



# Alaska Geographic

## *Accommodations and Meals*

### **Accommodations in Denali**

Your group will stay at the Murie Science and Learning Center Field Camp at the Teklanika River Campground at mile 29 of the Park Road. The field camp is made up of six tent cabins, one large Yurt, and a small storage space for group gear. Four course participants share space in a tent cabin. Each tent cabin has two sets of bunk beds with foam mattresses and pillows. Each participant needs to provide their own sleeping bag and pillow case. **There is no electricity, plumbing or any heated area, i.e., no hot water and no showers.**

Lodging accommodations before and following the course are your responsibility. We do not endorse or recommend any particular lodge, cabins, or campground. Links to many accommodations can be found on the local [Chamber of Commerce website](#).

### **Meals in Denali**

The field camp kitchen has a small propane stove and no refrigeration. Simple yet hearty meals will be served family-style. Dining may be outside, weather permitting, or in the Yurt. We have a limited ability to modify the set menu; **please notify us of any clinically significant food allergies upon registering for the course.** Our menu easily accommodates vegetarian and lactose-free diets. There is dried goods storage for those needing to supplement meals.

### **Day 1 - Dinner Menu**

Spaghetti Dinner with toppings:

- Tomato Sauce
- Butter
- Meatballs
- Artichokes
- Black Olives

Side Salad

Garlic Bread

Dessert



### **Day 2 - Breakfast Menu**

Hot cereal with toppings:

- Butter
- Nuts
- Craisins
- Frozen Berries
- Brown Sugar

Granola

Yogurt

Seasonal fruit

Bagels

Cream cheese

Bakery muffins

Milk

Coffee, tea, hot chocolate

### **Day 2 - Lunch Menu**

Sandwiches:

- Bread/tortillas
- Turkey/ham
- Hummus
- Cheese
- Cucumber
- Bell Peppers
- Mayonnaise
- Mustard
- Peanut butter & jelly

Snacks:

- Goldfish crackers
- Granola bars
- Trail Mix
- Chocolate
- Carrots
- Seasonal fruit
- String Cheese

### **Day 2 - Dinner Menu**

Burritos:

- Flour tortillas
- Rice and black beans
- Chicken
- Sautéed vegetables
- Cheese
- Salsa
- Guacamole
- Sour cream
- Hot sauce

Side Salad

Dessert

### **Day 3 - Breakfast Menu**

Eggs

Breakfast sausage

Granola

Yogurt

Seasonal fruit

Milk

Coffee, tea, hot chocolate

### **Day 3 - Lunch Menu**

Sandwiches:

- Bread/tortillas
- Turkey/ham
- Hummus
- Cheese
- Cucumber
- Bell Peppers
- Mayonnaise
- Mustard
- Peanut butter & jelly

Snacks:

- Goldfish crackers
- Granola bars
- Trail Mix
- Chocolate
- Carrots
- Seasonal fruit
- String Cheese

### **Day 3 - Dinner Menu**

Hot Dogs (kids)

Sausages (adults)

Whole wheat buns

Macaroni and cheese

Quinoa side salad

Sautéed broccoli

Dessert

### **Day 4 - Breakfast Menu**

Hot cereal with toppings:

- Butter
- Nuts
- Craisins
- Frozen Berries
- Brown Sugar

Granola

Yogurt

Seasonal fruit

Mini bagels

Cream cheese

Bakery muffins

Milk

Coffee, tea, hot chocolate

### **Day 4 - Lunch Menu**

Sandwiches:

- Bread/tortillas
- Turkey/ham
- Hummus
- Cheese
- Cucumber
- Bell Peppers
- Mayonnaise
- Mustard
- Peanut butter & jelly

Snacks:

- Goldfish crackers
- Granola bars
- Trail Mix
- Chocolate
- Carrots
- Seasonal fruit
- String Cheese