Hello Teachers,
Since some of you are leaving the workshop very late at night and some are actually taking an extra day to play, a few of you have written to ask me for suggestions on things to do and for local restaurant recommendations. Recently, Dan Borrick, a teacher from the 2006 workshop wrote to suggest his favorite restaurants and outings. So here they are, with a few of mine thrown in too.
See you soon, Barb

Suggested Restaurants (you can call or go online for directions):

- **Humpy’s Great Alaskan Alehouse**
  Price range $10-20
  610 W 6th Ave, Anchorage, AK 99501
  Cuisines: American, Seafood
  Neighborhood: Downtown
  Tel: 907 276 2337

- **Glacier Brewhouse**
  737 5th Ave, Anchorage, AK 99501
  Cuisines: American, Pizza, Seafood, Eclectic
  Average price*: $34
  Neighborhood: Downtown
  Tel: 907 274 2739
  [http://www.glacierbrewhouse.com](http://www.glacierbrewhouse.com)

- **The Peanut Farm > A sports grill**
  5227 Old Seward Hwy
  Anchorage, AK 99518-1454
  Tel: (907) 563-3283

- **Moose’s Tooth Pub and Pizzeria**
  Price range: $10-25
  3300 Old Seward Hwy
  Anchorage, Alaska. 99503
  Tel: (907) 258-ALES(2537)
  [http://www.moosestooth.net/index2.htm](http://www.moosestooth.net/index2.htm)

- **Snacks Café**
  Price range*: $18-32
  328 G St, Anchorage, AK 99501
  Cuisines: American, Seafood, Scandinavian, Contemporary
  Special features: Breakfast/Brunch, Business - Neighborhood: Downtown
  Tel: 907 274 4022  [http://www.sackscafe.com](http://www.sackscafe.com)
**FUN THINGS TO DO:**
If you're staying longer or you want something fun to do at the end of the workshop day, below is a list of suggestions from previous workshop participants. Remember it doesn’t get dark until after midnight! Almost everything is within a 30 minute drive of the UAA campus. Look these things up on the web to find out directions and more information!

**Visit the Saturday Flea Market in Downtown Anchorage (FREE)** = You’ll find lot’s of local made items there to take back home.

**Hike Flattop Mountain** = Anchorage’s most-popular day-hike, this 3,510-foot mountain with its characteristic plateau summit holds excitement for both the beginner and expert hiker. Although just 3 miles round-trip (4.8 km), the elevation gain is 1300 ft (396 m). Good views of Alaska Range, Cook Inlet, Turnagain Arm, and Anchorage. Follow signs for Chugach State Park from Upper Huffman Road to Glen Alps Road.

**Drive to Eagle River Nature Center and take a hike** - Directions and times of operation are online at: [http://www.ernc.org/indexA.html](http://www.ernc.org/indexA.html) and [http://www.ernc.org/](http://www.ernc.org/) ---- To Echo Bend (easy), 3 miles (4.8 km); to Heritage Falls (easy, large falls across river), 4.5 miles (7.2 km); Twin Falls (moderate, stream crossings, beaver ponds, waterfalls), 9 miles (14.4 km). Follow the Glenn Highway and exit the first Eagle River exit to Eagle River Road.

**Hike Thunderbird Falls Trail** = Just north of Eagle River, an easy, 1-mile (1.6 km) hike through rolling terrain and birch forest to the viewing platform of the 200-foot-high Thunderbird Falls. (An ice fall in winter.) Mile 25 Glenn Highway.

**Take a Sight Seeing Drive down Turnagain Arm - Glenn Highway** – a video is online at: [http://alaska.org/alaska_airlines/avt-video-turnagain-arm-drive.htm](http://alaska.org/alaska_airlines/avt-video-turnagain-arm-drive.htm)

**Drive & take a short walk to Exit Glacier (part of the Kenai Fjords National Park)** 2 hr drive each way- [http://www.nps.gov/kefj/planyourvisit/exit-glacier.htm](http://www.nps.gov/kefj/planyourvisit/exit-glacier.htm)

**Take a Cruise to Portage Glacier (cost = $29)**
Cruise the placid Portage Lake, about an hour south of Anchorage, to Portage Glacier. The cruise takes only one hour. Watch for huge chunks of ice to break away and crash in to the lake as the Ptarmign boat weaves through iceberg-dotted waters. You can purchase your ticket at the Begich, Boggs Visitor Center on the day of your cruise. Directions to the center are at the bottom of this sheet. The boat leaves at **10:30am, 12:00pm, 1:30pm.**
Visit the Alaska Native Heritage Center (cost $23.50).
Spend the day at this wonderful native center only 20 minutes from UAA.
The center opens at 9am and you’ll need at least 3 hours to see it.
You can read about what’s there at: http://www.alaskanative.net/352.asp
Directions are online at: http://www.alaskanative.net/364.asp

Go Flight Seeing over Chugach Mountain Range (Cost $95 for ½ hr.) = Call
to make your own reservations spaces are limited - take off from the world's
largest seaplane base for a spectacular seaplane adventure! Discover the
Chugach Mountain Range, its secluded valleys and the Dall sheep that live on its
steep slopes. Soar over Captain James Cook's Turnagain Inlet in search of
beluga whales. View the greater Anchorage area in its setting between
mountains and water and listen as your experienced Alaskan bush pilot relates
some interesting facts about Alaska.
http://www.flyrusts.com/flights_chugach.html

Things that are bit more expensive:

Denali National Park Flight seeing Tour ($295/person for 3 hours) = Call to
make your own reservations spaces are limited. This flight takes you within
six miles of McKinley's 20,320 ft. summit. Fly over the foothills of Denali to view
the entire length of the Ruth Glacier, the Great Gorge (at over 9,000 feet, the
world's deepest) and the massive south face of McKinley, where you may spot
climbers headed to the summit. Make a photo-stop landing on a remote lake
Do you have more time? Then, drive or train to Denali National Park and take the 8 hr.
bus trip into the park to see tons of wildlife. More information is available at:
http://www.nps.gov/dena/planyourvisit/bus-travel.htm

Bear Viewing - If you purse has extra coins you can take a “Bear Viewing Day
Trip” prices range from $550-$695 for the full day. You fly, hike, boat and fly
again. Read about 4 different trips at: http://www.flyrusts.com/bears.html

Take a Train and Raft trip
Train to Spencer lake in Whittier where you go on a float trip among the glaciers
and icebergs: http://www.alaskanrafting.com/glacier.html
A float/raft trip at Portage: http://www.alaskanrafting.com/portage.html