an incredible time we had on our 10-day Alaska Explorer tour. All the activities were truly amazing, the Alaskan wildlife and landscape are truly breathtaking – we've all ran out of adjectives, because mere words just aren't enough to describe Alaska and all we experienced. It was everything we wanted in our vacation...we truly couldn't ask for more.

*"Most importantly, all these activities were wonderfully managed by (your guide) the great John Hemmeter. What a guy!!!... John was the perfect fit for us. From the scheduling to the FOOD (he nailed it!) to the wonderful, wonderful excursions and his knowledge of all the areas, John was the consummate guide. His authentic love of Alaska shown through it all and I think that is what made the trip so special. It is a great experience to be in the presence of someone who truly loves what he does – and is so good at it. "Thank you, thank you, thank you... --Rita Garza, New York, NY *Alaska Explorer* lodge tour*

ALASKA EXPLORER: DAILY ITINERARY & ACTIVITIES

Notes: Unless identified as optional, all mentioned activities are included. Actual hikes and specific campgrounds/lodges may vary. This itinerary applies to both the 'Camp & Cabin' and Lodge-based versions of the tour, except where noted. This **flexible** tour itinerary **may operate in either direction**, and is subject to change.

DAY 1: FROM ANCHORAGE TO DENALI NATIONAL PARK

We'll meet in the morning at our Anchorage departure hotel/s (see our *Tour Pre-Departure Packet* for locations and times), introduce ourselves, and after a brief overview of the tour, head north into the vast Alaskan Interior. First stop: Denali State Park for a great 3 to 4-hour alpine hike, before proceeding on to world famous Denali National Park for a three-night stay at our beautiful lakeside campsite, with hot showers and covered dining shelter (or at our wonderful creek-side lodge).

DAY 2: DENALI NATIONAL PARK

A fun day as we can hike for 3-4 hours this morning, and then enjoy an exhilarating Class III/IV whitewater rafting trip this afternoon. A flight-seeing trip over the park to Denali, North America's highest peak (wow!), and/or a tour of the park's dogsled kennels are fun, optional activities.

DAY 3: DENALI NATIONAL PARK

Today you'll travel through the wilderness area of the park on the park shuttle bus, with exceptional wildlife viewing and hiking opportunities. This fantastic sub-arctic wilderness teems with wildlife, including grizzly bears, wolves, caribou, Dall sheep, moose and more. Denali is also the home of the continent's highest peak, 20,320' Denali: "The Great One."

DAY 4: TANGLE LAKES AREA

Today we pack up and head east along the even more remote Denali Highway, paralleling the scenic southern side of the Alaska Range. This unlikely gravel "highway" passes through some of the wildest, most remote, road-accessible country on Earth, with amazing mountain, glacier, tundra, and river valley views. Along the way we'll stop for a beautiful hike across the tundra-clad foothills to a panoramic lookout point. At Tangle Lakes we can canoe on the "tangle" of lakes, hike atop glacial eskers and across the rolling tundra, and marvel at the mountain scenery, wildflowers, and prolific bird and wildlife. There are lots of rare and interesting birds, as well as moose, foxes, arctic ground squirrels, beavers, muskrats, and occasionally grizzly bears to be seen throughout the whole area. Tangle Lakes is a wild, special, seldom-visited place, sure to leave a lasting impression.

DAY 5: WRANGELL-ST. ELIAS NATIONAL PARK / MCCARTHY

After a morning hike or paddle, we'll continue to the Copper River, where a few small planes will meet us for a stunningly scenic flight across the volcanic and glacier-clad Wrangell Mountains into immense Wrangell-St. Elias National Park, the largest in the USA and a United Nations World Heritage Site. Our destination? The Copper Rush boomtown of McCarthy (pop. ~25), everyone's favorite Alaskan ghost town! We'll spend three nights here (in the charming lodge, or in shared cabins on the 'Camp & Cabin' version of the tour) at the foot of the mighty Kennicott Glacier, deep in the heart of the park. 16,390' Mt. Blackburn looms up the glacier, and other huge peaks are all about. Four major mountain ranges, 9 of the 16 tallest peaks in the US, and the largest non-polar ice field on Earth all converge in this little-known and seldom-visited gem of a national park.

DAY 6: WRANGELL-ST. ELIAS NATIONAL PARK / MCCARTHY & KENNICOTT

Today we will venture out onto the ice with a local mountaineering guide and crampons to explore the blue crevasses, moulins, and the rest of the fascinating glacial geography. The more adventurous can challenge themselves with an optional introductory ice-climbing course on the glacier (+ ~\$55). Optional flight-seeing over the immense fields of glacial ice; and/or historic Kennecott Mine tour are also available; as are various ranger-led activities.

DAY 7: WRANGELL-ST. ELIAS NATIONAL PARK / MCCARTHY & KENNICOTT

Today we can hike up to the abandoned Bonanza Mine for incredible mountain and glacier views. This vigorous hike is the consensus favorite of both clients and guides year after year. Less strenuously, you can either hike along the lateral moraine of the Root Glacier, along McCarthy Creek or out to the toe of the huge Kennicott Glacier, where you can witness it actually moving, depositing the boulders and debris it has carved and carried from the mountains into the terminal lake that it has formed (headwaters of the Kennicott River). Or, if you prefer, take a day off to simply relax and soak up the mountain village ambiance. You won't want to leave McCarthy!

DAY 8: WORTHINGTON GLACIER & VALDEZ

Driving out of Wrangell-St. Elias National Park we'll cross yet another tremendous range: the heavily glaciated Chugach Mountains. At alpine Thompson Pass we can hike either to the toe, or up the lateral moraine of Worthington Glacier, to a dramatic view of the ice field that feeds this very blue "river" of ice. Dropping down out of the mountains afterwards to the picturesquely set town of Valdez, we'll get our first taste of magnificent coastal Alaska. The young and geologically very active Chugach range rises up literally out of the sea, ringing super-scenic Prince William Sound. Glaciers are all about, some of them spilling their loads of ice directly into the sea.

DAY 9: VALDEZ & PRINCE WILLIAM SOUND

Today we'll experience some of the best sea kayaking available anywhere. After gearing up and a quick water taxi ride to protected Shoup Bay, we'll paddle past huge waterfalls and the largest kittiwake rookery on Prince William Sound (home of 18,000+ nesting sea birds), up to the face of spectacular Shoup Glacier. Alternatively, enjoy a half-day wildlife and glacier-viewing cruise. Salmon and halibut fishing charters are also optionally available.

DAY 10: PRINCE WILLIAM SOUND FERRY CROSSING & BACK TO ANCHORAGE

This morning we'll board the Alaska state ferry for a beautiful crossing of Prince William Sound, on the lookout for whales, bald eagles and other wildlife. Following a short hike (time permitting), we'll drive back to Anchorage. On some trips (depending on the ferry schedule), a scenic flight over the glacier-clad Sound from Valdez back to Anchorage may be substituted, allowing for a longer hike in the Anchorage area. Either way, the trip will end in Anchorage at ~5 p.m.

ACCOMMODATIONS

'CAMP & CABIN'-BASED TOURS: 10 days / 9 nights. We tent camp in organized campgrounds six nights, and spend three nights in shared cabins at a friendly lodge in Wrangell-St. Elias National Park. The lodge is beautifully set overlooking the glacier, and has a wood-burning sauna, as well as showers and flush toilets, etc. While camping, we supply easy-to-erect, four-person Eureka tents, which are perfect for two people and their luggage. Showers are available all but one day. Be sure to bring your own sleeping bag and insulated sleeping pad, or, *with advance notice*, you can rent these cheaply from us (\$25 per bag/tour, and/or \$10 per sleeping pad/tour).

LODGE-BASED TOURS: 10 days / 9 nights. Nights are spent in twin-share rooms or cabins at lodges or hotels. Our lodges, cabins, and hotels are not extravagant (don't expect televisions, in-room telephones, baggage handling, or room service), but they are friendly, comfortable, scenically situated, and rich with Alaskan hospitality and character. You're going to like them! Most feature private bathrooms and showers, although the remote and historic McCarthy Lodge is somewhat more rustic, with shared facilities (they provide bathrobes and slippers to all guests, and many bathrooms mean waiting is very rare). The lodges also offer opportunities to meet local people, thus offering a slice of local color and some insight into what it's like to live in the Great Land year around. The price is based on twin-share rooms. Solo travelers must pay a \$895 **single supplement**, although we may be able to pair you with another same-sex single if you desire, thereby avoiding the supplement; please inquire.

MEALS

'CAMP & CABIN'-BASED TOURS: **Most meals are included** (8 breakfasts, 10 lunches, 7 dinners), and are prepared by your guide/s in camp. Dinners feature fresh, nutritious, and tasty foods, multi-course meals, and large portions, often including homemade dutch oven deserts, barbecues, fresh fish and meat, salads, and more. **Dinner is a highlight!** Lunches are generally buffet-style picnics or brown bag meals that we carry with us on our hikes or other activities. Hot breakfasts are served most days. Vegetarians, vegans, and most other special diets can be catered to with advance notice, please list any dietary restrictions or preferences on your *Tour Reservation Form*. The few non-included meals are taken at local restaurants, or on the ferry, and are paid for individually.

LODGE-BASED TOURS: All breakfasts and lunches are included in the tour price (except breakfast on the first morning and breakfast or lunch on the ferry). Most breakfasts are either ordered off the regular menu, or are hot, multi-course buffets; a few are continental style. Lunches are generally buffet-style picnics or brown bag meals that we carry with us on our hikes or other activities. **Dinners on lodge-based tours are not included;** these are taken either at our lodges, in local restaurants, or on the ferry, and are paid for locally. Vegetarians, vegans, and most other special diets can be catered to with advance notice, please list any dietary restrictions or preferences on your *Tour Reservation Form*.

ALASKA EXPLORER: LOOK AT ALL THAT'S INCLUDED

- **Sea Kayaking** day trip at Shoup Glacier, on Prince William Sound (PWS); **OR** take a half-day glacier & wildlife viewing cruise on PWS
 - **Glacier Trekking** in Wrangell-St. Elias National Park (or upgrade to an introductory **Ice Climbing** course on the glacier for ~\$55 more, payable locally)
 - **Whitewater Rafting** (Class III-IV) at Denali National Park
 - **Canoeing** on a spectacular tundra lake, at Tangle Lakes
 - **Hiking:** A variety of exceptional 2 to 6-hour scenic day hikes over mixed terrain (moderate to strenuous)
 - **All Ground Transport**, Anchorage to Anchorage
 - **Scenic Bush Plane Flight** to McCarthy, in Wrangell-St. Elias National Park
 - **Scenic Ferry Crossing** of Prince William Sound (or scenic over-flight)
 - **Denali National Park Wildlife-Viewing/Access Shuttle Bus Trip**
 - **All Lodging and/or Camping Fees**, as specified in the “Accommodations” section of this document
 - **Most Meals**, as specified in the “Meals” section of this document
 - **Entrance Fees** to all national and state parks visited en route
 - **All Necessary Camping Gear** (on Camp & Cabin-based tours), *except* your personal sleeping bag and ground pad (these are available for rent with advance notice: bags \$25/bag/tour, and/or pads \$10/pad/tour)
 - **Professional Guide/s:** The friendly and capable services of a professional **Get Up & Go! Tours’** guide: ‘Camp & Cabin’-based tours with 8-12 clients feature two guides
 - **Alaska Tour Pre-Departure Packet**, including a packing list, Anchorage lodging and arrival information, and more
-

NOT INCLUDED

- **Transport to and from Anchorage**, where the trip starts & ends
 - **Anchorage Lodging**, before or after the tour; we can help. See our **Tour Pre-Departure Packet** for details
 - **Non-Included Meals** (see “Meals”), and alcoholic beverages
 - **Optional Activities** (all specified multi-sport activities are **included**, see above and below)
 - **Personal Expenses**
 - **Gratuities** for your hard-working guides; see page 5 of our **Tour Pre-Departure Packet** for general tipping guidelines
 - **Personal Travel Insurance:** **Highly recommended.** See our **Tour Reservation Form** for details
-

OPTIONAL ACTIVITIES & PRICES

- **Flight-Seeing** to Denali peak, in Denali National Park (~\$525), and/or in Wrangell-St. Elias National Park (~\$250-\$395)
 - **Guided Historic Tour** of Kennecott Mine town site (~\$28)
 - **Salmon or Halibut Fishing Charter** out of Valdez (~\$100-\$425+)
-

COMBINATION TOURS

If you have more time, **Alaska Explorer** can often be combined with our 6-day **Kenai Explorer** Camp & Cabin-based tour (sometimes with a day or two off in Anchorage between trip segments) to make a longer, more wide-ranging Alaskan adventure! When you sign up for any of our combination tours you’ll receive a \$50 per person lodging credit/discount, to be applied to the Anchorage hotel or hostel of your choice.

GET UP AND GO!

TO RESERVE YOUR PLACE on this or any of our tours simply give us a call at **1.888.868.4147** or **1.907.245.0795**, or email us at **alaska@getupandgotours.com**. Assuming availability, all you’ll need to do to confirm your reservation is to complete our **Tour Reservation Form** and fax, scan and email, or mail it back to us with your \$300 per person/tour deposit (\$500 for lodge-based tours). We accept personal checks, money orders, international bank wire transfers, Visa, Master Card, and American Express. **Many tours fill fast, please reserve as early as possible to avoid being disappointed.** Thank you, we are happy to answer any questions you may have, and look forward to your visit!

KENAI EXPLORER

Alaska Multi-Sport / Hiking Tour

2019 Tour Description Sheet

6 days, starts and ends in Anchorage

(Combines well with *Alaska Explorer*, *Alaska Ranger*, and/or *Mountains & Glaciers*)

*Sea Kayaking, Whitewater Rafting, Day Hiking, and Wildlife Viewing
in Kenai Fjords National Park, Chugach National Forest, Kenai National Wildlife Refuge, and Kachemak Bay State Park*

2019 TOUR DATES & PRICES

KENAI EXPLORER ‘Camp & Cabin’-based tours

Tour Dates: May 26-31, June 16-21; July 7-12; July 28-August 2; August 18-23; September 1-6.

Tour Price: \$1,450 + local sales tax. **All meals included***. **No single supplement.**

6 days / 5 nights. Three nights tent-camping in organized campgrounds, and two nights in shared cabins at a remote lodge

TOUR INTRODUCTION: The beautiful **Kenai Peninsula**, projecting into the Gulf of Alaska between Prince William Sound and the Cook Inlet, is Alaska in microcosm. Featuring dramatic mountains and glaciers, rugged, fjordal coast line, lush spruce and hemlock forests, tens of thousands of lakes, bountiful bird and wildlife, and superb hiking and adventure activities, the Kenai is truly an outdoor lover’s paradise.

It’s only natural then that our six-day *Kenai Explorer* tour is so enticing, highlighted by visits to dramatic **Kenai Fjords National Park**, to the lake-studded **Kenai National Wildlife Refuge**, and to little-visited and wildlife-rich **Kachemak Bay State Park**, as well as to the charming seaside Kenai Peninsula towns of Seward, Homer and Hope.

GET UP & GO! Dramatic scenery and wildlife are not the tour’s only attractions, however, as *Kenai Explorer* also includes fantastic day hiking and multi-sport activities. Multi-sport highlights include a beautiful **sea kayaking** day trip in beautiful Kachemak Bay State Park. Bald eagles are all about, as are lolling sea otters; whales, bears and other mammals and sea birds are also frequently sighted. A **Class IV whitewater rafting** trip is another unforgettable and included tour highlight (or you can upgrade to a **Class V** trip for an additional fee).

The **hiking** throughout this tour is especially good, with hikes alongside glaciers, through old growth rain forests, up to alpine lakes, and along beautiful beaches all part of the scheduled itinerary.

A six-hour **glacier and wildlife-viewing cruise** through the stunning fjordlands of **Kenai Fjords National Park** is a highly recommended, optional highlight. Deep-sea salmon and halibut fishing charters, and dogsled mushing on a helicopter-accessed glacier, are optionally available activities.

You’ll be glad you chose the *Kenai Explorer*, a beautiful tour with exhilarating multi-sport adventure activities, hiking, and glacier and wildlife-viewing opportunities, in one of Alaska’s most diverse and attractive regions. Please join us!

“I just want to send you a quick note to tell you how great was my trip this year. The guides did an awesome job. And I’m pretty sure my three other friends had a really good time. We laughed a lot!”

*“Everything was well organized and the food was excellent.... The schedule was just perfect: pretty active and relaxing at the same time. I really liked the daily hikes and all the time we had in the evenings to hang out. Also, I really appreciated the short driving hours. In my opinion, **Kenai Explorer** was the best week I had among the three I spent in Alaska (with you). The stay at the resort in the last two days was a pretty good idea to end up the trip.*

*“I came back to NY refreshed, relaxed and really happy. It was good vacation.... Thanks and I hope **Get Up and Go! Tours** will continue for a long time....” --Elise Maguire, New York; **Kenai Explorer**, **Mountains & Glaciers**, and **Alaska Ranger***

KENAI EXPLORER

DAILY ITINERARY & ACTIVITIES

Notes: Unless identified as optional, all mentioned activities are included.
Specific hikes, days that activities take place on, and campgrounds may vary.
This **flexible** tour itinerary may operate in either direction, and is subject to change.

DAY 1: FROM ANCHORAGE TO SEWARD & KENAI FJORDS NATIONAL PARK

We'll meet in the morning at our Anchorage departure hotel/s (see our *Alaska Tour Pre-Departure Packet* for locations and times), introduce ourselves, and after a brief overview of the tour, head south to the beautiful Kenai Peninsula. On the way we'll parallel scenic Turnagain Arm. This mountain-lined and glacier-carved fjord, the ultimate extension of the Cook Inlet, Gulf of Alaska and Pacific Ocean, was named by a frustrated Captain Cook, during his 1778 search for the legendary Northwest Passage. A beautiful riverside hike through the lush **Chugach National Forest** to an alpine lake (or another hike) kicks off the tour's activities. Afterwards, we continue on to **Seward**, gateway to **Kenai Fjords National Park**, for a two-night stay. Camping.

DAY 2: SEWARD & KENAI FJORDS NATIONAL PARK

This morning you can choose between an optional 6-hour wildlife viewing cruise to an active tidewater glacier in stunning **Kenai Fjords National Park**; a hike; a free afternoon in the town; or a variety of other optional activities. The day cruise is highly recommended: whales, porpoises, sea lions, sea otters, seals, bald eagles, puffins and an interesting variety of other sea birds are all commonly seen, and the close-up view of the calving tidewater glacier is truly spectacular. Salmon or halibut fishing charters, a visit to the Alaska Sea Life Center, and even a dog sled mushing trip on a helicopter-accessed glacier are all also optionally available (see "Optional Activities" below). We can then take a hike to the local glacier or to a pretty beach after dinner. Camping.

DAY 3: KENAI FJORDS NATIONAL PARK & KENAI NATIONAL WILDLIFE RESERVE

One of our favorite hikes anywhere is today's highlight: up along the very blue Exit Glacier to an overlook of the 800-square mile Harding Ice Field, focal point of **Kenai Fjords National Park** and the source of its many glaciers. Moose, bears, mountain goats, porcupines, and marmots are all commonly seen on this hike, and the glacier and ice field are dramatically beautiful; this inspirational hike will stay with you long after you've left Alaska. Afterwards, a short drive brings us to the pretty **Kenai National Wildlife Refuge**, where we camp near a large lake. Camping.

DAY 4: HOMER & ACROSS THE BAY TO KACHEMAK BAY STATE PARK

Following a morning hike to a scenic overlook, we'll continue on to the seaside community of **Homer**, at the peninsula's southwestern tip. There's usually some free time in town to visit the excellent museum and art galleries, or to hike on the beach before taking a water taxi across the bay to our **remote waterfront cabins** in **Kachemak Bay State Park**. Shared cabins.

DAY 5: KACHEMAK BAY STATE PARK

A full day for kayaking in the bay, up fjords, along the coast and/or out to some of the bay's many uninhabited islands. Wildlife is very abundant, especially sea otters and bald eagles, and there is no better way to view it than from the seat of a sea kayak! Alternatively, you could take an optional halibut fishing charter: these waters are famous for having some of the best fishing in the world. This afternoon we can explore and relax on the beach, pick blueberries, or perhaps hike up through the lush coastal forest to a very scenic overlook from which the bay, Cook Inlet, and several of the volcanoes of the Alaska Peninsula and Aleutian Islands are visible: Wow! You're not going to want to leave our remote sanctuary in beautiful Kachemak Bay State Park! Shared cabins.

DAY 6: TO HOPE & BACK TO ANCHORAGE

This morning we water taxi back to Homer and carry on to the small gold rush community of **Hope**, where we'll cap the tour off with an exciting Class IV whitewater rafting trip through two canyons of famous **Six-Mile Creek**. For a supplemental payment of ~\$50 you can upgrade to a three canyon Class V trip, some of the most exhilarating whitewater available anywhere. If the rafting doesn't sound like your thing you can instead enjoy a beautiful hike, and/or explore the charming and scenic seaside town and beach. Afterwards we'll make the short drive back to Anchorage, where the tour ends between 7 and 8:30 pm. Please do not schedule return flights that depart prior to 9:30 pm.

KENAI EXPLORER: ACCOMMODATIONS

‘CAMP & CABIN’-BASED TOURS: 6 days / 5 nights. We tent camp in organized campgrounds three nights, and stay in shared cabins at a remote and beautiful, seaside lodge on Kachemak Bay for two nights. While camping, we supply roomy, easy-to-erect, four-person Eureka tents, which are perfect for two people and their luggage. Be sure to bring your own sleeping bag and insulated sleeping pad, or, *with advance notice*, you can rent these from us for only \$25 per bag/tour, and/or \$10 per sleeping pad/tour.

MEALS

‘CAMP & CABIN’-BASED TOURS: All meals are included*, and are prepared by your guide/s in camp. We feature fresh, nutritious, and tasty foods, multi-course meals and large portions, often including homemade dutch oven deserts, barbecues, fresh fish and meat, salads, and more. **Dinner is a highlight!** Lunches are generally buffet-style picnics or brown bag meals that we carry with us on our hikes or other activities. Vegetarians, vegans, and most special diets can be catered to with advance notice, please list any dietary restrictions or preferences on your *Tour Reservation Form*. *except breakfast the first morning and dinner the last day

LOOK AT ALL THAT’S INCLUDED

- **Sea Kayaking** at Kachemak Bay State Park: lots of nearby wildlife, and stunning scenery
 - **Whitewater Rafting** on Six-Mile Creek (Class IV; for an additional ~\$50 you can upgrade to a bigger Class V trip)
 - **Day Hiking:** A variety of exceptional 2 to 6-hour scenic day hikes over mixed terrain (moderate to strenuous)
 - **Water Taxi:** Roundtrip boat trip across Kachemak Bay to our remote cabins
 - **Professional Guide/s:** The friendly and capable services of a professional **Get Up & Go! Tours’** guide: Camp & Cabin-based tours with 8-12 clients feature two guides
 - **All Ground Transport,** Anchorage to Anchorage
 - **All Camping and Cabin Fees,** as specified in the “Accommodations” section of this document
 - **All Meals,** except breakfast on the first morning and dinner on the last day
 - **Entrance Fees** to all national and state parks visited en route
 - **All Necessary Camping Gear, *except*** your personal sleeping bag and ground pad (these are available for rent *with advance notice*: bags \$25/bag/tour, and/or pads \$10/pad/tour)
 - **Alaska Tour Pre-Departure Packet,** including a packing list, Anchorage lodging and arrival information, and more
-

NOT INCLUDED

- **Transport to and from Anchorage** (where the trip starts & ends)
 - **Anchorage Lodging,** before or after the tour; we can help. See our *Alaska Tour Pre-Departure Packet* for details
 - **Non-Included Meals** (breakfast on the first morning and dinner on the last day), or **alcoholic beverages**
 - **Optional Activities** (see below)
 - **Personal Expenses**
 - **Gratuities** for your hard-working guides; please see page 5 of our *Alaska Tour Pre-Departure Packet* for general tipping guidelines
 - **Personal Travel Insurance:** **highly recommended.** See our *Tour Reservation Form* for details
-

OPTIONAL ACTIVITIES & PRICES

- **6-hour Kenai Fjords National Park Glacier & Wildlife-Viewing Day Cruise:** ~\$162 + local sales tax and a small port fee
- **Sled Dog Mushing on a Helicopter-Accessed Glacier:** ~\$519 + tax
- **Deep-Sea Salmon or Halibut Fishing Charter:** ~\$125-\$425 + tax
- **Alaska Sea Life Center** entrance: ~\$20 + tax

Optional activities are payable locally, and credit cards are accepted

MOUNTAINS & GLACIERS

Alaska Multi-Sport / Hiking Tour

2019 Tour Description Sheet

6 days, starts and ends in Anchorage

(Combines well with *Alaska Ranger*, *Kenai Explorer*)

Sea Kayaking, Glacier Trekking (or Ice Climbing), Exceptional Day Hiking & Wildlife Viewing in Wrangell-St. Elias National Park, Prince William Sound, and the Matanuska Valley

2019 TOUR DATES & PRICES

MOUNTAINS & GLACIERS 'Camp & Cabin'-based

Tour Dates: June 3-8; June 24-29 (kids 12+ ok, this trip only); July 15-20; August 5-10; August 25-30*.

Tour Price: \$1,595. No single supplement or sales tax. (*Fall Colors & Northern Lights!)

6 days / 5 nights. Three nights tent-camping in organized campgrounds, and two nights in shared cabins at a lodge

TOUR INTRODUCTION: It won't take long for you to see how this action-packed tour got its name. Ranging from the glacier-carved **Matanuska Valley** to immense, spectacular, and seldom-visited **Wrangell-St. Elias National Park**—North America's premier mountain and glacier wilderness—to the heavily glaciated coast and wildlife-rich seas of **Prince William Sound**, **MOUNTAINS & GLACIERS** will get you 'up and going' in some of the most ruggedly beautiful country anywhere!

Featuring both interior and coastal mountains, glaciers and landscapes; a diverse variety of wildlife viewing chances; a stunning small plane flight over volcanoes and glaciers; and a scenic ferry cruise on pristine Prince William Sound (or a scenic over-flight of the glacier-clad landscape); *Mountains & Glaciers* is a superb introduction to the incredible mountain, glacier and coastal grandeur of Alaska.

GET UP AND GO! Beautiful scenery and majestic landscapes aren't the only reasons to come on this tour however, as the **hiking and uniquely Alaskan multi-sport activities** included in *Mountains & Glaciers* are themselves invigorating and genuinely inspirational! **Sea kayak** amidst curious seals and nesting sea birds, to a beautiful glacier: Wow! Lace up crampons to venture out onto a huge and very blue glacier for an exploratory **glacier trek**, or, for a ~\$55 supplemental fee, strap on a harness and grab some ice axes to try your hand at **ice climbing**. **Hike** up to tundra tarns and waterfalls; through boreal forests; and along glacial moraines: truly magnificent, all of it!

If you only have a week and you want to experience the real Alaska in remote and incredible Wrangell-St. Elias National Park and Prince William Sound, huge mountains, lots of big glaciers and the heavily forested coast as well, this is the tour for you!

"We had a simply marvelous time on your Mountains & Glaciers tour. Everything was perfect: the itinerary, the food, the guide, the group, ...even the weather! My husband is already talking about the next time we go to Alaska. I wish I could offer some helpful suggestions for improvement, but I just can't think of anything I would have changed. Please tell (guide) Marci that we are simply enamored with her and her cooking and think she is the best guide ever! Thank you for everything."

--Heather & Bryan Richman

"Hi Geoff, I wanted to send you a quick email to comment on my recent Mountains & Glaciers trip. This was my 2nd time doing the exact same tour.... the last trip being three summers ago, of note that was a great trip...hence the repeat client.

My most recent trip with Marci as my guide... EXCELLENT!!!! She blew me away with her knowledge, patience, kindness, humor and best of all her cooking skills!! I felt as though she gave 200% of herself to her clients and I was personally very impressed. She was always willing to do whatever it took to please us...very flexible. She told us this was her first year as a guide with you...she is definitely a keeper! As an employer myself...I know EXCELLENT / Responsible employees can be difficult to find, I wanted you to know how lucky you are to have her. Thanks for another awesome trip.... I'll be Back!"

--Steven Kent, Florida; now a *three-time* participant on our *Mountains & Glaciers* tour!

MOUNTAINS & GLACIERS

DAILY ITINERARY & ACTIVITIES

Notes: Unless identified as optional, all mentioned activities are included. Actual hikes and campgrounds may vary. This flexible tour itinerary may operate in either direction, and is subject to change.

DAY 1: FROM ANCHORAGE TO THE MATANUSKA VALLEY

We'll meet in the morning at our Anchorage departure hotel/s (see our *Alaska Tour Pre-Departure Packet* for locations and times), introduce ourselves, and after a brief overview of the tour, head north toward Hatcher Pass in the Talkeetna Mountains. Here we'll kick things off with a beautiful hike up to some alpine tarns and waterfalls (depending on conditions and other factors, another hike may be substituted). Afterwards we'll head to our riverside campground in the Matanuska Valley. Camping.

DAY 2: WRANGELL-ST. ELIAS NATIONAL PARK / MCCARTHY

A beautiful drive takes us to the Copper River-side town of Chitina, where a few small planes will meet us for a stunningly scenic flight across the volcanic and glacier-clad Wrangell Mountains, into immense Wrangell-St. Elias National Park, the largest in the USA, and a United Nations World Heritage Site. Our destination? The copper rush village of McCarthy (pop. ~25), everyone's favorite Alaskan ghost town! We'll spend two nights here in shared cabins at a charming lodge set at the foot of the mighty Kennicott Glacier, deep in the heart of the park. 16,390' Mt. Blackburn looms up the glacier, and other huge peaks are all about. Four major mountain ranges, 9 of the 16 tallest peaks in the US, and the largest non-polar ice field in the world converge in this little-known and seldom-visited gem of a national park. Cabins.

DAY 3: WRANGELL-ST. ELIAS NATIONAL PARK / MCCARTHY & KENNICOTT

Today we will venture out onto the ice with a local mountaineering guide and crampons to explore the blue crevasses, moulins, and the rest of the fascinating glacial geography. The more adventurous can challenge themselves with an optional introductory ice-climbing course on the glacier (+ ~\$55). Optional "flight-seeing" over the glacial wilderness, and/or a Kennecott Mine tour are also available, as are various ranger-led activities. Cabins.

DAY 4: WORTHINGTON GLACIER & VALDEZ

Driving out of Wrangell-St. Elias National Park we'll cross yet another tremendous range: the heavily glaciated Chugach Mountains. At alpine Thompson Pass we can hike up the lateral moraine of Worthington Glacier to a dramatic view of the ice field that feeds this very blue "river" of ice. Dropping down out of the mountains afterwards to the picturesquely set town of Valdez we'll get our first taste of magnificent coastal Alaska. The young and geologically very active Chugach range rises up literally out of the sea, ringing super-scenic Prince William Sound. Glaciers are all about, some of them spilling their loads of ice directly into the sea. Camping.

DAY 5: VALDEZ & PRINCE WILLIAM SOUND

Today we'll experience some of the best sea kayaking available anywhere. After gearing up and a quick water taxi ride to protected Shoup Bay, we'll paddle past huge waterfalls and the largest kittiwake rookery on Prince William Sound (home of 18,000+ nesting sea birds), up to the face of spectacular Shoup Glacier. Alternatively, enjoy a half-day wildlife and glacier-viewing cruise. Salmon and halibut fishing charters are also optionally available. Camping.

DAY 6: ACROSS PRINCE WILLIAM SOUND, BACK TO ANCHORAGE

This morning we'll board the Alaska state ferry for a beautiful crossing of Prince William Sound, on the lookout for whales, bald eagles and other wildlife. Following a short hike (time permitting), we'll drive back to Anchorage. On some trips (depending on the ferry schedule), a scenic flight over the glacier-clad Sound from Valdez back to Anchorage may be substituted, allowing for a longer hike in the Anchorage area. Either way, the trip will end in Anchorage at ~5 p.m.

MOUNTAINS & GLACIERS: ACCOMMODATIONS

‘CAMP & CABIN’-BASED TOURS: 6 days / 5 nights. We tent camp in organized campgrounds three nights, and stay in shared cabins at a friendly lodge just outside McCarthy two nights. The lodge is beautifully set overlooking the glacier, and has a wood-burning sauna, as well as showers and flush toilets, etc. While camping we supply easy-to-erect, four-person Eureka tents, which are perfect for two people and their luggage. Showers are available all but one day. Be sure to bring your own sleeping bag and insulated sleeping pad, or, *with advance notice*, you can rent these cheaply from us (\$25 per sleeping bag/tour, and/or \$10 per insulated ground pad/tour).

MEALS

‘CAMP & CABIN’-BASED TOURS: **Most meals are included** (4 breakfasts, 6 lunches, 4 dinners), and are prepared by your guide/s in camp. We feature fresh, nutritious, and tasty foods, multi-course meals, and large portions, often including homemade dutch oven deserts, barbecues, fresh fish and meat, salads, and more. **Dinner is a highlight!** Lunches are generally buffet-style picnics or brown bag meals that we carry with us on our hikes or other activities. Vegetarians and most special diets can be catered to with advance notice, please list any dietary restrictions or preferences on your *Tour Reservation Form*. The few non-included meals are taken at local restaurants, or on the ferry, and are paid for individually.

LOOK AT ALL THAT’S INCLUDED

- **Sea Kayaking** day trip at Shoup Glacier, on Prince William Sound (PWS); **OR** take a half-day glacier & wildlife-viewing cruise on Prince William Sound
 - **Glacier Trekking** in Wrangell-St. Elias National Park (or upgrade to an introductory **Ice Climbing** course for ~\$55 more)
 - **Day Hiking:** A variety of exceptional 2 to 6-hour scenic day hikes over mixed terrain (moderate to strenuous)
 - **Professional Guide/s:** The friendly and capable services of a professional ***Get Up & Go! Tours’*** guide: Camp & Cabin-based tours with 8-12 clients feature two guides
 - **All Ground Transport**, Anchorage to Anchorage
 - **Scenic Bush Plane Flight** to McCarthy, in Wrangell-St. Elias National Park
 - **Scenic Ferry Crossing** of Prince William Sound (or scenic over-flight)
 - **All Lodging and/or Camping Fees**, as specified in the “Accommodations” section of this document
 - **Most Meals**, as specified in the “Meals” section of this document
 - **Entrance Fees** to all national and state parks visited en route
 - **All Necessary Camping Gear**, *except* your personal sleeping bag and ground pad (these are available for rent with advance notice: bags \$25/bag/tour, and/or pads \$10/pad/tour)
 - ***Alaska Tour Pre-Departure Packet***, including a packing list, Anchorage lodging and arrival information, and more
-

NOT INCLUDED

- **Transport to and from Anchorage** where the trip starts & ends
 - **Anchorage Lodging**, before or after the tour; we can help. See our *Alaska Tour Pre-Departure Packet* for details
 - **Non-Included Meals** (see “Meals”), or **alcoholic beverages**
 - **Optional Activities** (the listed multi-sport activities are **included**, see below)
 - **Personal Expenses**
 - **Gratuities** for your hard-working guides; please see page 5 of our *Alaska Tour Pre-Departure Packet* for general tipping guidelines
 - **Personal Travel Insurance:** **highly recommended**. See our *Tour Reservation Form* for more information
-

OPTIONAL ACTIVITIES & PRICES

- **Flight-Seeing** over spectacular Wrangell-St. Elias National Park (~\$250-\$395). A scenic flight into the park is already included in the price of the tour. This is an option to see more of this immense, ice-covered wilderness
 - Upgrade from included Glacier Trekking activity to full-day **Introductory Ice Climbing Course** (~\$55)
 - **Guided Historic Tour** of Kennecott Mine town site (~\$28)
 - **Salmon or Halibut Fishing Charter** out of Valdez (~\$150-\$425+)
-

ALASKA RANGER

Alaska Multi-Sport / Hiking Tour

2019 Tour Description Sheet

6 days, starts and ends in Anchorage

(Combines well with *Mountains & Glaciers* and/or *Kenai Explorer*)

Whitewater Rafting, Canoeing, Glacier Trekking (or Ice Climbing), Day Hiking, and Exceptional Wildlife Viewing, at Denali National Park, Maclaren River, and Matanuska Glacier

2019 TOUR DATES & PRICES

ALASKA RANGER 'Camp & Cabin'-based tours

Tour Dates: June 9-14; June 30-July 5; July 21-26; August 11-16; September 1-6* (*Fall Colors & Northern Lights!)

Tour Price: \$1,595. **All meals included***. No single supplement or sales tax.

6 days/5 nights. 3 nights tent-camping at a comfortable campground, 1 night at a remote camp, and one night indoors at a lodge

GET UP & GO! ALASKA RANGER--named after the huge, interior Alaska Range of mountains--takes you into a largely pristine region of immense mountains, huge, glacier-carved valleys, endless, rolling tundra, mighty glacial rivers, bountiful and compelling wildlife, and almost no towns or inhabitants at all. In other words: The perfect Alaskan setting for unforgettable **day hiking, whitewater rafting, glacier trekking**, (or optional **ice climbing**), and wilderness **canoeing!**

The tour is highlighted by a 3-night stop at Alaska's first and most popular national park: **Denali**, in the heart of the Alaska Range. This huge park teems with readily viewable wildlife like no other region of the North American continent. **Grizzlies, wolves, moose, caribou and Dall mountain sheep** ("The Big Five"), along with many smaller mammals, and hundreds of species of birds, are all abundant. And above this Vermont-sized wilderness park towers mighty Denali itself (also known as **Mt. McKinley**), North America's largest (20,320') and most spectacular peak. In addition to observing the wildlife, we'll also enjoy great **hiking**, and some fun **whitewater rafting** at Denali. **Scenic flights** over the mountain are also optionally available.

ALASKA RANGER now also features **an overnight at a remote, riverside camp**, in the eastern Alaska Range tundra. We'll travel upstream in a jet boat to our wilderness camp, where we'll enjoy excellent **hiking and views: a highlight!** The next day we'll paddle canoes on a beautiful tundra lake, on the lookout for wildlife, which is bountiful throughout the area.

The tour is climaxed by a night at a friendly and beautifully set lodge near the massive **Matanuska Glacier**. From here we'll take a fascinating **glacier trek** to an impressive icefall on the otherworldly glacial ice (or, for an additional ~\$80 payment, you can upgrade to a 6+ hour introductory **ice climbing** course on the glacier, no experience necessary). Two new zip-line courses near the glacier also are now optionally available for you adrenaline junkies (~\$99).

If you're looking for wilderness on the grand scale, abundant wildlife, and of course great hiking, rafting, canoeing, and glacier travel--and have just six days--well: This is the tour for you!

"All positive comments from this customer! I had an incredible time and already look forward to my next trip up there, whenever that ends up being, hopefully soon! Everything about the trip was great... The sights, the planned activities, the camping equipment, the FOOD! Everything was well thought out, planned, and executed. Dave showed us what "luxury" camping was all about. He certainly knows his stuff and knew a lot about Alaska and the areas we visited. He was great at making me feel like I was getting the most out of the short time I was there.... (and) gave us the flexibility to adjust our activities as we wanted.... The camp then cabin order of the tour was nice, too... the beautiful lodge was a nice finish.

*"I've fallen in love with Alaska and I have your tour to thank. I certainly will make **Get Up and Go! Tours** my first shopping stop when I plan my next trip. Thanks again, Paola" --Paola Hayes, San Diego, CA; **Alaska Ranger***

"Yesterday I came back to Switzerland after 3 weeks in Alaska.... Although everything was good, our Alaska Ranger tour week was the best of all! I thank you all, mainly you, (guide) Dave, for this fantastic experience!" --Jurg Lietha, Switzerland

*"I just returned from a 'Camp and Cabin' (Alaska Ranger) tour with Matt. I want to let you know how great he is... I'd do another tour with him as guide. The trip was more than I expected. Just when I would think that things couldn't get better, they did. GREAT TIME!!" --Margie Bonazzola, Solvang, California. **Alaska Ranger***

ALASKA RANGER: DAILY ITINERARY & ACTIVITIES

Notes: Unless identified as optional, all mentioned activities are included. Actual hikes and campgrounds/lodges may vary. This **flexible** tour itinerary may operate in either direction, and is subject to change.

DAY 1: FROM ANCHORAGE TO DENALI NATIONAL PARK

We'll meet in the morning at our Anchorage departure hotel/s (see our *Tour Pre-Departure Packet* for locations and times), introduce ourselves, and after a brief overview of the tour, head north into the Alaskan Interior. First stop: Denali State Park for a great 3 to 4-hour alpine hike, before proceeding on to world famous Denali National Park for a three-night stay at our beautiful lakeside campsite, with hot showers and covered dining shelter.

DAY 2: DENALI NATIONAL PARK

A fun day as we can hike for 3-4 hours this morning, and then enjoy an exhilarating whitewater rafting trip this afternoon. A flight-seeing trip over the park to Mt. McKinley: Wow! and/or a tour of the park's dogsled kennels are fun, optional activities.

DAY 3: DENALI NATIONAL PARK

Today you'll travel through the wilderness area of the park on the park shuttle bus, with exceptional wildlife viewing and hiking opportunities. This fantastic sub-arctic wilderness teems with wildlife, including grizzly bears, wolves, caribou, Dall sheep, moose, and numerous smaller mammals. Denali is also the home of the continent's highest peak, 20,320' Mt. McKinley, known in Alaska as Denali: "The Great One."

DAY 4: THE DENALI "HIGHWAY" TO OUR REMOTE RIVERSIDE CAMP, IN THE EASTERN ALASKA RANGE

Today we break camp and head east along the even more remote Denali Highway, paralleling the scenic southern side of the Alaska Range. This unlikely gravel "highway" passes through some of the wildest, most remote, road-accessible country on Earth, with amazing mountain, glacier, tundra, and river valley views. We'll enjoy a picnic lunch and then take a beautiful short hike at the pass, with tremendous 360 degree views of the mountains, rivers, and lakes that are all about: breathtaking!

The excitement ratchets up a notch this afternoon as we load our gear into a waiting river air boat and zip upstream toward the towering, glacier-strewn Alaska Range and our remote, glacier-fed, riverside wilderness camp. Here we can hike and enjoy the solitude and an evening campfire, before being picked up again in the morning, and returned to civilization. An easy canoe paddle on a spectacular wilderness lake follows, with excellent wildlife-viewing opportunities.

There are lots of rare and interesting birds, as well as moose, foxes, arctic ground squirrels, beavers, muskrats and occasionally grizzly bears to be seen throughout the whole area. The Denali Highway area is a special, seldom visited place, sure to leave a lasting impression.

DAY 5: WILDERNESS CANOE PADDLE & ON TO MATANUSKA VALLEY

After we return to (relative) civilization this morning, we'll take a very short drive and then paddle on a beautiful tundra lake, on the lookout for wildlife. After the paddle, we'll drive the brief remaining section of the Denali Highway, and then head south and west as we travel through dense spruce and aspen forests, dotted with literally tens of thousands of lakes, for a night indoors at the beautifully situated Majestic Valley Wilderness Lodge, near the spectacular Matanuska Glacier.

DAY 6: MATANUSKA GLACIER & BACK TO ANCHORAGE

Today we will venture out onto the glacier with a local mountaineering guide and crampons to explore the blue crevasses, moulins, and the rest of the fascinating glacial geography. The more adventurous can challenge themselves with a longer, optional, introductory ice-climbing course on the glacier (+ ~\$80). Two new zip-line courses are also now optionally available near the glacier (~\$99). The tour ends back in Anchorage between 5 and 8:30 pm.

ACCOMMODATIONS

'CAMP & CABIN'-BASED TOURS: 6 days / 5 nights. We tent camp in organized campgrounds four nights (one night of which is at a remote camp), and stay in twin-share rooms at a beautifully situated lodge near the Matanuska Glacier one night. While camping, we supply easy-to-erect, four-person Eureka tents, which are perfect for two people and their luggage. Showers are available all but one day. Be sure to bring your own sleeping bag and insulated sleeping pad, or, *with advance notice*, you can rent these cheaply from us (\$25 per bag/tour, and/or \$10 per sleeping pad/tour).

MEALS

‘CAMP & CABIN’-BASED TOURS: All meals are included on this trip*, and are prepared by your guide/s in camp (one dinner and one breakfast are served by the lodge, in their beautiful dining room). We feature fresh, nutritious, and tasty foods, multi-course meals, and large portions, often including homemade dutch oven deserts, barbecues, fresh fish and meat, salads, and more. **Dinner is a highlight!** Lunches are generally buffet-style picnics or brown bag meals that we carry with us on our hikes or other activities. Vegetarians and most special diets can be catered to with advance notice, please list any dietary restrictions or preferences on your *Tour Reservation Form*. *except breakfast the first morning and dinner on the last day

LOOK AT ALL THAT’S INCLUDED

- **Whitewater Rafting** on a fun and exciting Class III-IV river at Denali National Park
 - **Glacier Trekking** on the Matanuska Glacier (or upgrade to an introductory Ice Climbing course for ~\$80 more)
 - **Jet Boat-accessed Wilderness Camp Overnight**, alongside a glacial river, in the Eastern Alaska Range
 - **Canoeing** on a beautiful, wildlife-rich tundra lake
 - **Day Hiking:** A variety of exceptional 2 to 4-hour scenic day hikes over mixed terrain (moderate to strenuous)
 - **Professional Guide/s:** The friendly and capable services of a professional **Get Up & Go! Tours’** guide: Camp & Cabin-based tours with 8-12 clients feature two guides
 - **Denali National Park Wildlife Viewing/Access Shuttle Bus** passage into the wilderness area of the park
 - **All Ground Transport**, Anchorage to Anchorage
 - **All Camping & Lodging Fees**, as specified in the “Accommodations” section of this document
 - **All Meals**, except breakfast on the first morning and dinner on the last day
 - **Entrance Fees** to all national and state parks visited en route, and to Matanuska Glacier
 - **All Necessary Camping Gear**, *except* your personal sleeping bag and ground pad (these are available for rent with advance notice: sleeping bags \$25/bag/tour, and/or ground pads \$10/pad/tour)
 - **Alaska Tour Pre-Departure Packet**, including a packing list, Anchorage lodging and arrival information, and more
-

NOT INCLUDED

- **Transport to and from Anchorage**, where the trip starts & ends
 - **Anchorage Lodging**, before or after the tour; we can help. See our *Alaska Tour Pre-Departure Packet* for details
 - **Non-Included Meals** (breakfast on the first morning and dinner on the last day), or **alcoholic beverages**
 - **Optional Activities** (most multi-sport activities are **included**, see above and below)
 - **Personal Expenses**
 - **Gratuities** for your hard-working guides; see page 5 of our *Tour Pre-Departure Packet* for general tipping guidelines
 - **Personal Travel Insurance;** **highly recommended**. See our *Tour Reservation Form* document for details
-

OPTIONAL ACTIVITIES & PRICES

- **Flight-Seeing** to Denali (formerly known as Mt. McKinley), in Denali National Park (~\$425-\$525)
 - **Fishing** in Tangle Lakes area (bring your own pole; license ~\$20/day)
 - **Ice Climbing** course on the Matanuska Glacier (~\$80 upgrade)
 - **Zip-line Courses**, near the Matanuska Glacier (~\$99)
-

COMBINATION TOURS

If you have more time, *Alaska Ranger* can be combined with our 6-day *Kenai Explorer* and/or *Mountains & Glaciers* Camp & Cabin-based tours. When you sign up for any of our combination tours you’ll receive a \$50 per person lodging credit to be applied to the Anchorage hotel of your choice.

GET UP AND GO!

TO RESERVE YOUR PLACE on this or any of our tours simply give us a call at **1.888.868.4147** or **1.907.245.0795**, or email us at **alaska@getupandgotours.com**. Assuming availability, all you’ll need to do to confirm your reservation is to complete our *Tour Reservation Form* and fax, scan and email, or mail it back to us with your \$300 per person/tour deposit. We accept personal checks, money orders, international bank wire transfers, Visa, Master Card, and American Express.

ALASKA FAMILY EXPLORER

2019 Tour Description Sheet
8 Days. Starts and ends in Anchorage, Alaska

*Family Fun and Adventure at Kenai Fjords National Park, Matanuska Glacier & Denali National Park!
Exceptional Wildlife & Glacier Viewing Opportunities and an Exciting Variety of Included and Optional Activities*

2019 TOUR DATES & PRICES

ALASKA FAMILY EXPLORER 'Camp & Cabin'-based tours:

Tour Dates: June 9-16; June 16-23; July 8-15; July 21-28; August 4-11; August 18-25. *Additional dates possible...*

Tour Price: Adults: \$1,550 + local sales tax. **Children aged 17 & under:** \$995 + local sales tax.

ALASKA FAMILY EXPLORER Lodge-based tours

Tour Dates: June 30-July 7; July 14-21; July 28-Aug 4; August 11-18; *Additional dates possible, please inquire*

Tour Price: Adults: \$2,150 + local sales tax. **Children aged 17 & under:** \$1,495 + local sales tax.

GET UP AND GO! While our other tours are for adults only, *Alaska Family Explorer* is specially designed with active children (ages 10 and older, or ages 6 and older on select and private trips*, please inquire) and adventurous families in mind. Highlighted by multi-day visits to **Denali** and **Kenai Fjords National Parks**, and to the huge **Matanuska Glacier**, as well as a visit to the **Alaska Wildlife Conservation Center (AWCC)**, *Alaska Family Explorer* features a full-time guide (or two, for groups of 8-12 on Camp & Cabin-based versions of the trip), exceptional opportunities to view Alaskan wildlife and glaciers, as well as several fun and exciting included and optional adventure activities that your family will remember forever!

We start the tour by heading south along dramatic Turnagain Arm toward the Kenai Peninsula. An included visit to the fantastic **Alaska Wildlife Conservation Center**, near Portage, affords great, close-up views of Alaskan wildlife, including bears. From here it's on to the lush Kenai Peninsula and to the coastal community of **Seward**, gateway to **Kenai Fjords National Park**, for a two-night stay. Here we can walk out to the dramatic **Exit Glacier**, and take a short hike through the coastal rainforest down to a salmon stream and a pristine beach. Optional activities in Seward include a fantastic **wildlife and glacier-viewing cruise** in the fjords of the national park, on the lookout for whales, sea otters, sea lions, bald eagles, puffins, and more. A visit to the excellent **Alaska SeaLife Center**; a **salmon or halibut fishing charter**; an easy 3-hour **sea kayaking paddle**; and even a **helicopter-accessed dog-mushing trip on a glacier** are additional optional activities available here. Like all the other activities on this trip, included or optional, *no previous experience is necessary* to participate in any activity.

From Seward we'll head northeast to a beautifully set lodge near the huge **Matanuska Glacier**, for a two-night stay. In addition to plenty of family time, there is a highly recommended option to strap crampons onto your boots and venture out onto the dynamic and very blue glacier ice on a **guided glacier trek**, or even try an **introductory ice-climbing course**. A **zip-line** course is another exciting option here.

Next we head to **Denali**, one of the world's most famous and inspirational national parks, for a three-night stay. Here you will **ride on the park's wildlife-viewing shuttle bus**, on the lookout for grizzly bears, caribou, moose, Dall sheep, wolves, foxes and more. There will also be optional opportunities here to go river rafting (white or calm water: fun!); to take a scenic flight to Denali (the highest peak in North America), and to hike.

On the final day of the tour we visit the famous **Denali dogsled kennels** in the morning before making the drive back to Anchorage, where the tour ends at ~6 pm. A final and highly recommended option is to forego the drive, and instead board the **Alaska Railroad**, for a beautiful, **wilderness train ride** from Denali back to Anchorage (~8 p.m. arrival in Anchorage).

Both 'Camp & Cabin' (C&C) and lodge-based versions of this tour are available (on different dates, see above). Other than the nightly lodging, the itineraries of both versions of this 8-day, 7-night tour are identical. On the C&C version we will camp at established campgrounds five nights and stay in rooms at a beautifully set lodge two nights (two or three family members per room). The camping equipment we provide is of high quality; you need only bring sleeping bags and pads (or you can rent these cheaply from us with advance notice). On the lodge version of the tour we spend seven nights in comfortable lodges, two to five family members per room/cabin.

ALASKA FAMILY EXPLORER

DAILY ITINERARY & ACTIVITIES

Notes: This itinerary applies to both the 'Camp & Cabin' and Lodge-based versions of the tour, except where noted.

This flexible tour itinerary may operate in either direction, and is subject to change.

Activities listed as optional are at additional cost. Pre-booked optional activities must be pre-paid, or your guide may be able to book these for you during the tour, on a space-available basis (payable locally, in this case, credit cards accepted).

Last-minute decisions on most optional activities are often possible if you're not sure now, but early reservations strongly recommended...

DAY 1. ANCHORAGE TO SEWARD & KENAI FJORDS NATIONAL PARK. We'll meet in the lobby of our Anchorage departure hotel this morning, introduce ourselves, review this tour itinerary, load up, and head out. Today's short drive is beautiful, along scenic Turnagain Arm to the Kenai Peninsula. Wild Dall mountain sheep, bald eagles, and even beluga whales are all commonly seen on this drive. Along the way we'll stop at the **Alaska Wildlife Conservation Center** for close-up views of grizzlies, bison, moose, and numerous other Alaska animals. We can also stop at a glacier with a year 'round snowfield for a fun walk en route. Once in Seward, we can take an easy walk through an old growth rain forest to a stunning Resurrection Bay beach; in late July and August, the stream there is chock full of spawning salmon, a sight to behold. There are also options this afternoon to visit the Alaska SeaLife Center, go "heli-mushing" (mush your own dog sled team across a helicopter-accessed glacier!), or simply enjoy some free family time strolling around the charming seaside town.

DAY 2. SEWARD & KENAI FJORDS NATIONAL PARK. Today we can make the easy walk out to the face of huge Exit Glacier, in Kenai Fjords National Park. An optional and highly recommended day cruise out to an actively calving glacier in the national park is not to be missed! Whales, sea otters, sea lions, porpoises, seals, leaping salmon and a great variety of bird life are commonly seen on this trip, including puffins, bald eagles, and more. Deep-sea fishing is another option.

DAY 3. MATANUSKA VALLEY & GLACIER. Prior to leaving Seward, there is an optional opportunity to go sea kayaking along the stunning coastline this morning, prior to traveling northeast to our lodge, near the enormous Matanuska Glacier. We'll check into our beautifully situated lodge around dinnertime for another two-night stay, and enjoy a delicious family-style meal in their high-ceilinged dining room this evening.

DAY 4. MATANUSKA VALLEY & GLACIER. After a big breakfast, there is a highly recommended option to go on a guided trek on the glacier. Local glacier guides will fit you with crampons (spikes that you strap to your boots or sturdy shoes), helmets, and hiking poles, for an unforgettable guided walk out onto the glacier. The streams, water falls, lakes, ice cliffs, and deep moulins (water-formed glacial caves) that characterize this otherwise frozen river of ice are fascinating. The especially adventurous can even sign up for an optional, all-day introductory ice-climbing course (minimum age 12). There is also the option of doing an exhilarating zip-line course (minimum 60 lbs.; maximum 235 lbs.). Otherwise, the afternoon is free for family time, a hike or casual stroll, and/or to enjoy a sauna in the wood-burning sauna house (bring your bathing suit!).

DAY 5. DENALI NATIONAL PARK. Following breakfast, we'll load up and head north to world famous Denali National Park, for a three-night stop. We will visit the new Visitor Center upon arrival, possibly go on a walk in the woods, and, during the latter part of the summer (when the alpine access road is snow-free), visit the historic Independence Mine en route.

DAYS 6. DENALI NATIONAL PARK. Get ready for wildlife, as well as huge mountains and incredible landscapes! Today you will board the park's shuttle bus for a wildlife-viewing trip into the immense wilderness area of the park. Grizzly bears, caribou, moose, Dall sheep and foxes are all commonly seen, and lucky ones may even see wolves. Unless the clouds conspire to conceal it, magnificent, glacier and snow-enshrouded Denali looms large over the landscape, a stunning sight!

DAY 7. DENALI NATIONAL PARK. There are some great options available today, including taking a fun white- or calm-water river rafting trip (optional; the minimum age is 10 for whitewater, or 14 in the whitewater paddle boat; the calm water float trip is available to younger children). There is also the option to go "flight-seeing" to Mt. Denali (formerly known as Mt. McKinley, at 20,320' the tallest peak in North America) today. A great easy hike to a mountain lake frequented by moose and beavers is another great activity.

DAY 8. BACK TO ANCHORAGE. The park has been patrolled in the winter by rangers and dogsled teams for 90+ years, and the park maintains a large kennel of sled dogs, including puppies, which we will visit this morning. Along the way back to Anchorage we can watch for wildlife and stop to take a walk (or a longer hike). The tour ends in Anchorage by 6 pm. An attractive and leisurely, optional way to return to Anchorage is to board the Alaska Railroad for a stunning 7+ hour wilderness train trip, arriving in town, unaccompanied, at ~8 pm. (If you wish to take the train trip, please let us know ASAP, as it often sells out).

ACCOMMODATIONS

CAMP & CABIN-BASED TOURS: 8 days/7 nights: We stay in organized campgrounds five nights, and spend two nights indoors at the Majestic Valley Wilderness Lodge (or similar; 2 or 3 family members to a room; rooms at this lodge feature one double and one twin bed, and private baths). While camping we supply easy-to-erect four-person Eureka tents, which are perfect for two people and their luggage. Be sure to bring your own sleeping bag and insulated sleeping pad, or, *with advance notice*, you can rent these from us (\$25/bag, and/or \$10/sleeping pad). Hot showers are available most days.

LODGE-BASED TOURS: 8 days/7 nights: All nights are spent in private rooms with private bathrooms at local lodges; two to five family members per room/cabin.

MEALS

CAMP & CABIN-BASED TOURS: All meals are included*, and are prepared by your guide/s in camp (or are served in restaurants, or in our lodge). We feature fresh, nutritious, and tasty foods, multi-course meals, and large portions, often including homemade dutch oven deserts, barbecues, fresh fish and meat, salads, and more. **Dinner is a highlight!** Lunches are generally buffet-style picnics or brown bag meals that we carry with us on our hikes or other activities. Vegetarians, vegans, and most other special diets can be catered to **with advance notice**, please list any dietary restrictions or preferences on your *Tour Reservation Form*. *except breakfast the first morning and dinner on the last day

LODGE-BASED TOURS: All breakfasts and lunches (except breakfast on the first morning) and three dinners are included in the tour price. Most breakfasts are either ordered off the regular menu or are served family style. Lunches are generally buffet-style picnics or brown bag meals that we carry with us on our hikes or other activities. **4 of the 7 dinners on lodge-based tours are not included**; these are taken either at our lodges or in local restaurants, and are paid for locally/individually. Most special diets can be catered to **with advance notice**, please list any dietary restrictions or preferences on your *Tour Reservation Form*.

LOOK AT ALL THAT'S INCLUDED

- **Professional Guide/s:** The friendly and capable services of a professional **Get Up & Go! Tours' guide:** Camp & Cabin-based tours with 8-12 clients have two guides
 - **All Ground Transport**, Anchorage to Anchorage (an Alaska Railroad trip from Denali back to Anchorage is optional)
 - **All Camping and Included Lodge Costs**, as specified in the "Accommodations" section of this document, above
 - **All Necessary Camping Gear**, except your personal sleeping bag and ground pad (these are available for rent with advance notice: bags \$25, and/or pads \$10/pad; obviously not necessary on the lodge-based version of this tour)
 - **All or Most Meals**, as specified in the "Meals" section of this document
 - **Entrance Fees** to the **Alaska Wildlife Conservation Center**, to Matanuska Glacier, and to all **National and Alaska State Parks** visited en route
 - **Denali National Park Wildlife-Viewing Shuttle Bus** trip into the wilderness area of the park
 - **Denali Dogsled Team Demonstration**
 - **Day Hiking:** The amount, length and difficulty of the hiking is customized for each group. Beautiful!
 - **Alaska Tour Pre-Departure Packet**, including general tips, a packing list, arrival and Anchorage lodging information
-

NOT INCLUDED

- **Transport to and from Anchorage**, where the trip starts & ends
 - **Anchorage Lodging**, before or after the tour; we can help. See our *Alaska Tour Pre-Departure Packet* for details
 - **Non-Included Meals** (see "Meals"), and **alcoholic beverages**
 - **Optional Activities** (see below)
 - **Personal Expenses**
 - **Gratuities** for your hard-working guide; see page 5 of our *Tour Pre-Departure Packet* for general tipping guidelines
 - **Personal Travel Insurance:** **highly recommended**. See our *Tour Reservation Form* for details
 - **Child Care:** of any sort; you are always responsible for the care, safety and supervision of your children
-

OPTIONAL ACTIVITIES & PRICES

- **6-hour Kenai Fjords National Park Wildlife & Glacier-Viewing Cruise:** \$162 + tax & port fee; Children <11: \$81+
- **Sea Kayaking** near Kenai Fjords National Park: \$75 + tax

- **Deep-Sea Charter Fishing:** Whole or half-day. Salmon, halibut, rockfish, combinations. \$205-\$350+ per person
- **Heli-Mushing:** Helicopter-accessed sled dog mushing on a glacier: fly up and mush a team of real huskies! ~\$519+ tax
- **Alaska Sea Life Center** entrance: Adults \$20, Children 4-11: \$10; students 12-17 or with i.d. \$15 + tax
- **Sled Dog rides & demo** (dog demo & wheeled cart ride with Iditarod or Yukon Quest sled dogs, not on the snow): Adults \$60-69, children under age 10, \$34.50-\$40 + tax
- **Glacier Trekking** on Matanuska Glacier: Adults \$84; Children (ages 8-11) \$69.
- **Introductory Ice Climbing Course:** \$164, min. age 12
- **Zip Line Rides**, near Matanuska Glacier: Adults: \$99; Children (ages 8-11): \$69; minimum weight 70 lbs, Max 235 lbs.
- **Calm or Whitewater River Rafting** at Denali National Park: Adults: \$94; Children age 13 and under: \$64-\$74
- **Flight-seeing** to Mt. Denali (20,320'), in Denali National Park: Adults: ~\$425-\$525 + tax, Children <12: half price
- **Alaska Railroad Wilderness Train Trip** from Anchorage to Denali National Park. \$171; children 11 and under \$86; or Gold Star luxury dome car service (includes 2 dining car meals): \$325; children 11 and under \$187. 7+ hours. Highly recommended! (If you wish to take the train trip, please let us know ASAP so we can book it for you, as it often sells out).

GET UP AND GO!

TO RESERVE YOUR PLACES on this or any of our tours, simply give us a call at **1.888.868.4147** or **1.907.245.0795**, or email us at alaska@getupandgotours.com. Assuming availability, all you'll need to do to confirm your reservation is to complete our **Tour Reservation Form** and fax, scan and email, or mail it back to us with your \$300 per person deposit (\$500 per person for lodge-based tours). We accept personal checks, money orders, international bank wire transfers, Visa, Master Card, and AMEX. Thank you, we are happy to answer any questions you may have, and look forward to your visit!

CLIENT TESTIMONIALS

"Just back from a FANTASTIC week on your tour, we just wanted to offer our praise and gratitude while the experience is fresh. From start to finish it was an excellent trip, beginning with the talents and approach of (your guides) Dave and Terrance, continuing with the superb itinerary, owing also to our compatibility with the other family, and including all of the intangible, unpredictable, unplanned, and value-added aspects of the overall Get Up and Go Tours! Alaska Family Explorer experience. A few items of note:

- Dave's cooking was extraordinary - tasty, plenty, timely
- He and Terrance handled each person/experience with utmost patience and professionalism
- They added much with their vast knowledge of Alaska, flora, fauna, people, places, etc.
- The itinerary was perfect - diverse, great mix of places and activities
- Pace was just right - keeping good and busy doing fun stuff, with some downtime as well
- OPTIONAL ACTIVITIES were wonderful mix and we enjoyed each of them so much
- No frills, and yet no corners cut - we were comfortable without cushy, just what we came for
- So much more...hikes!-glaciers-campgrounds-LODGE!!!-laughs...

"It's late now, and we are still tired from all of the fun and excitement of the trip, and we are catching an early shuttle to the airport to fly home, so I will end this with a plan to write more specifics when I have more time. Suffice to say that we are very satisfied customers, would happily provide testimonials and talk to potential clients and recommend this trip HIGHLY, and we'll tell Trip Advisor and others about our great experience from start to finish..."

(Did we mention that we took your advice and flew in to Juneau and hiked there and then took the ferry up to Haines and had a wonderful time there? Thanks for adding value in that way.)

"BRAVO! And thanks again to you and the others for everything that made this a memorable and truly positive summer vacation.

"Be well and stay in touch. Gratefully," --Doug Gertner, Maggie Miller, Jordy Gertner, Colorado, doug@emuconsulting.com; 303-886-4114; Alaska Family Explorer, Camp & Cabin

"I would like to thank you and our tour guide Dave for a truly remarkable holiday. We had a tremendous time and have been very impressed by the efficiency and professional approach by your organisation. Dave looked after the two families extremely well. The 4 adults are now tempted to come back for a trip in Wrangell St Elias... We would definitely recommend Get Up And Go! Tours to others. With best wishes, The Wilkie Family." --Dr. Veronica Wilkie & family, England

ABOUT **Get Up & Go! Tours**

Our Philosophy The Call of the Wild...

At Get Up & Go! Tours, our mission is to help people not just see, but also to actively experience and better appreciate the wild Alaska they've dreamed of: A timeless and beautiful land as rich with possibilities of personal adventure, discovery and inspiration as it is with awesome landscapes and wildlife. This is in fact the essence of our **Active, Informative, Fun!** tour formula. For it is our belief that helping people to get active, interested and having fun in the great Alaskan outdoors can only result in a heightened appreciation of wilderness more generally; of its inherent value, and of the dire need to preserve it, for its own sake as well as for future generations. Experiencing Alaskan wilderness directly, getting active in it, breathing its air, marveling at its magnificent landscapes and vistas and wildlife: one can't help but be moved.

From the first nomadic, ice age hunters who unwittingly wandered across the Bering Land Bridge from Asia in pursuit of a herd of caribou, to the 19th century Klondike gold mining "stampedeers," to the modern day eco-tourist, the history of Alaska is a fascinating tale of exploration and discovery, of restless and adventurous humans at the far edges of the known world confronting wild nature in its grandest, most dramatic forms.

In today's super-hectic, modern world, "the call of the wild" is at least as compelling as it's ever been. With this in mind, **Get Up & Go! Tours** strives to make contemporary Alaskan adventure available not only to the ultra-intrepid, rugged and rich, but to anyone with a yearning for adventure and personal discovery (and yes, good health, decent fitness and a week or two of vacation time). Our **Active, Informative, Fun!** Multi-Sport, Hiking, Family, and Custom Alaska tours are the perfect way for the adventurous and nature-loving traveler with limited time to get off the beaten track, actively experience, and better appreciate the Great Land, through a variety of uniquely Alaskan multi-sport activities and inspirational hikes. Please join us!

Our Commitment

To Alaska, Our Local Communities, and the Natural Environment

Get Up & Go! Tours is proud to practice **Leave No Trace** principles of outdoor ethics, goes to great lengths to reuse and recycle as much of the packaging and other waste produced in our base, office, and household as possible, and patronizes locally owned businesses whenever feasible in an effort to minimize impact and give something back to the local communities we visit.

Get Up & Go! Tours also makes regular contributions to several local and national community and conservation organizations. Groups we are members of and/or support include the Alaska Center for the Environment (ACE); The Wilderness Society; Defenders of Wildlife; the Alaska chapter of the Sierra Club; Natural Resources Defense Council (NRDC); Wrangell Mountains Center (in McCarthy); Anchorage Museum; Food Bank of Alaska; Anchorage Parks & Recreation Department; Anchorage Film Festival; KSKA public radio (in Anchorage); Friends of Kennicott; McCarthy Area Council; and the Alaska Travel Industry Association; among others.

MORE CLIENT TESTIMONIALS

"Geoff: Well, unfortunately, we are home in NC where the temp will reach 98 today with about 98% humidity, and we miss Alaska already. We had the BEST time. Amanda and Suzie are professional, knowledgeable, organized, responsible, entertaining, fun, motivating, and overall, AWESOME women, and we are thrilled to have had the chance to get to know both of them. If they haven't told you already, this group of people jelled from moment #one...and I give Kitty the kudos for setting the tone.... We had phenomenal weather...we saw Denali 4 out of a possible 6 days that we were in the area to see "The Great One". We checked off almost every animal on the Alaska list (no lynx or wolf...just wolf and baby wolf tracks), I ID'd wildflowers, we ate raspberries, and we ate great meals. Oh, did I mention the awesome hikes,...the great rafting, canoeing with the beavers, sandpipers, and moose, ice climbing on an incredible day into a moulin, sea kayaking with sea otters, kittiwakes, gulls and a calving ice cave, snowball fight on a glacier ice field, and we were lucky to have only one day of rain. What mosquitoes? I can honestly say I came back with zero bites. But, we did see lots of bears from a respectable distance, so, one still had to be aware of their environment! Overall, we're concerned that we may not be able to one-better this trip. So, in case you misunderstood this little note, we were more than pleased with this trip and will be waiting your next offerings! Thanks for everything. Happily yours, Nan" –Nancy Kirlin, North Carolina. Alaska Explorer twice! 2006 and 2014

“Hey Geoff, Just wanted to thank you and (GG! guide) Marci for a fabulous trip to Alaska. You could not have planned a better trip and Marci was amazing. Everything was perfect (even the weather) and we couldn't have done it without you.

“If you ever need testimonials for brochures, pictures or anything from a client's perspective- let us know b/c we would be happy to help out in any way. I am going to tell everyone we know that if they are going to Alaska to book through you all b/c it was fantastic”--Julie D. Madsen Zarou, and family, New Jersey. Custom designed private lodge tour guests.

“I LOVED my Alaska vacation with Get Up & Go! It was everything I was hoping for and more. Guides Matthew and Dave were the best: informative, fun, and flexible to the needs/wants of the group. All the activities (sea kayaking, whitewater rafting, glacier trekking) were new experiences and fun.... The kayak day was awesome. It was 10 days of saying ‘It just doesn't get better than this.’ Thanks for a great tour. I also appreciated the perfect weather you ordered for us.”

—Bonnie Timm, Seattle. *Alaska Explorer*

“Geoff, Just wanted to let you know the trip was an amazing life experience...Alaska is incredible. Our guides were fantastic and I enjoyed their company. Thanks for everything.” --Steve Giampaolo, New York. Alaska Explorer

Please Allow Us to Introduce Ourselves...

NOW IN OUR 18TH SEASON! HELLO AND WELCOME. I'm Geoffrey Downes, founder and Owner/Operator of **Get Up & Go! Tours**. On behalf of all our guides and staff, I want to thank you for your interest in our company, and for taking the time to read through our *Alaska 2019 Online Brochure*. As an Alaska-based, and local, owner-operated company since 2002, we're especially proud of our commitment to the highest standards of quality, value, personal attention, and friendliness, and of our dedication to orchestrating an exciting, well-rounded, enjoyable, and safe Alaskan experience you'll always remember.

Since 1991 I have been professionally guiding people of more than 100 nationalities throughout western North America, from southern Mexico to the Alaskan and Canadian Arctic, sharing with them my experience, knowledge, enthusiasm and strong respect for nature, the great outdoors and all things Alaskan. I enjoy it!

Inspired by restlessness and a sense of adventure I gave up my teaching career and decided to take up guiding full time, coming to Alaska on an assignment in 1994. I was awestruck. The experience changed my life, and I've been guiding and exploring here ever since, learning everything I can about the land and getting out as often as possible. With each passing year I have grown more enchanted by the uncanny wildness, beauty, and spirit of Alaska, and more enthusiastic about my experiences and life here. Alaska is a truly special place, a land rich with beauty, authenticity, adventure and its own larger-than-life mystique.

Following several years of guiding for other outfits, I founded **Get Up & Go! Tours** in 2002, determined to provide the complete **Active, Informative, Fun!** experience I knew people were actually looking for, and to do things right. Immediately successful beyond my wildest dreams, **Get Up & Go!** is now entering its 18th season, proud to have shared the wild Alaska we all love with more than 4,000 satisfied clients: active, adventurous and fun-loving people from the world over. A huge part of this success is due, of course, to our first-rate guiding staff, most of whom have been with us for several years. Dave K, Sophie, Cheryl, Ray, Jeannie, Tommy, Fiona, Clayton, Joelle, Jordan, and the rest of our great staff look forward to sharing their own private Alaska with you!

Thank you again for your interest in Get Up & Go! Tours. I invite you to come up and discover Alaska for yourself this summer on one of our **Active, Informative, Fun!** Multi-Sport, Hiking, Family, or Custom / Private tours. If you're anything like me, a renewed respect and appreciation for the natural world will more than likely result, along with a lot of fun and great memories, borne of inspiring personal outdoor experiences and discovery. --Geoff

PS: Please feel free to print any or all pages of this *Alaska 2019 Online Brochure*, which will make it much easier to read, and to consult later. Full color versions of our detailed tour description sheets with photos are also available for download on the Reserve A Tour page of our website. And don't hesitate to email or give us a call, we're here to help!

Call us toll-free: 1-888-868-4147 (from the US and Canada) or **1-907-245-0795** (from all other countries).

Or email us: alaska@getupandgotours.com

“I just wanted to let you know how lucky you are to have two amazing guides working for you... I had an amazing time. It was perfect. Marci and Jed showed us their Alaska and it felt like it was so personal and they were letting us in to see a piece of them. The food was over the top great... They handled everything with such professionalism. It was such a wonderful time. I am so thankful to have met Marci and to have been able to see why she loves Alaska. I can't say enough about all the planning and stops along the way that made this such an unforgettable trip. I have been telling every one about it...”

--Diane Hynes, Roslindale, Massachusetts. *Alaska Explorer*

Get Up and Go! Tours

Active, Informative, Fun!

ALASKA MULTI-SPORT, HIKING & FAMILY ADVENTURE TOURS

Toll Free Tel / Fax: 1-888-868-4147 or 1-907-245-0795

Email: alaska@getupandgotours.com

Mail: PO Box 91028, Anchorage, Alaska 99509-1028, USA

Tour Reservation Form

2 Pages: Please complete, sign page two, and return both pages with your deposit (scan & email, fax, or mail). PLEASE PRINT CLEARLY!

TOUR NAME/S:

TOUR DATE/S:

CLIENT NAME/S & CONTACT INFO: First, full middle & last names, gender, dates of birth (DOB), and nationality, are all required!

1. M / F DOB: Nationality:

2. M / F DOB: Nationality:

Complete Address: Telephone/s: 1. 2.

E-mail/s: 1. 2.

Emergency Contact:

Relation:

Tel:

CLIENT QUESTIONNAIRE: Please provide complete answers to all questions for all participants (use another sheet if necessary).

A. If you have any medical conditions that we should know about, or medications you regularly take, please discuss these:

- 1.
- 2.

B. Do you have any food allergies or special diets? (e.g. vegetarian, lactose-intolerant, gluten-intolerant/gluten-free, etc). Please describe:

- 1.
- 2.

C. What do you especially like or not like to eat? This information is very useful to us in planning and serving meals. Please be specific.

- 1.
- 2.

D. Height & Weight (required): Participant #1. Height: Weight: Participant #2. Height: Weight:

E. Briefly describe your health, fitness, and activity levels:

- 1.
- 2.

F. Briefly describe your previous outdoor experience:

- 1.
- 2.

G. What aspects of the tour / what activities are you most looking forward to?

- 1.
- 2.

H. How did you hear about us? If you found us on an internet search engine, in a guidebook or a magazine ad or article, do you remember which one it was? What keywords did you type in? If a friend recommended us, what is his or her name?

ANCHORAGE LODGING: Pre- and/or post-tour lodging in Anchorage is not included, and although you are of course welcome to stay wherever you wish, we can reserve rooms for you at discounted rates at the downtown Inlet Tower Hotel (\$139.29 + 12% municipal room tax = \$156 for one or two persons. Add \$13 for each additional adult). Inlet Tower is also our first morning group meeting point.

More budget-minded travelers are encouraged to book themselves at the downtown Bent Prop Inn, a friendly but basic hostel with dorm bunks (\$30/night), and a few private rooms. Please book directly with the Bent Prop (1.907.276.3635; downtown@bentpropinn.com).

See our *Alaska Tour Pre-Departure Packet* for descriptions of both lodgings, details, and arrival and group-meeting information. Room availability is limited. Rooms may not be available all nights. Prices & reservations at third-party lodgings are subject to change or transfer.

Please book us at the Inlet Tower Hotel in Anchorage: \$156/night for 1-2 persons. \$13 pp addl. for 3rd & 4th guests. Includes 12% tax.

Before the tour: Yes / No Date/s? _____ After the tour: Yes / No Date/s? _____

OPTIONAL GEAR RENTAL: We provide tents and all other necessary camping gear, except sleeping bags and sleeping pads (obviously not necessary for Lodge-based tours). If you would like to rent these, please circle or otherwise indicate the number of each you will require:

Sleeping Bag/s (\$25/bag): 0 1 2 Sleeping Pad/s (\$10/pad, non-inflating): 0 1 2 __ (other amount) No rentals, I'm bringing my own

TOUR NAME/S: _____ TOUR DATE/S: _____

DEPOSITS & PAYMENTS: A deposit of \$300 per person / per tour (\$500 per person for Lodge-based and private tours) is required now to confirm your reservation. *The balance will be due 60 days before your tour's start date (90 days for private tours).*

I'm paying by: Personal Check / Visa / Master Card / AMEX. **Name on credit card or check:** _____

Card # _____ **CVV Security Code:** _____ (follows card # on back of card, in signature box)

Expiration Date: _____ **Card Holder's Signature:** _____

Full Credit Card Billing Address (inc. zip/postal code): _____

CANCELLATION AND REFUND POLICY: Cancellation of a tour reservation by a client requires **written notice**. Such cancellations made 60+ days in advance of the tour departure date will receive a complete refund, less a \$75 per person administrative fee. Cancellations made 30-59 days before the scheduled trip date will be refunded the entire trip price, less the initial per person deposit. **Client cancellations, FOR ANY REASON WHATSOEVER, made 29 or fewer days before the trip start date will receive no refund. Sorry, no exceptions!** **Purchasing a travel insurance policy that includes trip cancellation insurance is a highly recommended precaution** (see below).

In the very rare instance that **Get Up and Go! Tours** is forced to cancel a tour for any reason whatsoever (including under-booking: minimum four clients), a full credit will be applied to another tour or departure date, **OR**, a full refund (including the initial deposit) will be promptly issued, as you wish. **This refund shall constitute Get Up and Go! Tours' sole compensatory responsibility**; we cannot be held responsible for any additional or incidental costs that may result (non-refundable flights, etc). Note that in ten years we have never cancelled a single trip.

TRAVEL INSURANCE: **Travel insurance, including coverage for health, accident, emergency evacuation, accidental death, baggage loss, and trip cancellation, is strongly recommended for all trip participants.** If you cancel or miss your tour for any covered reason (injury, illness, etc), trip cancellation insurance should reimburse you. Inexpensive policies of this sort are routinely issued by most travel and insurance agencies, or you can contact a travel insurance company such as **Travel Guard**, tel. 800-826-1300, www.travel-guard.com.

PHOTOGRAPHY RELEASE: By signing this form you are agreeing to allow the use of your photographed or videotaped image to appear on our website, in our cd/dvd brochure, print literature or any other type of advertising or promotion without notification or compensation.

DISCLAIMER: As you're undoubtedly aware, regardless of the precision of one's plans and preparations, things do not always go exactly as anticipated. Variable and unforeseeable weather and road conditions, third-party transportation, lodging and activity operators, and other factors subject to and beyond our control mean we cannot absolutely guarantee that the advertised itinerary will be precisely followed. While reasonable efforts will be made to adhere to the plan as outlined, **Get Up and Go! Tours** cannot be held responsible either for your failure to join the tour (or late arrival), or for deviations from or alterations to the advertised itinerary and program. Under no circumstances will any refund, in part or whole, be issued due to your late arrival, missing of the tour, or due to any tour or program deviations or alterations. If something unforeseen or out of the ordinary does occur, we ask for your patience and understanding as we do our best to improvise. Flexibility, patience and senses of humor and adventure are as important to bring along with you as your hiking boots and raincoat! Thank you.

PARTICIPANT'S ACKNOWLEDGMENT OF INHERENT DANGERS & RISKS: Active adventure tours and activities such as those offered by **Get Up and Go! Tours** contain **inherent dangers and risks** that cannot be eliminated without altering the unique character of such activities. Your voluntary participation in this or any of our tours and/or activities, whether as a paying client or guest, signals your explicit acknowledgment and acceptance of your personal responsibility for all such inherent dangers and risks—which, among other things, can include injury, illness or death—and of your acceptance of your own personal responsibility for the safety and well being of yourself, any children in your custody or care, and your personal belongings, at all times. **All tour and activity participants are at all times participating in all aspects of the tour and activities voluntarily, and solely at their own risk.** Note that some included and optional activities on our tours are operated by independently insured and permitted sub-contractors, who assume all responsibility for those activities, and who may require you to sign their own similar 'acknowledgement of risks' form/s. **A comprehensive travel insurance policy (as described above) is strongly recommended.**

ACCEPTANCE OF TERMS & CONDITIONS, AND OF INHERENT DANGERS & RISKS: I have read, understood, and hereby accept all terms and conditions set out in this **Get Up and Go! Tours' Tour Reservation Form**. I additionally understand, acknowledge, assume and accept full responsibility for the dangers and risks inherent in the trip and its activities, indicated or otherwise, for myself and all minor children in my custody or care, for bodily injury, illness, death, or loss or damage of personal property, and for expenses sustained as a result of any such inherent dangers and risks, or due to my own negligence. I further acknowledge and accept that this agreement shall be effective and binding upon me, my heirs, assigns, personal representative/s, and estate, and for all members of my family, including minor children:

Name (please print): _____ **Signature** X _____

Name (please print): _____ **Signature** X _____

Today's Date: _____ **Note:** All participants aged 18 and over (at the time of the tour) must sign; use additional forms if necessary.

WHAT NEXT? Thank you for your reservation! We'll send you a confirmation of your reservation along with a receipt/invoice for your deposit and balance due. The balance is payable in full no later than 60 days prior to the tour departure date.

PREPARING FOR YOUR TOUR: Please be sure to download and carefully read through our **Alaska Tour Pre-Departure Packet**, available on the **Reserve A Tour** page of our website (<http://www.getupandgotours.com/documents/GGPre-DeparturePacket.pdf>). This packet contains everything you'll need to know to prepare for your tour, including Alaska flight information, Anchorage lodging options, instructions regarding your arrival in Anchorage and meeting your guide and group, a detailed packing list, and other useful tips and information, and should answer most questions you might have. Thanks again for your reservation, we'll see you in Alaska!