

# 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](mailto:alaska@getupandgotours.com)

Online Brochure / Website: [www.getupandgotours.com](http://www.getupandgotours.com)

Mail: 4215 Spenard Road, Anchorage, Alaska 99517, USA

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# ALASKA FAMILY EXPLORER

## 2011 Tour Description Sheet

7 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*

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## 2011 TOUR DATES & PRICES

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

**Tour Dates:** June 13-19; June 27-July 3; July 17-23; August 14-20. *Additional dates are possible; please call to discuss.*

**Tour Price: Adults: \$1,275 Children aged 17 & under: \$975**

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### **ALASKA FAMILY EXPLORER Lodge-based tours**

**Tour Dates:** *Pick your own dates, and we'll do our best to accommodate you. Please call to discuss.*

**Tour Price: Adults: \$1,775 Children aged 17 & under: \$1,275**

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**TOUR INTRODUCTION:** While our other tours are for adults only, *Alaska Family Explorer* is specially designed with children (ages 10 and older) and families in mind. Highlighted by multi-day visits to **Denali** and **Kenai Fjords National Parks**, and to the huge **Matanuska Glacier**, *Alaska Family Explorer* features a full-time guide (or two, for groups of 8-12 on Camp & Cabin-based versions of the trip), excellent opportunities to view Alaskan wildlife and glaciers, as well as several fun and exciting included and optional activities that your family will remember forever.

We start the tour by heading south 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 will walk out to the gigantic Exit Glacier, and take a short hike through the coastal rainforest down to a beautiful beach. Optional activities 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 and beautiful 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.

From Seward we'll head north to a 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 blue glacier ice on a guided glacier trek, or even try an introductory ice-climbing course.

Next we head to **Denali**, one of the world's most famous national parks, for a two-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); to take a scenic flight to Mt. McKinley (also known as Denali, this is 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 pm 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 7-day, 6-night tour are identical. On the C&C version we will camp at established campgrounds four nights and stay in rooms at a beautifully set lodge two nights. 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). On the lodge version of the tour we spend six nights in comfortable lodges, two or three family members per room.

# **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 not included, and are available at additional cost (payable locally, credit cards accepted). Your guide will book these for you during the tour.

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**DAY 1. ANCHORAGE TO SEWARD & KENAI FJORDS NATIONAL PARK.** We’ll meet in the lobby of our Anchorage departure hotel/s this morning, introduce ourselves, review the tour itinerary, pack 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. 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 site 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 will make the easy walk out to the face of huge Exit Glacier, in Kenai Fjords National Park. There are also optional opportunities to go sea kayaking, deep-sea fishing, and/or on a highly recommended day cruise out to an actively calving glacier in the national park. 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.

**DAY 3. MATANUSKA VALLEY & GLACIER.** From the Kenai Peninsula we head northeast to our lodge, near the beautiful Matanuska Glacier, for another two-night stay. En route we can stop to take a walk to a year-round snowfield, and view icebergs floating in a glacial lake. We’ll check into our beautifully situated lodge around dinnertime for a two-night stay, and enjoy a delicious family-style meal in the dining room.

**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 energetic can even sign up for an optional, all-day introductory ice-climbing course (minimum age 12). Otherwise, the afternoon is free for family time, a tundra 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 two-night stop. We will visit the new Visitor Center upon arrival, possibly go on a walk in the woods, and then attend the daily dogsled kennel tour. The park has been patrolled in the winter by rangers and dogsled teams for 90 years, and the park maintains a large kennel of dogs, including puppies. There are also options to go “flightseeing” to Mt. McKinley (aka Denali, at 20,320’ the tallest peak in North America), and/or to go calm or whitewater rafting at the park this afternoon or some other time during our visit (minimum age 10 for whitewater, or 14 in the paddle boat; the calm water float trip is for all ages).

**DAYS 6. DENALI NATIONAL PARK.** Get ready for wildlife, as well as 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-draped Denali looms large over the landscape, a stunning sight!

**DAY 7. BACK TO ANCHORAGE.** There is another opportunity to raft or go flightseeing this morning before we pack up and head back to town. Along the way we can watch for wildlife and stop to take a walk. 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 8-hour wilderness train trip, arriving in town, unaccompanied, at 8 pm. (If you wish to take the train trip, please let us know asap).

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## **ACCOMMODATIONS**

**CAMP & CABIN-BASED TOURS: 7 days / 6 nights:** We stay in organized campgrounds four nights, and spend two nights indoors at the Majestic Valley Wilderness Lodge (or similar, up to 3 family members to a room; rooms feature one double and one twin bed). 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 per bag, and \$10 per sleeping pad). Hot showers are available most days.

**LODGE-BASED TOURS: 7 days / 6 nights:** All nights are spent in private rooms with private bathrooms at local lodges, two or three family members per room.

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## 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 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.

**LODGE-BASED TOURS:** All breakfasts and lunches (except breakfast on the first morning) 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. **Dinners on lodge-based tours are not included;** these are taken either at our lodges or in local restaurants, and are paid for individually. Most special diets can be catered to **with advance notice**, please list any dietary restrictions or preferences on your tour reservation form.

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## LOOK AT ALL THAT'S INCLUDED

- **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!
- **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
- **Most Meals,** as specified in the "Meals" section of this document
- **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: bags \$25, pads \$10/ tour)
- **Tour Pre-Departure Packet,** including general tips, a packing list, arrival and Anchorage lodging information

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## 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"), or 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

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## OPTIONAL ACTIVITIES & PRICES

- **Calm or Whitewater River Rafting** at Denali National Park (~\$35-\$85)
- **Flightseeing** to Mt. McKinley, in Denali National Park (Adults: ~\$350, Children <12: ~\$175)
- **Glacier Trekking** on the Matanuska Glacier (~\$40-\$80)
- **Sea Kayaking** near Kenai Fjords National Park (~\$59-\$149)
- **Kenai Fjords National Park Wildlife & Glacier-Viewing Cruise:** Don't miss it! (~\$70-\$149 + tax)
- **"Heli-Mushing":** Helicopter-accessed sled dog mushing on a glacier: fly up and mush a team of real huskies! (~\$440)
- **Alaska Sea Life Center** entrance (~\$20)
- **Alaska Railroad Wilderness Train Trip** from Anchorage to Denali National Park. ~\$146; children 11 and under \$73; or Gold Star luxury dome car service: ~\$231; children 11 and under \$116. (If you wish to take the train trip, please let us know asap).

## 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 pp deposit (\$500 pp for lodge-based tours). We accept personal checks, money orders, international bank wire transfers, Visa and Master Card. Thank you, we are happy to answer any questions you may have, and look forward to your visit!

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### CLIENT TESTIMONIALS

*"Dear Geoff, We had a wonderful and adventurous trip to Alaska. Thank you so much for assigning (guide) Amanda A. to us. Never could we have had a more fun, creative, and professional guide. We truly enjoyed her. She has the perfect personality for her job and she represents **Get Up and Go!** perfectly. She was informative... she just fit in with our crowd of ten beautifully. We appreciate her and are fully aware that Amanda enhanced our experience of Alaska.*

*"The itinerary was great—just our speed. You did a marvelous job setting things up for us. Thank you!*

*"The Alaskan Railroad was great too. We are so glad that we made arrangements thru Get Up and Go Tours—as we know how doing otherwise could have made or broken our trip.*

*"So Geoff, we will recommend your company to other friends from Oregon and beyond. Friends are already asking!*

*"Thank you again! Give our best to Amanda. Sincerely, Kathy & Bill Block (John and Matt too)." --Kathy & Bill Block*

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*"Hi Geoff, I just wanted to let you know what a wonderful trip we had with **Get Up and Go Tours!** The trip was awesome, (your guide) Marci was the best, and everything worked out just as planned and hoped for (even better!). Our travelling companions were great, the kids all got along very well and it was an experience none of us will soon forget!*

*"Really, I just can't say enough about how smoothly everything went, from the campsites to the equipment, to the food, to Marci's activity suggestions and ability to make all the arrangements for us (sometimes on short notice!), to keeping her cool when trying to keep to some sort of a time schedule with 5 kids and 4 parents in tow! Thank you so much for everything. Please feel free to use me as a reference - I would love to share my enthusiasm with anyone wishing to learn more about this kind of travel in Alaska, particularly those travelling with children. It was just great! All the best," --Brenda Rich, Atlanta, GA*

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*"The trip was awesome and I am pretty sure we wouldn't have changed anything for the things we did and the places we stayed. It was beyond our expectations. (Guide) Shaun did a great job and he was a perfect match for our family. You did a phenomenal job in setting up the trip. It was the best vacation we have ever had since we started doing our family adventure vacations with our kids. I would highly recommend it to anybody and you are welcome to use as a reference.*

*"Alaska in itself is awesome and breathtaking. Everything from the sky, mountains, glaciers, and water is incredible. Probably the highlight was the glaciers in Seward. Particularly the glacier cruise we took. All the places we stayed and the people who you work with at the different activities were excellent. Thank you so much." --Jim Barber and family, Indiana*

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*"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*

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**Proud To Be An Alaskan-Owned and Operated Business.  
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