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Not to be outdone, Holland

America Line, with eight ships in Alaska, sells their seven-day, one-way Glacier Discovery cruise, originally \$949 per person, for the low-low price of \$449 good on some ships on some dates. **Celebrity Cruises** and **Norwegian Cruise Line** offer similar discounts.

Any one of these bargains would

pay for a couple of my favorite guided shore excursions, to wit: In

Haines, sign up for the Jet Boat Tour, a naturalist-guided foray

into the heart of the **Chilkat Bald Eagle Preserve**, home of eagles, brown (grizzly) bears and moose. In Skagway, board the White Pass and Yukon Railroad for a

breathtaking ride up and over the

steep Chilkoot Pass, following the Gold Rush trail to the Yukon

(\$115).



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Cruise passengers shopping in downtown Skagway, AK.



Cruise ships dock near the boat harbor, Resurrection Bay, Seward, AK

In Juneau, test your nerve with the Four-Glacier Helicopter and Dogsled adventure (\$499). Spectacular aerial views of fractured blue ice end with a short sled dog ride on snow; afterwards you can pet the puppies. In Sitka, go underwater with a seven-hour guided Scuba Diving expedition; the price (\$435) includes dry suits and air.

"We've got a new, community service tour this year, called Cruise With Purpose," said Sarah Scoltock, a Holland America spokeswoman. "A marine science vessel takes you from Juneau to Auke Bay to record and document humpback whales, collect water samples and measure plankton concentrations." A biologistguided beach walk is included.

These new shore excursions are an evolved species, generations removed from the one-kind-fits-all tours available 30 years ago. In those heady days when **Alaska cruises** were dewy fresh, bus rides, natural history museums, city tours and saimo bakes were standard fare.

"The first time I came, there's weren't more than a dozen different port tours," said Leesa Burzynski, a shore excursion manager with Celebrity Cruises, which offers the scuba diving. "Now we've got more than 161 different excursions from 56 vendors. You want something very special but affordable? In Sitka, try snorkeling, for \$99. It includes the gear and dry suit."

"My favorite, since you ask" she said, "is the Glacier Flight and Feast. You fly over three immense glaciers, then land at Taku Glacier for a grilled salmon, salad and commeal biscuits at the Taku Glacier Lodge. It costs a little more (\$299).



models an Athabascan dress winter parka.



"But I tell people," said Burzynski,"if you're coming to Alaska and you don't get up

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in the air and fly, you're not going to see things in perspective. You simply can't appreciate how vast these tidewater glaciers are when you see them from the ship.'

How do you pick a tour? That depends on your age, energy, health and interests. Faced with 50 choices, I ask myself: Can Iride a motorcycle or a mountain bike at home, see totem poles in Seattle, get my jollies on a zip line at Lake Tahoe or fish for trout in Colorado? If I can, I don't do it in Alaska.

But price is never a good yardstick. Some medium-priced, low-profile tours open a window to another world. You can kayak just about anywhere. But in Alaska, paddling silently on silvery seas takes you into another world, of sea otters, seals, sea lions and even whales.



Sea lions bask on the rocks in the Lynn Canai, hear Juneau.

Native American village tours introduce kids to clan ceremonies and traditional dances. In the Tongass National Forest you'll discover the unique northern rainforest. Some tours are great for kids, like Ketchkian's "Duck Tour," a land-plus-harbor tour aboard an amphibious "duck truck." And some are the same standard excursions -- city tours and bus rides -- offered when Burzynski came to Alaska.

Happily these have been upgraded, with better guides and contemporary narratives. Twenty years ago nobody talked about warmer winters, melting glaciers and threatened wildlife.



If you can walk a mile, you can see most ports on your own. Since mosts ports – from **Ketchikan** and **Juneau** to **Skagway**, **Haines** and **Sitka** – are accessible only from the water, historic neighborhoods and tourist attractions are close to the cruise docks.

Tourist Information Offices, near the docks, are your best source for self-guided walking maps, places to eat, craft shops and museums. You can also get a list of local outfitters, historians, fishermen, naturalists and others who might be available on short notice.



Cruise passengers at the Saanaheit totem pole and carved house posts, Totem National Park, Sitka, AK.

National Historic Park, near the dock . Each charges a small entrance fee.

Don't make the mistake of thinking that you can wait until the last minute to find a tour. The best adventures -- kayaking, salmon fishing and wildlife tours -sell out in advance, advises **Dave Nevins**, with the **Sitka Tourism Center**. Nor should you expect a big break on the price, he says. Tour fees are standard throughout Alaska.

"Tell people they need to do a little internet research ahead of time, see what's available and make reservations," said Nevins. "When a cruise ship docks in Sitka, we get a line of people in here who aren't sure what they want to do and now they find they have to scramble and make a lot of calls to see who's free."

"Be sure to see the wonderful Russian dancers and the old Russian church," says Nevins. And don't miss the Visitors' Center, totem poles and Russian Bishop's House at the Sitka



IF YOU GO:

GETTING THERE: Fly to Seattle or Vancouver, where roundtrip cruises depart. One-way cruises fly between Seattle or Vancouver, and Seward and Whittier (Anchorage).

SHORE TOUR TIPS: Pre-book your shore tours online. All tours fill up quickly. Or check for availability after you board the ship.

BACKGROUND READING: Frommer's Guide, "Alaska Cruises & Ports of Call" reviews ports, sights, shopping, restaurants, self-guided activities and recommended shore excursions.

THE CRUISE LINES: For shore tours, rates, dates and promotional prices visit these websites:

http://www.celebritycruises.com

http://www.hollandamerica.com

http://www.ncl.com

http://www.princess.com

http://www.royalcaribbean.com

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