

ENJOYING THE GREAT OUTDOORS

HIKING

With more than 250 miles of trails, many within minutes of downtown, Juneau is the place to literally “take a hike.” Trails range from fairly flat, wide and accessible by wheelchairs and strollers to strenuous uphill paths for serious hikers. Although weather can be a factor, the trails around Juneau provide a window into the rugged rainforests in southeast Alaska. Some popular local trails include:

Perseverance Trail

This route heads off into the valleys that produced much of Juneau’s gold. In downtown, take Gold Street to Basin Road. The 3.0 mile trail, considered easy, begins at the end of Basin Road. Highlights include mining ruins, wildflowers and views of Ebner Falls.

Round trip: three to four hours.

Granite Creek Trail

The Granite Creek trailhead is on the left about two miles from the start of the Perseverance Trail. Highlights include wildflowers, alpine lakes and waterfalls.

The 3.5 mile trail is considered more difficult. Round trip: three to four hours.

Airport Dike Trail

Located in Mendenhall Wetland State Game Refuge, this wheelchair accessible trail is close to the airport with opportunities for watching resident birds and nesting waterfowl. Uses include hiking, dog walking, biking and jogging. With no elevation gain, this 1.2 mile trail is an easy hike. Round trip: one to two hours.

Mendenhall Glacier Visitor Center

Several trails are accessible from the visitor center. Shorter jaunts include the wheelchair accessible Steep Creek salmon viewing trail and the .3 mile Photo Point Trail as well as the 1.5 mile Moraine Ecology Trail. The East Glacier Loop Trail, with an elevation gain of 400 feet, takes two to three hours. The West Glacier Trail, 3.4 miles one-way, with a 1,300 foot elevation gain, can be a five to six hour roundtrip hike.

Kaxdigoowu Heen Dei

A wheelchair accessible trail that follows the Mendenhall River greenbelt area starting at Brotherhood Bridge off Glacier Highway. Uses include dog walking, jogging, biking and horseback riding. Highlights of this 2.1 mile trail include access to fishing holes, vivid wildflowers and scenic overlooks.

GUIDED HIKES

Juneau Parks and Recreation organizes guided hikes on Wednesdays for adults only and on Saturdays for adults and youth. Call 586-0428 for recorded information.

TRAIL BOOKS AND MAPS

Trail books and maps are available at the U.S. Forest Service (789-0097), local bookstores, and museums. Trail books and information can also be obtained at the Juneau Visitor Information Center (586-2201) in Centennial Hall.

CAMPING

The area around Juneau is a mix of city, state and Tongass National Forest lands. There are a few designated campgrounds, best for recreational vehicles and car-campers, but backpackers also have another option. Camping is allowed on undeveloped forested land one quarter mile off roads. Check with the U.S. Forest Service at 586-8800. Juneau Parks and Recreation, 585-5226, can also provide information on off-road camping for a maximum of 48 hours.

CABINS

The U.S. Forest Service has public-use cabins in the Juneau area. Cabins are outfitted minimally with a propane stove and bunks and can accommodate six to sixteen people. They may be reserved for about \$35 per night by calling the National Recreation Service at (877) 444-6777 or by going to its web site at www.recreation.gov. The State of Alaska also maintains public use cabins in the Juneau area, each sleeping six to eight people. The Cowee Meadow, Blue Mussel and Camping Cove cabins, accessible by foot or small boat, rent for \$45 per night. The Bob Hinman and St. James Bay cabins, accessible only by boat or plane, rent for \$25 per night. Call 465-4563 for information or go to <http://dnr.alaska.gov/parks/cabins/south.htm>

BIKING

Locals don't let a little rain dampen their enthusiasm for biking. Designated bike paths allow riders to travel safely from downtown to Douglas Island, to the Mendenhall Glacier and Auke Bay. Biking is prohibited on Egan Drive. A document outlining biking routes is available from visitor information centers located downtown, at the airport and at the Auke Bay ferry terminal. Bike rentals are available locally at the Driftwood Lodge, 586-2280, and from Cycle Alaska at 321-2453.

WELCOME TO BEAR COUNTRY

Juneau is in the heart of rich bear habitat. Its estuaries, avalanche chutes and salmon streams provide brown and black bears with high-quality foods. The black bear is the smallest of the two bear species in Alaska, with adult males weighing 400 pounds or more. The brown bear is larger, with a noticeable shoulder hump and longer claws. A male brown bear can weigh more than 1,000 pounds, females half as much. Intelligent and fascinating creatures, bears are to be treated with respect.

When in bear country:

- Be aware of your surroundings, even in town.
- Make noise, sing and clap your hands.
- Remember, feeding bears is illegal. Store food in bear proof containers away from your camp site. Never leave trash behind. If you packed it in, pack it out.
- Never approach or follow a bear. Always leave it an escape route.
- If you encounter a bear, talk and wave your arms to let it know you're a human. A bear standing on its hind legs isn't threatening you. It's trying to identify you. Stand your ground. Never try to outrun a bear. Bears may instinctively chase anything that runs.

For more information about how to behave around bears, contact the Alaska Department of Fish & Game at 465-4265.

SOME JUNEAU FACTS

GEOGRAPHY

A bird’s eye view would allow you to truly appreciate Juneau’s geography, a narrow strip of land sandwiched between sea and mountains. The city sits at sea level, rises to 3,819 feet at Mount Roberts peak and plunges to 120 feet below sea level in Gastineau Channel. Juneau is located on the state’s “Panhandle,” known as Southeast Alaska. Accessible only by air or sea, it is about 900 air miles northwest of Seattle and about 600 air miles southeast of Anchorage.

AREA

Juneau has grown along both banks of the Gastineau Channel on Douglas Island and the mainland, filling the glacier-carved Lemon Creek and Mendenhall valleys. More than two thirds of the population lives in these areas. The largest capital city in the United States (by land area), Juneau comprises 3,248 square miles.

Total area of Juneau	3,248 sq. miles
Water.....	704 sq. miles
Juneau Icefield.....	1,500 sq. miles
Roads	45 miles
Wilderness rainforest.....	1,352 sq. miles
Hiking trails.....	250 miles
Urban development	264 sq. miles
Elevation.....	sea level

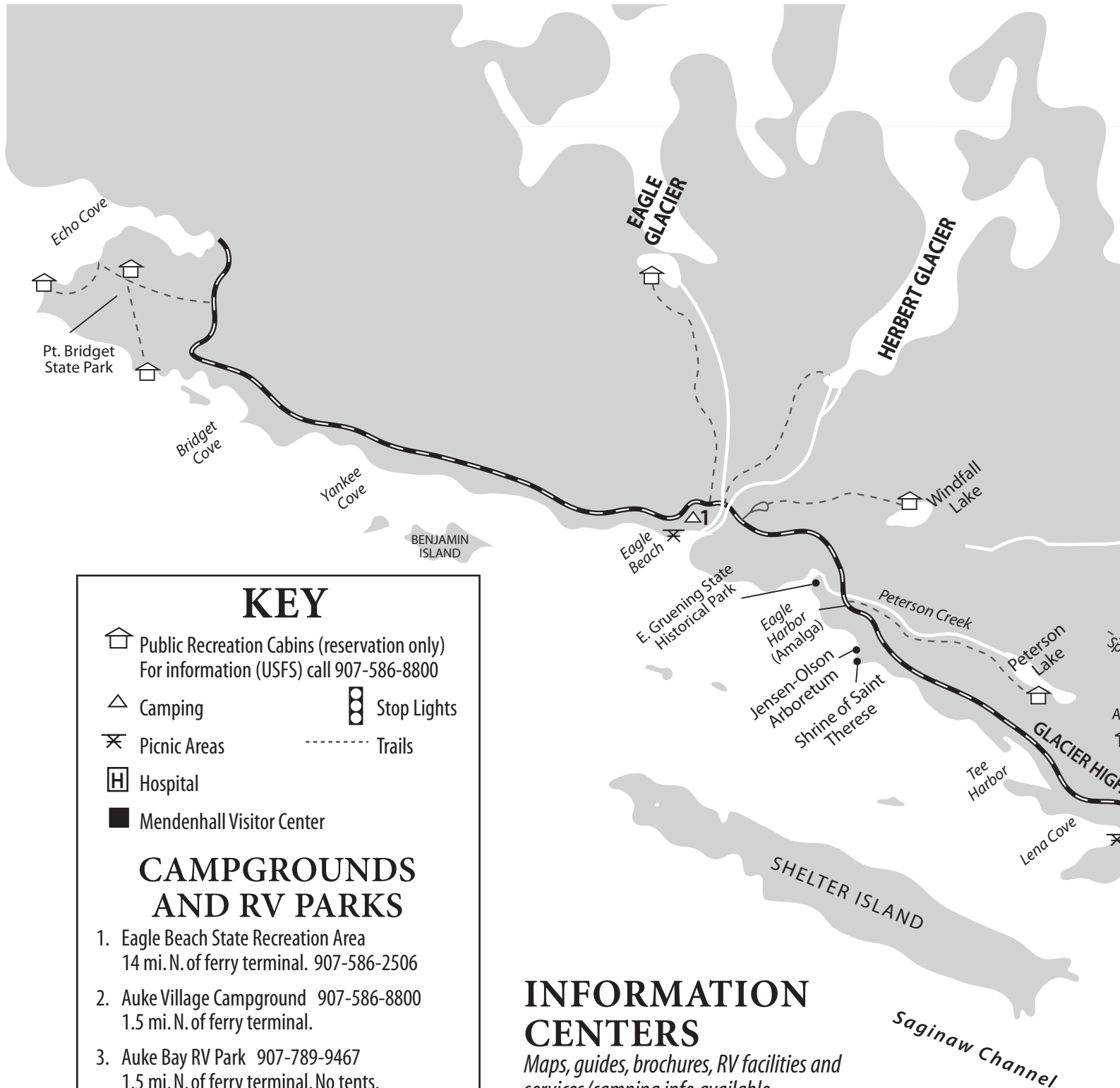
WEATHER

Residents and visitors quickly learn to wear layered clothing. Summer days can reach the mid-80s and winter temperatures range from 25 to 35. Perched in a temperate rain forest, Juneau averages 220 days of rain per year, with 90 inches of rain and melted snow downtown annually. Juneau’s driest months are usually April, May and June; the wettest months are September and October. Juneau averages about 100 inches of snow, but nearby Eaglecrest Ski Area averages 200 to 300 inches of snow annually.

MONTH	AVERAGE HIGH TEMP	AVERAGE LOW TEMP	AVERAGE RAINFALL	HOURS OF DAYLIGHT
JAN.	29	19	4.54”	7.15
FEB.	34	23	3.75”	9.40
MAR.	39	27	3.28”	11.77
APR.	47	32	2.77”	14.40
MAY	55	39	3.42”	16.78
JUNE	61	45	3.15”	18.25
JULY	64	48	4.16”	17.60
AUG.	63	47	5.32”	15.43
SEPT.	56	43	6.73”	12.85
OCT.	47	37	7.84”	10.32
NOV.	37	27	4.91”	7.87
DEC.	32	23	4.44”	6.42

HELPFUL PHONE NUMBERS

Emergency - police, fire and rescue.....	911
Local Information	411
City Police - non-emergency	586-0600
Time and Temperature	586-3185
Bartlett Regional Hospital	796-8900
Alaska State Troopers – non-emergency.....	465-4000
U.S. Coast Guard Search and Rescue in Juneau	463-2000
Alaska Airlines.....	800-252-7522 or www.alaskaair.com
Alaska Marine Highway System	www.ferryalaska.com
Reservations	800-642-0066 or 465-3941
Auke Bay Ferry Terminal.....	465-8853
Recorded Juneau Schedule	465-8853
Alaska Department of Fish & Game	
Regulations	465-4180
Licensing	465-2376
Alcoholics Anonymous Hotline	586-1161
Capital Transit Bus Schedule	789-6901
Juneau Convention & Visitors Bureau	
Administrative Offices.....	586-1737
Centennial Hall Visitor Center.....	586-2201
Juneau Harbormaster	586-5255
Juneau Parks & Recreation	586-5226
Augustus Brown Pool	586-5325
Recorded Guided Hiking Schedule.....	586-0428
Treadwell Arena	586-0410
U.S. Forest Service	
District Ranger Office.....	586-8800
Mendenhall Glacier Visitor Center	789-0097
U.S. Post Office	
Downtown, 709 W. 8 th Street.....	586-7987
Douglas, 904 3 rd Street	364-2445
Mendenhall Valley, 9491 Vintage Blvd.....	789-0934
Contract Station, 145 S. Franklin Street	586-8335



KEY

-  Public Recreation Cabins (reservation only)
For information (USFS) call 907-586-8800
-  Camping
-  Picnic Areas
-  Hospital
-  Mendenhall Visitor Center
-  Stop Lights
-  Trails

CAMPGROUNDS AND RV PARKS

1. Eagle Beach State Recreation Area
14 mi. N. of ferry terminal. 907-586-2506
2. Auke Village Campground 907-586-8800
1.5 mi. N. of ferry terminal.
3. Auke Bay RV Park 907-789-9467
1.5 mi. N. of ferry terminal. No tents.
4. Spruce Meadow RV Park 907-789-1990
4.5 mi. S. and E. of ferry terminal.
5. Mendenhall Lake Campground 907-586-8800
5 mi. S. and E. of ferry terminal.
6. Savikko Park RV Camping 907-586-5255
12 mi. to downtown Harbormaster's office
from ferry terminal for registration.
Then, 2 mi. to Douglas Harbor.

Camping is not allowed on any part of a public right of way not designated for camping by an official sign.

INFORMATION CENTERS

Maps, guides, brochures, RV facilities and services/camping info available

Year-round

- Centennial Hall Visitor Center, downtown
907-586-2201 Toll-Free 888-581-2201
Forest Service Courtesy Phone
- Ferry Terminal, Auke Bay
- Juneau Airport

May-September

- Marine Park Kiosk
- Cruise Ship Terminal Visitor Center