

SOUTHCENTRAL FOUNDATION

Nuka System of Care

VISITOR'S GUIDE

HOTELS
FITNESS
LOCKERS
THINGS TO DO
PLACES TO EAT
SOUVENIRS
WEATHER
WILDLIFE



Southcentral
Foundation





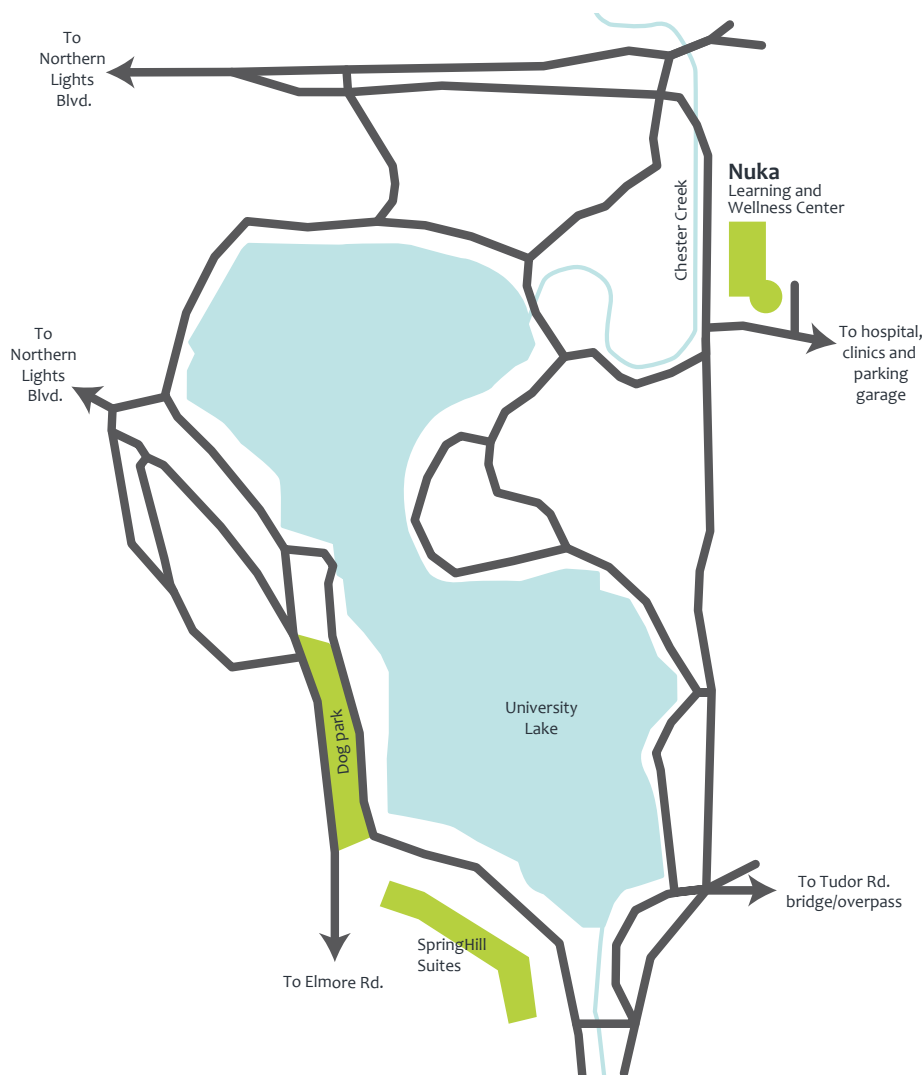
ALASKA NATIVE HEALTH CAMPUS

NUKA LEARNING AND WELLNESS CENTER
4085 TUDOR CENTRE DRIVE





WALKING / BIKING PATH BEHIND NLWC



BE SURE TO SEE WILDLIFE SAFETY TIPS!



HOTELS

Hotels in Anchorage fill up quickly in the summer season. If you're not sure where to stay, the following hotels have worked well for previous conference participants:

- **SpringHill Suites**
- **Home2 Suites by Hilton Anchorage**
- **Dimond Center Hotel**
- **Courtyard by Marriott Anchorage**
- **Hilton Garden Inn Anchorage**
- **Embassy Suites by Hilton**
- **Sheraton Anchorage Hotel**
- **My Place Hotel**
- **Hampton Inn Anchorage**

If you're arranging an alternative vacation rental (e.g., through Airbnb, HomeAway, or VRBO), here are a few areas that are near Southcentral Foundation and other noteworthy locations:

“U-Med” or “U-Med District” refers to the part of Anchorage that hosts two universities, several health care providers, and the Alaska Native Health Campus (where Southcentral Foundation is located). This area is bound by East Northern Lights Boulevard, Baxter Road, Tudor Road, and Lake Otis Parkway.

Downtown Anchorage is roughly 3rd to 10th Avenue between L Street and Gambell Street (including homes / rentals near the Delaney Park “strip”). Features many hotels, restaurant options, and tourist shops. Ask your hosts or rental contact about any safety concerns in their particular area.

East Anchorage / College Gate areas include places near Russian Jack, Nunaka Valley, and Baxter. These well-established neighborhoods are primarily residential and feature many small parks and trails.

Turnagain / West Anchorage is the area closest to the Ted Stevens International Airport and a 15-20 minute drive to Southcentral Foundation. This area is home to Kincaid Park: 1,400 acres of rolling, forested hills and beautiful scenery, with the Tony Knowles Coastal Trail connecting it to downtown along the coast.



LOCKERS WITH CHARGERS

WHERE ARE THEY?

Lockers are in the Nuka Learning and Wellness Center

1st Floor – Hallway to the left of the restrooms

2nd Floor – Near the south windows, toward the parking lot



HOW DO I USE THEM?

These instructions are inside each locker door:

TO LOCK

Close Locker Door

Enter: any four-digit code



+ +

Turn Lever To:  position 

TO UNLOCK

Enter: previous four-digit code

+ +

Turn Lever To:  position 
Open Locker Door



FITNESS

WOULD YOU LIKE TO WORK OUT, JOIN A SOUTHCENTRAL FOUNDATION FITNESS CLASS, OR TAKE HOME SOME SWAG?

You are invited to use Southcentral Foundation's Health Education and Wellness Center (4201 Tudor Centre Drive), Monday through Friday, 6:15 a.m. to 6:30 p.m. Please check-in at the front desk to complete an orientation and fill out a waiver. Wear non-street shoes on the exercise equipment. Showers are available in the facility.



**THE GYM IS OPEN
MONDAY – FRIDAY
6:15 A.M. – 6:30 P.M.**

Get a schedule of all classes [here](#).



SEE DENALI

From Anchorage, there are several ways to visit Denali National Park:

Rent a vehicle - It's five hours north from Anchorage to the park entrance.

Take the train - During the summer, the Alaska Railroad train departs from Anchorage daily.

Motor coach/bus - There are many options available, some with stops at tourist destinations en route.

By air - A flight to Denali National Park can be chartered if you're in a time crunch. Flights are about two hours.



THINGS TO DO

POPULAR ATTRACTIONS

The Alaska Zoo
Anchorage Museum
Alaska Railroad Depot
Alaska Native Heritage Center
Alaska Aviation Museum
Iditarod Trail Sled Dog Museum

GOLF

Settlers Bay Golf Course
Fox Hollow Golf Course
Anchorage Golf Course
Moose Run Golf Course
Russian Jack Springs Golf Course

FOR THE KIDS

Dave and Buster's
Extreme Fun Center
Get Air
Chuck E. Cheese's
Alaska Museum of Science and Nature

JUST A SHORT DRIVE

Alyeska Aerial Tram
Portage Glacier
Alaska Wildlife Conservation Center
Reindeer Farm
Independence Mine State Historical Park

PLACES TO WALK WITH A VIEW

Tony Knowles Coastal Trail
Potter Marsh Bird Sanctuary
Flattop Mountain Trail
Earthquake Park Trail
Far North Bicentennial Park



PLACES TO EAT

FINE DINING

Kinley's
Sullivan's Steakhouse
Marx Brothers Café
Club Paris
Crush Wine Bistro

BURGERS

Tommy's Burger Stop
Long Branch Saloon
Lucky Wishbone
Arctic Roadrunner
Kriner's Burgers and Pies

PIZZA

Moose's Tooth
Flattop Pizza + Pool
Milano's Pizza
Marco T's Pizzeria
Hearth Pizza

SEAFOOD

Simon and Seafort's
Bridge Seafood
The Crow's Nest
The Bubbly Mermaid
Oyster Bar
F Street Station

ITALIAN

Pizza Olympia
Sorrento's
Little Italy
Campobello Bistro
Pizza Plaza

BREAKFAST

Snow City Café
South Restaurant
Jackie's Place
Judy's Café
White Spot Café

WORLD CUISINE

Yak and Yeti's
Turkish Delight
Namaste Shangri-La
Bombay Deluxe
Pangea Restaurant

HISPANIC

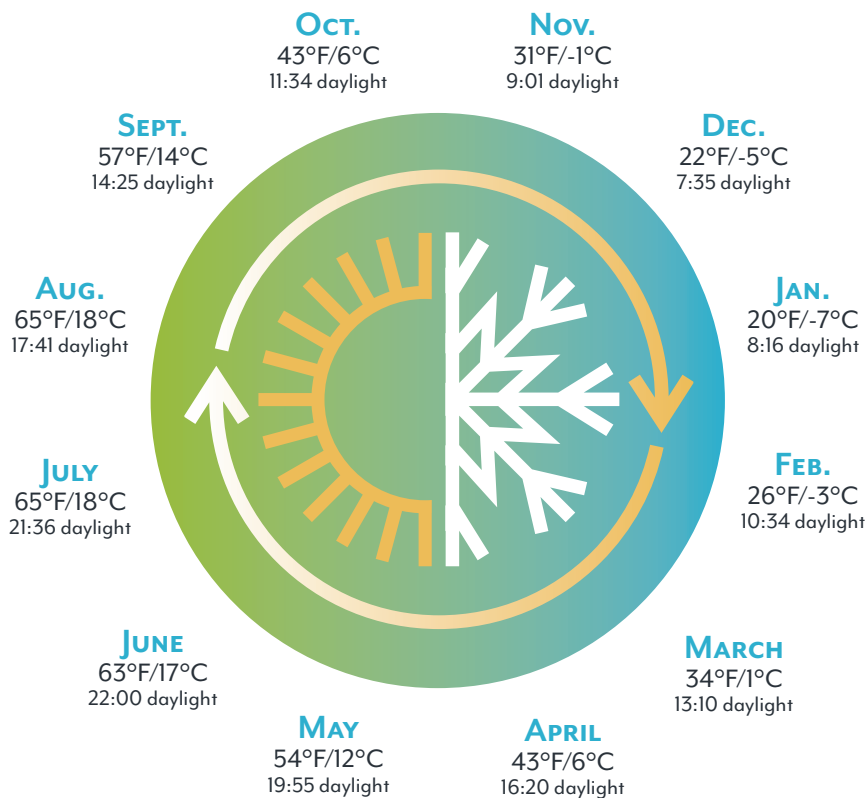
Tequila 61
Serrano's Mexican Grill
Taco King
El Rodeo Mexican
Restaurant
Xalo's Mexican Grill

BREW PUB

Moose's Tooth Pub
and Pizzeria
Midnight Sun Brewing Co.
49th State
Brewing Company
Glacier Brewhouse
Bread and Brew
King Street Brewing Co.



DAYLIGHT HOURS AND AVERAGE TEMPERATURES





ALASKA NATIVE ART SOUVENIRS

- Alaska Native Medical Center Craft Shop (10 a.m. – 2 p.m.)
- Alaska Native Heritage Center Gift Shop
- Alaska Wild Berry Products (10 a.m. – 9 p.m.)
- Anchorage Museum Store
- Downtown gift shops
(hours vary, most open until at least 8 p.m.)



Many Alaska Native arts and crafts feature ivory. Please note restrictions on flying internationally with ivory if you're visiting from another country.



WILDLIFE SAFETY

BEAR

When you venture out in Anchorage, whether it is on a backwoods trail, a heavily used park trail, or a paved trail, you are traveling in bear country. How you behave often dictates the outcome of an encounter with a bear. When traveling through bear country, make your presence known, especially in areas where there is dense vegetation. Visit the [Alaska Fish and Game](#) website to learn more about bear safety, or what to do in the event you encounter a bear.

MOOSE

Be moose aware and be cautious when near moose. If a moose is encountered, back off, be prepared to get off the trail, and put trees between you and the moose. If it is a cow, look for the chocolate colored calves and avoid getting between her and the calves. For more information on moose visit the [Alaska Fish and Game](#) website.

Information taken from www.muni.org/Departments/parks/trail/Pages/TrailSafetyTips.aspx

