

Vancouver, British Columbia, Canada

OVERVIEW

Introduction

Vancouver, British Columbia, is Canada's emerald jewel. From downtown you can see the Strait of Georgia's blue-green waters, glacial fjords, islands, and mountains with snow caps and dense forests. Vancouver is home to people from all over the world and most recently has drawn many immigrants from China and other parts of Asia.



Vancouver is relaxed and outdoorsy, yet cosmopolitan. It's also sports-minded, and Vancouver hockey fans cheer hard for their NHL Canucks. The city also boasts high-fashion boutiques, a vibrant arts scene and a fondness for health-conscious eating. The winter weather of gray skies and drizzle only emphasizes Vancouver's attractions at other times of the year.

As host of the 2010 Olympic and Paralympic Winter Games alongside Whistler, Vancouver showcased figure and speedskating, ice hockey, freestyle skiing and more. The Olympic venues stretched across more than a 75-mi/120-km zone from Richmond, just south of Vancouver, northward to Whistler. Some of the competition venues included Rogers Arena (the former General Motors Place), Hillcrest/Nat Bailey Stadium Park, Pacific Coliseum and the CBC Winter Sports Centre.

Must See or Do

Sights—For natural beauty in an urban setting, a horse-drawn carriage ride around Stanley Park; the Skyride up Grouse Mountain for a great view of the city; a drive along the Sea-to-Sky Highway from Howe Sound to Squamish and Whistler for a glimpse of rugged rain-forest terrain; The Vancouver Aquarium Marine Science Centre; Fort Langley National Historic Site.

Museums—The Museum of Anthropology; the Vancouver Art Gallery; Vancouver Museum.

Memorable Meals—Joe Fortes Seafood and Chop House for a quintessential Vancouver dining experience; Bishop's or Cioppino's for serious, intimate dining.

Late Night—The lounge and dance floor of the Caprice Night Club for the younger crowd; the Opus Bar for the older set; Chinatown's night market; a nightcap at the Cellar Restaurant & Jazz Club.

Walks—Stanley Park's seawall; the family-friendly beach walk near English Bay; the cycling and skating route around False Creek; the garden walkways near Granville Island.

Especially for Kids—The Vancouver Maritime Museum; hands-on exhibits at Telus World of Science; the labyrinth of vendors at Kids Market; astronomy shows at the H.R. MacMillan Space Centre.

Geography

With the North Shore mountains as a reference point, finding your way around Vancouver is pretty easy. The core of downtown radiates outward on a grid system from the intersection of Georgia Street, which runs east-west, and Granville Street, the main north-south artery.

In negotiating Vancouver, it helps to know that the city proper lies on a peninsula that extends into the Strait of Georgia. (Across the strait is Vancouver Island.) The downtown occupies a smaller peninsula formed by False Creek.

History

The first natives of British Columbia, unlike so many hunting-and-gathering peoples, found an abundance of natural resources: wild berries, game, fish, water and building materials. There was so much of it, in fact, that potlatches (ceremonies demonstrating great wealth) were a regular event among the Kwakiutl, Bella Coola, Haida and other indigenous peoples.

George Vancouver, the British Navy captain who lent the city his name, sailed into Burrard Inlet in 1792. He called it "the most lovely country that could be imagined." Settlers didn't immediately respond to his superlatives, though. The British didn't establish a permanent fur-trading post (Fort Langley) until 1839. The area remained sparsely populated until the gold rush in 1858 enticed fortune-seekers to the Fraser River.

What truly established Vancouver as a city, however, was the decision 30 years later by the Canadian Pacific Railway to make Vancouver the terminus of its transcontinental route. The railroad, in turn, increased the city's importance as a seaport. Today, Vancouver is considered one of North America's finest natural deepwater harbors.

Vancouver has experienced a real-estate boom that began after the city hosted the 1986 World's Fair. Foreign investment, especially from Southeast Asia, has transformed the downtown. Dozens of old buildings have been renovated or razed to make way for innovative postmodern architecture and imposing glass-and-steel skyscrapers. These days, the city has some of the highest real estate values in the country.

Port Information

Location

If your ship docks at Canada Place, at the foot of Hornby Street, you may think those five white sails are flying over one of the many ships in Vancouver's harbor. It would be an honest mistake. From its mast down, the main cruise-ship terminal resembles a seagoing vessel. Just 1 mi/2 km east of Canada Place—at historic Ballantyne Pier—is the city's second cruise terminal. In all, there are berths for five ships. Annually, that means more than 30 ships and close to a million passengers.

The Canada Place complex has a hotel, shops, restaurants, a spa, secure underground parking and rental car agencies. The Ballantyne terminal is geared primarily for processing passengers. Canada Place is downtown, and Ballantyne is a short taxi ride from the city center. Although the walk between the two cruise terminals may seem doable, we don't recommend it: The neighborhoods in between are potentially unsafe, and the route is not pedestrian friendly.

There is no tourist-information booth at either terminal—just a rack of brochures and maps. The city's main tourist office is just one block west of Canada Place on Burrard Street.

For tourists coming by ferry from Vancouver or the gulf islands, expect to dock at Tsawwassen (pronounced *ta-wassen*), about a 30-minute drive from the city. For ferry information and schedules, visit <http://www.bcferrries.com>.

Potpourri

Stanley Park is the largest urban park in North America, spanning just a little more than 1,000 acres/400 hectares (New York's Central Park is 843 acres/341 hectares).

The black squirrels in Stanley Park are descendants of the eight pairs presented to Vancouver in 1909 by New York City.

Vancouver has radio stations that broadcast in Cantonese, Mandarin and Punjabi, a reflection of the city's multicultural nature.

Vancouver's Queen Elizabeth Park was Canada's first civic arboretum. It contains specimens of all the trees native to Canada.

The Capilano Suspension Bridge is Vancouver's oldest (dating from 1889) and most famous visitor attraction.

Vancouver has the largest gay and lesbian population in western Canada.

British Columbia is the third-largest center for film and television production in North America; so many movies and TV shows are shot in Vancouver every year that it has been called "Hollywood North."

SEE & DO Sightseeing

Whether you're an outdoor enthusiast, a cultural buff or a parent seeking family fun, you'll find plenty to do in Vancouver come rain or shine. More than 8 million visitors go there every year. Consider beginning your adventure by taking the glass elevators to the top of Harbour Centre (also known as Vancouver Lookout). From there you can get your bearings—and a breathtaking view of the city at your feet.

Just north of downtown is Vancouver's prized possession: Stanley Park, a last vestige of semiwilderness with more than 1,000 acres/400 hectares of woodlands, trails and gardens. Within the park you'll find one of North America's biggest and best public aquariums.

On the opposite side of downtown is Granville Island, now a tourist attraction rivaling Stanley Park. Explore the wonderful covered public market, artisan shops, artists' studios and restaurants.

The Vancouver Art Gallery, located in the center of downtown, features noted Canadian works, as well as top-notch traveling exhibits. Telus World of Science, housed in a geodesic dome, offers hands-on exhibits to entertain children. The Museum of Anthropology on the University of British Columbia campus is the largest teaching museum in Canada. It houses 35,000 ethnographic and 535,000 archaeological objects, including many First Nations artifacts such as totem poles, carved boxes and feast dishes.

Because Vancouver is a gateway to Asia, be sure to roam the crowded sidewalks of Chinatown and stroll through the Dr. Sun Yat-Sen Classical Chinese Garden. Visit neighboring Gastown and its restored Victorian-era buildings—though it can seem a bit touristy.

Before you leave Vancouver, make the trip across the Burrard Inlet to the North Shore and one of the city's most popular attractions, the Capilano Suspension Bridge. You can drive over the Lions Gate Bridge or scoot across the harbor via SeaBus to Lonsdale Quay and pick up a taxi or bus from there.

Historic Sites

Canada Place

With its roof of billowing faux sails, Canada Place juts out into the harbor like an enormous schooner. There you'll find the Vancouver Convention & Exhibition Centre, Pan Pacific Hotel, the cruise-ship terminal and a spa. The "prow" is a great spot for watching seaplanes, cargo ships, yachts and Alaska-bound luxury cruise liners. No wonder more than 3,000,000 people visit annually. Wheelchair accessible. 999 Canada Place, Vancouver. Phone 604-775-7200 for information; 604-682-4629 for IMAX show times and tickets. <http://www.canadaplace.ca>.

Capilano Suspension Bridge

The world-famous suspension footbridge, which opened more than a century ago, spans 450 ft/137 m across the Capilano River at a height of 230 ft/71 m. The surrounding park has history and forestry exhibits and nature trails. Other features include the Treetops Adventure walk at 100 ft/30 m above the forest floor; an impressive collection of totem poles; and the Big House, where you can watch Native American carvers at work. Touristy—it can get crowded. The gift shop is a good source for local crafts. Daily 9 am till dusk in summer, 9 am-5 pm in winter. Can\$30.95 adults. 3735 Capilano Road, North Vancouver. Phone 604-985-7474. <http://www.capbridge.com>.

Christ Church Cathedral

Set among downtown's glass skyscrapers, this lovely Anglican cathedral looks somewhat out of place. Construction started in 1889, making it Vancouver's oldest church. Most visitors especially like the 29 stained-glass windows. (Try to locate the one designed by William Morris, a founder of the Arts and Crafts movement.) In addition to its religious services, the cathedral is a popular performance venue, with an impressive pipe organ. In July and August it hosts a festival of music and dramatic arts. Monday-Friday 10 am-4 pm. Open only for services on weekends. Call ahead for group bookings. Free. 690 Burrard St., Vancouver. Phone 604-682-3848. <http://www.cathedral.vancouver.bc.ca>.

Grouse Mountain

Grouse Mountain offers a panoramic view of Vancouver, plus a magnificent horizon that includes mountains, the Strait of Georgia and beyond. Experienced hikers may want to try the rigorous Grouse Grind, a 1.8-mi/2.9-km, 45-degree ascent through the forest that takes about 90 minutes. Otherwise, you can take the Skyride to the peak. If the sky is clear and you can spare the time, stay for sunset. Winter activities include skiing, snowshoeing, ice skating and sleigh rides. From spring on, visit the endangered-wildlife refuge to see orphaned grizzlies Coola and Grinder. The mountain also features a Native American cultural center and lumberjack show. Skyride open daily 8:45 am-10 pm. Can\$39.95 adults general admission. 6400 Nancy Greene Way (at the top of Capilano Road), North Vancouver. Phone 604-980-9311. <http://www.grousemountain.com>.

Library Square

Easily the most striking and original of Vancouver's buildings is the Vancouver Public Library's Central Branch at Library Square. Modeled after the Roman Coliseum, this nine-floor elliptical structure with sweeping arches and towering columns was designed by internationally acclaimed architect Moshe Safdie. Pick up a free, self-guided tour brochure at the front information desk and plan to spend a half-hour exploring this state-of-the-art facility. Afterward, you can relax in one of the cafes lining the library's glass-roofed shopping promenade. Open Monday-Thursday 10 am-9 pm, Friday and Saturday 10 am-6 pm, Sunday noon-5 pm. 350 W. Georgia St., Vancouver. Phone 604-331-3603. <http://www.vpl.vancouver.bc.ca>.

Vancouver Lookout: Harbour Centre Tower

For a panoramic view of the city, take the glass-walled elevator to the observation deck of one of the city's tallest buildings. Located at the entrance to Gastown. The tower also houses a revolving restaurant. Summer hours daily 8:30 am-10:30 pm; winter hours daily 9 am-9 pm. The last elevator ride to the observation deck is 20 minutes before closing time. Can\$15 adults. 555 W. Hastings St., Vancouver. Phone 604-689-0421. <http://www.vancouverlookout.com>.

Museums

BC Sports Hall of Fame and Museum

More than 20,000 sq ft/1,858 sq m of gallery space showcases Olympic gold medals, original jerseys and equipment, and special exhibits devoted to Canadian paraplegic athlete Rick Hansen and cancer-research advocate and athlete Terry Fox. Kids can play on the climbing wall, track and sports simulators. Because of the second phase of a major renovation project, the museum will be closed until 2011. Can\$10 adults, Can\$8 children. 777 Pacific Blvd. S. (located inside Gate A of BC Place Stadium), Vancouver. Phone 604-687-5520. <http://www.bcsportshalloffame.com>.

British Columbia Museum of Mining

A national historic site and local landmark en route to Whistler, this abandoned copper mine allows visitors to experience the sights and sounds of a hard-rock mine. Pan for gold or ride on an underground train with live demonstrations of real mining equipment. A giant "super truck" is the centerpiece of the complex. Be sure to take a sweater—the temperature drops significantly once you're inside the mine. Daily 9 am-4:30 pm. Can\$19.75 adults. Off Highway 99 (30 mi/50 km north of downtown Vancouver), Britannia Beach. Toll-free 800-896-4044, ext. 227. <http://www.bcmuseumofmining.org>.

H.R. MacMillan Space Centre

Spend a rainy morning dreaming of outer-space adventure. Children can attend a galaxy of presentations, from star finding to dazzling laser-light and astronomy shows in the Star Theatre. The Virtual Voyages flight simulator even takes you to a comet. The Vanishing Sky exhibit takes a look at the effects of light pollution on our planet. The adjacent Gordon M. Southam Observatory offers a free chance (weather permitting) to use a telescope to see night skies through the retractable roof. Daily 10 am-5 pm. Can\$15 adults, Can\$10.75 children. Can\$10.75 for evening laser show. 1100 Chestnut St., Vancouver. Phone 604-738-7827. <http://www.spacecentre.ca>.

Museum of Anthropology

This world-class museum, designed to look like a traditional Haida longhouse, sits on a cliff overlooking the Strait of Georgia. A major renovation added several new exhibition galleries and updated the building's environmental systems.

The museum houses 36,000 ethnographic and 535,000 archaeological objects, including rare and haunting carved cedar poles and sculptures from British Columbia's First Nations, displayed to superb effect in the Great Hall. Visitors can also see fine historic and contemporary native jewelry. The small but worthy Koerner Ceramics Gallery features 600 pieces from 15th- to 19th-century Europe. Wheelchair accessible.

Daily 10 am-5 pm (Tuesday to 9 pm) in summer. In winter, hours are daily except Monday 10 am-5 pm. Can\$14 adults, Can\$12 students and seniors, Can\$35 family, children younger than 6 free; US\$7 for all Tuesday 5-9 pm. 6393 N.W. Marine Drive (on the University of British Columbia campus), Vancouver. Phone 604-822-5087. <http://www.moa.ubc.ca>.

Science World at Telus World of Science

This facility has entertaining hands-on science exhibits and the Alcan Omnimax Theatre (drive by at night to see this silver globe-shaped building when it's lit). Ongoing exhibits include the BodyWorks and Eureka galleries, with elaborate waterfall games. Geared toward children. Daily 10 am-6 pm. Can\$21 adults, Can\$17 youth ages 13-17, Can \$14.25 children ages 4-13. Laser and Omnimax shows cost extra. 1455 Quebec St., Vancouver. Phone 604-443-7443. <http://www.scienceworld.bc.ca>.

Vancouver Art Gallery

This is the largest gallery in western Canada, and it's housed in the 1907 neoclassical courthouse designed by Francis Rattenbury—British Columbia's principal architect during Edwardian times. In addition to touring exhibits, the gallery displays a permanent collection of works by Canadian artists, notably Emily Carr. Daily 10 am-5:30 pm (Tuesday and Thursday to 9 pm). Can\$19.50 adults. 750 Hornby St., Vancouver. Phone 604-662-4719. <http://www.vanartgallery.bc.ca>.

Vancouver Maritime Museum

Located in Vanier Park, not far from downtown, this small museum houses the *St. Roch*, a former Royal Canadian Mounted Police patrol boat that became the first ship to navigate the Northwest Passage from west to east. There are also scale-model ships ranging from Spanish galleons to ocean liners, as well as artifacts recalling the arrival of Capt. George Vancouver and other explorers. The Heritage Harbour, behind the museum, hosts beautifully restored historic vessels. Other exhibits include a children's Maritime Discovery Centre and the submersible the *Ben Franklin*. Winter hours are Tuesday-Saturday 10 am-5 pm, Sunday noon-5 pm. Open daily 10 am-5 pm in summer. Can\$11 adults. 1905 Ogden Ave., Vancouver. Phone 604-257-8300. <http://www.vancouvermaritimemuseum.com>.

Vancouver Museum

This museum, located in Vanier Park, examines the city's history from its aboriginal beginnings to the present. Permanent exhibits include a look at native artifacts and arts, and the city's neon heyday of the 1950s. Daily 10 am-5 pm (till 8 pm on Thursday). Can\$12 adults. 1100 Chestnut St. (accessible by the Granville Island passenger ferry), Vancouver. Phone 604-736-4431. <http://www.museumofvancouver.ca>.

Neighborhoods & Districts

Chinatown

Vancouver's historic Chinatown, though no longer a thriving residential area, retains a century-old authenticity and an age-old business savvy. Walking along Pender and Keefer streets, you'll see where locals shop for fish, meat, produce and traditional herbal medicines. It's also a good place for souvenir shopping: Don't miss the night market on Friday and Saturday, open until 11 pm throughout the summer. Twice daily, the Chinese Cultural Centre offers a highly recommended, 90-minute walking tour. Phone 604-632-3808. <http://vancouver-chinatown.com>.

Commercial Drive

This is Vancouver's bohemian district, the flip side of trendy Robson Street. Home to authentic Italian espresso bars, ethnic restaurants and shops harking back to the hippie and punk eras, "The Drive" offers a lively alternative scene. Weekends are best for people-watching and catching live music. Take the SkyTrain from downtown Vancouver to the Broadway Station and then walk north along Commercial Drive. <http://www.thedrive.ca>.

Gastown

This is where Vancouver was born in the 1860s and where a 1970s renovation converted three blocks of Victorian buildings into restaurants, boutiques and galleries. Today it's enjoying another revival with the addition of chic clothing stores, upscale galleries and a surge in heritage renovations, while retaining a touristy ambience. Among the attractions are the corner steam clock (for the best show, see it when the hour strikes) and the statue of Gassy Jack, the area's forefather, at the corner of Water and Abbott streets. Free 90-minute walking

tours run throughout the summer, leaving from Gassy Jack's statue at 2 pm. Phone 604-683-5650 for tour information. <http://www.gastown.org>.

West End

The high-rise apartment buildings of the West End are home to thousands of Vancouverites who love the neighborhood's amenities: English Bay's beaches, Stanley Park, and the trendy stores and eateries of Denman, Robson and Davie streets. Denman, considered the heart of the West End, is lined with good restaurants and takeouts serving various ethnic cuisines. Dotted among the West End's walkable interior streets are ivy-clad, turn-of-the-century houses built by wealthy pioneers.

Yaletown

A frenzy of New York-style warehouse conversions and a boom in high-rise construction have transformed Yaletown into a sophisticated neighborhood with elegant shops, galleries and restaurants. By day, the area buzzes with fashionistas, filmmakers, photographers and high-tech gurus; by night, the tony pubs and clubs take over. Much of the action is along Mainland and Hamilton streets.

Parks & Gardens

Dr. Sun Yat-Sen Classical Chinese Garden

When you cross the threshold from Vancouver's bustling Chinatown into the intimate setting of this garden, such extraordinary details as carved lattice windows and moon-shaped doorways entice you to linger. Each architectural and natural element was selected for visual and symbolic value. It's one of the few classical Chinese gardens outside mainland China. The admission price includes tea and a 60-minute guided tour. Daily May to mid-June 10 am-6 pm, mid-June to September 9:30 am-7 pm, September 10 am-6 pm, October-April 10 am-4:30 pm (closed Monday during the winter). Can\$14 adults. 578 Carrall St., Vancouver. Phone 604-662-3207. <http://www.vancouverchinesegarden.com>.

Lighthouse Park

A 158-acre/64-hectare remnant of old-growth forest along the rocky shore of West Vancouver, this park has long been a popular walking and picnicking site. Though a little overused, it nonetheless remains a fine example of the coastal waterfront habitat, replete with gnarly arbutus trees and rich undergrowth. Also on-site is the historic Point Atkinson lighthouse. Access available off Marine Drive onto Beacon Lane, West Vancouver. <http://www.britishcolumbia.com/parks/?id=485>.

Lynn Canyon Park

This year-round park features an impressive suspension bridge (no charge) over a steep-sided canyon with a 90-ft/28-m waterfall. The 628-acre/254-hectare district-run wilderness has miles/kilometers of trails and an ecology center suitable for kids. In summer, an unofficial swimming hole is popular. Open daily in summer 10 am-5 pm; in other months open Monday-Friday 10 am-5 pm; Saturday, Sunday and holidays noon-4 pm. Located off Lynn Valley and Peter roads, North Vancouver. Phone 604-990-3755. <http://www.dnv.org/ecology>.

Queen Elizabeth Park and Bloedel Conservatory

Considered Vancouver's horticultural jewel, this park features a double attraction: a sunken garden with a small waterfall in a former rock quarry, and the Bloedel Floral Conservatory, a greenhouse filled with tropical plants and birds that sits on a hill within the park. Bloedel Conservatory open in summer Monday-Friday 9 am- 8 pm, Saturday and Sunday 10 am-9 pm; in winter, daily 10 am-5 pm. Can\$4.60 adults. 33rd Avenue and Cambie Street (south of downtown), Vancouver. Phone 604-257-8584. <http://vancouver.ca/parks/parks/queenelizabeth>.

Stanley Park

This park is a cornerstone of Vancouver. The seawall path stretches 5.5 mi/9 km and is a great place to stroll, jog, skate, bicycle or people-watch and enjoy views of the sea, mountains and city. You can also try out the 8 mi/13 km of marked, easy- to medium-difficulty nature trails that crisscross the park. Free trail maps are available at the information booth near the Coal Harbour parking lot off West Georgia Street, just inside the park. The park, about 1,000 acres/400 hectares in size, features a miniature railway, petting zoo, totem poles, a water park, swimming pool, demonstration salmon stream, four restaurants and the Vancouver Aquarium.

You can also take a horse-drawn-carriage tour of Stanley Park; they leave throughout the day from the information booth inside the park on Coal Harbour. The park is open 24 hours. Entrance to the park is free. Individual attractions often have fees. Small fee for parking. Phone 604-257-8531. <http://vancouver.ca/parks/parks/stanley>.

University of British Columbia Botanical Garden

This 70-acre/28-hectare series of woods and gardens brims year-round with plants from all over the world, including a noted collection of rhododendrons, a traditional Physic Garden (medicinal herbs) and the Food Garden (heritage fruits and vegetables). Located 0.5 mi/0.8 km to the northwest is the Nitobe Memorial Garden, an authentic Japanese garden that exudes peace and tranquility (it was designed by one of Japan's leading landscape architects). Daily 9 am-5 pm (10 am-4 pm in winter). Can\$8 adults for the Botanical Garden and Can\$6 for the Nitobe Garden. Can\$12 for both gardens. 6804 S.W. Marine Drive (at the tip of Point Grey on the University of British Columbia campus), Vancouver. Phone 604-822-9666. <http://www.ubcbotanicalgarden.org>.

Van Dusen Botanical Garden

This scenic 55-acre/22-hectare garden in the center of Vancouver displays native and exotic plants among rolling lawns, tranquil lakes and woodlands. Once an upscale golf course, the garden has maintained the original cart pathways, making it an ideal place for a stroll. Specialty gardens include the Elizabethan hedge maze, the Rhododendron Walk and the Sino-Himalayan Garden. The garden is open daily 10 am till dusk, in summer 10 am-9 pm. Can\$9.75 in summer, Can\$6.75 in winter. 5251 Oak St., Vancouver. Phone 604-878-9274. <http://www.vandusengarden.org>.

Zoos & Wildlife

Capilano Salmon Hatchery

If you go during spawning season (June-November), you'll have a front-row seat as Pacific salmon leap ladders to return to the hatchery. At other times, you can observe fish in various stages of development. Daily from 8 am, closing 4-8 pm, depending on the season. Free. 4500 Capilano Park Road (in Capilano River Regional Park), Vancouver. Phone 604-666-1790. http://www-heb.pac.dfo-mpo.gc.ca/facilities/capilano/capilano_e.htm.

The Vancouver Aquarium Marine Science Centre

This world-class institution in Stanley Park introduces visitors to underwater environments ranging from the Arctic to the Amazon. The Aquarium's marine mammals are particularly popular—don't miss the beluga whales. You can view the whales from the upper gallery or from the underwater observation area. July-August daily 9:30 am-7 pm, September-June daily 9:30 am-5 pm. Can\$27 adults, Can\$17-\$21 children. 845 Avison Way, Vancouver. Phone 604-659-3474. <http://www.vanaqua.org>.

DINING

Dining Overview

Vancouver cuisine includes a long fishing tradition, mixed with Asian and other ethnic and immigrant influences, and is lately combined with the growing culinary scene emerging from the small farms of the Fraser Valley and Vancouver Island as well as the wineries of the Okanagan. Best of all, the cost of quality dining in Vancouver is relatively less expensive than at comparable restaurants in other major cities.

At restaurants, breakfast is usually served 7-10 am, lunch 11 am-1 pm and dinner from 5 pm on.

Expect to pay within these guidelines for a meal for one, not including drinks, tax or tip: \$ = less than Can\$25; \$\$ = Can\$25-\$40; \$\$\$ = Can\$41-\$70; \$\$\$\$ = more than Can\$70.

Local & Regional

Bishop's

John Bishop, one of the city's food icons, runs this intimate and sought-after restaurant. Impeccable service matches the distinctive West Coast menu, which changes weekly. Ingredients are 100% organic. The extensive wine cellar features great California and Pacific Northwest selections. Daily for dinner. Reservations recommended. Business-casual dress recommended. \$\$\$-\$\$\$\$. Most major credit cards. 2183 W. Fourth Ave., Vancouver. Phone 604-738-2025. <http://www.bishopsonline.com>.

Blue Water Cafe

Vancouver's waters are home to some of the best seafood in the world, and this Yaletown restaurant is a fitting place to sample it. The raw bar showcases an outstanding selection of oysters, and Chef Yoshihiro Tabo's sushi rolls are a must-try. Monday-Saturday for dinner. Reservations recommended. \$\$\$-\$\$\$\$. Most major credit cards. 1095 Hamilton St., Vancouver. Phone 604-688-8078. <http://www.bluewatercafe.net>.

DIVA at the Met

At DIVA, in the Metropolitan Hotel, expect spectacular Pacific Northwest specialities with an international flair. The chefs have won numerous awards. Daily for breakfast, lunch and dinner. Reservations recommended. \$\$\$-\$\$\$\$. Most major credit cards. 645 Howe St., Vancouver. Phone 604-602-7788. <http://www.metropolitan.com/diva>.

The Lift Bar & Grill

With a superb location in Coal Harbour, west of the Westin Bayshore Resort, The Lift is a chic, happening place to dine or drink. Serving quality regional cuisine, the eatery features specialty small plates that combine well with wine and other libations. In addition, it has a long bar (with full dining) and a rooftop patio. Daily for lunch and dinner. Reservations recommended. \$\$-\$\$\$\$. 333 Metchosin Mews (on the seawall, near the foot of Denman Street), Vancouver. Phone 604-689-5438. <http://www.liftbarandgrill.com>.

West

The innovative menu at highly regarded West reflects the best local and seasonal ingredients—even martinis are made with freshly squeezed juices. Wine connoisseurs will enjoy the impressive wine selection. Monday-Friday for lunch and dinner, Saturday and Sunday for dinner only. Reservations recommended. \$\$\$-\$\$\$\$. Most major credit cards. 2281 Granville St., Vancouver. Phone 604-738-8938. <http://www.westrestaurant.com>.

Cuisines

American

Memphis Blues Barbecue House

The southern-style spread—corn bread, collard greens, oyster po'boys and catfish on greens—is the *raison d'être* for this fun, ultracasual eatery. Daily for lunch and dinner. \$-\$\$\$. 1465 W. Broadway, Vancouver. Phone 604-738-6806. <http://www.memphisbluesbbq.com>.

Asian

Banana Leaf

Malaysian cuisine at its best—familiar and exotic, mild to spicy. Try one of the specialty crab dishes. A fixed-price menu includes red snapper in *gulai* sauce, tiger prawns in blackpepper corn and steamed fresh mussels. Daily for lunch and dinner. Reservations recommended. \$-\$\$\$. Most major credit cards. 820 W. Broadway, Vancouver. Phone 604-731-6333. <http://www.bananaleaf-vancouver.com>.

Kirin

Consistently good Chinese restaurant with five locations throughout the area. It's noted for its dim sum brunches. Open Monday-Friday for lunch and dinner; Saturday and Sunday for brunch only. \$\$-\$\$\$\$. Most major credit cards. 102-1166 Alberni St. (one block north of Robson Street), Vancouver. Phone 604-682-8833. <http://www.kirinrestaurants.com>.

Spice Islands Indonesian Restaurant

A crowd favorite offering some of the best flavors in the city. Try the *nasi uduk*—rice cooked in coconut milk with lemongrass and basil—with your choice of curry prawns or deep-fried tamarind chicken. Open Monday-Friday for lunch and dinner, Saturday for dinner only. \$-\$\$\$. Most major credit cards. 3592 W. 41st Ave., Vancouver. Phone 604-266-7355. <http://www.spiceislandsindonesian.com>.

Tojo's

Owner Hidekazu Tojo runs a restaurant whose reputation and popularity are at the zenith of the thriving Japanese dining scene in Vancouver. Monday-Saturday for dinner. \$\$\$-\$\$\$\$. Most major credit cards. 1133 W. Broadway, Vancouver. Phone 604-872-8050. <http://www.tojos.com>.

Toshi Sushi

A sushi restaurant for those who know sushi. It doesn't accept reservations, so your wait for a table may be as long as 45 minutes—and worth it. Open for dinner Tuesday-Saturday. \$\$-\$\$\$\$. Most major credit cards. 181 E.16th Ave., Vancouver. Phone 604-874-5173.

Vij's

A widely regarded and casual Indian restaurant. The fusion dishes reflect different parts of India. Fine, imaginative vegetarian dishes and a trendy setting. Be prepared to wait for a table. Daily for dinner. Reservations not accepted. \$\$-\$\$\$\$. Most major credit cards. 1480 W. 11th Ave., Vancouver. Phone 604-736-6664. <http://www.vijs.ca>.

French

Bacchus Restaurant

A frequent award-winner among local critics, this intimate restaurant and lounge in the elegant Wedgewood Hotel caters to a fashionable downtown crowd. The modern French menu puts a spin on local favorites such as BC salmon. Daily for breakfast, lunch, afternoon tea and dinner. Reservations recommended. \$\$\$\$. Most major credit cards. 845 Hornby St. (in the Wedgewood Hotel), Vancouver. Phone 604-689-7777. <http://www.wedgewoodhotel.com/hotel/bacchus.html>.

Hermitage

This quiet haven offers French such dishes as endive and sauteed-chevre salad (with Dijon vinaigrette) and duck with Armagnac sauce. The warm atmosphere is accented by a huge fireplace, antique furnishings and a charming patio (open during summer). Monday-Friday for lunch and dinner, Saturday and Sunday for dinner only. Reservations recommended. \$\$\$-\$\$\$\$. Most major credit cards. 1025 Robson St., Vancouver. Phone 604-689-3237. <http://www.thehermitagevancouver.com>.

Le Crocodile

A traditional upscale bistro with excellent food from the Alsace region, great service and ambience. The selection of French wines is tremendous, and the atmosphere reflects a sense of casual elegance and luxury. You'll want to save room for dessert. Monday-Friday for lunch and dinner, Saturday for dinner only. Reservations required. \$\$\$\$. Most major credit cards. 909 Burrard St. (entrance is on Smythe Street), Vancouver. Phone 604-669-4298. <http://www.lecrocodilerestaurant.com>.

Salade de Fruits

This tiny (a half-dozen tables), often crowded French bistro lacks pretension and features a simple, rotating table d'hote menu as well as items a la carte. The specialties (if available) are French-style mussels and *frites*. Tuesday-Saturday for lunch and dinner (closed midafternoon). Reservations for large parties only. \$-\$\$\$. No credit cards. 1555 W. Seventh Ave., Vancouver. Phone 604-714-5987. <http://www.saladedefruits.com>.

Greek

Kalamata Taverna

This multiple-award-winning restaurant serves up traditional southern Greek recipes. We recommend the souvlaki and moussaka. House specialties such as tender roasted lamb and calamari come in hefty portions. Tuesday-Friday for lunch and dinner, Saturday and Sunday for dinner only. \$\$\$. Most major credit cards. 388 W. Broadway, Vancouver. Phone 604-872-7050.

Stepho's Souvlaki

You'll recognize this inexpensive hot spot by the lines outside, but it's generally worth the wait. Great Greek food, huge portions and friendly service are always the order of the day. Daily for lunch and dinner. \$. Most major credit cards. 1124 Davie St., Vancouver. Phone 604-683-2555.

Italian

Cioppino's Mediterranean Grill

Year after year, it's classed as one of Vancouver's top fine-dining restaurants. Chef Pino Posteraro employs the *cucina naturale* style of cooking, using the freshest of ingredients and minimizing animal fats and heavy creams. The pasta dishes are exceptionally light—try the tortelloni with lobster and crab, tossed in a creamy tomato sauce. Monday-Saturday for dinner. Reservations recommended. \$\$\$-\$\$\$\$. Most major credit cards. 1133 Hamilton St., Vancouver. Phone 604-688-7466. <http://cioppinos.wordpress.com>.

Zeffereellis

Hidden away on the second story overlooking trendy Robson Street, this restaurant boasts contemporary cuisine and a number of northern Italian specialties. The somewhat rustic decor has a warm Mediterranean feeling. Monday-Friday for lunch and dinner, Saturday and Sunday for dinner only. \$\$\$\$. Most major credit cards. 1136 Robson St., Vancouver. Phone 604-687-0655. <http://web.mac.com/ichariot/Zeffereellis/Welcome.html>.

Seafood

Fish House in Stanley Park

The Fish House resides in a spacious heritage building, beautifully situated on the south side of Stanley Park, near English Bay. The menu, by celebrity cook Karen Barnaby, features bold and imaginative seafood dishes and fabulous desserts. Try the shucked oysters, or indulge in the famous flaming prawns. Daily for lunch, afternoon tea and dinner; also for brunch on Sunday. Reservations recommended. \$\$\$\$. Most major credit cards. 8901 Stanley Park Drive, Vancouver. Phone 604-681-7275. <http://www.fishhousestanleypark.com>.

Joe Fortes Seafood and Chop House

The location alone, just off Robson Street, makes this lively restaurant an attraction. The horseshoe-shaped bar is welcoming, as is the dining, which occurs on several floors. The restaurant also features an oyster bar and a rooftop patio in summer. It serves classic American dishes, including seafood. Nightly piano player. Daily for lunch and dinner. Reservations recommended. \$\$-\$\$\$\$. Most major credit cards. 777 Thurlow St., Vancouver. Phone 604-669-1940. <http://www.joefortes.ca>.

Monk McQueen's

Fresh seafood is the specialty, but the False Creek waterfront location is also a draw for this popular eatery. Try the famous surf 'n' turf—beef tenderloin and tempura crab claw stuffed with lobster mousse. Dining takes place upstairs; downstairs, there's an oyster bar and a lively patio scene. Jazz on Friday and Saturday evenings. Daily for lunch and dinner. Reservations recommended. \$\$-\$\$\$\$. Most major credit cards. 601 Stamp's Landing (just west of the Cambie Street Bridge), Vancouver. Phone 604-877-1351. <http://www.monkmcqueens.com>.

Rodney's Oyster House

Nestled in historic Yaletown, this stylish, casual restaurant is the place for fresh-off-the-boat (or plane) shellfish. Features at least a dozen varieties of oysters from the East and West coasts. The steamer foods are also excellent. Monday-Saturday for lunch and dinner. Reservations recommended. \$\$-\$\$\$\$. Most major credit cards. 1228 Hamilton St., Vancouver. Phone 604-609-0080.

Salmon House on the Hill

Venture to West Vancouver for authentic Pacific Northwest cuisine, fine wines and spectacular views. Seafood specialties include barbecued salmon. Daily for lunch and dinner. Reservations recommended. \$\$\$-\$\$\$\$. Most major credit cards. 2229 Folkestone Way (just north of Highway 1), West Vancouver. Phone 604-926-3212. <http://www.salmonhouse.com>.

Steak Houses

Gotham Steak & Cocktail Bar

This is *the* place for steaks—porterhouse, filet mignon, New York strip—you name it. If steak doesn't suit your palate, you can choose from a selection of seafood dishes such as jumbo lobster tail and broiled ahi tuna. Save room for the decadent desserts or savor a glass of port with a cheese selection. The elegant decor features high-backed chairs and black oak trim. Daily for dinner. \$\$\$-\$\$\$\$. Most major credit cards. 615 Seymour St., Vancouver. Phone 604-605-8282. <http://www.gothamsteakhouse.com>.

SECURITY

Personal Safety

An endemic drug problem, primarily heroin, has changed the landscape of this coastal city. The city has tackled this problem head-on by opening government-funded "safe injection" sites, where addicts get their fixes administered by doctors and nurses.

However, Vancouver is still a relatively safe place. As with any major city, practice the usual precautions. Avoid the Downtown East area, and stick to the main streets in Chinatown and Gastown. The intersection of Hastings and Main streets is a gathering place for junkies and drug dealers.

The SkyTrain and buses can get packed, and pickpockets lurk in the crush. Keep your valuables safely tucked away and be aware of people around you.

Vancouver is located in an active earthquake zone. Check with your hotel for emergency evacuation procedures.

Health

Vancouver has no major health issues to watch out for. Medical facilities are excellent, as are general levels of sanitation. In the case of a medical emergency, dial 911.

Disabled Advisory

Home to the Paralympic Winter Games in 2010, Vancouver is an ambassador when it comes to the needs of the physically challenged. Perhaps some of the city's awareness comes from its mayor, who commands his position from a wheelchair. As former host to an international congress for the disabled, Vancouver is widely regarded as one of the most accessible cities in North America. All of downtown Vancouver's sidewalks and many of the city's buses are wheelchair-accessible. Vancouver Taxi has accessible cabs. Phone 604-255-5111.

For more information, contact the BC Coalition of People with Disabilities. Phone 604-875-0188. <http://www.bccpd.bc.ca>.

Another resource is the BC Paraplegic Association, which provides information and resources for people with mobility-related issues. Phone toll-free 877-324-3611 or visit <http://www.bcpara.org>.

Dos & Don'ts

Do be aware that Vancouver is clean-air conscious. Don't smoke inside any public place, including restaurants, bars, pubs and shopping malls (except where there are designated smoking rooms).

Don't be surprised by how many people speak Cantonese and Mandarin. This is one of North America's most Asian cities—more than half of Vancouver's school-age children are learning English as a second language.

Do take time to visit Vancouver's parks and gardens, as well as surrounding areas. The city has one of the most beautiful natural settings in the world.

Don't jump the line if you're taking a bus. Vancouverites are extremely polite at bus stops and form three lines: one for the front of the bus for passengers who need to pay or validate tickets, and one or two for the other doors of the bus, where passengers with passes can enter. The SkyTrain, on the other hand, is a free-for-all.

Do be a patient driver and watch for walkers. Pedestrians have the legal right-of-way at every intersection and often take advantage of the privilege by stepping out without looking left or right. Watch for cyclists, too.

Don't be put off by Vancouver's wet winters. The city offers a wealth of rainy-day activities, and tourist attractions are much less crowded during the winter months.

FACTS

Geostats

Passport/Visa Requirements: All U.S. citizens must have a passport when traveling by air to or from Bermuda, Canada, the Caribbean, Central and South America and Mexico. Citizens of Canada, Mexico and the British Overseas Territory of Bermuda also must have a passport or other designated secure document to enter the U.S.

Passports are required for land crossings at the Canadian and Mexican borders with the U.S. and for cruise passengers returning to the U.S. from Mexico, the Caribbean, Canada or Bermuda. Reconfirm travel-document requirements with your carrier prior to departure.

Population: 2,146,000.

Languages: English, Chinese (mostly Mandarin).

Predominant Religions: Christian (Protestant and Roman Catholic).

Time Zone: 8 hours behind Greenwich Mean Time (-8 GMT). Daylight Saving Time is observed from the first Sunday in April until the last Sunday in October.

Voltage Requirements: 110 volts.

Telephone Codes: 604, area code; 778 area code;

Weather

Vancouver is favored by the moderating influence of the Pacific Ocean, which gives it mild winters. Despite being nearly surrounded by mountains, the city seldom sees snow, and temperatures average 33-42 F/1-6 C in the heart of winter. On the other hand, Vancouver does get plenty of rain and tends toward gray skies October-May. Fortunately, the rain is often drizzly rather than heavy. Summer temperatures average 80 F/27 C during the day.

What to Wear

Casual, comfortable clothes are the rule in Vancouver, except in a few upscale restaurants where more formal wear is appropriate. A jacket (preferably a rainproof one) is handy to have any time of year, as the sea and mountain air can cool things off in a hurry. Given the amount of rainfall there, an umbrella and waterproof walking or hiking shoes are necessities.

Business meetings normally require business suits, but dress standards are not as conservative as those in most U.S. cities.

Icy Strait Point, Alaska

OVERVIEW

Fifty miles west of Juneau and at the mouth of Glacier Bay, lies historic Icy Strait Point. Travelers have the unique opportunity to experience Tlingit culture, superior wildlife viewing opportunities and years of Alaskan history

Hubbard Glacier

OVERVIEW

Hubbard Glacier is the one glacier in the world that does not move at a glacial pace. Quite the opposite. In fact, in 1986, Hubbard Glacier - the largest tidewater glacier on the



North American continent - moved an average of just under 5.5 feet per hour. Keep a watchful eye as you sail through the Yakutat Bay, as you may be a witness to geological history.

Juneau, Alaska

OVERVIEW

Introduction

Juneau, Alaska, enjoys a majestic setting in a narrow fjord with Mount Juneau and Mount Roberts towering above it. To the east is the vast expanse of glacial ice known as the Juneau Icefield, and to the west are the wilderness islands of the Inside Passage.



Because of the natural beauty that surrounds the city—as well as its gold-rush era buildings and many shops—this state capital is a popular tourist destination. In fact, Juneau is visited by more cruise ships than any other port in Alaska.

Must See or Do

Sights—Mendenhall Glacier, Nugget Falls and the visitors center; the view of Juneau from the top of Mount Roberts Tramway or from Glacier Gardens Rainforest Adventure overlook; a flight over the Juneau Icefield; a floatplane excursion past glaciers; bears at Pack Creek Brown Bear Preserve on Admiralty Island; whale-watching; seeing the glacier calve at Tracy Arm Fjord; a zipline ride through the rain forest; logger competitions during Gold Rush Days the last weekend in June.

Museums—Relics from gold-rush days at the Juneau-Douglas City Museum; Alaska native culture, art and state history at the Alaska State Museum; maps of the mine tunnels and gold-mining equipment at the Last Chance Mining Museum.

Memorable Meals—An authentic salmon feast at Gold Creek Salmon Bake or the Taku Glacier Lodge; beer-battered halibut at the Thane Ore House; marionberry-glazed duck at the historic Gold Room in the Baranof Hotel; sweet-potato crab cakes at Twisted Fish Co. Alaskan Grill; pizza at Pizzeria Roma; breakfast at the Sandpiper Cafe; steamer clams or the halibut taco at the Flight Deck; dinner at Zephyr.

Late Night—Blues and jazz at the Alaskan Hotel & Bar; live music with views of the water and floatplanes at Hangar on the Wharf; the Island Pub in Douglas.

Walks—Exploring Mendenhall Glacier trails; following the miners' path up Perseverance Trail; exploring the Douglas Treadwell Mine ruins near Sandy Beach; hiking along the alpine trails at the top of the Mount Roberts Tramway; exploring historic downtown Juneau from the docks to South Franklin Street and up the hill past St. Nicholas Russian Orthodox church.

Especially for Kids—Macaulay Salmon Hatchery; A-J Mine and Gastineau Mill; Sandy Beach and Savikko Park on Douglas Island; the Rock Dump; the Auke Recreation Area; a helicopter flight; dogsledding on a glacier; seeing seals in Tracy Arm Fjord; exploring the mining ruins at the Last Chance Mining Museum; playing with artifacts at the Alaska State Museum; hiking along Mendenhall Lake to Nugget Falls waterfall at the Mendenhall Glacier.

Geography

Downtown Juneau hugs Gastineau Channel, where cruise ships dock. Juneau also includes Douglas, across the channel on Douglas Island; Thane; the Lemon Creek area; Mendenhall Valley; Mendenhall Glacier; Auke Bay; and what locals call "out the road."

The downtown historic district, encompassing a few blocks, is the lively center of the city. Egan Drive, also known as Thane Road and Glacier Highway, runs along the water, and Franklin, Seward and Main streets comprise the downtown shopping districts with restaurants, bars and hotels.

City and state buildings, museums and churches are within walking distance from the docks. South Franklin, Willoughby and Main streets, originally built along the shoreline, are flat, but the sidewalks by some streets continue as staircases, testimony to why Juneau is nicknamed the "Little San Francisco of the North."

History

In 1880, Chief Cowee from the Auk Tribe led pioneers Joe Juneau and Richard Harris to a gold deposit, which started the famed Alaska gold rush. Hard-rock mining at the Alaska-Juneau mine in Juneau and the Treadwell mine in Douglas quickly replaced placer mining—gold panning—and became the most important industry in Juneau. (These two world-class mines, largest of their kind at the time, operated until a cave-in and flood at the Treadwell in 1917 and a worker shortage during World War II at the Alaska-Juneau. Juneau's streets along Egan Drive and parts of South Franklin are built with gold tailings, the leftover dirt from mining.)

In 1906, Juneau was named the capital of Alaska, still a U.S. territory. It officially became the state capital on 3 January 1959, when Alaska achieved statehood. Southeast Alaska grew and prospered with its fishing, mining and logging industries.

The Tlingit culture retains a strong influence on the economy and arts, and some natives continue to practice a traditional way of life in outlying villages. As a tourist mecca, Juneau is one of the most-visited cities in Alaska, especially during the summer months.

Port Information

Location

Cruise ships dock at one of six locations, labeled A-F: A for the AJ Dock, B for the Franklin Dock, C for the Intermediate Vessel Float, D for the Cruise Ship Terminal, E for the Alaska Steamship Dock at Marine Park and F for the Seadrome Dock for smaller vessels. The docks line the waterfront from Egan Drive to the southeast end of town on South Franklin Street.

If more than four large ships are in port—as is often the case in midsummer—some ships anchor in the channel and tender passengers in smaller craft to the terminals. As many as seven ships have been in port at one time, depositing throngs of visitors on the city. Downtown Juneau is within easy walking distance, but you'll need transportation (taxi, tour coach or local bus) to reach outlying attractions.

Visitor-information and tour-company kiosks are located at Marine Park and the Cruise Ship Terminal. In addition, the main visitors center is in Centennial Hall on Egan Drive.

Potpourri

Land area around Juneau is increasing at a rate more than 10 times faster than rising global sea levels. With the decreasing weight of melting glaciers, the land is bouncing back. One nearby island is now 18 ft/6 m higher than it was when Capt. Vancouver sailed by it more than 200 years ago.

Located smack in the middle of a rain forest, Juneau receives an average of 54 in/137 cm of precipitation a year, 16 in/41 cm more than famously wet Seattle. Autumn is the wettest season.

You can't judge a bear by its color. Black bears actually come in a range of colors, including a rare blue-gray variation called the glacier bear. Many black bears are brown—not to be confused with brown bears, which are also brown. So how do you tell the difference? Size matters. Black bears tend to be the size of a very large dog, weighing up to 400 lbs/180 kg. Brown bears are usually much larger, closer to pony size, and can weigh 500-1,000 lbs/230-450 kg.

Talking or singing as you walk through the woods is the best way to let bears know you're coming.

Prior to the discovery of gold in Juneau in 1880, the largest Alaska Native settlement in the area was Auk Village near Auke Bay. Juneau, called Dzantik'i Heeni by the Tlingits (meaning *where the flatfish gather*) was a fish camp and summer home. People didn't live there year-round because of the horrendous frigid Taku winds barreling down the mountain passes from the Juneau Icefield. Auke Recreation Area, about 14 mi/22 km north of town, is where the Tlingit Auk people lived.

SEE & DO Sightseeing

One of the first things you'll notice in Juneau is the contrast between the gold-rush era buildings and modern high-rises—and, on the street, between the rubber-booted fisherfolk and the suit-and-tie government employees. The Historic District is crammed with shops, galleries, bars, hotels and restaurants. You'll even find an old five-and-ten store. City and state buildings, churches and museums are a few blocks away, so most of the points of interest are within walking distance.

Before you make your way through the streets or take one of the tours, you may want to get the big picture by taking the Mount Roberts Tramway, which is located next to the cruise-ship docks.

Historic downtown can be easily explored on foot with the help of a walking-tour map (they're available at the visitor-information kiosks near the cruise-ship docks or the Centennial Hall Visitors Center at the corner of Egan and Willoughby). From the docks, head north along South Franklin Street, the city's former red-light district, to the Seawalk and Marine Park. Monuments located along the wharf include a community sundial near the ship terminal and a sculpture of Patsy Ann, a deaf dog that met steamships in days past. There are also memorials to the USS *Juneau*, to hard-rock or underground miners and to area fisherfolk. Downtown murals depict the Tlingit legend of creation and turn-of-the-century steamship passengers.

Along the waterfront, narrow lanes wind past art galleries, gift shops, restaurants and Victorian homes. This flat area is wheelchair-accessible and pleasant for strolls. The paths begin to climb steeply until they become natural staircases. Both the hills and the architecture were the inspiration for Juneau's nickname, "Little San Francisco of the North." The wooden

buildings have colorful facades, and streets are decorated in summer with banners, baskets of flowers and flags from all the states.

Juneau's best features are the mountains, the ice and the water that define this community. Think about a helicopter ride over the Juneau Icefield—it can include glacier landings or a dogsledding experience. You can go whale-watching for humpbacks and orcas along Stephens Passage, take a city bus or tour to Mendenhall Glacier, or visit a salmon hatchery. In late summer, when salmon swim upstream to spawn, black bears are often seen fishing in the stream near the Mendenhall Glacier around sunrise and twilight.

Historic Sites

The Windfall Fisherman, a life-size bronze bear sculpture by Skip Wallen, is situated near the state Capitol at Third and Main streets off the sidewalk in a small park—children enjoy climbing on it. Historic photos and colorful tales of the past line the seawalk.

A walk through Juneau's downtown historic district along South Franklin and Front streets is a walk through history. The area was once home to more than 30 bars and several bordellos, but they have been transformed into gift shops and restaurants. Emporium Mall, formerly the 1901 Alaska Steam Laundry and built in the late-Victorian style, features hallways decorated with historical photos of the city's colorful past. This was the center of Juneau's business district.

Across the street, the Alaskan Hotel & Bar is the city's oldest continuously operating hotel. Built in 1913, it was originally a miner's hotel and bordello—the ambience remains to this day. The restored Senate Building, a minimall, was the 1883 site of the Juneau Brewery. McDonald's (Lewis Building, 1896) is on one of the first claimed lots in Juneau.

Alaska State Capitol

Completed in 1931, the Capitol housed the governor, the legislature and other territorial and federal offices until Alaska became a state in 1959. The building continues to serve as Alaska's seat of government. The marble and limestone in the portico columns and the lobby came from Prince of Wales Island in southeast Alaska. Free guided tours are available mid-May through mid-September. Fourth and Main streets, Juneau.
<http://w3.legis.state.ak.us/misc/capitol.php>.

Chapel by the Lake

On a clear day, worshippers in the pews of this 1950s log chapel can stare past the minister to Mount McGinnis, the Mendenhall Glacier and Auke Lake. It's a miracle anyone ever listens to the sermon in this picturesque chapel, which is still used for weddings and Sunday services. At other times, it is open for visitors. Donations accepted. University of Alaska Southeast is adjacent to the chapel. 11024 Auke Lake Way (12 mi/20 km from Juneau), Auke Bay. Phone 907-789-7592. <http://www.chapelbythelake.org>.

Shrine of St. Therese

This beach-stone church dedicated to St. Therese of Lisieux, the patron saint of Alaska, is tucked on an island accessible by a 400-ft/125-m gravel causeway on Lynn Canal, 23 mi/37 km north of Juneau. It's a favorite spot for picnickers, fishermen and scuba divers, as well as people seeking spiritual renewal. Whales, seals, sea lions and eagles are often seen from the shrine, set against the majestic backdrop of the Chilkat Mountains. The log lodge and several cabins are used for retreats and weddings, as well as government and business workshops. The shrine also features outdoor Stations of the Cross, a columbarium and a labyrinth. Open year-round. Mass is held Sunday at 1:30 pm during the summer. Donations accepted. 5933 Lund St. (mile marker 23), Juneau. Phone 907-780-6112.

St. Nicholas Russian Orthodox Church

St. Nicholas church was built in Siberia in 1894, disassembled, shipped to Juneau and then reassembled. This octagonal structure with an onion dome is said to be the oldest continuously functioning Russian Orthodox church in Alaska. The church is filled with Russian icons and religious relics. On Sunday, the liturgy is sung in three languages: English, Slavonic and Tlingit. The church and gift shop are open May-September Monday-Friday 9 am-5 pm, Saturday 11 am-3 pm and Sunday 1-5 pm, October-April by appointment. US\$2 donation. 326 Fifth St., Juneau. Phone 907-586-1023. <http://www.stnicholasjuneau.org>.

The Governor's Mansion

The mansion is a 14,400-sq-ft/1,340-sq-m, three-story, Federal-period Greek Revival-style house. It was built in 1912 for US\$40,000, and is the official residence of the Governor of Alaska. It features a 1939 totem pole near the front entrance that tells the story of human and the mosquito's origins and why there are tides. Tours are available with advance reservations. 716 Calhoun Ave. (two blocks uphill from the city museum), Juneau. Phone 907-465-3500.

The State Office Building

Irreverently called the S.O.B. by residents, this government building has an eighth-floor viewing deck that provides a perfect view of Juneau's lovely waterfront. The enormous atrium contains a small garden with a beautifully carved totem pole and a huge stuffed brown bear, but it's the 1928 Kimball pipe organ that's of most interest. It was purchased by pioneer W.D. Gross, founder of the motion-picture industry in Alaska, and used in his Coliseum Theatre until 1939. Free Friday noon concerts are staged there. 709 W. Ninth St., Juneau. <http://www.pstos.org/instruments/ak/juneau/state-bldg.htm>.

Totem poles

Tlingit-carved totem poles link the capital city with its Alaska Native roots. The *Wooshkeetaan* totem pole outside Centennial Hall, at the corner of Willoughby Avenue and Egan Drive, describes how people came via the Taku River to Juneau. The *Friendship* totem pole is in the Juneau Courthouse lobby on Fourth Street between Main and Seward streets. Two poles, *Harnessing the Atom* and the *Four Story* totem, are outside the city museum on Fourth and Main.

Across the street on the eighth floor of the State Office Building (Fourth and Calhoun streets) is the *Waasgo* or *Old Witch* totem. The *Governor's* totem, outside the Governor's House, tells the creation story of populating the earth with land animals, sea mammals and mosquitoes. In the Juneau Douglas High School atrium is a *Haida* pole carved in Sukkwan in 1880.

Museums

Alaska State Museum

The best museum in the city—if not the state—offers a wealth of Alaskan history within walking distance from the cruise ships. You can sit in a replica of a Tlingit clan house and examine Alaska Native clothing and a traditional walrus-skin boat. The museum also features exhibits about gold and copper mining, cultural artifacts from the Eskimo, Aleut, Tlingit, Haida and Athabascan Indians and the Russian period. Don't miss the exhibit on Alaska's major artists. An eagle's nest inhabited by stuffed birds sits atop a two-story nesting tree—a circular staircase allows you to see it from all angles. A children's room includes a replica of Vancouver's ship *Discovery* along with dress-up clothes and touchable furs. Two museum stores sell quality items. A second location is at 124 Seward St. This museum is definitely a must-see. Mid-May to mid-September daily 8:30 am-5:30 pm; mid-September to mid-May Tuesday-Saturday 10 am-4 pm. US\$5, free to those younger than 18. 395 Whittier St., Juneau. Phone 907-465-2901. <http://www.museums.state.ak.us>.

Juneau-Douglas City Museum

This museum is dedicated to the history of Juneau and has more than 10,000 artifacts. You can watch the video *Juneau, A City Built On Gold*, study the topographic map, see a 700-year-old woven fish trap found in a local river or check out interpretive displays about gold mining and Juneau history. Originally built by public contributions as the Juneau Public Library in 1950, the structure was a memorial to veterans of World War I and World War II and was the official site of the statehood ceremony in 1959. May-September Monday-Friday 9 am-5 pm, Saturday and Sunday 10 am-5 pm; October-April Tuesday-Saturday noon-4 pm. US\$4, free admission in winter. One-hour historic downtown walking tours Tuesday, Wednesday and Thursday at 1:30 pm mid-May through mid-September, US\$10 for adults, US\$7 for those 18 and younger. Fourth and Main streets, Juneau. Phone 907-586-3572. <http://www.juneau.org/parksrec/museum>.

Last Chance Mining Museum

Located at the end of Basin Road and a short stroll across Gold Creek, this museum showcases mining memorabilia from Juneau's gold-rush days. A must for map-lovers, the museum has 3-D and aerial maps, a multilayered glass map of the ore bodies, and the world's largest air compressor. You can walk there from downtown in about 45 minutes. Open mid-May to late September daily 9:30 am-12:30 pm and 3-6:30 pm. US\$4. 1001 Basin Road, Juneau. Phone 907-586-5338.

Nature

Macaulay Salmon Hatchery

You can feed salmon smolts in May and June and watch the salmon swim up ladders the rest of the summer. Saltwater aquariums and a gift shop are inside the Ladd Macaulay Visitor Center, along with a gigantic brown bear who will gladly pose for pictures with you (he has no choice—he's stuffed). Outside, you can snap some pictures with a group of bronze bears, the *Gang of Four*, by Juneau sculptor Skip Wallen. The Gastineau Channel is an excellent place to fish, and poles can be rented in summer from a shack nearby. The hatchery is open May-September Monday-Friday 10 am-6 pm; call for times in winter. US\$3.25 adults, US\$1.75 children. Brochures at the visitors center at Centennial Hall have a coupon for a free admission with one paid admission. 2697 Channel Drive (Gastineau Channel, 3 mi/5 km north of downtown), Juneau. Phone 907-463-4810. Toll-free 877-463-2486. <http://www.dipac.net>.

Mendenhall Glacier

The mighty Mendenhall Glacier is the area's most famous natural landmark and a must-see. The drive-up glacier is a 1-mi-/2-km-wide river of ice emanating from the Juneau Icefield, which is larger than the U.S. state of Rhode Island. The river is also 12 mi/19 km long and 300 ft-1,800 ft/95 m-550 m deep. If the sky is overcast when you're there, consider yourself lucky: The glacier's blue ice is more spectacular then. But any day is a good day to visit the glacier. An elevated trail allows visitors to watch black bears fishing in a nearby salmon stream in summer. These are wild bears, so keep a safe distance from them.

Any visit to the glacier, which is 13 mi/21 km northwest of town at the end of Glacier Spur Road, should include a stop at the visitors center. It has a large map of the entire ice field, and a telescope provides you with a close-up view of Mendenhall and the sheep frequenting the steep slopes on either side. There's also a short video and interactive exhibits. U.S. Park Service rangers lead nature hikes near the glacier—there's a photo loop trail that's handicap-accessible. Black bears frequent the area in July and August so you may be able to take that once-in-a-lifetime photo.

To get to Mendenhall, you could take a city bus to within 1 mi/2 km of the visitors center (US\$1.50 adults; disabled visitors and seniors 65 and older ride free; children 5 and younger ride free with an adult; the bus arrives every 30 minutes) and walk the fairly level path. Several groups offer tours for about US\$15 (check with the dockside visitors center for information). An Express Shuttle from the docks is US\$5 each way. If you take a tour bus that sticks to its schedule, you'll only have about 45 minutes at the glacier before heading back.

It's worth staying longer to maneuver around to the spectacular Nugget Falls waterfalls on the right of the glacier, getting close enough to feel the spray coming down. Most flightseeing and helicopter tours also fly over the glacier.

In addition to the six trails around the Mendenhall Glacier, there are more than 100 hiking spots in the area. Pick up a copy of *Juneau Trails* at a local bookstore. The Centennial Hall visitors center has a direct line to the U.S. Forest Service, which has maps and other information. May-September the visitors center is open daily 8 am-7:30 pm; October-April Thursday-Sunday 10 am-4 pm. US\$3 adults, free for children younger than 12; admission is free to everyone in winter. Phone 907-789-0097. <http://www.fs.fed.us/r10/tongass/districts/mendenhall>.

Pack Creek Brown Bear Preserve

Seated on Admiralty Island, about 30 mi/48 km south of Juneau, the Stan Price State Wildlife Sanctuary at Pack Creek is a good place to view bears in the wild from a protected platform. The preserve is home to the world's largest (and most accessible, particularly June-August) brown-bear population. The Tlingit called the island Kootznoowoo, which means *fortress of the bears*.

The best way to get there is by air. Several firms offer bear-viewing floatplane flights, including Ward Air (phone 907-789-9150; <http://www.wardair.com>), Tal Air (phone 907-789-6968) and Alaska Seaplane Service (phone 907-789-3331; <http://www.flyalaskaseaplanes.com>). Bring rain gear, mosquito repellent, boots or sandals to walk from the float plane to the shore (there is no dock), a snack (rangers put these in bear-proof containers). There are no toilet facilities. Expect to pay US\$161-\$270 per person round-trip, depending on whether or not the plane is full and the size of the airplane. You can also arrange a guided fly-fishing and/or bear-viewing trip with Alaska Fly-N-Fish (phone 907-790-2120; <http://www.alaskabyair.com>). US\$600 for 5.5-hour trips, with permits and outfitting. Limited permits from the U.S. Forest Service are available for US\$50 per person per day early July-late August, US\$20 per person per day June-early July and late August-September. Phone 907-586-8800. http://wildlife.alaska.gov/index.cfm?adfg=refuge.pack_ck.

Tracy Arm Fjord

A favorite one-day adventure is a boat trip to Tracy Arm Fjord and the Sawyer glaciers. En route you'll often see orca and humpback whales, porpoises, sea birds, bears ambling along the beaches, waterfalls, sheer rock cliffs, and hundreds of seals atop recently calved icebergs or along the shores. May-September 8 am-6 pm. US\$150 adults, US\$95 children. 76 Egan Drive, Juneau. Phone 907-463-2509. Toll-free 800-228-3875. <http://www.adventureboundalaska.com>.

Parks & Gardens

Glacier Gardens

With flowers overflowing from the tops of upside-down, uprooted trees, this 50-acre/20-hectare garden is a magical mix of natural forest and creative gardening on the site of a former landslide area. Guided tours in covered, motorized carts wind through the rain forest past waterfalls and ponds to the 580-ft-/180-m-level of Thunder Mountain. There, a walkway and overlook provide views of the Mendenhall Valley, Gastineau Channel, Chilkat mountains and low-flying eagles that nest in the gardens. Floral arches and overhead plants adorn the atrium, a favorite place for weddings and home to the Garden Gift Shop and Wild Berry Cafe. Open daily May-September 9 am-6 pm. Admission US\$21.95 adults, US\$15.95 ages 6-12, free for children younger than 6. 7600 Glacier Highway (7 mi/11 km from downtown), Juneau. Phone 907-790-3377 in summer; 907-789-5166 in winter. <http://www.glacierygardens.com>.

Savikko Park

This public park on Douglas Island encompasses aptly named Sandy Beach, ball fields, picnic shelters, an ice-skating arena and the historic ruins of the Treadwell Mine, which burned down in 1926. Pilings from the old piers, building ruins and mining equipment still stand along the beach and forested trail. More than 1,000 men worked at the mine, which produced 3.3 million

ounces of gold from 1882 to 1922. 105 Savikko Road, Douglas. Phone 907-586-5226 (Parks Department) or 907-586-2201 (Information Center).
<http://www.juneau.org/parkrec/facilities/douglas.php>.

Wineries, Breweries & Distilleries

Alaska Brewing Co.

Visit the Alaska Brewing Co. to watch fermenting and bottling, and taste a free sample of Juneau's award-winning beers, including Smoked Porter and Alaskan Amber. There's also a museum and gift shop. Open May-September daily 11 am-6 pm, October-April Thursday-Saturday 11 am-5 pm. 5429 Shaune Drive (4 mi/7 km from downtown), Juneau. Phone 907-780-5866. <http://www.alaskanbeer.com>.

Other Options

Mount Roberts Tramway

Ride in one of the two 60-person trams up 2,000-ft/620-m Mount Roberts for a spectacular view of downtown, the Gastineau Channel, Douglas Island, the Chilkat Mountains and nearby mining ruins from the 3,500-sq-ft/325-sq-m observation deck and Mountain House (Shaa Hit). Venture along one of the hiking trails through the rain forest; visit a live eagle at the Juneau Raptor Center Bald Eagle Display; shop at Raven Eagle gift store; watch *Seeing Daylight*, a short video about the Tlingit people; or eat lunch or dinner at the Timberline Bar and Grill. There are also craft demonstrations by Alaska Native artists. The tram runs every five to 10 minutes. US\$27 adults, US\$13.50 children ages 6-12. Phone 907-463-3412.
<http://www.goldbelttours.com>.

Recreation

Opportunities to hike, bike and paddle around Juneau are abundant. You can strike off on your own with a walking-trail map from the visitors center or rent a bike or a kayak and explore the area independently. Juneau offers more than 80 trails and 90 short walks.

If time is limited, however, consider taking a tour. Juneau has dozens of firms offering every possible recreational option—from fishing for salmon to bear-watching by floatplane to dogsledding on a glacier.

Beaches

Juneau is stretched out along the water, but most of the beaches are rocky. The aptly named Sandy Beach on Douglas Island is a rare exception. It was created by the mine tailings from the historic Treadwell Mine. Kids and dogs love to splash in the water there. Take the city bus to Douglas, and then walk a few blocks past the harbor to the beach.

The beaches at Auke Recreation Area, at Milepost 15.7 on Glacier Highway, and False Outer Point, on the northern end of Douglas Island, are more suitable for beach walks and cookouts. Check the tide table before driving 30 mi/48 km north to Eagle Beach, where low tides reveal expanses of sand to match the mountain views, and you can watch eagles up close.

Bicycling

Many hotels and lodges allow guests to use their bikes, or they can be rented from a number of different locations. **Cycle Alaska**

Cycle Alaska rents bicycles and offers fun tours, including a Glacier View Bike and Brew tour for US\$99 and Eaglecrest Ski Area to False Outer Point bike ride plus the Mount Roberts Tramway for US\$119. Bike-rental prices are US\$35 for four hours, US\$45 for eight hours, US\$50 for 24 hours, US\$190 for a week. 5454 Jenkins Drive (in the Lemon Creek area), Juneau. Phone 907-321-2453. <http://www.cycleak.com>.

Driftwood Lodge

The lodge will rent bicycles to nonguests. Available mid-May to mid-September. US\$15 for six hours or US\$31.50 per day. 435 W. Willoughby, Juneau. Phone 907-586-2280. <http://www.driftwoodalaska.com>.

Bird Watching

Southeast Alaska's rain forest is home to more than 300 species of birds, including bald eagles, ravens, jays, hummingbirds and ptarmigans, plus wintering ducks and geese that visit the Mendenhall wetlands. May is the migration month, and June is the month for watching nesting birds. Of course, the most visible are the bald eagles, which gather by the hundreds around canneries, fishing boats and marinas during salmon season.

The Mendenhall Wildlife Refuge and Juneau airport wetlands are easily accessed birding hot spots as are Eagle Beach, Amalga Marsh and Point Bridget State Park. Arctic terns delight visitors at the Mendenhall Glacier April-August.

For a birding list, visit <http://home.gci.net/~juneaubird/index.html>. There is also a list of bird-watching places at the Juneau Ranger District. Phone 907-586-8800. <http://www.fs.fed.us/r10/tongass/districts/mendenhall/birdwatching.shtml> and <http://www.wildlife.alaska.gov/index.cfm?adfg=birding.main>. **Juneau Audubon Society** The Juneau Audubon Society leads bird walks from downtown on Wednesday at noon. There are bird-watching events at the glacier. Phone 907-586-8800. <http://www.juneau-audubon-society.org/index.html>.

Boating & Sailing

For sailors, Juneau has an active yacht club that holds races through the summer (<http://juneauyachtclub.com>), a youth sailing club that offers lessons (<http://www.juneauyouthsailinginc.org>) and a rowing club (<http://juneau-rowing.org>).

Alaska Boat and Kayak Center

If you want to go it alone, kayak and canoe rentals, as well as tours, are available through this company. Expect to pay US\$50 for a single kayak for a full day or US\$70 for a double. Full-day classes are also available for US\$150 per person. Auke Bay Harbor (20 minutes north of downtown Juneau), Auke Bay. Phone 907-789-6886 or 907-364-2333 for reservations. <http://www.juneaukayak.com>.

Alaska Travel Adventures

Alaska Travel Adventures offers a 3.5-hour Mendenhall Glacier float trip (US\$119 adults) or canoe trip (US\$149), as well as sea-kayak trips across Gastineau Channel (US\$89 adults), gold panning (US\$55), the Gold Creek Salmon Bake (US\$39) and four-hour custom Hummer tours (US\$699 for four adults and one child). The popular *Best of Juneau* trip includes whale-watching, the Mendenhall Glacier and the salmon bake for US\$169. 9085 Glacier Highway, Suite 301, Juneau. Phone 907-789-0052. Toll-free 800-323-5757. <http://www.bestofalaskatravel.com>.

Panhandle Powerboats

Rent small powerboats (18-22 ft/6-7 m) in Auke Bay. US\$195-\$400, depending on the size of the vessel. 5422 Shaune Drive, Juneau. Phone 907-789-5767. <http://www.panhandlepowerboats.com>.

Fishing

Fishing trips are offered by a number of charter boats that will take you fishing for salmon or halibut. Expect to pay at least US\$145 per person for a half-day outing, with four to six anglers on board. You can also take a plane trip to prime fishing waters. Half- and full-day trips run US\$350-\$475.

For a list of companies offering air and boat-fishing trips, contact the visitors center. Phone 907-586-2201.

Bear Creek Outfitters

Trips include a floatplane flight and seven hours of on-stream time. US\$625 per person for two or fewer fishermen. Half-day trips are also available. Fishermen will also need a nonresident license, US\$20, available from the guide. Phone 907-789-3914. <http://www.juneauflyfishing.com>.

Sea Runner Guide Service

Fly-fishing expeditions usually include a floatplane or helicopter flight plus stream or lake fishing. Half-day US\$395; full day US\$630. Phone 907-957-0780. <http://www.sea-runner.com>.

Golf

Mendenhall Golf

If you can't live without golf no matter where you are, this nine-hole, par-3 public course offers specials for visitors as well as scenic glacier views. Open April-October 8 am-6:30 pm. Greens fees US\$12. For US\$30, there's a visitors' special that includes nine holes, a pull cart, clubs and tees. No credit cards. 2101 Industrial Blvd. (10 mi/16 km from downtown), Juneau. Phone 907-789-1221. http://home.gci.net/~hakari/mendenhall_golf/golf.html.

Hiking & Walking

Alaska's spectacular scenery beckons almost everyone for an outdoor walk or a hike up winding trails—and there are a variety of levels. Juneau is a walker's paradise. If you're downtown, Perseverance Trail will take you past old mining ruins to an elevation of 700 ft/217 m in three to four hours. Take Gold Street to Basin Road and follow the trail at the end. Granite Creek Trail branches off Perseverance Trail and reaches as high as 1,200 ft/372 m. For super-fit hikers, another branch off Perseverance Trail leads steeply to the top of Mount Juneau (3,576 ft/1,089 m).

Alpine trails at the upper level of Mount Roberts Tramway provide great overlooks of downtown Juneau. On Douglas Island, the Dan Moller Trail and the False Outer Point Loop Trail are near the end of North Douglas Highway.

Mendenhall Glacier offers a variety of trails from the easy 0.3-mi/0.5 km Photo Point Trail, 0.5-mi/0.8-kilometer Trail of Time and 1.5 mi/3 km Moraine Ecology Trail to the more challenging East Glacier Loop, Nugget Creek and West Glacier trails. The Glacier Visitors Center has information. Phone 907-789-0097. <http://www.fs.fed.us/r10/tongass/recreation/trails/traillist.shtml>.

In addition to the trails around the Mendenhall Glacier, there are more than 100 hiking spots in the area, including Kaxdigoowu Heen Dei Trail at Brotherhood Bridge, the Airport Dike, Auke Nu by Auke Bay as well as Treadwell Ditch, False Outer Point, Herbert Glacier, Montana Creek, Peterson Lake, Mount McGinnis, Windfall Lake and Point Bridget trails. Pick up a copy of *Juneau Trails* at a local bookstore.

The Centennial Hall Visitors Center on Egan Drive and Willoughby Avenue has a direct line to the U.S. Forest Service, which has maps and other information about hiking and bears. Phone

907-586-2201. Trail Mix has a good Web site at <http://www.juneautrails.org>, and so does the Juneau Guide at <http://www.juneau-guide.com/juneau-alaska-hiking.htm>.

To find the best wildlife-viewing areas, visit <http://www.wildlife.alaska.gov>.

Scuba & Snorkeling

Cold water makes for great visibility, and there's plenty to see underwater around Juneau, but diving there is only for the experienced diver. King crab, tomcod, needlefish, Dungeness crab, flounder, snails, hermit crabs, sea lions, porpoises and jellyfish all frequent the area.

Favorite dive sites include an underwater park with an artificial reef in Auke Cove, a lush wall and ledges at the end of Ann Coleman Road, coral-encrusted rock at the Shrine of St. Therese, the well-sheltered Sunshine Cove and several historic shipwrecks. **Scuba Tank**

This dive shop offers equipment rentals, scuba training, dive charters and a variety of other services. 2219 Dunn St., Juneau. Phone 907-789-5115. <http://www.thescubatank.com>.

Spas and Health Clubs

Alaska Club

A full-service health club, with weight equipment, treadmills, aerobics classes, steam rooms, saunas, hot tubs and racquetball courts. It has a second location in the Mendenhall Valley at 2841 Riverside Drive (phone 907-789-2181). Open Monday-Friday 4:45 am-10 pm (till 9 pm in summer), Saturday and Sunday 7:30 am-8 pm. 641 W. Willoughby Avenue, Suite 210, Juneau. Phone 907-586-5773. <http://www.thealaskaclub.com>.

Pavitt's Health and Fitness

This club has a stationary lap pool, sauna, snack bar, lots of weight equipment, treadmills, bikes and classes. Open daily 24 hours. US\$15 for a day pass. 10004 Glacier Highway, Juneau. Phone 907-789-5556. <http://www.gopavitt.com>.

Rock Dump

Everyone's climbing the walls at this indoor climbing gym, which has 40 top ropes and more than 11,000 sq ft/1,020 sq m of climbing surfaces, including a bouldering area and a 40-ft/12-m open pitch. Open Monday-Friday 4-10 pm, Saturday and Sunday 2-10 pm. US\$13 per day ages 14 and older, US\$10 younger than 14, US\$3 for shoe rental. 1310 Eastaugh Way (south of Juneau off Thane Road), Juneau. Phone 586-789-4982. <http://www.rockdump.com>.

Swimming

Augustus Brown Swimming Pool

This covered public facility offers two pools, high and low diving boards, an exercise area and a sauna. US\$4.25 adults, US\$2.25 children, US\$2 seniors for a one-hour swim. 1619 Glacier Ave., Juneau. Phone 907-586-5325. <http://www.juneau.org/parkrec/pool>.

Shopping

Juneau has more shopping options than any other port in Alaska—some typical stores and some unique. But the variety of specialty and souvenir stores, art galleries, crafts, elegant furs and clothing are some of the best anywhere.

South Franklin Street, near the cruise terminals, is shopping central: It's packed with stores selling expensive Alaska Native art and beautiful gold and silver jewelry, as well as T-shirts and trinkets. Tram Plaza, at 495 S. Franklin St., is near Franklin Dock, the southernmost cruise-ship terminal. The Senate Building, at 175 S. Franklin St., houses several shops on two levels: Boheme (women's clothing), Changing Tides (quilting and fabrics), Skeins (knitting), Juneau Artists Gallery (handmade local art, jewelry, photography and prints), Bear's Lair (Alaska-themed gifts) and Juneau Fly Fishers.

In addition to the shops downtown, Juneau has two malls in the Mendenhall Valley: the Mendenhall Mall on Mendenhall Mall Road and Nugget Mall at 8745 Glacier Highway (<http://www.nuggetmalljuneau.com>). The Airport Shopping Center, a short walk from the airport, houses a used-book store, hardware store, flower shop and other specialty stores.

Shopping Hours: Usually daily 10 am-6 pm, but many shops open earlier and stay open late if a cruise ship is in port. Shopping malls often remain open until 9 pm.

Antique Stores

Deja vu Antiques

A pleasing collection of old stuff, from costume jewelry to home accessories. Merchants Wharf, 2 Marine Way, No. 122, Juneau. Phone 907-463-6700.

Bookstores

Amazing Bookstore

Friends of the Juneau Public Library sell and give away books to benefit local libraries. Open Monday-Friday 1-7 pm, Saturday 10 am-6 pm, Sunday noon-5 pm. 9131 Glacier Highway (in the Airport Shopping Center), Juneau. Phone 907-789-4913. <http://www.friendsjpl.org/bookstore>.

Hearthside Books and Toys

Specializes in books about Alaska, and also sells toys, games, maps and gifts. There is a second location in Nugget Mall (phone 907-789-2750). 254 Front St., Juneau. Phone 907-586-1726. <http://www.hearthsidebooks.com>.

Observatory Bookstore

A used-book store specializing in unique, collectible Alaskan, Russian and other polar-area books and maps. May-September open Monday-Friday 10 am-5:30 pm, October-April open Monday-Friday 12:30-5 pm. 299 N. Franklin St., Juneau. Phone 907-586-9676. <http://www.observatorybooks.com>.

Rainy Retreat Books

A good selection of new and used books. Open Monday-Friday 9:30 am-6 pm. 113 N. Seward St., Juneau. Phone 907-463-2665. <http://juneaubooks.com>.

Department Stores

Fred Meyer

A full-spectrum store, selling everything from groceries and clothes to furniture and tools. 8181 Old Glacier Highway, Juneau. Phone 907-789-6500. <http://www.fredmeyer.com>.

Galleries

Decker Gallery

This gallery features the works of beloved Alaskan artist Rie Munoz. 233 S. Franklin St., Juneau. Phone 907-463-5536.

Gallery of the North

Browse through this upstairs gallery for paintings, prints, sculptures, ivory and rugs crafted by Alaska Native artists. Art from the Lower 48 is also well-represented. 147 S. Franklin, Juneau. Phone 907-586-9700.

The Juneau Artists Gallery

This artist-owned, cooperative gallery in the Senate Building specializes in locally created crafts, including fused-art glass, prints, sketches and paintings, jewelry, scarves, pottery and photography. The artists serve as salespersons, and locals shop for gifts there. 175 S. Franklin St., Juneau. Phone 907-586-9891. <http://www.juneauartistsgallery.com>.

Specialty Stores

Ad Lib

Check out this small shop for unique flower-themed plates, jewelry, Alaska Native ivory and crafts, clothes and other items you won't find anywhere else in Juneau. 231 S. Franklin (adjacent to Decker Gallery), Juneau. Phone 907-463-3031.

Alaska Fur Gallery

Not to be missed. At least go in and take a look at the incredibly beautiful jackets, muffs, scarves and vests. Open May-September. 359 S. Franklin St., Juneau. Phone 907-463-5588 in summer. <http://www.alaskafurgallery.com>.

Annie Kaill's

Annie Kaill's is a great place to pick up Alaskan art, pottery and jewelry, including collectible porcelain figurines of Alaska Natives by C. Allen Johnson. (The coffee and jelly beans are free.) 244 Front St., Juneau. Phone 907-586-2880. <http://www.anniekails.com>.

Bear's Lair

A Juneau favorite, Bear's Lair specializes in unique Alaskan-themed gifts, such as wildflower- and salmon-etched glassware, cabin quilts and throws, slate products, shell serving dishes, carved wood bowls and bears, handmade Christmas ornaments, pottery and a variety of baby gifts. 175 S. Franklin St. (in the historic Senate Building), Juneau. Phone 907-586-5059. <http://bearslairgifts.com>.

Boheme

A trendy, upscale clothing shop with bling-laden accessories for contemporary, independent women. May-September open 8 am-9 pm, October-April open 10:30 am-5:30 pm. 175 S. Franklin St (in the Senate Building), Juneau. Phone 907-586-2050.

Caribou Crossings

Features unique Alaskan gifts and apparel. Open May-September. 497 S. Franklin St., Juneau. Phone 907-586-5008. Toll-free 877-586-5008. <http://www.cariboucrossings.com>.

George's Jewelry and Gifts

Fine jewelry, gifts and Alaska Native crafts. 194 S. Franklin St., Juneau. Phone 907-586-1810.

Imagination Station

With a great assortment of toys, games, books and dolls, this is a favorite store not only for children but for the kid in all of us. Open Monday-Friday 10 am-6 pm, Saturday 10 am-5 pm, Sunday noon-5 pm. 174-A S. Franklin St. (in the Emporium Mall), Juneau. Phone 907-586-8697. <http://www.alaskantoy.com>.

Midnight Sun Gifts

Housed in the historic Germania Building, original site of the Red Dog Saloon, this locally owned and operated store stocks made-in-Alaska and Alaska Native collector's pieces: whalebone and moose antler carvings, *ulus* and Eskimo dolls. It also carries DeRosa porcelain figurines, soaps, jewelry, clothing, and animal prints and paintings. May-September open daily 8 am-9 pm, October-April open daily 10 am-6 pm. 158 S. Franklin St., Juneau. Phone 907-463-1226.

Nugget Alaskan Outfitter

A local favorite, this outfitter features outdoor Alaskan clothing, shoes and gear for work or play. 8745 Glacier Highway, No. 145 (in the Nugget Mall), Juneau. Phone 907-789-0956. Toll-free 800-478-6848. <http://www.nuggetoutfitter.com>.

RainTree Quilting

This store offers unique Alaskan fabrics and kits for quilting and embroidery. Lots of samples decorate the walls. 2213 Dunn St. (off Glacier Highway across from Frontier Suites), Juneau. Phone 907-789-7900. <http://www.raintreequilting.com>.

Rufus K Page

Browse this store for locally made jewelry, Alaska Native-themed stories and legends, shawls and scarves, fun socks, aprons, ties and moose-themed pajamas. Recycled wool-felted jackets, sweaters and mittens will keep you warm. There's also a kids' gift corner. Merchants Wharf, 2 Marine Way, No. 120, Juneau. Phone 907-586-2600.

Shoe Fly & Hudsons

Step out in style, no matter what the weather. You may need two pairs of shoes: one for muddy outdoors and a pair of three-inch party heels "with attitude" for the captain's table dinner. The socks and purses are also outrageously fun. 109 Seward St. (next to Juneau Drug Store), Juneau. Phone 907-586-1055. <http://www.shoeflyalaska.com>.

Taku Smokeries and Store

Stop in for a free sample of locally caught smoked sockeye or king salmon and for a self-guided tour of the smoking and packing operations. 550 S. Franklin St. (next to the tram and Twisted Fish restaurant), Juneau. Phone 907-463-3474. <http://takustore.com>.

The Foggy Mountain Shop

If you want to hike or backpack in the Juneau area, this is the place to go for advice. Also pick up rugged clothing and gear for cold, wet outdoor weather. 134 N. Franklin St., Juneau. Phone 907-586-6780. <http://www.foggy mountainshop.com>.

The Jewel Box

Founded during territorial days, this is Juneau's oldest jewelry store and one trusted by locals. 248 Front St., Juneau. Phone 907-586-2604.

William Spear Design

Sells unique enameled pins and zipper pulls that are wearable works of art and perfectly sized to carry home easily. They come in designs for every taste and interest. 174 S. Franklin St., No. 201, Juneau. Phone 907-586-2209. <http://wmspear.com>.

DINING**Dining Overview**

Seafood is the specialty of most restaurants, but the city also has a surprising array of different cuisines. A salmon bake is an experience every visitor should have, so make reservations in advance.

If you like beer, ask for an Alaskan Amber, Stout, IPA, White or Pale Ale. They're brewed year-round by Juneau's award-winning Alaska Brewing Co. along with seasonal summer and winter ales.

For a snack while you're shopping downtown, be sure to sample some fudge from the Alaskan Fudge Co. To warm up on a drizzly day, savor a huge cup of hot chocolate and a cookie from Paradise Cafe.

When several cruise ships are in town during the summer, or if there's a major event, it's best to make reservations. This is generally not necessary during the rest of the year.

Expect to pay within these guidelines for a meal for one, not including drinks, tax or tip: \$ = less than US\$10; \$\$ = US\$10-\$20; \$\$\$ = US\$21-\$50; and \$\$\$\$ = more than US\$50.

Local & Regional

Gold Room

Located at the beautiful and historic Westmark Baranof Hotel, the Gold Room has excellent Alaskan cuisine and fine wines. The crispy marionberry-glazed half-duckling and hazelnut-crusted elk fillet in a port cherry-wine sauce are excellent, as is the king crab. Open for lunch and dinner. \$\$-\$\$\$\$. Most major credit cards. 127 N. Franklin St., Juneau. Phone 907-586-2660. Toll-free 800-544-0970. <http://www.westmarkhotels.com/juneau-food.php>.

Hangar on the Wharf

You can watch floatplanes take off and land while you eat at this waterfront restaurant at Merchants Wharf, an old converted airplane hangar built on pilings overlooking Gastineau Channel's busy floatplane dock and home to several restaurants and shops. Try the halibut tacos, hot ciabatta sandwiches, Cajun chicken or blackened salmon Caesar salad and steaks. Be sure to sample a local Alaskan Brewing Co. microbrew from a selection of 100 beers, including 28 on draft—the biggest selection in southeast Alaska. Also a popular, smoke-free late-night hangout. Open for lunch and dinner. Reservations available. \$\$\$. Most major credit cards. Merchants Wharf, 2 Marine Way, No. 106, Juneau. Phone 907-586-5018. <http://www.hangaronthewharf.com>.

Sandpiper Cafe

Half a block from the Alaska State Museum, this is an airy, casual restaurant. Breakfast favorites include sourdough ricotta pancakes, Mandarin-orange French toast and smoked salmon omelettes. For lunch, go wild with wild-game buffalo burgers, or the specially made corned beef hash. Also popular are the citrus chicken salad with chili-lime dressing and chicken cashew salad. Espresso gets raves there. No alcohol. Open year-round daily for breakfast and lunch. \$\$\$. Visa and MasterCard accepted. 429 W. Willoughby Ave., Juneau. Phone 907-586-3150.

Cuisines

Asian

Canton House

Authentic Chinese cuisine in a beautiful, spacious restaurant with lots of windows. Favorites are Mongolian beef, lo mein and the combination lunch specials. Daily for lunch and dinner. Reservations recommended. \$\$\$. Most major credit cards. 8585 Old Dairy Road (at the corner of Egan Drive and Glacier Highway, across from Nugget Mall), Juneau. Phone 907-789-5075. <http://www.cantonhouse.net>.

Chan's Thai Kitchen

Small, inexpensive and popular Auke Bay restaurant with unique dishes and dinette-table decor. Pad thai, cashew chicken and spring rolls are popular. Tuesday-Friday for lunch and dinner, Saturday for dinner only. No reservations, so arrive early. \$\$\$. 11806 Glacier Highway, Auke Bay. Phone 907-789-9777.

Dragon Inn

This popular restaurant serves genuine Chinese cuisine. Hong Kong transplant and owner Peter Lan offers specialties such as Mongolian beef, dim sum, and sweet and sour chicken and pork. Open Monday-Friday for lunch and dinner, Saturday for dinner only. Reservations recommended. \$\$\$. 5000 Glacier Highway (in the Lemon Creek area), Juneau. Phone 907-586-4888.

Seong's Sushi Bar

This small, popular sushi bar serves fish as fresh as it can be, along with Chinese food. Open for lunch and dinner. \$\$\$. Most major credit cards. 740 W. Ninth St. (across from the Federal Building), Juneau. Phone 907-586-4778.

Zen

This upscale restaurant serves Asian fusion cuisine in a nicely decorated, spacious room in the Goldbelt Hotel with water views across Egan Drive. Favorites on the menu are ginger halibut, black cod stir-fry, Thai coconut-curry shrimp, and steaks. For lunch, the peanut chicken salad is a best-seller. Full wine menu from the Jaded Bar, attached to the restaurant. Open daily for lunch and dinner. Breakfast is also served in summer. Reservations recommended. \$\$-\$\$\$.

Most major credit cards. 51 Egan Drive, Juneau. Phone 907-586-5075 or 907-586-1551 (Jaded Bar). <http://www.zen-restaurant.net>.

Italian

Bullwinkle's Pizza Parlor

A Juneau institution since 1973, with tasty pizza (garlic chicken is a favorite), a good salad bar, buffalo wings, sandwiches and all-you-can-eat popcorn. Kid-friendly with family style tables surrounded by arcade machines. There is a second location at Mendenhall Mall (phone 709-789-3900). Open daily for lunch and dinner. \$-\$\$.

318 Willoughby Ave., Juneau. Phone 907-586-2400. <http://www.bullwinklespizza.com>.

Pizzeria Roma

A huge mural of the Juneau waterfront and historic Alaska Coastal Hangar decorates this cozy Marine Wharf restaurant. Try the Jamaican bacon and Guido's combo pizzas, or the delicious Insalata Roma salad. Among the favorites are scampi, osso bucco, chicken Tuscany, focaccia sandwiches, freshly baked tiramisu and cannoli. In the summer, it also serves oysters and steamer clams. Open daily for lunch and dinner. \$\$. Merchants Wharf, 2 Marine Way No. 104, Juneau. Phone 907-463-5020. <http://pizzeriaroma.hangaronthewharf.com>.

Tarentino's

Romantic decor, soft music and candles set the scene for Juneau's newest Italian restaurant. *Zuppa de mari*, a Roman-style fish soup, is laden with local fresh fish. Other favorites are chicken marsala, halibut piccata and veal parmesan. Open daily for lunch and dinner in summer, Monday-Saturday in winter. \$\$. 140 Seward St., Juneau. Phone 907-523-0344.

Mexican

El Sombrero

A popular Juneau eatery in the heart of downtown since 1979, featuring combination platters and Mexican munchies. On a sunny day, ask to sit on the second-story patio to enjoy a view of bustling Franklin Street. Open daily for lunch and dinner. \$-\$\$.

Most major credit cards. 157 S. Franklin, Juneau. Phone 907-586-6770.

Olivia's de Mexico

A family-owned and -operated Juneau tradition since 1974, this festive restaurant is in a vibrantly decorated basement. Try any of the homemade Mexican dishes, including the chili verde or chili relleno. Monday-Saturday for lunch and dinner. Reservations recommended. \$-\$\$.

Most major credit cards. 222 Seward St., Juneau. Phone 907-586-6870.

Seafood

Thane Ore House Salmon Bake

This rustic restaurant—popular with locals because the fish is fresh—is an Alaskan experience. It offers a great all-you-can-eat salmon bake as well as ribs, beer-battered halibut, homemade baked beans, salad bar and corn bread. You enter through what looks like a mine tunnel, and there is a free museum of Alaska Gastineau mine relics in an adjacent room. Nearby is the Sheep Creek salmon run. Eat outside with views of Gastineau Channel on sunny days or snuggle up by the roaring fireplace when it's drizzly. Reservations recommended for large groups. \$\$. Most major credit cards. 4400 Thane Road, Juneau. Phone 907-586-3442. <http://www.thaneorehouse.com>.

T.K. Maguire's

Seafood—especially the captain's plate and king crab—along with steaks, prime rib, pastas and Alaska-sized salads are the specialties of this longtime Juneau restaurant. Maguire's has "Juneau's best Sunday brunch" as well as a lounge. Early mining photos decorate the walls. Open Monday-Saturday 7 am-9 pm, Sunday 10 am-9 pm. \$\$\$. 375 Whittier St. (in the Prospector Hotel across from the boat harbors on Gastineau Channel), Juneau. Phone 907-586-3711. <http://www.prospectorhotel.com/restaurant.htm>.

Twisted Fish Co. Alaskan Grill

Wild Alaska seafood (the tempura halibut, cedar-plank salmon with berry chutney and king crab are house specialties) served with an excellent waterfront view. Try the shrimp fritters with spicy Thai sauce. The restaurant also has great pasta, salads, buffalo burgers and steaks. Open for lunch and dinner in the summer. Closed in the winter. Reservations recommended. \$\$-\$\$\$\$. Most major credit cards. 550 S. Franklin St., Juneau. Phone 907-463-5033. <http://twistedfish.hangaronthewharf.com>.

SECURITY

Personal Safety

Crime isn't a significant problem in Juneau. Use common sense and be aware of your surroundings. There are many foreign visitors and crewmembers constantly in and out of the city. Also, be on the lookout for black bears.

Health

Mosquitoes and other nibblers aren't nearly as bad as in other parts of Alaska but can be a nuisance when you're out hiking or fishing near the woods around dusk—don't venture out of town without a good insect repellent.

Always be aware of the possibility of encountering a bear. If you do, don't approach it, and try to avoid quick actions that may alarm it. Inquire locally for details on recent bear activity and advice on how to behave around the animals. Forest-service rangers offer bear-viewing advice at the Mendenhall Glacier Visitor Center and at the U.S. Forest Service Tongass National Forest, Juneau Ranger District. Phone 907-586-8800. http://www.fs.fed.us/r10/tongass/forest_facts/safety/bearfacts.shtml.

Bartlett Regional Hospital is located 4 mi/6 km north of downtown at 3260 Hospital Drive. Phone 907-796-8900. <http://www.bartletthospital.org>.

Disabled Advisory

Most of Juneau is wheelchair accessible, and most shops and downtown hotels are at ground level. Several buses with Capital Transit have wheelchair lifts, as do downtown trolleys. The Juneau International Airport and the Alaska Marine Highway ferries are accessible.

Care-a-Van, located at 1805 Glacier Highway, operates an accessible van for locals. With 24-hour notice, drivers will assist visitors when the schedule allows. Phone 907-463-6194. <http://www.ccsjuneau.org/63,careavantransportation>.

For more information about accessibility, contact Southeast Alaska Independent Living (SAIL) and Outdoor Recreation and Community Access (ORCA) at 3225 Hospital Drive. Phone 907-586-4920. Toll-free 800-478-7245. <http://www.sailinc.org>.

Dos & Don'ts

Do dress casually—and in layers. Be sure to take along comfortable walking shoes and a raincoat.

Don't make insulting comments about ravens or eagles—they're important mythological figures to Alaska Natives.

Do be very careful with trash, which will attract bears. Dispose of it in the latched trash cans you'll find around town, but don't deposit mail in those cans (they resemble mailboxes).

Don't be surprised to see people dressed in rubber boots, even in fine restaurants.

Don't hike alone. Always tell someone where you're going and when you expect to return.

FACTS

Geostats

Passport/Visa Requirements: All U.S. citizens must have a passport when traveling by air to or from Bermuda, Canada, the Caribbean, Central and South America and Mexico. Citizens of Canada, Mexico and the British Overseas Territory of Bermuda also must have a passport or other designated secure document to enter the U.S.

Passports are required for land crossings at the Canadian and Mexican borders with the U.S. and for cruise passengers returning to the U.S. from Mexico, the Caribbean, Canada or Bermuda. Reconfirm travel-document requirements with your carrier prior to departure.

Population: 30,690.

Time Zone: 9 hours behind Greenwich Mean Time (-9 GMT). Daylight Saving Time is observed from the second Sunday in March to the first Sunday in November.

Voltage Requirements: 110 volts.

Telephone Codes: 907, area code for all of Alaska;

Weather

Temperatures in Juneau are typically mild, with an average of 55 F/12 C. The warmest months are June-August when there is 18 hours of daylight in June. Daytime temperatures range from 44 F/6 C to 75 F/23 C—and sometimes even warmer. Winter temperatures range in the 20s-30s F/-5 to 0 C and seldom dip further than that. Juneau is in a temperate rain forest, so you can expect rain—usually mist—any time of the year and about 280 overcast days annually. Snow alternates with rain during the winter.

What to Wear

Hypothermia is a threat any time of the year, so dress in layers. It may be cool in the morning, but as the day goes on, you may want to take off a jacket or sweater. Also, pack a hat, waterproof shoes, a raincoat and some light clothing. If you're hiking, take a hat and gloves—and a friend.

Juneau is casual, so you can attend the symphony in jeans and boots. Business wear can be a bit more formal—take a suit to be on the safe side.

Ketchikan, Alaska

OVERVIEW

Introduction

Ketchikan, Alaska, is the site of an ancient Tlingit fish camp and was a supply town during the gold rush. Ketchikan is about 3 mi/5 km long but only a couple of blocks deep. Located on the southwest shore of Revillagigedo Island, it's the first port of call into Alaska, hence its nickname, The First City.



Ketchikan is considered an Alaska Native cultural center for the Tlingit, Haida and Tsimshian tribes, as well as a sportfishing mecca. The town generally gets more than 150 in/388 cm of rain annually, but don't let the liquid sunshine (as residents prefer to call it) keep you inside—Ketchikan is worth exploring in any kind of weather.

Must See or Do

Sights—Deer Mountain Tribal Hatchery and Eagle Center; Saxman Native Village; Totem Bight State Historical Park for restored totems; a tour of George Inlet Cannery.

Museums—Exhibits on Ketchikan's history and collectibles and art at Tongass Historical Museum; Totem Heritage Center for its collection of 19th-century totem poles; natural exhibits at Southeast Alaska Discovery Center.

Memorable Meals—The fresh halibut-and-chips basket at The Halibut Hole; Annabelle's Famous Keg and Chowder House for the seafood chowder in a sourdough loaf; any salmon or halibut entree at Heen Kahidi; the seafood or steaks at Salmon Falls Resort.

Late Night—First City Saloon for billiards and 20 beers on tap; the First City Grill for the original halibut taco; live entertainment and chowder at the Fish Pirates Saloon.

Walks—A stroll through the Saxman Native Village; a hike on the Deer Mountain Trail; the boat harbor and Tongass Narrows; the Historic Ketchikan walking tour in downtown and the West End.

Especially for Kids—The Great Alaskan Lumberjack Show; kayaking up Ketchikan Creek or fishing off Stedman Street Bridge; the Bear Creek zipline by Alaska Canopy Adventures.

Geography

Ketchikan is only accessible by air or water. It is located on Revillagigedo Island, in the heart of the 17-million-acre/6.9-million-hectare Tongass National Forest. The city sits at the base of Deer Mountain and is encircled by the Tongass Narrows waterway. Behm Canal encircles most of the island.

Tongass Avenue is the main north-south highway, but its name changes as it progresses through town—it is Stedman Street at the base of Ketchikan Creek, Mill Street as it heads toward the docks, Front Street along the downtown docks, then Water Street north of Front Street.

A number of streets are really stairs or short passages. A few blocks from the dock is the once-rowdy Creek Street, now a tame boardwalk. It is really a walkway on pilings along Ketchikan Creek, featuring quaint shops that were once bordellos.

History

For generations, the proud and resourceful Tlingit and Haida tribes spent the summer months near where Ketchikan now stands. They caught salmon in the rivers and creeks, and hunted bear and deer. There is almost no evidence of the Tlingit and Haida being whalers.

Spanish and Russian explorers arrived in the 17th and 18th centuries; the first Russians arrived in 1741 searching for new travel routes, fur and opportunities for settlements and political expansion. Their arrival gave rise to clashes.

The U.S. purchased the Alaska territory from Russia in 1867, after Canada passed on the opportunity. Entrepreneurs Mike Martin and George Clark opened a salmon saltery in Ketchikan in 1886 along with a trading post and the city's first post office.

The gold rush of 1898 brought thousands of newcomers to the territory. Ketchikan became a major port of entry, supplying goods and passage to the Yukon. After the gold rush, commercial canning companies sprang up along the coast as the demand for salmon grew. Logging also became a major industry during World War II.

Today, Ketchikan relies on tourism as travelers flock to the area for its untamed beauty.

Port Information

Location

Ketchikan is a popular first or last stop on many Alaskan cruises, and as many as six cruise ships can dock there. Ships have assigned dock space or they anchor in Tongass Narrows, and passengers are tendered into town by smaller craft. Most visitor attractions are within walking distance of the docks.

Ketchikan's visitors center is on the docks at 131 Front St. on Berth Two and has free walking-tour and kayaking maps, brochures and tour-reservation booths. Public phones and restrooms are also available there. The center is open daily 8 am-5 pm in summer and whenever ships are in port. Winter hours (October-April) are Monday-Friday 8 am-5 pm. Phone 907-225-6166. Toll-free 800-770-3300. <http://www.visit-ketchikan.com>.

A second visitors center is located near Berth Three and also has pay phones and restrooms. Public restrooms are also located near Berth Four in the Newtown area.

Potpourri

The town's main highway, Tongass Avenue, is 32 mi/50 km long, but it has only four traffic lights.

At one time, Ketchikan had 13 canneries, earning it the nickname "Salmon Capital of the World."

Visitors can still follow the Married Man's Trail from the old red-light district back to town.

There are no igloos in southeast Alaska. They exist in the northern part of the state.

Ketchikan is at 55 degrees latitude, the same as Malmo, Sweden; the southern portion of Canada's Hudson Bay; and Moscow.

Ketchikan, Alaska's rain capital, boasts an average annual rainfall of 155 in/394 cm. In 2005, the town was one of the wettest spots on earth after accumulating 200 in/508 cm of rain. A "drought" occurred in 1982 when only 81 in/206 cm of rain was recorded.

Ketchikan has the world's largest collection of standing totem poles at Saxman Village, Totem Bight and the Totem Heritage Center.

Ketchikan comes from the Tlingit word *Kitsch-kan*, which can be translated as "spread wings of a prostrate eagle" or "Kitsch's home." There is no record of any area chief being named Kitsch.

Mike Martin and George Clark originally purchased the town site next to the creek from a native named Paper Nose Charlie, according to the original deeds. But Paper Nose Charlie was not even a member of the local Tlingit tribe, so it's not clear how he had the authority to sell the town site in the first place.

SEE & DO Sightseeing

Stop by the visitors center on the dock to pick up the Historic Ketchikan walking-tour map and guide to area attractions. The 2-mi/3-km tour is an excellent way to see many of Ketchikan's sites. Even if you stray from the map, don't worry: The town isn't big enough to get lost in. The city has also put up signage to make it even easier for visitors to find sites of interest and then return to the docks.

The walking tour will take you past the turreted, Victorian-style Burkhardt House; the 1954 tunnel on Front Street, which claims to be the only tunnel that you can go over, around and through; and E.C. Phillips & Sons, one of the few remaining cold-storage and fish-processing plants in the city.

You might also want to drop by the Southeast Alaska Discovery Center, one block inland from the cruise docks. It provides interpretive exhibits about the rain forest, wildlife and native cultures, a film about the Tongass National Forest, and information on public lands, area hiking, kayaking and local ecosystems.

Along with the prosperity brought by salmon and mining came a red-light district built on the pilings above Ketchikan Creek. The community had as many as 30 bordellos before prostitution became illegal in 1953. Most of the women moved on; one who didn't was Dolly Arthur, whose bordello is now a museum, Dolly's House.

Strolling along the rest of Creek Street and checking out the various shops can be great fun. There are also a few cafes where you can eat outside if the weather is nice. Or just hang over the railings and watch the fish and kayakers go by. While you're on Creek Street, catch the tram up to Cape Fox Lodge. From there you'll be treated to one of the best views of Ketchikan.

Historic Sites

Ketchikan has one of the world's largest collections of totem poles. Cedar totem poles are symbolic storytellers, characterized by creatures such as eagles, killer whales, beavers, bears and wolves. They are carved for a variety of reasons—from mortuary poles that hold ashes of the deceased to celebrations. During the early 1900s, as Alaska Natives moved closer to towns where employment could be found, whole villages were abandoned and the totems were left.

In 1938, the U.S. Forest Service began a rescue program to preserve and repair many of these monuments.

Each pole has a name, such as Thunderbird and Whale, Man Wearing Bear Hat, Sea Monster Pole and Halibut Pole. Two parks outside of town feature large collections of totem poles: Saxman Native Village, about 2.5 mi/4 km south of town; and Totem Bight State Park, about 10 mi/17 km north of town. Many of the totem poles around Ketchikan are replicas; older poles require regular maintenance and repair. **George Inlet Cannery**

Built in 1913 as the Libby, McNeill & Libby Cannery, it employed labor from China and the Philippines. Closed in 1958, it reopened in 1996 as a historic landmark, with guided tours of the early cannery operations and equipment available to cruise-ship passengers only. Open May-September. Tours are US\$48 through local tour operators. 13194 S. Tongass Highway (12 mi/19 km south of downtown), Ketchikan. Phone 907-24-1840.

Saxman Native Village

This village, named after a Presbyterian teacher who was lost at sea, has a collection of 24 totems planted in the ground. In addition to the poles, there's a cedar replica of the Beaver Clan House and a carving shed. Open Monday-Friday. Free admission. Tours, demonstrations and performances have fees. 2706 S. Tongass Highway, Saxman (2.3 mi/3.7 km south of town), Ketchikan. Phone 907-225-4166.

Museums

Dolly's House Museum

This popular bordello from 1903-53 was owned by Creek Street's famous madam, Dolly Arthur. The distinctive sea-green house with red trim can't be missed. Costumed ladies stand at the front door and the second-floor window beckoning visitors in for a tour. May-September daily. US\$5. 24 Creek St., Ketchikan. Phone 907-225-6329. <http://www.margaretdeefholts.com/dollyarthur.html>.

Southeast Alaska Discovery Center

Explore the exhibits on Native culture, the rain forest, natural resources and ecosystems. The museum is also an information center for camping facilities, outdoor activities and public lands. Gift shop, theater and bookstore on-site. Open May-September Monday-Friday 8 am-5 pm, Saturday and Sunday 8 am-4 pm; October-April Thursday-Sunday 10 am-4 pm. US\$5, free for children age 15 and younger. 50 Main St., Ketchikan. Phone 907-228-6220. <http://www.fs.fed.us/r10/tongass/districts/discoverycenter> or <http://www.alaskacenters.gov/ketchikan.cfm>.

Tongass Historical Museum

Stop by this museum to learn about the town's fishing heritage. Exhibits on Ketchikan history, Native culture and art rotate every three months. May-September daily 8 am-5 pm; October-April Tuesday-Friday 1-5 pm, Saturday 10 am-4 pm. Admission US\$2. 629 Dock St. (in the Library Building, near the intersection of Dock and Bawden streets), Ketchikan. Phone 907-225-5600. <http://www.city.ketchikan.ak.us/departments/museums/tongass.html>.

Totem Heritage Center

This museum collects and preserves totem poles retrieved from abandoned Alaska Native villages. The center contains 33 poles and pole fragments, many of which are more than 100 years old. May-September daily 8 am-5 pm (a 15-minute tour is available), October-April Monday-Friday 1-5 pm. US\$5. 601 Deermount St., Ketchikan. Phone 907-225-5900. <http://www.city.ketchikan.ak.us/departments/museums/totem.html>.

Nature

Pods of orca whales go into Tongass Narrows for salmon—tour boats often encounter them along with seal colonies on rocks. Floatplane tours flying to and from Misty Fjords often spot whales moving along Behm Canal. Bears usually visit streams where salmon go to spawn during early-morning hours or late afternoon. Occasionally, they are seen on the Creek Street boardwalk.

Misty Fjords National Monument

The sheer rock walls, towering above coves, are overwhelming. Visitors can opt for a flightseeing day trip over Misty Fjords or boat tours. During these tours, you may see bald eagles in the air, brown and black bears on the ground, and whales and sea lions in the ocean. Ketchikan-Misty Fjords Ranger District, 3031 Tongass Ave., Ketchikan. Phone 907-225-2148. <http://www.fs.fed.us/r10/tongass/districts/ketchikan/kmrdintro.shtml>.

Neighborhoods & Districts

Newtown

This was the first part of Ketchikan to develop after downtown in the early 1900s. It features many historic buildings and older stores, as well as a working harbor and colorful live-aboard boats.

Nobb Hill

The area features many of Ketchikan's stateliest homes from the early 1900s. The roads are steep, but the views are worth it.

Stedman-Thomas

Listed on the National Register of Historic Places, it was once the home to Alaska Natives and other minorities who worked in the canneries. It features many historic buildings and is located between downtown and Thomas Basin.

Thomas Basin

This marina was a baseball field until the 1920s. The city installed pilings and expanded it over the mudflats. There are viewing areas, decks and picnic tables around the marina—worth the walk past the red-and-white Potlatch building and along the breakwater. Often, eagles flock there. Thomas Basin is Ketchikan's second-largest boat harbor, home to a portion of the local fishing fleet. At the end of Ketchikan Creek, Ketchikan.

Parks & Gardens

City Park

This park was once home to holding ponds for salmon in the early 1950s. It is now a tranquil spot with a fountain, brooks, benches and picnic tables. At the northern end of Ketchikan Creek, Ketchikan.

Eagle Park

This park features *Thundering Wings*, a huge eagle by renowned Tlingit carver Nathan Jackson. Front Street (near the docks), Ketchikan.

Totem Bight State Historical Park

This park has 14 poles, most of which are more than 50 years old. You can also stop by a Tlingit clan house. To reach the site from the North Tongass Highway at Mile 9.9, walk along a short path through the rain forest to a clearing covered with wildflowers. The totems and the scenery are truly spectacular—if you really want to appreciate the view, take along a picnic lunch and spend an hour or more there. Kiosks near poles interpret the carvings. Free, but donations are accepted. Ketchikan Ranger Station, 9883 N. Tongass Highway, Ketchikan. Phone 907-247-8574. <http://dnr.alaska.gov/parks/units/totembgh.htm>.

Whale Park

Designed in the shape of a whale, this park is full of flowers and contains the Chief Kyan Totem Pole (a replica of a pole first erected in Ketchikan in the 1880s). It is also home to the antique Billingsley Clock—said to be the oldest timepiece in the city, it still keeps accurate time. The clock once stood by the Knox Brothers Curios Store on Mission and Tongass streets. Mill Street, downtown, Ketchikan.

Other Options

Great Alaskan Lumberjack Show

The show is a rowdy re-creation of logging competitions from Alaska's past. You can watch chopping, sawing, axe-throwing, pole-climbing and log-rolling events from a heated, covered facility. The hour-long performances take place May-September three to four times a day, depending on the number of ships in port. US\$35 adults, US\$17.50 children ages 3-12, free for children age 2 and younger. 420 Spruce Mill Way (behind the Southeast Alaska Discovery Center), Ketchikan. Phone 907-225-9050. Toll-free 888-320-9049. <http://www.lumberjacksports.com>.

Recreation

Ketchikan fishing is legendary with all five species of salmon plus halibut, red snapper, cod, shrimp and crab. Freshwater fly-fishing is also popular locally and on Prince of Wales Island.

Salmon lure eagles, bears and other wildlife, so a hike through the Tongass National Forest may provide glimpses of wildlife and more than 250 species of birds.

Kayak the Tongass Narrows around islands or through majestic Misty Fjords National Monument, a northern version of the Grand Canyon.

Bicycling

Maps and information on bike trails are provided at the Southeast Alaska Discovery Center at 50 Main St. (phone 888-320-9049). You can also find information and maps at the visitors centers at 131 Front St. and Berth Three. Phone 800-770-3300.

Bird Watching

During salmon season, white-tailed, white (bald)-headed eagles are everywhere. With their distinctive call, they'll gather in trees, fly around fishing boats and processing plants, and perch on jetties. Bird-watchers won't want to miss seeing them dive and seize prey out of the water.

Other birds such as ravens, hummingbirds, Steller's jays and Canada geese are abundant in the area. The Southeast Alaska Discovery Center offers comprehensive brochures, guides and maps for viewing birds. **Deer Mountain Tribal Hatchery and Eagle Center**

The center features scenic paths around what were once the native holding ponds for salmon, and a beautiful fountain. Photographers and bird-watchers can get up close to eagles, and visitors can feed the salmon that will be released to the wild on reaching adulthood. Sample Alaska smoked salmon in the Interpretive Center. Open May-September 8 am-4:30 pm. Admission US\$12; free for children younger than 12. 1158 Salmon Road (near Ketchikan Creek and City Park), Ketchikan. Phone 907-228-5530. Toll-free 800-252-5158. <http://www.kictribe.org/businesses/dmthec/index.html#tours>.

Boating & Sailing

Southeast Sea Kayaks

This company rents kayaks for US\$49-\$59 per day. Guided trips in Ketchikan harbor (about three hours) start at US\$94 adults. For a wilderness experience, kayak in Orcas Cove, a 20-minute boat ride from Ketchikan, and fly through Misty Fjords in a seaplane (a five-hour trip for US\$399). 1621 Tongass Ave., Suite 101B, Ketchikan. Phone 907-225-1258. Toll-free 800-287-1607. <http://www.kayakketchikan.com>.

Fishing

Because of all its canneries, Ketchikan bills itself as the "Salmon Capital of the World." Exploring the waters around the town while casting for fish is an exhilarating experience. Several charter firms offer trips. The visitors center has a complete list of operators. Expect to pay about US\$150 per person for a half-day trip (four-person minimum). Fishing licenses cost extra: US\$25 per day for nonresidents, and US\$10 for a king-salmon sticker (if you catch a king but don't have a sticker, you'll have to release it).

Processing of caught fish is done at dockside for an additional charge (by the pound) and is shipped via FedEx to whatever address you provide. **Knudson Cove Marina**
This marina manages 19 fishing charter boats. 407 Knudson Cove Road, Ketchikan. Phone 907-247-8500. Toll-free 800-528-2486. <http://www.knudsoncove.com>.

Stedman Street Bridge

This spot over Ketchikan Creek is a great fishing spot for adults and children. During the season, visitors can rent poles and get a fishing license from a little blue shop next to the bridge. Fish can be processed and vacuum-packed for shipment home.

Hiking & Walking

There are plenty of opportunities for hiking in the surrounding Tongass National Forest, although most trails are not accessible from downtown. There is a public trail and bike path along Ketchikan's waterfront from downtown to the village of Saxman, a distance of approximately 2 mi/4 km, and the path has been extended out to Mountain Point, an additional 3 mi/5 km.

Most other trails require transportation or a guide, so check the Southeast Alaska Discovery Center at 50 Main St. for a map and the names of tour guides. Phone 907-228-6220. <http://www.fs.fed.us/r10/tongass/recreation/trails/traillist.shtml>.

SEATrails also lists seven Ketchikan trails online, with access points, elevation gain, distance, difficulty and maps. http://www.seatrails.org/com_ketchikan/index.htm. **Deer Mountain Trail**

The 3-mi/5-km Deer Mountain Trail begins at the base of Deer Mountain (behind City Park). It's about a four-hour hike. The trail is very steep, so wear your hiking boots. Also take insect repellent and water with you. The first overlook is about 1 mi/1.5 km up—you can always turn around there after you're done gazing at the incredible views.

Rainbird Trail

This trail is located less than a mile/kilometer from downtown. It begins and ends on the Third Avenue bypass road. It is not as strenuous as the Deer Mountain Trail and much shorter, but offers spectacular views of both downtown and Ketchikan's West End. The beginning and the end of the trail are fairly steep, but the majority of the trail is flat and easy to walk. A map of the trail is available at the visitors center.

Ward Lake Trail and Perseverance Lake Trail

One of Ketchikan's most scenic trails is the 1.3-mi/2.1-km-long trail at Ward Lake, which goes through old-growth forest. It is approximately 8 mi/13 km from downtown on the North Tongass Highway. Across the road is the 2.3-mi/3.7-km Perseverance Lake trail, great for berry picking in late July and August. Make noise to alert bears you are in the area.

Other Options

Alaska Canopy Adventures

Zip through the rain forest from 10 treetop platforms on eight dual ziplines and cross three suspension bridges (sky bridges) for a unique perspective on nature on the Rainforest Canopy and Zipline Expedition. Another adventure, the Bear Creek Zipline, welcomes families. US\$179 per person for each tour. 4085 Tongass Ave., Suite 201, Ketchikan. Phone 907-225-5503. <http://www.alaskacanopy.com>.

Shopping

There's a wide variety of shopping in Ketchikan, especially for Alaska-made items. The best shops are along Front Street and on nearby Dock, Mission, Mill, Spruce Mill and Main streets. Creek Street, off Stedman Street in the old red-light district, is home to many quaint stores.

Visitors should keep in mind that some of the Alaskan-themed items for sale are imported from Asian countries. However, Ketchikan does offer excellent Alaska Native and native-made goods such as carvings, jewelry, pottery and crafts. There are also excellent books written by Alaskans about totem poles, the area's history and native culture, as well as cookbooks.

If you are purchasing local arts or crafts, you should look for a little silver-and-black sticker on the item. The one with a polar bear designates the item was made in Alaska; the one with a hand indicates the item was made by an Alaska Native. Although this is meant to guarantee the item is an Alaskan original, not all Alaskan artists pay to have the stickers on their items. Often, a store proprietor will tell you about the artist of a piece you admire, or the item will have a tag with information about the artist.

Shopping Hours: During cruise-ship season (May-September), most shops are open daily or when cruise ships are in port. The rest of the year, hours are generally Monday-Saturday 9 am-5 pm.

Bookstores

Parnassus Books

This cozy bookstore has been in the same location for decades. It carries an excellent selection of books on Alaskan history, culture, cooking, cards, music and gifts, as well as children's books. 5 Creek St. (Star Building, upstairs), Ketchikan. Phone 907-225-7690. <http://www.ketchikanbooks.com>.

Galleries

Ketchikan has more master carvers than anywhere else in Alaska. You can see artists at work in their shops at the House of Haida (728 Water St., Suite 101; phone 907-247-4438); Crazy Wolf Studio (607 Mission St.; phone 907-225-9653); Ketchikan Carvers at the Creek (28 Creek St.; phone 907-225-3018); and Our Living Legends (331 Stedman St.; phone 907-225-2266). **Arctic Spirit Gallery**

Located under the welcome arch, this gallery sells totem poles, masks, scrimshaw art, carvings, bentwood boxes, and Northwest Coast and Alaska Native baskets. 310 Mission St., Ketchikan. Phone 907-225-6626. <http://www.arcticgallery.com>.

Crazy Wolf Studio

This studio carries items by Tsimshian artist Ken Decker. His specialty is drums, along with paddles, carved argillite figures, totem poles and bentwood boxes. Other local artists are also featured. 607 Mission St., Ketchikan. Phone 907-225-9653. <http://www.crazywolfstudio.com>.

Exploration Gallery

Located at the entrance to Creek Street, this gallery features Alaskan and locally made pottery, as well as jewelry, maps and prints. Cahoots Coffee Shop is also on-site, serving specialty soups and sandwiches. 105 Stedman St. (by Whale Park), Ketchikan. Phone 907-225-4278. <http://www.explorationgallery.com>.

Ketchikan's Carver at the Creek

Tlingit artist Norman Jackson sells masks, wood carvings, jewelry, ivory and baskets. 28 Creek St., Lower, Ketchikan. Phone 907-225-3018. <http://www.normanjackson.com>.

Scanlon Gallery

This frame shop is one of the finest art galleries in the city, carrying the works of artists such as Rie Munoz and Barbara Lavellee with their colorful depictions of Alaskan life, as well as glass, books, clothing and jewelry. 318 Mission St., Ketchikan. Phone 907-247-4730. <http://www.scanlongallery.com>.

Soho Coho

This contemporary arts-and-crafts gallery is the headquarters of artist Ray Troll, famous for his fantastical fish art. The shop also carries the works of other local artists in jewelry, photography and handmade crafts. 5 Creek St. (Star Building), Ketchikan. Phone 907-225-5954.

The Point

Alaska artist Terry Pyles shows local and regional art as well as his own paintings. The gallery also sells beads, yarn, coffee and specialty soups year-round in the coffee shop. 25 Jefferson Way, No. 102, Ketchikan. Phone 907-225-2858. <http://www.alaskanart.net>.

Shopping Areas

Ketchikan Plaza

The mall has a Safeway Foods, Sears, McDonald's, Alaska Indoor Sports, a beauty salon, Wells Fargo Bank and a variety of gift shops. 2417 Tongass Ave., Ketchikan. Phone 907-225-7000. <http://www.ketchikanplaza.com>.

Salmon Landing Market

The market features shops that sell quilts, clothing, tea, Alaska souvenirs and T-shirts. There are also restaurants and a coffee shop. The south end of the docks, downtown, Ketchikan. Phone 907-225-3289.

Tongass Trading Co.

This is one of Ketchikan's oldest businesses. Two downtown stores are located on opposite street corners at Dock and Front streets. They carry a variety of clothing, from T-shirts, seasonal fashions and formal wear to all-weather sports gear and equipment, luggage, salmon products, collectibles and souvenirs. Additional locations include Tongass Trading Furniture Store at 2324 Tongass Ave. and the Marine Outdoor store at 2521 Marine Works Way. 201 Dock St. and 312 Dock St., Ketchikan. Phone 907-225-5101. Toll-free 800-235-5102. <http://www.tongastrading.com>.

Specialty Stores

Bronze Maiden Seafoods

Recognized by the U.S. Commerce Association for quality products, this is an A-Z seafood shop, featuring every kind of local fresh seafood. It also provides recipes, and it packages and ships its products. A specialty is Silver Lining Seafoods smoked salmon pate. Open year-round. 1414 Tongass Ave., Ketchikan. Phone 907-225-2646. <http://www.bronzemaidenseafoods.com>.

Forget-Me-Not Sweater Shoppe

Stay warm with sweaters, gloves and hats from around the world and qiviut (musk-ox wool) scarves sold in this locally owned shop. Open year-round. 716 Totem Way, Ketchikan. Phone 907-225-3667. <http://www.forgetmenotsweaters.com>.

Poker Creek Gold

This shop sells mining artifacts, Alaskan gold nuggets, minerals and gold-nugget jewelry. You can even buy a chunk of gold. 18 Creek St., Ketchikan. Phone 907-225-3252.

Royal Treasures

This shop features a large collection of Russian-made items, such as hand-painted nesting dolls, Faberge-style egg pendants, amber jewelry and Lomonosov porcelain. 55 Main St., Ketchikan. Phone 907-225-8042.

DINING

Dining Overview

As would be expected, king crab, salmon and halibut are Ketchikan's seafood specialties, and they're always fresh. You can also find home-style chowders, cannery bread, wraps and great cheeseburgers. Most of the popular restaurants are within walking distance of downtown.

Coffee is big in Ketchikan. Kiosks along Tongass Avenue offer drive-through services. Favorite companies include Refiner's Roast (<http://www.refinersroast.com>) and Raven's Brew (<http://www.ravensbrew.com>).

Expect to pay within these general guidelines for a dinner for one, not including drinks, tax or tip: \$ = less than US\$10; \$\$ = US\$10-\$25; \$\$\$ = US\$26-\$40; and \$\$\$\$ = more than US\$40.

Local & Regional

Annabelle's Famous Keg and Chowder House

This 1920s-style roadhouse cafe is a favorite with locals. Wall-sized murals of Ketchikan's red-light district decorate the place, along with a 24-ft/8-m mahogany bar. It serves a hearty seafood chowder as well as fresh king crab and steaks. Try the sourdough pancakes or the steamer (seafood) basket, if it's later in the day. Both are house specialties, as is the home-style cannery bread. Open for lunch and dinner. Reservations recommended for lunch in the summer. \$\$-\$\$\$\$. Most major credit cards. 326 Front St. (in the Gilmore Hotel), Ketchikan. Phone 907-225-9423. <http://www.gilmorehotel.com/annabelles.htm>.

Bar Harbor Restaurant

This small, converted house is known for its grilled steak salad, steaks and fresh seafood. The halibut tacos are consistently top-notch. Dine on the deck if you can. Open for lunch and dinner. \$\$-\$\$\$\$. Most major credit cards. 2813 Tongass Ave. (on the west end of town next to the Bar Harbor Marina), Ketchikan. Phone 907-225-2813.

Jeremiah's Pub & The Landing Restaurant

The Best Western Landing Hotel houses two restaurants that are both popular with locals. Jeremiah's Pub serves everything from pastas to pub sandwiches. It features a pleasant fireplace, circular bar and a deck overlooking Tongass Narrows. Try the halibut BLT and beer-batter or sweet-potato fries. Downstairs is the Landing Restaurant, a family spot famous for its halibut-and-chips. Jeremiah's Pub open daily for lunch and dinner; The Landing open for breakfast, lunch and dinner. \$\$-\$\$\$\$. Most major credit cards. 3434 Tongass Ave. (across the Alaska Marine Highway Ferry Terminal), Ketchikan. Phone 907-225-5166. Toll-free 800-428-8304. <http://www.landinghotel.com/restaurant.aspx>.

Pioneer Cafe

This cafe offers down-home cooking and is a local hangout. Open for breakfast, lunch and dinner. \$-\$\$\$. 617 Mission St., Ketchikan. Phone 907-225-3337.

Salmon Falls Resort

This sportfishing lodge serves excellent food in a beautiful setting. Views include a waterfall, Clover Passage islands and Behm Canal. Specialties include fresh halibut, salmon, filet mignon and the best cheesecake in town. Nightly for dinner May to mid-September. Reservations recommended. \$\$\$\$. Most major credit cards. 16707 N. Tongass Highway (18 mi/29 km north of downtown), Ketchikan. Phone 907-225-2752. Toll-free 800-225-2752. <http://www.salmonfallsloodge.com>.

The Narrows Inn and Marina

Located on the water about 4 mi/6 km north of downtown, the Narrows has become Ketchikan's consistently best restaurant, particularly for lunch and dinner. The menu is similar to most Ketchikan restaurants (seafood and steaks), but the preparation is always excellent. The restaurant is smoke-free. Smokers are invited to eat in Thornlow's Waterfront Bar, which also has a great waterfront view. \$\$-\$\$\$\$. 4871 N. Tongass Highway, Ketchikan. Phone 907-247-2600. Toll-free 888-686-2600. <http://www.narrowsinn.com>.

Cuisines

American

Polar Treats

This place serves stuffed wraps that will feed two people and grilled *panini*. It also makes its own ice cream. Open daily year-round for breakfast, lunch and early dinner; closed Sunday in winter. \$. Most major credit cards. 500 Mission St. (south end of the docks), Ketchikan. Phone 907-247-6527.

The Burger Queen

This small building right through the tunnel by the docks has cozy outdoor tables and seating for eight inside. The halibut is fresh, and the cheeseburgers are the best in town. It also serves chicken, chili and salads. Open year-round Tuesday-Saturday for lunch and dinner; Sunday and Monday for lunch only in summer. \$-\$\$\$. Most major credit cards. 518 Water St., Ketchikan. Phone 907-225-6060.

Fusion

Diaz Cafe

Ketchikan's oldest restaurant has a nondescript-looking exterior but serves excellent Filipino and Western food. Try the hearty servings of spicy chicken adobo, a local favorite. Open daily except Monday for lunch and dinner. \$. 335 Stedman St., Ketchikan. Phone 907-225-2257.

Seafood

Alaska Fish House

Next to the Lumberjack Show is a distinctive little white house known for fresh fish. The Alaska Fish House serves alder-grilled salmon, halibut tacos, two-salmon chowder and coffee from Ketchikan's Green Coffee Bean Company (phone 907-247-5621; <http://www.tgcbc.com>). Open for breakfast, lunch and dinner mid-April to early October. 3 Salmon Landing, Ketchikan. Phone 907-247-4055. Toll-free 877-732-9453. <http://www.alaskafishhouse.com>.

Crab Cracker Seafood Bar

This unpretentious place features seating at the counter and is a good spot for people-watching. It offers the best market price for king crab, which is served with melted butter and a delicious salad. There's also a serve-yourself all-beef hot dog counter there. Open May-September Monday-Saturday for lunch. \$-\$\$\$. 5 Salmon Landing, Ketchikan. Phone 907-247-2866.

Heen Kahidi

For fresh seafood and great views of Tongass Narrows, be sure to take a ride on the funicular from Creek Street up to this upscale restaurant. Open for breakfast, lunch and dinner. Reservations recommended. \$\$-\$\$\$\$. Most major credit cards. 800 Venetia Way (inside the Cape Fox Lodge), Ketchikan. Phone 907-225-8001. Toll-free 866-225-8001. http://www.capefoxlodge.com/heen_kahidi.html.

The Halibut Hole

Located on the deck of the Eagles Lodge near the north end of Creek Street, it has the best halibut and shrimp baskets in town and overlooks the salmon pooling in the mouth of Creek Street in August and September. No phone. Open seasonally for lunch. \$. 7 Creek St., Ketchikan. Phone 907-225-6152.

SECURITY

Personal Safety

Crime is minimal in Alaska, and that includes Ketchikan. But use common sense—be aware of your surroundings. The police department often has foot and bicycle patrols in town.

Health

Mosquitoes and other nibblers can be a nuisance—be sure to carry a good insect repellent on hikes (preferably one containing deet as an active ingredient). Don't drink untreated water from lakes or streams. No matter how pristine the area seems, people and animals may have fouled the water.

Always be aware of the possibility of encountering a bear. If you do, don't approach it, and try to avoid quick actions that may alarm it. Inquire locally for details on recent bear activity and more advice on how to behave around wild animals.

Ketchikan General Hospital is north of downtown at 3100 Tongass Ave. Phone 907-225-5171. <http://www.peacehealth.org/southeastalaska>. In an emergency, dial 911.

Disabled Advisory

Ketchikan has specially equipped local buses to accommodate riders with disabilities. Elevators are available to the second-floor shopping at Salmon Landing. Cape Fox Lodge has a tram for the ride up to the resort. Watercraft, floatplanes and tour buses may pose a problem—check with individual companies.

Mobility carts and electric cars are available for rent from Rain Barrel (400 Spruce Mill Way; phone 907-225-2277) and Alaska Mobility Adventures (Mill Street; phone 907-247-2472). There's also a Walk and Roll Tour of downtown Ketchikan. <http://www.scootersketchikan.com>.

Dos & Don'ts

Do call your credit-card company to let them know you will be traveling in Alaska. If you don't, a message may appear for the store to call the company for verification.

Don't cross streets except at crosswalks, especially along Tongass Avenue near the docks. Vehicle traffic can be heavy along the main streets.

Do dress in layers and take rain gear. Ketchikan gets a lot of rain.

Do be sensitive to the distinctions between local tribes. Do not refer to the Tlingit, Haida and Tsimshians as clans.

Do make noise when hiking trails to give bears a chance to hide, and never feed wild animals.

Do visit galleries and studios to see artists at work. Ketchikan has more master carvers than any other Alaska location.

Don't try to pronounce the name of the island where Ketchikan is located: Revillagigedo (*ruh-vil-uh-gi-GAY-doh*). Locals shorten the name to Revilla (*ruh-VIL-la*).

FACTS

Geostats

Passport/Visa Requirements: All U.S. citizens must have a passport when traveling by air to or from Bermuda, Canada, the Caribbean, Central and South America and Mexico. Citizens of Canada, Mexico and the British Overseas Territory of Bermuda also must have a passport or other designated secure document to enter the U.S.

Passports are required for land crossings at the Canadian and Mexican borders with the U.S. and for cruise passengers returning to the U.S. from Mexico, the Caribbean, Canada or Bermuda. Reconfirm travel-document requirements with your carrier prior to departure.

Population: 7,503.

Languages: English.

Predominant Religions: Christian.

Time Zone: 9 hours behind Greenwich Mean Time (-9 GMT). Daylight Saving Time is observed from the second Sunday in March to the first Sunday in November.

Voltage Requirements: 110 volts.

Telephone Codes: 907, area code for all of Alaska;

Weather

Summer is the best time to visit. The days are usually less overcast and rainy than the rest of the year. June and July average 7 in/17 cm precipitation compared with 20 in/52 cm in October, but be prepared for rain any time. Temperatures range 51-65 F/11-18 C. Fall and winter are much cooler, with temperatures often dropping below freezing, and there is less daylight for sightseeing activities.

What to Wear

The weather in Ketchikan can be cold and rainy or hot and sunny. It is best to pack casual clothing to cover both extremes, from shorts and a T-shirt to long pants, a sweater or fleece garment and water-resistant jacket with a hood. Layering is the rule. If you're traveling on the water, you might also want to take a hat, sunglasses, sunscreen and carry a bottle of water. Make sure to pack comfortable waterproof walking shoes and extra pairs of socks.