

TWIN LAKES PADDLE

Lake Clark National Park & Preserve
7-Day Kayaking & Hiking Adventure



ALASKA ALPINE ADVENTURES

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EXTRAORDINARY ADVENTURE VACATIONS IN
ALASKA'S NATIONAL PARKS AND WILDLIFE REFUGES

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WHAT TO EXPECT

- The Experience
- Day-by-Day Itinerary
- What's Included
- Traveling with Alaska Alpine Adventures

PREPARING FOR YOUR ADVENTURE

- Gear List
- Travel Information
- Frequently Asked Questions
- Reservation & Cancellation Policy

*This trip is rated a **LEVEL 2** kayaking and hiking trip*

Physical conditioning and consistent exercise prior to these trips is essential. While these kayaking trips are suitable for a total novice kayaker, you will be sitting in and paddling an inflatable sea kayak for up to 4 continuous hours. You also will be hiking off-trail over steep and uneven terrain, often covering more than 10-miles in a day. You may encounter short stretches of thick vegetation and may also experience Alaska's diverse selection of insect species. You will be camping in a very remote wilderness, sleeping in tents, relieving yourself in places with a stunning view, and sometimes enjoying all of the above in the rain. You will be expected to load and unload your own gear, carry a portion of the group gear from our drop-off location to our various camp locations, and manage your own physical comfort and well-being. Pre-trip physical conditioning should begin no later than 2 months before departure and should include walking or hiking.

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THE EXPERIENCE

Recognized in 2010 as one of National Geographic's "Tours of a Lifetime", join us to experience Alaska's best kayaking and hiking trip. The supreme wilderness of Twin Lakes, located in the heart of Lake Clark National Park, is a wonderland of crystalline waters set beneath a rugged rim of mountains and vast tundra expanses. It's home to various birds of prey, moose and caribou, Dall's sheep, black and brown bears, and the legacy of Dick Proenneke – the conservationist featured in the popular PBS documentary, *Alone in the Wilderness*.

Twin Lakes exudes the truest essence of Lake Clark National Park; a wilderness nirvana, where the allure of living a more simple life, in tune with nature and the changing seasons, captured Mr. Proenneke and will certainly captivate you. For over 30 years Dick Proenneke carved for himself a life in this wilderness, and his hand-hewn log cabin reminds us of his enduring presence. You'll marvel at the old world resourcefulness and craftsmanship that went into the building of his backcountry home, and sense the overwhelming, yet comfortable, solitude that he enjoyed.

With our inflatable kayaks providing unlimited access to the waterways, we'll paddle and camp along the shorelines of both Upper and Lower Twin Lakes. Along the way we'll stop to stretch our legs hiking into the valleys of Hope and Beech Creeks, climbing into Low Pass, and making a loop through the curiously named Death Valley. These day hikes offer a nice compliment to the clear water kayaking and offer amazing views of the Twin Lakes basin! As the sounds of our floatplane break the calm, we'll ponder waving off our pilot and building our own cabin on the shore of Twin Lakes.



Paddling Lower Twin Lake

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DAY-BY-DAY ITINERARY

Day 1: This morning an Alaska Alpine Adventures representative will pick you up in Anchorage by 8:15, You'll start the day with an orientation and gear check at our Anchorage facility before heading to Merrill Field for the flight from Anchorage to Port Alsworth, and of the most stunning bush flights in Alaska. Your guide(s) will greet you when you land, and as you enjoy a delicious lunch along the shores of Lake Clark, you'll discuss the adventure and wrap up the trip orientation. Then you'll load into float planes and lift off into the afternoon skies bound for Lower Twin Lake; a spectacular 30 minute flight. We'll spend 2-3 hours setting up camp on the south side of the lake and assembling our kayaks while we begin to absorb the solitude of this sublime wilderness. After our first delicious wilderness dinner, you'll have the chance to do an evening paddle on the lake or relax on the sandy beach in front of camp. *Lunch & dinner included.*

Day 2: Today we'll hoist daypacks and head off to explore an area locally known as "Death Valley." This fluvial filled wash is as spectacular as it is surreal, and it leads us directly into the open tundra country above the lake. We'll climb out of death valley and up to a pass with spectacular views of the locally named Big Valley and the mountains surrounding Twin Lakes. Your first sample of Alaska wilderness hiking will give you taste of off-trail navigation and Dick Proenneke's favorite terrain around Twin Lakes. *All Meals Included.* Distance: 4-5 miles, elevation gain: 1500'-2000'

Day 3: After yet another great breakfast, and a thorough kayaking orientation from your guide(s), you'll load the kayaks and begin paddling up the shores of Lower Twin. We'll spend the day kayaking, picnicking for lunch, and enjoying the remote splendor of this special slice of Alaskan wilderness. As we head east toward the Upper Lake, the mountains will become more dramatic and rugged. We'll scope the shore for wildlife and eventually mak camp at Beech Creek near the stream connecting upper and lower Twin Lakes by early afternoon. With plenty of Alaska's summer daylight, we'll grab a couple of energy bars and start hiking up Beech Creek in search of more wildlife and alpine tundra. We'll return to camp for another amazing Adventure Appetites dinner and wilderness celebration. *All Meals Included.* Kayaking Distance: 3-4 miles, Hiking Distance: 3-4 miles, elevation gain: 1000'-1500'

Day 4: The early dawn will greet us with more adventure and we'll start it all by lining our kayaks up the connecting stream. After a couple of hours of walking our boats up the creek, we'll be kayaking the azure waters of Upper Twin Lake, where we'll paddle toward Hope Creek and our camp for the final 2 nights. We'll pause at Emerson Creek for a hike up to Emerson Falls. Emerson is a spectacular Alaska drainage and the waterfall was one of Dick Proenneke's favorite places to visit. After a couple of hours exploring Emerson, we'll jump back into the kayaks and continue toward Hope Creek. Alaska size peaks will dominate our panorama and the solitude of kayaking Upper Twin is certain to entrance the group. Camping near the mouth of Hope Creek allows a short walk to the Dick Proenneke site. After a hearty dinner, we'll make our first visit to Proenneke's cabin – his year-round home from 1968-98. *All Meals Included.* Hiking Distance: 3-4 miles, kayaking distance: 5 miles, elevation gain: 500'

"It was fantastic! Twin Lakes provided enough diversity of experience, activities and adventures to keep the excitement level high."

- David Swink

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DAY-BY-DAY ITINERARY*

Day 5: A visit to Twin Lakes, and Hope Creek in particular, wouldn't be complete without a hike to Eye of the Needle - an obscure rock formation at the head of one of the many tributaries of Hope Creek. This full-day hike will take us up to the Cowgill Benches before heading into alpine tundra, where we'll train our eyes on the crags above for glimpses Dall's sheep. Before long we'll traverse along a beautiful canyon as we negotiate thousand year old game trails on our way to the head of the alpine valley. With luck, the weather will cooperate and we'll get a glimpse of the Eye of the Needle from the high point of our hike - a glacial cirque and source of the crystal clear waters of Hope Creek. The day will conclude with another great dinner and, as always, a home-baked dessert that will initiate a good night's sleep. *All Meals Included.* Distance: 8 miles, Elevation gain: 2500'-3000'

Day 6: After a leisurely breakfast, we'll break down camp and prepare our gear for an afternoon float plane flight back to Port Alsworth. After the morning chores, we will take the rest of our time in the wilderness immersing ourselves in the Proenneke site and perhaps even doing a short hike to Teetering Rock - a Proenneke favorite. We hope you feel Dick's spirit as you wander about his property, admire his craftsmanship and imagine an existence so far from our modern world. By early evening we'll be at the Farm Lodge in Port Alsworth, and checked into the beautiful lakeside cabins. After hot showers and a celebratory dinner in the lodge dining room, we'll tally up our wildlife sightings, and attempt to absorb the solace that Proenneke himself must have felt after spending 30 years at Twin Lakes. *All Meals Included.* Distance: 2-3 miles, elevation gain: 500'-1000'

Day 7: After an amazing breakfast at the lodge, we'll spend the day hiking to Tanalian Falls before paying an afternoon visit to the Lake Clark National Park visitor's center, where you'll have a chance to purchase maps and postcards, enjoy multiple interpretive displays and videos, and share your experience with park staff. You'll then board a late afternoon charter flight back to Anchorage. If you are departing Alaska on this day, please schedule all homebound flights for after 9PM. *Breakfast & lunch Included.* Distance: 5 miles, elevation gain: 800'

*Whenever possible Alaska Alpine Adventures endeavors to follow our itineraries as written. However, on occasion our trips deviate from the written itinerary due to weather conditions, group preference, specific safety considerations, or unforeseeable circumstances; collectively what some have called "The Alaska Factor." Therefore we suggest that you approach any adventure in Alaska with an open mind and an understanding that Alaska will always deliver an adventure of a lifetime.



Paddling Upper Twin Lake

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WHAT'S INCLUDED:

- All group gear: Expedition quality tents, group tarp, all cooking equipment & eating utensils
- All Kayaking Equipment: Inflatable kayaks, life jackets, paddles plus spares, repair kits, throw bags, and dry bags
- Safety Equipment: Satellite phone, maps, GPS, and medical kit
- Large, backpack-style drybag for transporting and storing personal gear while on trip
- Trekking poles
- Complementary airport transfer
- Ground Transportation to Merrill Field on Day 1
- Round trip bush flight transportation from Anchorage to Port Alsworth
- All necessary floatplane flights
- Lodging on the final night at the Farm Lodge on Lake Clark
- Professional guide service at a maximum 4:1 client to guide ratio
- All meals from lunch on day one through lunch on the final day of the itinerary
- Storage for your extra travel items while in the field

WHAT'S NOT:

- Lodging in Anchorage prior to and after your adventure
- Personal gear (sleeping bags, packs, rain gear, etc.) - See Equipment Lists and available rental items
- Trip cancellation insurance
- Additional hotel/lodge nights in Anchorage or Port Alsworth due to weather delays
- Alcoholic beverages
- Guide gratuities



Glassy waters on Upper Twin Lake

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TRAVELING WITH ALASKA ALPINE ADVENTURES

GUIDES

It takes a talented individual to be able to lead an Alaska expedition, and our Alaska guides are true outdoor multi-sport professionals. We hand-select each guide based on their ability to deliver an unparalleled level of customer service, a strong wilderness skill set and background, and an insatiable passion for Alaska's wild spaces. Each lead guide is medically certified as a Wilderness First Responder and carries the necessary qualifications to competently backpack, hike, kayak, canoe, climb and ski throughout Alaska's vast wilderness. When you choose to travel with us, you can rest assured that your trip has been meticulously planned and executed by real Alaskans with authentic Alaska know-how, skill, and ability.

FOOD

Our food is excellent – in fact it is something that clearly differentiates us from our competition. We have spent the past fifteen years fine tuning our backcountry menu. And in 2012, we launched [Adventure Appetites](#) – an award winning food company focused on bringing our lightweight and packable wilderness cuisine to adventurers everywhere. Breakfasts include pancakes, scrambles, homemade granola and cereal, locally roasted gourmet coffee, assorted tea and cocoa. Lunches could include an Italian club torta sandwich, asiago bagels and Alaska lox, a curried tuna pita, or perhaps crackers with genoa salami with a roasted red pepper goat cheese spread. We also feature housemade snack mixes (both savory & sweet), and an assortment of energy bars available throughout the day. Dinners could include pasta carbonara, Alaska reindeer rotini, chicken and chorizo enchiladas, penne pasta with a roasted red pepper pesto, and more. And we ALWAYS experience one of Adventure Appetites home baked desserts after dinner.

CAMPING

Alaska Alpine Adventures has camped in some of Alaska's most remote and wild places; from the remote beaches of the Alaska Peninsula, the rugged glaciers of the Neacola Mountains, to the open tundra expanses of the Brooks Range. With literally thousands of nights camped in the Alaska wilderness in all seasons, we have refined camp craft to a science. Expedition quality tents, included trekking poles, group-size tarp shelters, and only the best cooking equipment accompany each and every one of our wilderness trips. Not only does including the finest equipment make camp life more comfortable, it also adds a level of safety to trips that could otherwise be relentlessly unforgiving to the unprepared. In other words, we take our camping very seriously! Don't be surprised if you find yourself waiting out a storm under the group tarp, out of the weather, enjoying hot drinks, sumptuous meals and excellent company, while your guide fastidiously tensions all of the tent guy lines!

SMALL GROUPS

Small groups are the best way to witness the Last Frontier! This wilderness trip is limited to 8 guests. And with a guest to guide ratio of 4:1 you are assured of our commitment to risk management and safe operations. Furthermore, it is a best practice to keep groups exceptionally small to minimize our impact on the Alaskan backcountry by following Leave No Trace principles.

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GEAR LIST – KAYAKING TRIPS

ON THE HIKE:

GEAR

- Daypack – 25L (1500cu3) or larger – big enough to carry a water bottle, rain gear, extra layers and any personal effects you may need during the course of the day (camera!)
- 1L Water Bottle (Hydration bladders are acceptable) - Guides Choice: Wide-mouth Nalgene water bottle

CLOTHING

Footwear

- Hiking Boots - Quality medium/heavy-duty hiking boots - Guides Choice: Salomon Quest 4D GTX
***It is very critical that you break in your boots BEFORE you arrive, as traveling with blisters is a painful way to enjoy Alaska! ***
- 5 pair synthetic / wool mid-weight hiking socks

Outerwear

- Waterproof/breathable rain jacket - Guides Choice: OR Foray Jacket
- Waterproof/breathable rain pants - Guides Choice: OR Foray Pants
Gore-Tex or similar quality waterproof/breathable - Good rain gear is essential on any wilderness outing, and is probably the most important piece of gear that you have on your trip
- Lightweight Windshirt – Guides Choice: OR Redline Jacket

Hiking/Paddling Layers – Synthetic or wool (no cotton)

- 1 mid-weight short sleeve top - daily use base layer shirt that you'll wear all day in warmer temperatures - Guides Choice: Patagonia Capilene 1 Silkweight T-shirt
- 1 mid-weight long sleeve synthetic top – daily use base layer shirt that you'll wear all day - Guides Choice: OR Sequence L/S Crew
- 1 mid-weight synthetic bottom – to put under your hiking pant or rain pant on a cold/wet day - Guides Choice: Patagonia Capilene 2 Lightweight Bottoms
- 1 pair synthetic hiking pants – daily use hiking pant that you'll wear all day - Guides Choice: OR Ferrosi Pants
- 1 pair lightweight synthetic shorts (convertible hiking pant/shorts OK) - Guides Choice: ExOfficio Neo Amphi Convertible Pant

Headwear

- 1 Warm beanie hat – synthetic / wool - Guides Choice: OR Storm Beanie
- 1 Billed hat – keeps your face protected from the sun - Guides Choice: AAA Truckers Hat
- 1 Mosquito head net - Guides Choice: OR Deluxe Spring Ring Headnet

Gloves

- 1 pair fleece or wool gloves - Guides Choice: OR Versaliner Gloves

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GEAR LIST – KAYAKING TRIPS

ON THE WATER:

CLOTHING

Footwear

- Calf height rubber boots (river sandal/Crocs with neoprene socks are an appropriate substitute)

Gloves

- 1 pair neoprene or insulated rubber gloves - Guides Choice: NRS Crew Gloves

AROUND CAMP:

GEAR

- Sleeping Bag - Synthetic or down sleeping bag rated to a minimum of 30 degrees F - Guides Choice: Cascade Designs Antares 15F Down Bag
- 2 Waterproof Compression Stuffsacks - Guides Choice: Sea to Summit eVent Compression Dry Sacks
1 Large enough to fit your sleeping bag, 1 Large enough to fit your extra layers
- Sleeping Pad - Closed-cell foam pad or inflatable air mattress - Guides Choice: Thermarest ProLite Mattress
- Camp Chair - Crazy-Creek style, soft, folding camp chair or Therm-a-Rest conversion chair kit to fit mattress - Guides Choice: Crazy Creek Hex 2.0 Original Chair
- Headlamp - For trips departing after August 1
- Insulated Mug - Guides Choice: Wide-mouth Nalgene water bottle
Save weight and the bulk – use your wide mouth water bottle for both hot and cold drinks. We recommend wide mouth, as it's easier to pour hot water into for hot drinks

CLOTHING

Camp Layers

- 1 Heavyweight synthetic top - Guides Choice: OR Radiant Hybrid Pullover
- 1 Heavyweight synthetic or fleece bottoms - Guides Choice: OR Radiant Hybrid Tights
- 1 Synthetic or down lightweight puffy jacket - Guides Choice: OR Transcendent Hoody

Footwear

- Camp Shoes - Light weight Crocs or sport sandals (for around camp and crossing streams and rivers) - Guides choice: Crocs Original Classic Clogs
- Sacred Socks – Heavy, warm pair of socks to put on at night. The name says it all – they're sacred – they live with your sleeping bag until you need them.

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GEAR LIST – KAYAKING TRIPS

PERSONAL EFFECTS:

- Sunglasses with case
- Toiletries
- Personal medications
- Sun screen/lip protection
- Pack Towel
- Book/reading materials
- Camera/film
- Journal and pen
- Binoculars
- Insect repellent

ADDITIONAL RECOMMENDED ITEMS:

- Lightweight synthetic glove liners
- Bandana
- 2 accessory carabiners
- 2 pair synthetic liner socks
- Gore-Tex or Lightweight Neoprene Socks - Guides Choice: NRS Wetsocks
Great for keeping your feet dry in camp and to protect your weary feet from marauding insects
- Waterproof gaiters - Guides Choice: OR Verglas Gaiter
- Small personal drybag - to protect your camera and electronics - Guides Choice: Seal Line Baja Dry Bag

AVAILABLE RENTAL ITEMS:

Alaska Alpine Adventures rents quality down and synthetic sleeping bags, inflatable air mattresses, Crazy Creek chairs, and waterproof/breathable chest waders (for our rafting/canoeing trips). Please click **THIS LINK** to our website for prices.

Click the link below to check out Alaska Alpine Adventure's helpful and informative packing and gear videos:

KAYAKING EQUIPMENT VIDEO
KAYAK/RAFTING/BASECAMP PACKING

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TRAVEL INFORMATION

GETTING TO ALASKA

This trip begins and ends in Anchorage, Alaska. Getting to Anchorage is a snap. Alaska Airlines, your travel agent, online travel sources, or the carrier of your choice are options to easily arrange roundtrip airfare from international cities or the lower 48.

BUSH FLIGHTS

Access to Lake Clark National Park is limited to air travel in a small airplane flown by an experienced bush pilot. This adventure includes internal bush flights between Anchorage and Port Alsworth and any float plane flights necessary for your itinerary. Have your camera at the ready, your trip begins here. For most, this will be your first experience in a small aircraft – a memorable one to be sure. The flight to Lake Clark takes you through the southern portion of the Alaska Range with towering peaks and tumbling glaciers right off the wing tips. The 180 mile flight to Port Alsworth, Lake Clark National Park's gateway community, takes approximately an hour and a half. Your guide will meet you at the airplane as soon as you land in Port Alsworth.

ACCOMMODATIONS

Lodging on the final night of the departure in Port Alsworth is included in your package. You'll be staying at the Farm Lodge in a lakeside cabin in the bush community of Port Alsworth. The property is both comfortable and picturesque, and the community of Port Alsworth (Population 200) offers a great portrayal of how people thrive in rural Alaska. Prices are double occupancy. If you prefer your own cabin on the final night of the itinerary, you will be asked to pay a single supplement of \$150.00. The remaining nights will be spent camping in the wilderness.



Upper Twin Lake



Lake Clark Air



The Farm Lodge, Port Alsworth, AK

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FREQUENTLY ASKED QUESTIONS

What about the mosquitoes?

In case you've heard horror stories... the number of mosquitoes is greatly dependent on hatching season, annual weather conditions, specific locations, and time of year. While you are bound to encounter some mosquitoes during the course of your summer adventure, their numbers rarely present major problems. That said, please arrive prepared with insect repellent and a head net to fend off any bugs that are present.

Will bears be a problem?

Alaska is bear country! There are both grizzly and black bears in most of the wilderness areas of Alaska we visit. We love seeing bears in the wild, and consider bear sightings one of the most thrilling privileges common in Alaska's backcountry. That said, traveling safely and taking precautions to minimize a negative encounter are considerations we take very seriously. In addition to conducting a thorough pre-trip bear safety orientation, your guides also take many precautions on all of our trips including: 1) all of our food is packaged to minimize odors – we vacuum seal most of our fresh ingredients and sauces, we pack our food in bear resistant food canisters, and we store our food well away from camp. 2) We make noise when we're hiking in thick brush or when we're hiking in windy conditions to minimize surprise encounters. 3) We keep an exceptionally clean camp and 4) as a last resort guides travel armed carrying a .44 magnum or a shotgun. Alaska's national parks allow firearms and our guides are thoroughly trained. Again, using a firearm is a last resort and thankfully we've never had to call one into service on a trip!

Will I see wildlife on my trip?

It's important to keep in mind that while we do have abundant wildlife populations in Alaska, animals are often obscured by the vastness of the landscape, subject to imprecise migration routes and often affected by Alaska's dynamic weather patterns. While wildlife viewing on our trips has been historically reliable, and we schedule our trips to maximize the chances of seeing wildlife, there are simply too many factors to make any guarantees.

What will the weather be like on my trip?

Alaska has some of the most dynamic and dramatic weather on the planet. During the summer months in Alaska, average daytime temperatures range from 60 to 80 degrees F, nighttime and morning temperatures are cooler, but rarely dip below 40 degrees F. Fall arrives early at these latitudes and you'll experience cooler temperatures and fewer hours of daylight in late August and early September. Throughout the summer season, you may experience rain, sun, wind, clouds and fog on your departure. We live by the adage "prepare for the worst, hope for the best, and you'll likely end up with some of both".

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RESERVATION AND CANCELLATION POLICY:

Deposit: A deposit of \$1000.00 per person is required to reserve a trip with Alaska Alpine Adventures. The remaining balance is due 60 days prior to the start of the trip. Reservations made within 60 days of the trip starting date require payment in full. If the participant cancels a reservation earlier than 60 days prior to the starting date, the deposit will be refunded, minus a \$100.00 administration fee. If the participant cancels within 59-31 days of the starting date, 50% of the trip balance will be refunded. If cancellation is made within 30-0 days of the trip starting date, there will be no refund of any costs. Alaska Alpine Adventures recommends cancellation insurance available through Travel Guard. Please call or email us for details.

Trip Cancellations or Delays: Alaska Alpine Adventures reserves the right to cancel or change the itinerary of a trip. In the event that Alaska Alpine Adventures cancels your trip and you are unable to participate, your total balance will be refunded. Occasionally, weather or other factors may cause delays or make completing a trip impossible. In these circumstances, there will be no refund of fees. Furthermore, Alaska Alpine Adventures is not responsible for any additional costs (e.g. airline flight changes, additional hotel nights, etc.) associated with trip delays or itinerary changes due to weather or other factors.

Trip Minimums: In order to guarantee any Alaska Alpine Adventures departure, a minimum number of participants must sign up. Our wilderness trips (including our Ultimate Alaska Multisport) require a minimum of 3 guests to guarantee departure, while our Source to Sea Multisport and our trips into the Arctic National Wildlife Refuge require a minimum of 4 guests to guarantee departure. However we will operate our adventures at below the minimum required for a modest surcharge. Please contact us for details.



Long-time guest, Mark Stevens, at the Proenneke site

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