

Sample Backcountry Menu

Turquoise to Twin Traverse

7 days · Lake Clark National Park · Backpacking

Food in the Wild

Out here, food is more than fuel. It's the warm cup waiting for you when you crawl out of the tent into a crisp Lake Clark morning. It's the surprising perfection of a hot, rich dinner cooked at the edge of a glacier-fed lake. And it's the quiet ritual of sharing a meal with new friends after a hard day in the country.

Every dish on a AAA trip is prepared by our team in Anchorage from real ingredients - never freeze-dried mystery packets. Meats, cheeses and produce are chosen for the trip, dehydrated or vacuum-packed where it makes sense, and finished hot in camp by your guides. Expect bold flavors, generous portions, and a few moments of genuine wow.

On backpacking-specific itineraries like this one, midday lunches are deliberately light to keep pack weight down. Most days you'll eat 'snack pack' style - grazing through energy bars, chocolate, meat and cheese during frequent short breaks rather than stopping for a long sit-down meal. We do break that rhythm with a couple of proper backcountry lunches mid-trip, plus a full sit-down lunch on fly-in day and a substantial lodge-prepared sack lunch on fly-out.

Below is a sample 7-day menu. Actual meals vary trip to trip based on season, supply and guide preference, but this gives you an honest taste of what the backcountry kitchen looks like.

Day 1 - Fly In to Turquoise Lake *Bush flight from Port Alsworth, camp set in the alpine.*

LUNCH

Ancho Chicken Wrap

Smoky ancho-spiced chicken with chipotle-scallion goat cheese, roasted red peppers and greens. Served alongside a bag of Alaska Chips and a piece of fresh fruit - the one full sit-down lunch of the trip, enjoyed before or just after the bush flight in.

DINNER

Teriyaki Beef Noodle

Tender beef and soba noodles in a savory teriyaki-ginger glaze. A warm welcome to the backcountry after camp is set on the shores of Turquoise Lake.

DESSERT

Mountain Cookies

Hearty, slow-baked oat and chocolate cookies - a backcountry classic served around the first night's gathering.

Day 2 - Into the High Country *First full day on foot. Long views, big terrain.*

BREAKFAST

Reindeer Gouda Scramble

Fluffy Ova-Easy egg crystals scrambled with smoked reindeer sausage and melted gouda. Hot coffee, tea or a Starbucks Via to start the day right.

LUNCH

Snack Pack Lunch

Our backpacking-specific 'snack pack lunch' - approximately 1,000 calories of energy bars, premium chocolate, hunter sausage sticks, and cheese. Designed for frequent breaks throughout the day rather than one long midday stop.

DINNER

Alaska Reindeer Rotini

Reindeer sausage tossed with rotini, roasted red peppers and a rich tomato-herb sauce. A true Alaskan plate after a long day's traverse.

DESSERT

Coffee Toffee Brownies

Dark, fudgy brownies with a hint of espresso and crunchy toffee - paired with bulk cocoa or tea by the stove.

Day 3 - High Route, High Spirits *Climbing toward the upper basins.*

BREAKFAST

Cherry Apple Orzo

Warm orzo simmered with dried cherries, apple, cinnamon and brown sugar - fuel for a high-route morning.

LUNCH

Snack Pack Lunch

Our backpacking-specific 'snack pack lunch' - approximately 1,000 calories of energy bars, premium chocolate, hunter sausage sticks, and cheese. Designed for frequent breaks throughout the day rather than one long midday stop.

DINNER

Panang Curry Beef

Coconut-rich panang curry with tender beef over jasmine rice - an unexpected backcountry indulgence under the long Alaska light.

DESSERT

Brooks Bar

A nostalgic Alaska favorite - chocolate, caramel, and crisped rice. Named for Brooks Falls, savored at the stove.

Day 4 - Above Treeline *Tundra, glacial streams, possible caribou sign.*

BREAKFAST

Sleeping Bag Hashbrown Skillet

Crispy hashbrowns with bacon, cheese, peppers and onions cooked right at your tent door. Hot, hearty, and named for a reason.

BACKCOUNTRY LUNCH

Hummus Spread

Creamy hummus with roasted red peppers, kalamata olive tapenade, salami, and flatbread - laid out picnic-style at a sheltered lunch spot. A real break in the day, with time to drop the pack and soak in the country.

DINNER

Chicken Satay

Tender chicken over soba noodles with a creamy peanut-ginger sauce. Comforting, complex, and surprisingly elegant.

DESSERT

Babe Ruth Bar

A no-fuss, deeply satisfying classic - peanuts, caramel, and chocolate after a long day above treeline.

Day 5 - Crossing the Divide *Threading between drainages on the route to Twin Lakes.*

BREAKFAST

Chilaquiles

Crispy tortillas simmered in tangy green chile sauce with Ova-Easy eggs, cheese and a kick of heat - a backcountry breakfast unlike any other.

LUNCH

Snack Pack Lunch

Our backpacking-specific 'snack pack lunch' - approximately 1,000 calories of energy bars, premium chocolate, hunter sausage sticks, and cheese. Designed for frequent breaks throughout the day rather than one long midday stop.

DINNER

Beef Stroganoff

Slow-simmered beef with mushrooms in a creamy sauce over wide noodles - classic, rich, and exactly what tired legs are craving.

DESSERT

Butterfinger Bar

Crispety, crunchety, peanut-buttery - and somehow even better deep in the Alaska Range.

Day 6 - Twin Lakes Country *Descending into one of Alaska's most beloved valleys.*

BREAKFAST

Bacon Scramble Skillet

Ova-Easy eggs scrambled with bacon, pepper jack and a touch of green chile - smoky, satisfying, and ready to fuel a long traverse day.

BACKCOUNTRY LUNCH

Greek Picnic

Feta, kalamata olives, sundried tomato tapenade, salami, and flatbread spread out at a high-country lunch stop. A Mediterranean break from the day's rhythm.

DINNER

Chicken Dijon

Tender chicken in a tangy dijon-cream sauce with seasonal vegetables over pasta - a guest favorite at the Twin Lakes end of the route.

DESSERT

Gourmet Chocolate Bar

A square (or three) of premium Alaska-made dark chocolate - a final celebratory bite as the sun lingers low over Twin Lakes.

Day 7 - Fly Out from Twin Lakes *Last hot breakfast in camp, then back to Port Alsworth.*

BREAKFAST

Backcountry Oatmeal

Steel cut oats with brown sugar, dried berries, toasted almonds and a splash of cream - a warm, simple send-off on fly-out morning.

LUNCH

Lodge Sack Lunch

A substantial sack lunch prepared by the Farm Lodge in Port Alsworth on your return - a generous, hot-from-the-kitchen welcome back to running water, fresh ingredients, and a soft chair.

Always at the Ready

In addition to the meals listed above, every guest receives a generous personal supply of backcountry snacks for the duration of the trip - replenished daily from the group larder. A typical day's allotment includes:

- 1-2 packets of GORP (good old raisins & peanuts, with M&Ms)
- 1-2 packets of premium mixed nuts
- 1 energy bar (Clif, RX, ProBar or similar)
- 1 mini candy bar
- Hunter sticks and Babybel cheese for protein on the move

Beverages & Hydration

Staying well-hydrated in the backcountry is one of the most important things you can do for yourself out here. We make it easy with a full range of hot and cold drink options at every meal and stop:

- Fresh-brewed coffee, Starbucks Via instant, and a selection of teas
- Bulk hot cocoa for chilly mornings and post-dinner stove time
- Crystal Light flavor packets for cold drink variety
- A range of hydration supplements - electrolyte and recovery drink mixes to help you replace what you sweat out on big days

Dietary Restrictions & Allergies

Beyond our standard menu, we can provide options for vegetarian, vegan, and many allergy-restricted diets. We'll be honest: we can't always provide the same diversity or sophistication of our regular menu for restricted diets, but we'll do our level best to make certain your dietary needs are met. Please let us know of any restrictions well in advance - and call us with any questions.

Vegetarian

No problem! It's easy for us to prepare your meals in the backcountry. You'll enjoy the same food as everyone else, only with a tasty meat substitute.

Vegan

Given the complexity of cooking meals for other group members, we provide a selection of vegan breakfasts and dinners from our preferred vendor, Good To-Go. Hot water is made available whenever needed for meals. For lunches, we ask that you bring about 1,500-2,000 calories of your favorite vegan snacks and bars.

Gluten-Free

We assume guests requesting a GF menu have a food allergy, which we take very seriously. We handle the gluten-free menu as follows:

- **Breakfast:** A couple of meals you'll be able to eat with the group. The rest will be individually bagged servings of a GF granola that can be enjoyed hot or cold.
- **Lunch:** We ask that you bring about 1,200-1,800 calories of your favorite GF snacks and bars - a combination of energy bars, chocolate, meat and cheese works well.
- **Dinner:** A selection of Good To-Go dehydrated GF backpacking meals.

For both vegan and GF, the more lead time you give us, the better we can plan. Please flag any restrictions on your guest information form and don't hesitate to call us to talk it through.

Questions about the menu, or anything else?

Reach out anytime - we'd love to hear from you.

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