

If you prefer road running:

A. Just turn left when you get off your cruise ship and run NORTH, the street which eventually turns into a highway (North Tongass Hwy) runs about 17 miles ending at a Settlers Cove State Park, so run as far as you like and return. It is a State Highway but by California standards it will be non-congested and rural with some good views, Ward Cove at 5 miles and a scenic overlook at about 13 miles.

B. You could run North on North Tongass Highway as in "A" (above) and turn Right at about 6 miles or so at Revilla Road, a nice asphalted surface, and then continue to explore on that road to the distance you wish and return down the road to the intersection with North Tongass and turn left to return to town. (See Revilla Road part of "1A" for details of Revilla Road and Ward Lake area.). **This is my preferred route to run if starting in downtown Ketchikan for simplicity and then still getting rural beauty as a bonus "out the road" going to Ward Lake and back. (You could also catch a cab back to the ship from Ward Cove Market just past Revilla Road). The road shoulder width is pretty good on this route.**

C. You could also just **run South from your ship from downtown Ketchikan** (Turn right as you face the shore from your ship) along the waterfront for half of your desired run (go by time on your watch) and return. The side of the road begins congested with cruise ship visitors then becomes rural waterfront along a paved road that becomes gravel at about mile 10 (maximum 13 miles, one way). Mileage markers begin at the "Federal Building" (salmon colored on waterfront downtown) or again just go by time on your watch. **This is a well travelled paved road which is generally along the waterfront.**

IF YOU ARE A RURAL TRAIL RUNNER my advice is 1a plus 1c below:

1.a) In Ketchikan, for a really nice (rural) run, I would take a cab (about 5 miles) North of town to the Green Bean Coffee Company next to Ward Cove Market (Green Bean is open Mon thru Sat, and Ward Cove market is open 7 days a week, so you can start at either one and rest, get refreshments, visit with locals, and wait for a return cab there). (It is safe and friendly in Alaska.) From the store or coffee shop run down-hill about 100-200 yards, and turn left up **Revilla Road (a nice asphalt road with low traffic and WIDE shoulders)** and go up it to Ward Lake Road (near a wide gravel parking lot), Ward Lake Road only goes to the Right, so go Right and run down that road (a winding asphalt road with no shoulders, but still low traffic), to Ward Lake (about 1/2 mile) and continue on the road (look for Geese, trumpeter swans, and snow geese on the lake) until the road ends at Signal Creek Campground In another 1/2 mile. At the end of Ward Lake Road, do not turn right into the campground, but continue through the large boulders at the end of the road (go thru the "Road Closed" sign) onto a nice wide, woodsy, walking path, crossing a footbridge, past what we locals call the "frog pond" continuing on until you return to the highway (a two lane state highway) (North Tongass) that you came out to the store on. Turn and run right about a 1/4 mile (North) at the highway, crossing the bridge, continuing past the start of Revilla Road where you began, and on up the hill on North Tongass another 100-200 yards to the "Ward Cove Market" or the "Green Bean" Coffee Shop next door. I haven't measured this run, but it is an easy loop, and no side-roads to

get lost on...it is probably just under or just over 5K or so... a nice comfortable run...Moderate downhill the first 100-200 yds, then very gentle uphill to Ward Lake Road, then down hill to Ward Lake then fairly flat to the frog pond, then mild short uphill to return to the highway. Have an iced coffe with Steve the owner at the Green Bean Coffee Co. or a Gatorade or a piece of pizza at Ward Cove Market, and call for a return cab ride to downtown Ketchikan at your leisure. This is one of the nicest runs in Ketchikan without getting your feet wet on an undeveloped trail. This run could be looped one or several times, or once around it, you could explore the area somewhat as you see fit and return to the store and recall the taxi.

1.b)You could as an alternative, take the taxi as above to Ward Cove Market, then run up Revilla Road by time (rather than distance) and explore the area. It is paved for about 3 miles then turns to gravel if you continue straight, there is a major left hand fork in the road at about 6 miles which dead ends at Lake Harriet Hunt for about a 12 mile round trip. This route starts as a mild uphill and becomes steeper a steeper hill at about 2 miles, then rolling moderate hills, uphill most of the way... a good one if training for a hilly marathon.

1.c)You can run up Revilla Road as described in 1.a) and continue straight (rather than turning R. on Ward Lake Road intersection), another mile or so, and turn R. into "Last Chance Campground". Within the campground road loop, at the far end of the loop, will be Ward Creek Trail. Run STRAIGHT down that trail (nice trail, about 1-1/2 miles) and come out at Ward Lake. At Ward Lake turn LEFT and continue along the (rural) road along the lake and at the end of the road there will be large rocks blocking it with a sign that says "Road Closed". Go STRAIGHT (not into Signal Creek campground) up the closed road, which is now a wide trail, past the "frog ponds" and in about a mile to the highway, turn R. (N) on the highway and go up hill about a few hundred meters and you will be back at Ward Cove Market.

(once you return to the Market, and if you still have energy, you can go Uphill (R. facing the road) from the parking lot and about 30 meters up hill on the R. is a gated old road. This is called " the pipeline trail", damp but a good running trail, and it goes about 2 miles up to the Revilla Road / Ward Lake Road intersection. This could be an alternative route to get to Ward Lake or an add on at the end, up and back.)

2.If you want to run in Juneau here are some more running routes: In Juneau, the cruise ship will dock downtown. These are road runs not trails, described for Juneau. The difference with Juneau is that you can only run North (to the left facing shore) any distance,or up the hill just a few blocks. I think probably the most interesting thing that I would do from downtown is ask where the "bridge" (across the channel) is and run over it and go either left or right (Right / North goes for several miles) for adventure on Douglas Island on the other side of the channel, just going by time on your watch, rather than by distance. This will give you some good waterfront views and be able to get out of town rapidly without a cab ride.

Or also in Juneau, make sure your cell phone works once your ship arrives, ask to ride out to the Mendenhall Glacier in a cab (about 10 miles), and leave the cab (first making sure your cell works there) then run back toward town (reversing the route of your cab ride, the 10 miles through a mildly rural, suburban area) then get to any intersection on foot that you wish on the way back and call for return by cab to the ship. (The cabbie can give you suggestions on a good pick-up spot on the return.) The bridge idea is easiest and a nice run.