

SOUTHCENTRAL FOUNDATION

Nuka System of Care

# VISITOR'S GUIDE

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



Southcentral  
Foundation





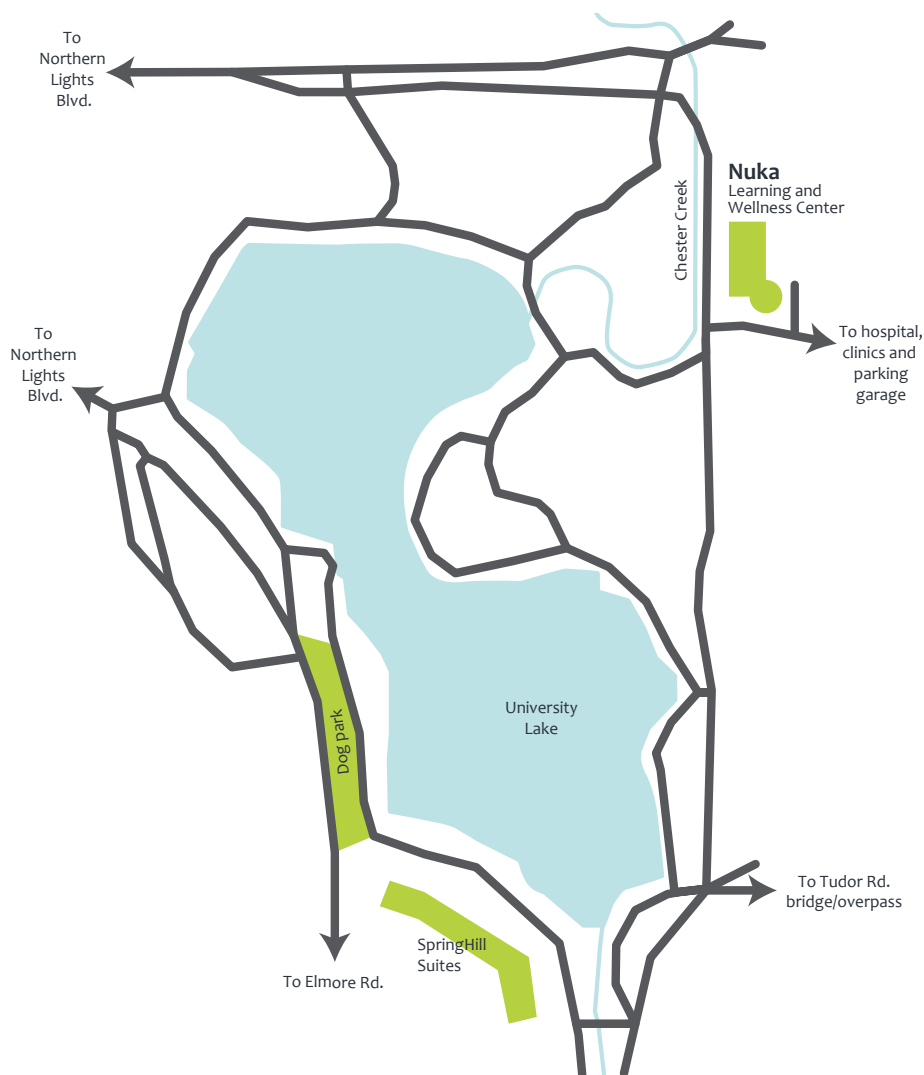
# ALASKA NATIVE HEALTH CAMPUS

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

1<sup>st</sup> Floor – Hallway to the left of the restrooms

2<sup>nd</sup> 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

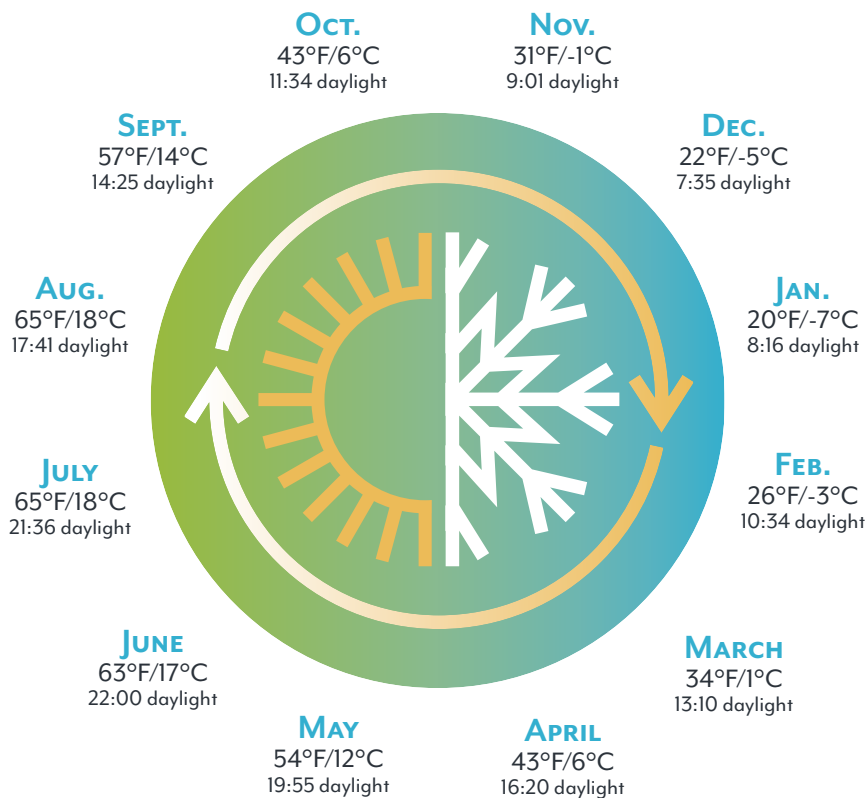
## BREW PUB

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](http://www.muni.org/Departments/parks/trail/Pages/TrailSafetyTips.aspx)

