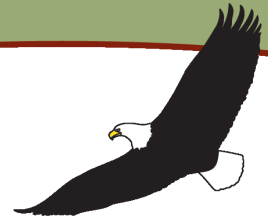


Guide to



Alpine, South Beach, and Loop Trails

in Caines Head State Recreation Area

Alpine Trail:

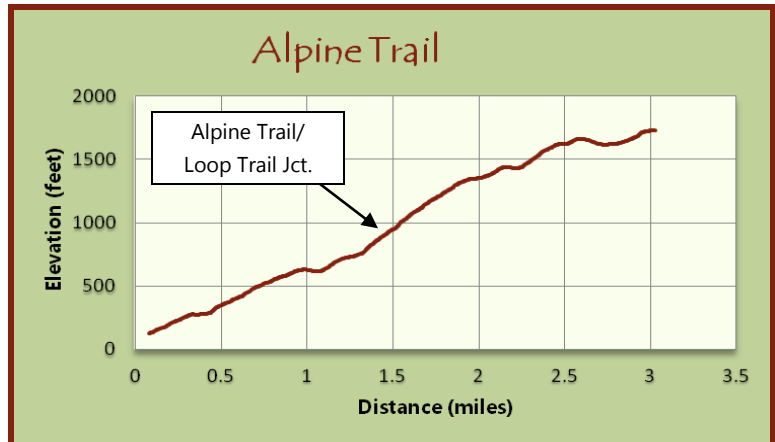
Allowable Uses: Hiking
Distance: 3.0 miles (one way)
Elevation Gain: 1590 feet
Difficulty: Difficult

South Beach Trail

Allowable Uses: Hiking
Distance: 1.5 miles (one way)
Elevation Gain: 363 ft (South to North)
Difficulty: Moderate

Loop Trail:

Allowable Uses: Hiking
Distance: 1.7 miles (one way)
Elevation Gain: 867 feet (South to North)
Difficulty: Difficult



Park Access:

Caines Head State Recreation Area is accessed from Lowell Point State Recreation Site, about 2.5 miles south of downtown Seward, at the end of Lowell Point Road.

Special Features:

The Alpine Trail offers dramatic views of Resurrection Bay, the Gulf of Alaska, and the Aialik Peninsula. Those not interested in hiking above tree line can complete a six mile loop from the beginning of the Alpine Trail.

Safety and Considerations:

The annual rainfall in Seward is more than 60 inches, so hikers should be prepared for wet, cool weather. It is important to time your trip around the tides. Leave 2 hours before low tide when travelling beyond Tonsina Point to access these trails. When hiking from North Beach to Lowell Point, one must leave 1.5 hours before low tide.

The Trails:

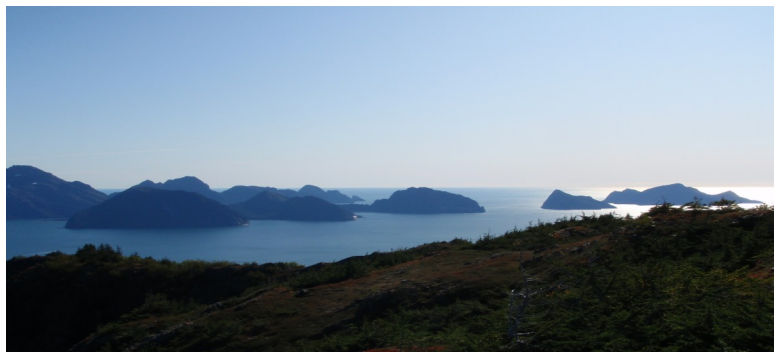
The Alpine Trail can be accessed from the Caines Head Trail between Derby Cove and North Beach. At the junction with the Loop Trail after 1.4 miles, one can continue on the Alpine Trail ascending a short but steep set of switchbacks, bringing one above tree line. The broad alpine terrain allows for exploration of Callisto Peak and offers views of Resurrection Bay and Bear Glacier. At the junction, one can also take the Loop Trail 1.7 miles to South Beach, where it joins the South Beach Trail. Following the South Beach Trail 1.5 miles through spruce and hemlock forest brings one to the Fort Trail section of the Caines Head Trail, between North Beach and Fort McGilvary. For information about the Caines Head Trail, please visit:

<http://dnr.alaska.gov/parks/aktrails/explore/trailmapguides.htm>

Park Rules:

Mountain biking and motorized vehicles are prohibited. For a complete set of park rules visit:

<http://dnr.alaska.gov/parks/units/caineshd.htm>

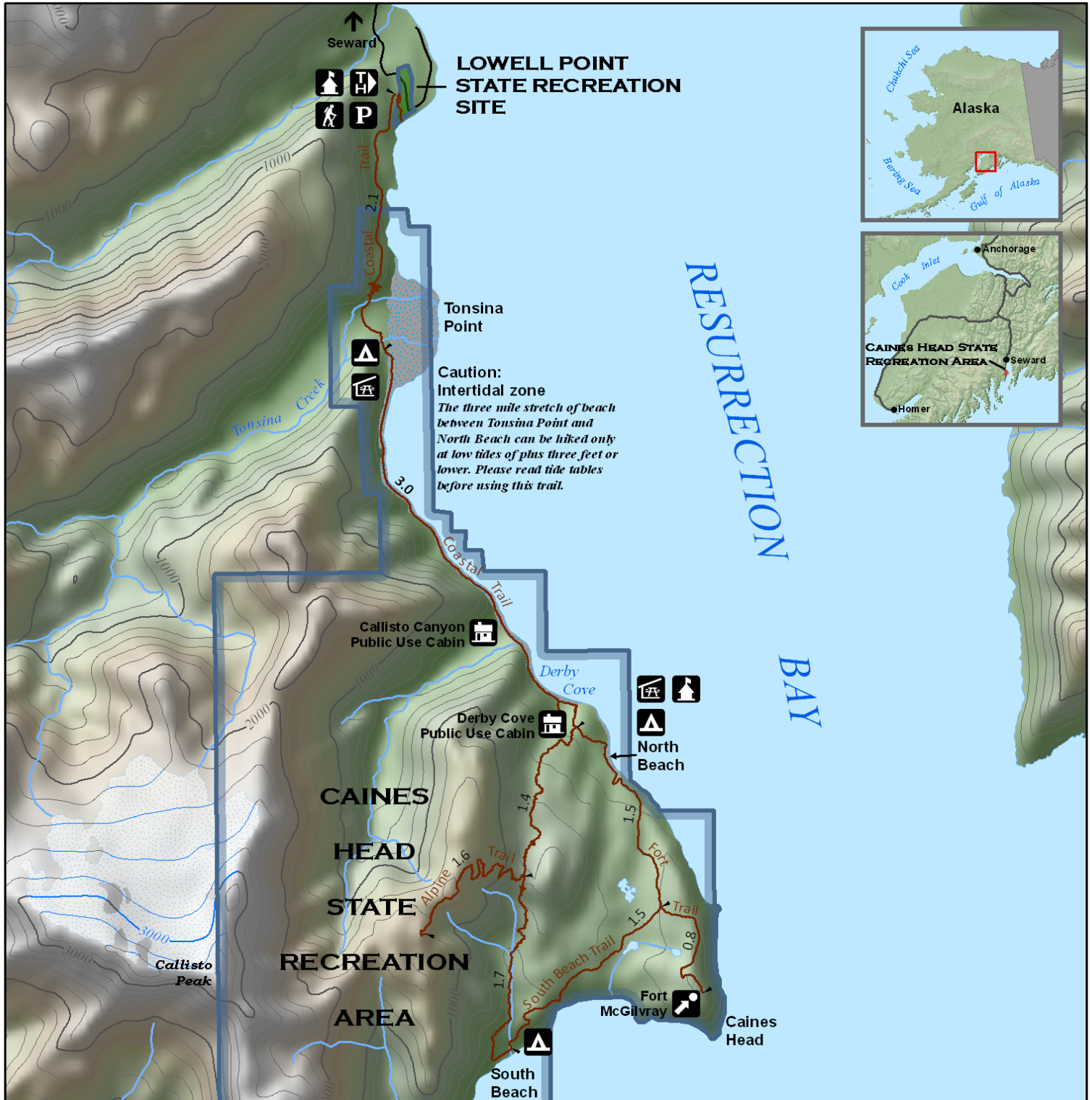


Alaska State Parks, Kenai Area Office
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Caines Head State Recreation Area



Produced by: Alaska Department of Natural Resources, Division of Parks and Outdoor Recreation. Cartographer: Joseph Lujan
This map represents differential GPS data collected during the Alaska State Parks Trail Inventory Project that was conducted in conjunction with Alaska Department of Natural Resources (ADNR), Department of Parks and Outdoor Recreation (DPOR), and Caines Head State Recreation Area.
Lowell Point Office: (907) 224-3434
Alaska State Parks: www.dnr.state.ak.us/parks Emergency: 911.
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