

SOUTHCENTRAL FOUNDATION

Nuka System of Care

VISITOR'S GUIDE

HOTELS
FITNESS
LOCKERS
DAY TRIPS
RESTAURANTS
SOUVENIRS
WEATHER
WILDLIFE



Southcentral
Foundation





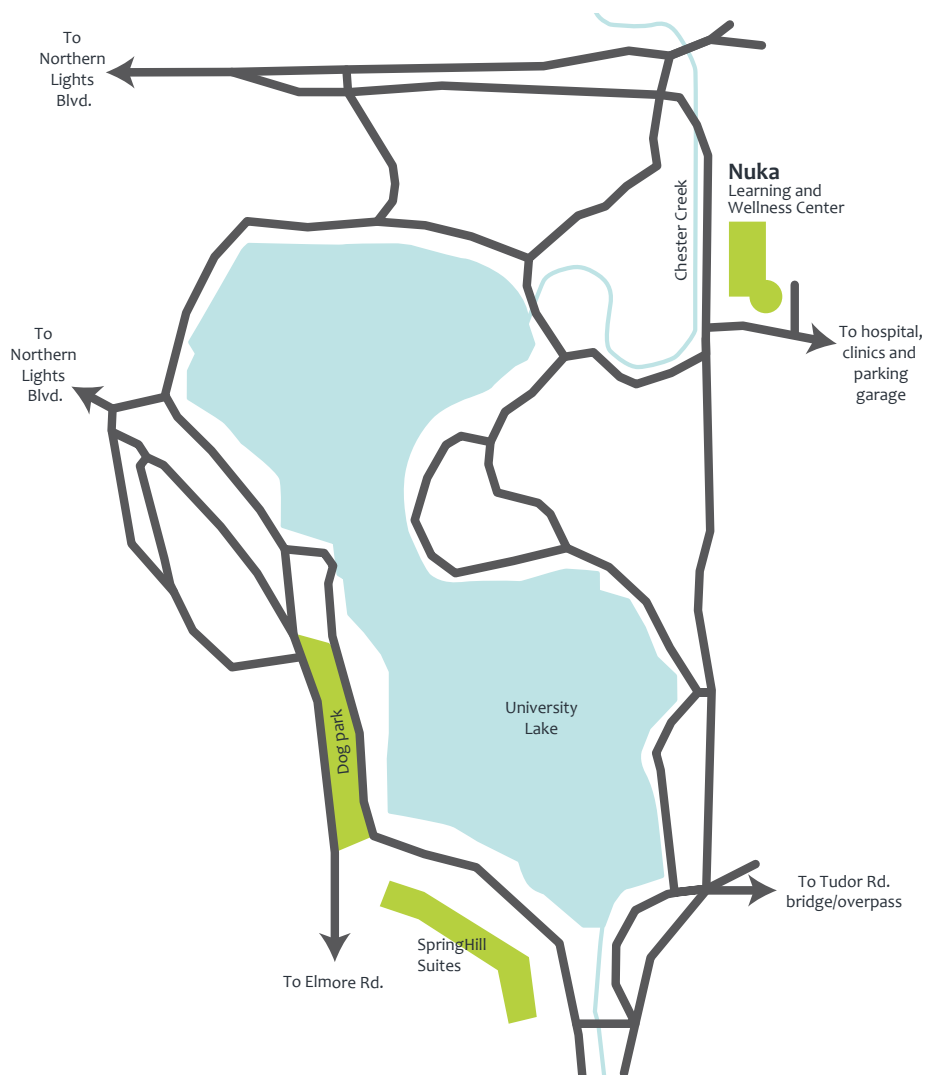
ALASKA NATIVE HEALTH CAMPUS

NUKA LEARNING AND WELLNESS CENTER
4085 TUDOR CENTRE DRIVE





WALKING / BIKING PATH BEHIND NLWC



BE SURE TO SEE WILDLIFE SAFETY TIPS!



HOTELS

SpringHill Suites University Lake

Walking distance from Alaska Native Health Campus

<http://www.marriott.com/hotels/travel/ancum-springhill-suites-anchorage-university-lake/>

Hilton Anchorage Downtown

15 minutes from Alaska Native Health Campus

<http://www3.hilton.com/en/hotels/alaska/hilton-anchorage-ANCAHHF/index.html>

Downtown Marriott Downtown

15 minutes from Alaska Native Health Campus

<http://www.marriott.com/hotels/travel/ancdt-anchorage-marriott-downtown/?scid=bb1a189a-fec3-4d19-a255-54ba596febe2>

Captain Cook Downtown

15 minutes from Alaska Native Health Campus

<http://captaincook.com/>

Dimond Center Hotel South Anchorage

15 minutes from Alaska Native Health Campus

<https://www.dimondcenterhotel.com/>



University Lake, Anchorage



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?

Visit our wellness center! Located on campus (4201 Tudor Centre Drive), the wellness center features group exercise classes such as Zumba, yoga, boot camp, and indoor cycling, or work out on your own in our state-of-the-art gym.



The gym is open
Monday – Friday
6:15 a.m. – 6:30 p.m.



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.



DAY TRIPS

Drive the **Seward Highway** south to **Portage Lake** to see a glacier. Stop in **Girdwood** on the way back and eat at **Double Musky** (except on Monday) or **Jack Sprat**.

Drive the **Glenn Highway** north to a beautiful, historical gold mining district, **Hatcher Pass**. Eat at the nearby **Colony Café** (aka “Noisy Goose”) for some low-key Alaskan fare.

Hikes

www.anchorage.net/blog/top-10-anchorage-hiking-trails/

Tours

Alaska.org/things-to-do

Iditarod (January–June)

Iditarod.com/resources/calendar

Shuttle Services

Bactrans.com





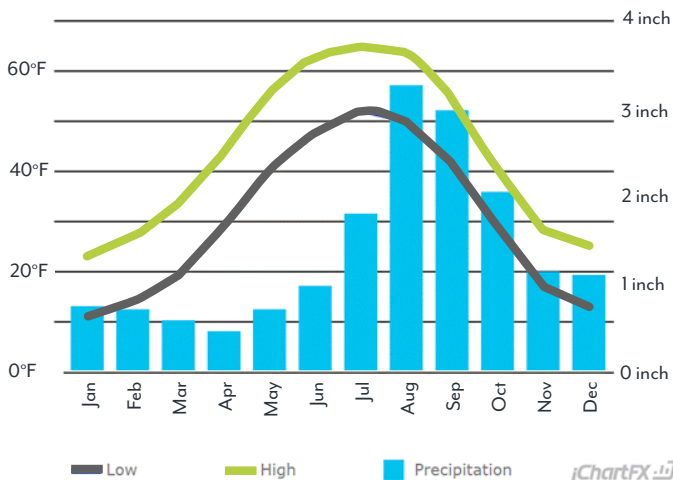
DINING

From the freshest seafood to steak, Anchorage boasts a number of locally owned restaurants. Here are just a few:

- **49th State Brewing Company** - Local brewing company located downtown
- **Bear Tooth** - American/Mexican
- **Bridge Restaurant** - Steak/seafood, scenic views (seasonal)
- **Double Musky** - (Girdwood) Steak, Cajun; closed on Mondays
- **Jack Sprat** - (Girdwood) Organic, locally-grown ingredients
- **Moose's Tooth** - Pizza (rated best in the US) and local craft beer
- **Spenard Roadhouse** - American, known for "bacon of the month" and tater tots
- **Simon & Seaforts** - Fancy, steak/seafood, scenic views from downtown
- **South** - Casual dining
- **Sushi Sushi** - Great lunch and dinner options



WEATHER





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. Log on to the [Alaska Fish and Game](http://www.alaska.gov/afg) 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](http://www.alaska.gov/afg) website.

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

