



Juneau

# Family Pages

Resource Directory for families with children ages birth to eight

## Family Fun! -Beach Walks & Trails

### Beach Walks

Tide books tell you what the low and high tides will be for each day of the year and can be found for FREE at banks, grocery and most hardware stores. -An essential tool for planning!

**Eagle Beach** – Eagle Beach is 27 miles north of Juneau along Glacier Highway with views of Lynn Canal and the Chilkat Mountains. Large beach and river bars offer beachcombing and fishing. Be mindful of the time as the tide comes in quickly.

**False Outer Point** – This beach walk is located at 11.5 mile on North Douglas and leads to a wonderful beach for tidal pool exploration on low tides. Be sure to look for shells and other beach treasures!

**Point Louisa** – Just past Auke Rec., take the trail out to the point! This is another great location for viewing and exploring sea creatures.

**Sandy Beach** – Downtown Douglas. Created from mine tailings from long ago, this sandy beach is perfect for building sand castles and running barefoot. It is also a favorite spot for dogs so expect to see many four-legged friends!

**Shaman Island** – Accessible by both the Outer Point and Rainforest Trails, a half mile before the end of North Douglas Highway. This easy mile-long walk is on boardwalk or gravel trail. You can only get to the island by foot during a minus tide so plan accordingly. An excellent spot for exploring tide pools. Don't get stranded on the island -the tide floods back quickly!

**Wetlands** – Take the trail at the end of Radcliffe (near the airport runway), the Wetlands viewing area (off of Egan Drive) or Sunny Point to view the channel going dry at a minus tide. Be sure to wear boots and give yourself plenty of time to get back as the tide floods in quickly.

### Easy Berry Picking Patches

**Basin Road** – Thimbleberries and salmonberries - Many of the side trails off Basin Road have berries. Thimbleberries resemble raspberries and ripen later in the season than salmonberries.

**Eaglecrest** – Blueberries– Park on any of the side trails on the way up, or later in the season try the areas around the beginner ski hills, or the lower end of the Nordic trails.

### Stroller Friendly Trails

**Airport Wetlands** – Park at the end of Radcliff Road and enjoy this sunny, flat trail. Time it right and you can experience the planes landing and taking off overhead!

**Auke Lake Trail** – This trail and floating boardwalk is great for exploring and bird-watching! Park at UAS or the boat launch and enjoy the walk around the lake.

**Dockside and Downtown** – View the beautiful streets of downtown while window shopping and then watch for gulls along the wooden walking dock by the library.

**Douglas Glory Hole** – Access a waterfall via the trail behind the Sandy Beach playground. The walk is less than 1/2 mile and the powerful waterfall is sure to thrill.

**Kaxdigouwahneedei (Brotherhood Bridge)** – This wide and easy path is paved from Brotherhood Bridge (by Safeway) to the end of River Road on Back Loop. Plenty of stopping points with benches and garbage receptacles, sunny spots and shaded areas. Great for bikes, trikes, strollers, roller blading or just walking.

**Mendenhall Glacier** – About a mile past the Back Loop cut-off is the main parking lot. Watch for tourist busses and peer into the beaver ponds on the way.

**Outer Point Trail** – This updated loop trail is now stroller-friendly and meets ADA guidelines! The trailhead is located at about 12-mile on North Douglas, just past the steeper Rainforest Trail. Enjoy the flat walk to the beach, through meadows and woods, and then explore the tide pools or have a picnic on the water.

**The Seawalk** – Start at the Whale Park next to the Douglas bridge. Enjoy the newly installed totem poles, the many picnic tables, covered shelter and stairs to the beaches. Watch for Salmon in the summer!

**Twin Lakes** – One mile of paved, lakeside trail right next to Project Playground (to be completed in September of 2018) off of Old Glacier Highway. Take a few minutes to explore the United Way Born Learning trail going up to the gazebo.

**The University** – Enjoy the great path from the University complex up to student housing. Stop at the playground at Housing and then venture back via University Drive and Back Loop Road.

For more hike/walk ideas, be sure to pick up a copy of **90 Short Walks Around Juneau** or **Juneau Trails at the Glacier Visitor Center** or local library.

**The Family Pages** is a guide to the many resources available to families in Juneau to help support their children's health, growth, and development. This guide is a Juneau Partnership for Families and Children project, a coalition of local and state agencies that work collaboratively to promote shared, broad-based communication and support for families with young children.

Partner Agencies: SEAAEYC, Alaska Association of School Boards, Bartlett Beginnings, Hello BABY, JAMHI Family, Juneau Family Birth Center, Juneau Public Health, Juneau Public Libraries, Juneau School District, Office of Children's Services, REACH, Inc., SAIL, Sealaska Heritage Institute Baby Raven Reads, Tlingit & Haida Head Start, United Way of Southeast Alaska

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