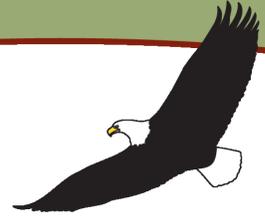


# Guide to



## Alpine, South Beach, and Loop Trails

in Caines Head State Recreation Area

### Alpine Trail:

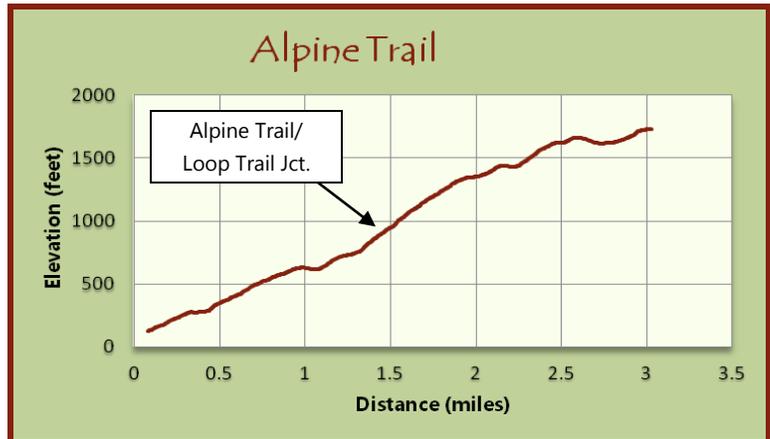
**Allowable Uses:** Hiking  
**Distance:** 3.0 miles (one way)  
**Elevation Gain:** 1590 feet  
**Difficulty:** Difficult

### 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>

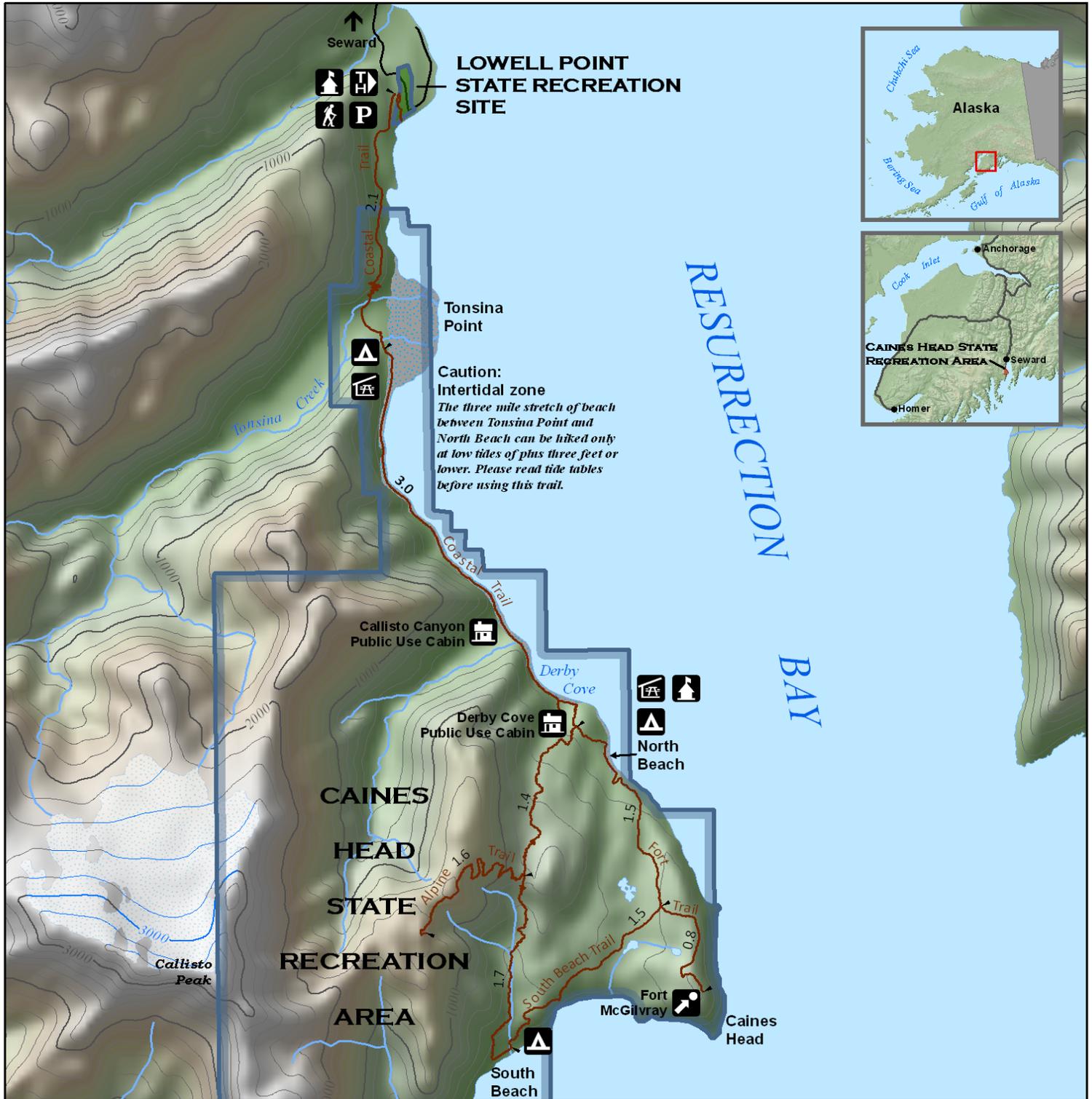


Alaska State Parks, Kenai Area Office  
PO Box 1247  
Soldotna, AK  
(907) 262 - 5581

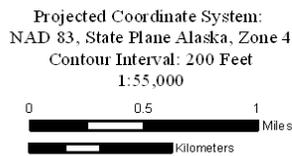




# Caines Head State Recreation Area



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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Caines Head State Recreation Area Boundary	Road	Hiking
Lowell Point State Recreation Site Boundary	Trail/Mileage	Picnic Shelter
River/Lake	Trailhead	Ranger Station
Gravel Bar	Parking Area	Public Use Cabin
Stream	Campsite	Point of Interest
Intertidal Zone		
Glacier		