

SOUTHCENTRAL FOUNDATION

Nuka System of Care

VISITOR'S GUIDE

HOTELS
LOCKERS
THINGS TO DO
PLACES TO EAT
SOUVENIRS
WEATHER
WILDLIFE

Southcentral
Foundation





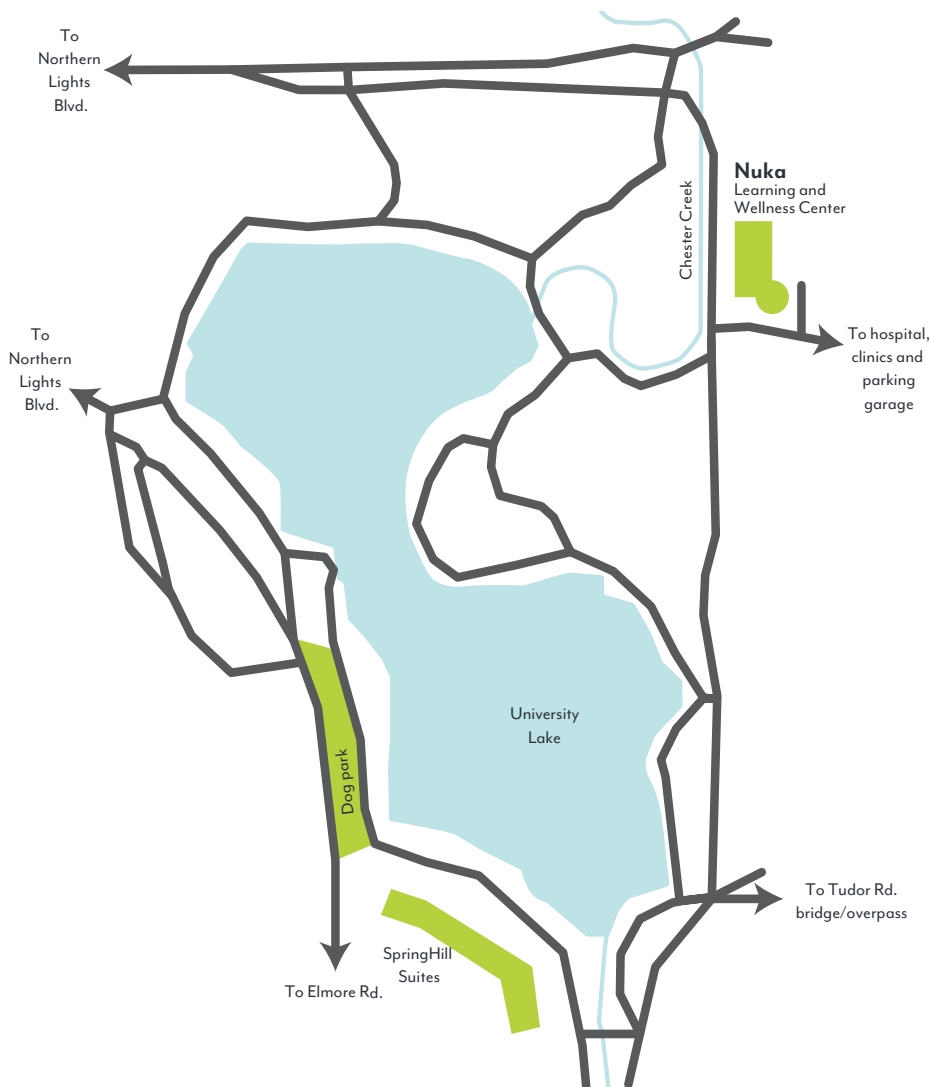
ALASKA NATIVE HEALTH CAMPUS

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:

- **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**
- **Wild Birch**

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 facilities, 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 Anchorage 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



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 Botanical Garden
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 Trampoline Park
Chuck E. Cheese
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 Restaurant
Sullivan's Steakhouse
Whisky & Ramen
Club Paris
Crush Wine Bistro
Altura Bistro
Crow's Nest
Kincaid Grill
Jen's Restaurant
Rustic Goat
Orso

BURGERS

Tommy's Burger Stop
Long Branch Saloon
Lucky Wishbone
Arctic Roadrunner
Bear Paw Bar & Grill

PIZZA

Moose's Tooth
Flattop Pizza + Pool
Milano's Pizza
Hearth Pizza
Eye Tooth
Bear Tooth

SEAFOOD

Simon and Seafort's
Bridge Seafood
Inferno Seafood Boil
Southside Bistro
Alaska Chopped
and Chowdered

ITALIAN

Pizza Olympia
Sorrento's
Little Italy
Pizza Plaza
Originale AK

BREAKFAST/BRUNCH

Snow City Café
South Restaurant +
Coffeehouse
Jackie's Place
Judy's Café
White Spot Café
Gwennie's Old
Alaska Restaurant

WORLD CUISINE

Yak and Yeti
Turkish Delight
Namaste Shangri-La
Bombay Deluxe
Queen of Sheba
Palmeira
Everest Restaurant

MEXICAN

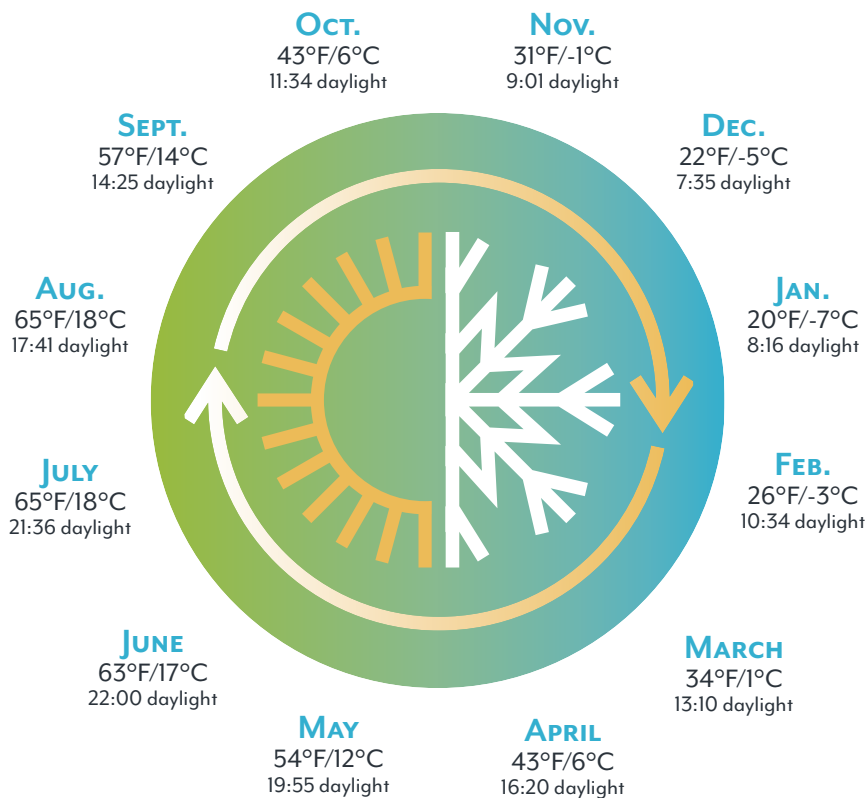
Tequila 61
Serrano's Mexican Grill
Taco King
El Rodeo
Xalo's Mexican Grill
Jalapeno's Mexican

BREW PUB

Midnight Sun
Brewing Co.
49th State Brewing Co.
Glacier Brewhouse
Bread and Brew
King Street Brewing Co.
907 Alehouse
Tent City Taphouse
Spenard Roadhouse
Humpty's



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 campus, 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](http://www.adfg.alaska.gov/index.cfm?adfg=educators.wildlifesafety) 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.adfg.alaska.gov/index.cfm?adfg=educators.wildlifesafety) website.

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

For more safety information, visit: www.adfg.alaska.gov/index.cfm?adfg=educators.wildlifesafety

