



Alaska's Glacier Country—Fitness & Yoga

7 NIGHTS | ROUNDTrip JUNEAU, ALASKA | MAY 3; SEPTEMBER 1, 2019

INCLUDED HIGHLIGHTS

- Special wellness, mindfulness, and fitness presentations
- Small group nutrition workshops
- Beach and on-deck yoga; walking meditation
- Guided strength training and fitness sessions
- One day in Glacier Bay National Park, joined by park ranger
- Wilderness exploration in the Tongass National Forest, Fords Terror Wilderness Area, and Glacier Bay National Park
- Get close up to Alaska's most impressive glaciers
- Fords Terror Wilderness Area by skiff
- Humpback whales in Frederick Sound and Chatham Strait
- Wildlife searches: black and brown bears, eagles, sea otters, harbor seals, sea lions, sea birds
- Kayak, paddle board and skiff remote inlets
- Beachcombing, tide pool, and forest ecology discoveries

DAY 1 Juneau - Embarkation

Hello, Juneau! It's off to the hospitality area you go. Up the gangplank, your crew and wellness hosts meet you with a hearty welcome. The adventure begins, sailing westward for a week of healthful inspiration. (D)

DAY 2 Icy Strait

Kick start the morning with on-deck yoga stretches and a strong cup of coffee. Energized and snug in your kayak, glide around in remote bays off of Icy Strait through giant bullwhip kelp that can grow to over 100 feet long. Join the gang in a skiff to a rocky outcropping to watch sea lions play. Or, step into mud boots for a mindful forest hike with your top-notch, naturalist guides who have plenty to share about everything Alaska—marine biology, plants, and even geology. On board, your hosts lead discussions with wellness tips and training to utilize back home. Soak it all in as you soak in the hot tub in a moment of peace. (BLD)

DAY 3 Glacier Bay National Park

You're in for a real treat. A National Park ranger comes aboard to share expert insight. Have your binoculars handy—South Marble Island is a birder's slice of heaven. Puffins scoot through the water. Guillemots and gulls chatter up the airwaves. The snoozing sea lions don't seem to mind. Prepare to be inspired as you cruise to the far end of John Hopkins Inlet or Tarr Inlet where glaciers calve into the water. Backed by knife-edged peaks, bears forage along the shoreline of Tidal Inlet. Mountain goats too. Back at Bartlett Cove, if time and daylight allow, take a forest hike around the park's HQ, and say farewell to your ranger. (BLD)



DAY 4 Chatham Strait

Stretching 150 miles into the Tongass National Forest, Chatham Strait offers adventure aplenty. Rest assured your captain navigates to the best. Anchor in a remote Chichagof Island inlet. Backpacks loaded and adventure toys lowered (skiffs, paddle boards, kayaks), it's time to go play. Energy flows as you hike up through moss-covered trees and rain-fed waterfalls. Stick to the water in a kayak excursion, and don't forget to look above and below the surface. A nosy seal could be watching your every stroke. Beachcomb rocky shores. Tiny creatures cling to rocks. Tonight, head to the sun deck and watch the sky or make time for quiet meditation. (BLD)

DAY 5 Kuiu Island

The jagged arms and fingers of Kuiu Island stretch from 25 to just six miles wide. Salmon streams dot the coastline—and where there's salmon, there are bears. Despite its slim size, Kuiu Island is home to many black bears, who, like you, love the solitude and open skies in the heart of the Tongass National Forest. From kayak or skiff, scope the intertidal zones of Saginaw Bay for these guys. Eagles fish here too, their white noggins give away their perches. Kayak along the Keku Islands or take the pace down a notch with an easy stroll amidst the tide pools. Or, find a serene spot to sit for peaceful self-reflection. It's remote, and remarkable. (BLD)

DAY 6 Frederick Sound

Humpbacks beeline it here each season to feed on krill, zooplankton, and herring. Watch for whales feasting in these abundant glacial waters. Hang out and enjoy the show while you enjoy a fresh and healthy meal. Based on wind and weather, your expedition team has the lineup of adventures all mapped out. Cruise past Five Fingers Lighthouse, Alaska's oldest light station and The Brothers Islands, where sea lions nap on rocky nobs. Paddle into the deeps of Port Houghton or Windham Bay or head ashore for a hike. Somewhere nearby, carrot-billed black oystercatchers are saying hello. Whatever you choose, your wellness hosts are there with plenty of options for presentations and discussions on healthy living. Tonight, reflect on another big day in Alaska. (BLD)

DAY 7 Endicott Arm / Dawes Glacier

Skiffing up Endicott Arm, harbor seals laze around on icebergs. If the tides are right, slip into Fords Terror, the steep walls of this narrow opening streaked with waterfalls. Back in the Arm, gasp at the deep glacier-carved valleys. It's at the end where you meet the piece de resistance: Dawes Glacier. Blue ice marches down from the Coast Mountains. With a sharp crack, the white thunder of a calving slice makes a mega-splash. It'll get your heart thumping just as much as one of your fitness classes. Tonight, celebrate with a festive Farewell Dinner and "photo journal" from your expedition team. (BLD)

DAY 8 Juneau - Disembarkation

One final round of sun salutations and a filling breakfast. After this big week of whole body wellness, you've earned it. Your crew and new friends wish heartfelt goodbyes. This morning, transfer to the Juneau airport or begin your UnCruise hotel stay or land tour. (B)

B=Breakfast, L=Lunch, D=Dinner

Itineraries are guidelines; variations in itinerary and the order of days may occur to maximize your experience.

Passport required (non USA citizens).



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