

MOUNTAINS & GLACIERS

Spectacular Sea Kayaking, Glacier Trekking (or Ice Climbing), Day Hiking & Wildlife Viewing

in Wrangell-St. Elias National Park,

Prince William Sound, and the

Matanuska Valley



MOUNTAINS & GLACIERS

'CAMP & CABIN'-based

7-DAY TOUR ITINERARY

1. Hatcher Pass & Matanuska Valley
2. Wrangell-St. Elias NP / McCarthy
3. Wrangell-St. Elias NP / McCarthy
4. Wrangell-St. Elias NP / McCarthy
5. Valdez / Prince William Sound (PWS)
6. Valdez / Prince William Sound (PWS)
7. PWS Ferry (or Flight) to Anchorage

2024 TOUR DATES

- ♦ June 23-29
- ♦ July 7-13
- ♦ July 21-27
- ♦ August 11-17
- ♦ August 25-31

2024 TOUR PRICE

\$1,895

CLIENT COMMENTS

"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 Richman

"Highly recommended... add us to the list, we're happy to praise!" --Cindy Vong & Rockson Liu

Alaska Multi-Sport / Hiking Tour

Now 7 Days! Starts and Ends in Anchorage

GET UP AND GO! 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 and stunning **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!

INCLUDED TOUR HIGHLIGHTS

- ♦ 3 nights in spectacular **Wrangell-St. Elias National Park (NP)**; 2 nights in coastal **Valdez**; and 1 night in the beautiful **Matanuska Valley**
- ♦ Stunning **bush plane flight** to the ghost town of McCarthy, deep in the heart of Wrangell-St. Elias NP
- ♦ Scenic **ferry crossing** of pristine **Prince William Sound** (or scenic over-flight if ferry unavailable)
- ♦ **Quality Leadership:** Professional GG! guide throughout the trip
- ♦ **Great Food!** Fresh, delicious, 'camp-made', multi-course meals

Featuring both interior and coastal mountains, glaciers and landscapes; a diverse variety of wildlife viewing opportunities; a stunning small plane flight over volcanoes and glaciers; and a scenic ferry cruise on pristine Prince William Sound (or a scenic over-flight); **Mountains & Glaciers** is a superb introduction to the incredible 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 tens of thousands of nesting sea birds, to a glacier. **Lace up crampons and venture out onto another huge and very blue glacier**, or strap on a harness and grab some ice axes to try your hand at **ice climbing** (~\$60 additional fee). **Hike** up to tundra tarns and waterfalls, through boreal forests, and along dramatic glacial moraines: truly magnificent, all of it!

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

INCLUDED MULTI-SPORT ACTIVITIES

NO EXPERIENCE NECESSARY

- ♦ **Sea Kayaking** in a beautiful glacial bay on Prince William Sound
- ♦ **Glacier Trekking** (or upgrade to an introductory ice climbing course) in Wrangell-St. Elias NP
- ♦ **Hiking:** A variety of 2 to 6-hour scenic day hikes over mixed terrain (moderate to strenuous)

MOUNTAINS & GLACIERS Daily Itinerary and Activities

Notes: Unless identified as optional, all mentioned activities are **included**. Specific hikes and campsites 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 **Tour Pre-Departure Packet** for location/s and time/s), 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 day hike up to some alpine tarns and waterfalls, one of the prettiest day hikes anywhere (conditions permitting; otherwise we'll do an alternate hike). Afterwards we'll head to our riverside campground in the Matanuska Valley. LD

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

A beautiful drive takes us to the Copper River-side town of Chitina, where a small plane or two 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 & Gold Rush boom town of McCarthy (year 'round pop. ~75), everyone's favorite Alaskan ghost town! We'll spend three 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. Wow! Shared cabins the next three nights. BLD

DAY 3: WRANGELL-ST. ELIAS NATIONAL PARK / MCCARTHY & KENNECOTT (Cabins)

Today we will venture out onto the ice with crampons and a local mountaineering guide to explore the blue crevasses, moulins, and the rest of the fascinating glacial geography. The more adventurous can challenge themselves with an optional ice-climbing course on the glacier (+ ~\$60). Optional flight-seeing, and/or a Kennecott Mine tour are also available, as are various ranger-led activities. BL

DAY 4: WRANGELL-ST. ELIAS NATIONAL PARK / MCCARTHY & KENNECOTT (Cabins)

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, on the old Wagon Road, or out to the toe of the huge Kennicott Glacier, where you can witness it actually moving, depositing the boulders and debris it has carried from the mountains into the terminal lake 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! BLD

DAY 5: 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 to the toe or up the lateral moraine of Worthington Glacier to a dramatic view of the ice field that feeds this impressive and 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 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. BL

DAY 6: VALDEZ & PRINCE WILLIAM SOUND

Today we'll paddle sea kayaks in a calm and beautiful, glacier-carved bay! After gearing up, a lesson, 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), to the face of Shoup Glacier. Alternatively, enjoy a marine wildlife and glacier-viewing cruise. Camping. BLD

DAY 7: PRINCE WILLIAM SOUND FERRY CROSSING & BACK TO ANCHORAGE

This morning we'll board the Alaska state ferry for a beautiful crossing of pristine 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, a scenic flight over the glacier-clad Sound from Valdez back to Anchorage may be substituted. If neither are available on the scheduled day (rare but possible), we'll drive back to Anchorage and you'll be refunded \$100/person. Either way, the trip will end in Anchorage by ~5 p.m. L

GET UP AND GO! TOURS

'Active, Informative, Fun!' Alaska Adventures since 2002. **Our 23rd Season in 2024!**

LOOK AT ALL THAT'S INCLUDED

- ♦ **Sea Kayaking** day trip to Shoup Glacier, on Prince William Sound; **OR** take a **glacier & wildlife-viewing 1/2-day cruise**
- ♦ **Glacier Trekking** in Wrangell-St. Elias National Park (or upgrade to an introductory Ice Climbing course for ~\$60 more)
- ♦ **Day Hiking:** A variety of exceptional 2 to 6-hour scenic day hikes over mixed terrain (moderate to strenuous)
- ♦ **All Ground Transport**, Anchorage to Anchorage
- ♦ **Bush Plane Flight** to McCarthy, in Wrangell-St. Elias NP
- ♦ **Scenic Ferry crossing** of Prince William Sound (or 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 & User Fees** to all national and state parks visited
- ♦ **All Necessary Camping Gear**, *except* your personal sleeping bag and sleeping pad (these are available for rent with advance notice: bags \$25/tour, and/or pads \$10/pad/tour)
- ♦ The friendly and capable services of a professional **Get Up & Go! Tours' guide** throughout the tour
- ♦ **Tour Pre-Departure Packet**, including travel info, a packing list and everything else you need to prepare for the tour.

NOT INCLUDED

- ♦ **Transport to and from Anchorage** (where the trip starts & ends)
- ♦ **Anchorage Lodging**, before or after the tour; we can help
- ♦ **Non-Included Meals** (see "Meals") or **alcoholic beverages**
- ♦ **Optional Activities** (see 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 more information

OPTIONAL ACTIVITIES & PRICES*

- ♦ **Ice Climbing** course on the Root Glacier (~\$60 upgrade)
 - ♦ **Flight-Seeing** over Wrangell-St. Elias National Park (~\$300-\$575). A scenic flight into the park is already included. This is an option to see more of this immense, ice-covered wilderness.
 - ♦ **Guided Historic Tour** of Kennecott Mine mill (~\$34)
 - ♦ **Salmon Fishing Charter** out of Valdez (~\$180-\$650+)
- *These options are paid for locally; credit cards are accepted

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 scan and email, fax, 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**.



16,390' Mt. Blackburn & the Historic Kennecott Mill

ACCOMMODATIONS

'CAMP & CABIN'-BASED TOURS: 7 days/ 6 nights. We tent camp in organized campgrounds three nights, and stay in shared cabins at a friendly lodge just outside McCarthy for three 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 from us (\$25/bag, and/or \$10/pad/trip).

MEALS

Note: Vegetarians, vegans, gluten-free, lactose-free, and some other special diets can be catered to **with advance notice**, please list any dietary restrictions or preferences on your **Tour Reservation Form**.

'CAMP & CABIN'-BASED TOURS: **Most meals are included** (5 breakfasts, 7 lunches, 4 dinners), and are prepared by your guide in camp. We feature fresh, nutritious, and tasty foods, multi-course meals, and large portions, often including home-made dutch oven desserts, barbecues, fresh fish and meat, salads, and more. **Dinner is a highlight!**

Lunches are usually buffet-style picnics or brown bag meals that we carry with us on our hikes or other activities. Hot breakfasts are served most days. The few non-included meals are taken at local restaurants, or on the ferry, and are paid for individually.

COMBINATION TOURS

If you have more time, **Mountains & Glaciers** can easily be combined with our 6-day **Kenai Explorer** and/or **Alaska Ranger** Camp & Cabin-based tours, 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 discount on the second tour.