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SALAD
10 WAYS!**
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and cheap!
**Fun day trips
& getaways**



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JUNE 2014

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88 CHEFS' SALADS

America's master cooks turn boring bowls of leaves into deluxe dinners.

94 CRUISE ALASKA FOR LESS!

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Old-fashioned soda fountains are trendy again. Steal their secrets to make your own delicious floats, shakes and sundaes.

TRY OUR TABLET EDITION!

You'll get access to bonus recipes, stories and more. Go to RachaelRayMag.com/tablet.



on the cover

Photograph by Melanie Dunea; food styling by Cyd Raftus McDowell; set styling by Philippa Brathwaite; fashion styling by Jane Harrison-Fox; makeup by Joe J. Simon for Giorgio Armani Beauty hair styling by Sherenethequeen; dress by Free People; jacket by AG Adriano Goldschmied; bracelet by Khari by Elizabeth44.

RACH'S NOTEBOOK

Stay cool!

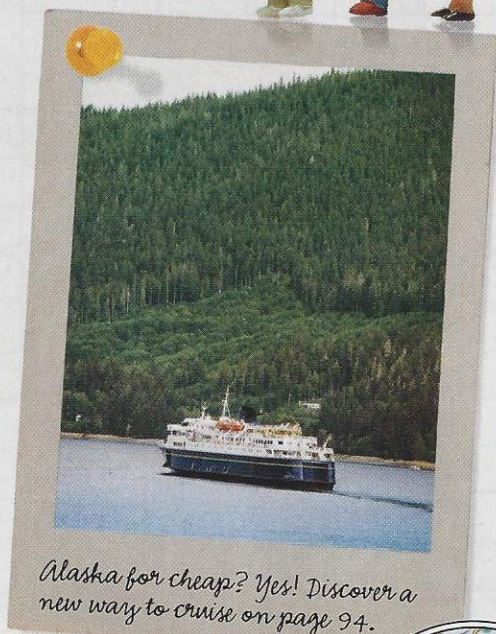
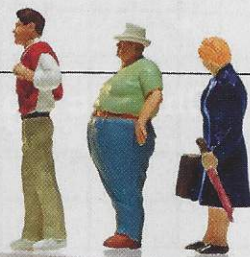
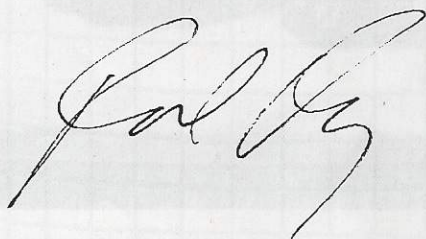
YOU ALL KNOW I'M NOT ONE FOR THE HEAT, but one thing I do love about summer is the way we eat. We all seem to get a little thinner and trimmer this time of year because we are keeping cool with dishes that are packed with refreshment, and that often means salad. Check out our feature on page 88, "Chefs' Salads." Get it? Instead of the traditional chef's salad, we're talking amazing main-dish salads from some of our favorite chefs: April Bloomfield's loaded salad sandwich; Mike Isabella's grilled and fresh vegetables with salami-spiked vinaigrette; Mark Gaier and Clark Frasier's creamy lobster roll in salad form; and more. These summery recipes will make you very happy about eating your veggies.

Another thing to be happy about: the soda fountain revival that's sweeping the country! When I was a kid, I was a fountain girl at the local Howard Johnson's each summer, so I'm thrilled that fountain drinks for kids and grown-ups are back in style. My husband, John, is a wonderful mixologist and we make shakes and floats (with or without a splash of spirits) all the time. Get the scoop on how you can, too, on page 104.

This issue is full of fun ideas for your summer vacation. If you're hoping to hit some amusement parks, don't make plans until you check out our Travel List on page 57: It steers you to the latest, greatest thrills, from the longest free falls and loopiest roller coasters to the craziest water parks. If you love to travel but don't have a lot of patience (like somebody else I know, ahem, me), check out Word of Mouth on page 39, which shares our secrets for skipping the long lines at hot vacation spots. And if, like me, you just have to stay cool, you might want to spend part of your summer in Alaska. Our story on page 94 takes you on a tour of its stunning natural beauty via America's only scenic marine "highway," which recently celebrated its 50th year—and happens to be one of the most affordable ways to travel around the state. Check out the DIY cruise that's packed with flavor.

My last, best word of advice to get you through the long, hot days of summer: Don't let the heat make you too cranky. Stay cool... and stock up on water pistols!

Love,

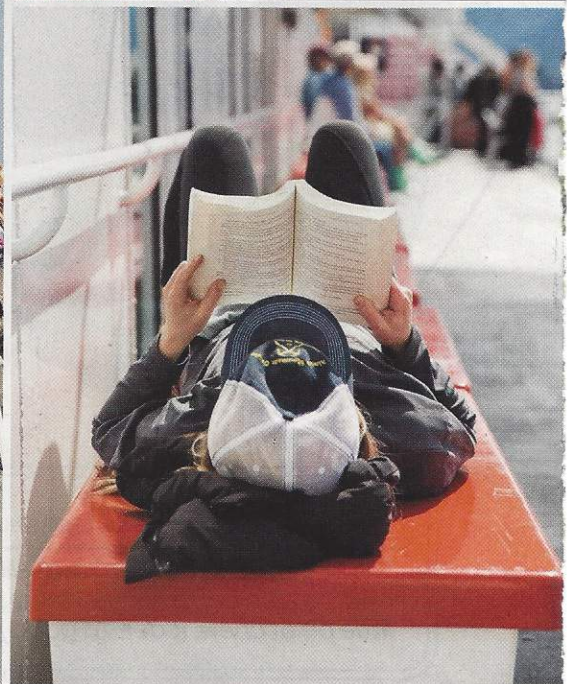


Get ready to scream your head off! The fiercest rides on page 57.

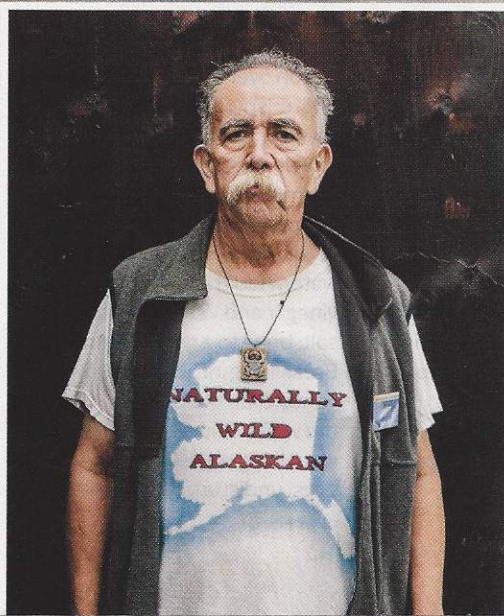



Red velvet milk shakes and more cool treats on page 104.





Clockwise from top left: The *MV Taku* pulls into port; onboard essentials; keep a book handy—but be prepared to drop it the second a whale shows up; though cabins are an option, locals (and visitors) love camping on deck; state pride; state fish; the best seats in the house are outside on these ferries.

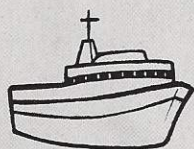




Cruise Alaska for less!

Actually, the vacation we're serving up on the next eight pages isn't *exactly* a cruise; it's more like the world's greatest floating road trip. The trail you'll be hitting? **America's only all-water National Scenic Byway**—aka the Alaska Marine Highway System—which recently turned 50, though it doesn't look a day over 14,000. Yes, these routes are ancient. And awesome: They're home to not only glaciers, orcas, humpbacks, grizzlies and more mouthwatering seafood than you can shake a rod at, but also the fun state-run ferries locals use to commute. You, too, can take these ships to some of Alaska's coolest corners for as little as \$37 a leg. Turn the page to choose your own adventure and get on board!

BY JENNA SCHNUER • PHOTOGRAPHY BY PEDEN & MUNK



How to navigate the Alaska Marine Highway

You'll carry your own bags. You'll never see a chocolate on your pillow. And you won't be whisked off the docks by guides. But with that independence comes freedom: to spend all the time you want at each ferry stop (we're focusing on four in the awe-packed southeast corridor) doing what you enjoy most. You'll find three kinds of offerings on pages 98 to 103 so you can seek out grizzlies, totem poles, glaciers—or all of the above!

Where to cast off

If you want to ferry from the Lower 48 to maximize your whale- and glacier-gawking opps, fly to Bellingham, WA, the only port in the continental U.S. with service. During the almost two-day ride to the first Alaskan stop of Ketchikan, the small onboard theater will screen movies, but the best entertainment (beyond humpbacks) will be the poker-playing, guitar-strumming passengers. Short on time? Fly to any city on the next page (this story and a ferry agent can help you choose the best options). Alaska Airlines serves all four.

What the ships are like

Very casual. Your fellow passengers are as likely to be fishermen commuting to work as other tourists. No matter what size the vessel—from the 149-passenger *MV Lituva* to the 600-passenger *MV Columbia*—the indoor hot spots are the galley (try the ship-made clam chowder) and the bar.

When to go

May to September. Though it's officially summer, it can feel like any season from spring to fall, so adhere to the dress code of Alaska: layers. In fact, rain cancellations are un-Alaskan. Got a hood? Go!

Who will help you book

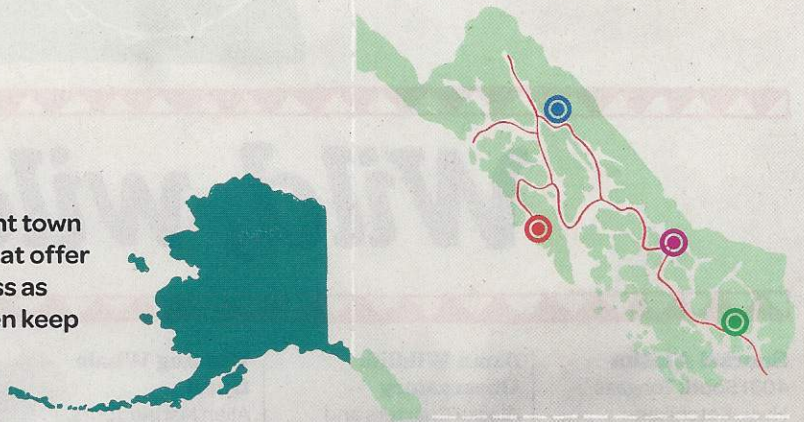
You can reserve at ferryalaska.com, but make life easier: Call 800-642-0066 for an agent who'll talk you through the planning. While reservations aren't strictly required, they're strongly recommended. You wouldn't want to schlep from, say, Jersey to Juneau only to find a sold-out ship.

How much you'll spend

Your total cost will depend on the itinerary you dream up, but these sample fares will give you an idea: Bellingham to Ketchikan starts at \$239 per person, and if you want a cabin for the 38-hour trip, you'll spend an additional \$56 (small and inside) to \$394 (four-berth, outside, with a sitting room and bathroom). Either way, book early: Cabins do sell out. Or make like a local and spread a sleeping bag over whatever chair or couch... floats your boat. Alternatively, use the advanced technique and pitch a tent on deck. As for the shorter sailings, Ketchikan to Wrangell (five and a half hours) starts at \$37; Wrangell to Sitka (about 15 hours) starts at \$60 and Sitka to Juneau (four and a half hours) starts at \$45. Though you can get away with not having a car—and most stops do offer enough time for a quick walk around town—if you're staying for a day or two and really want to explore, consider booking a rental. (Summer rates at most agencies start at about \$55 a day.)

Get your bearings

We've picked four stops—from the no-stoplight town of Wrangell to the state capital of Juneau—that offer as perfect a mix of only-in-Alaska amazingness as you can cook up. Meet them briefly below, then keep reading to learn what else might lure you.



Juneau

There's a lot about Alaska that's just *different* from everyplace else—not least, a state capital that's off the road system. Yes, even legislators have to fly or ferry in! But Juneau is also, you'll find, the capital city of hiking, with more than 250 miles of trails in and around town.

STAY: Alaska's Capital Inn Bed & Breakfast

In all of two seconds, you'll feel seriously at home at the Capital Inn (if your home had been built by a gold-rusher in 1906 and featured a stunning deck, garden and hot tub). Breakfasts here feel like family gatherings—with the cool branch of the family. (From \$250—mention this article for a 10 percent discount; alaskacapitalinn.com)

Sitka

One word comes up more often than not in the same breath as Sitka: magic. There's a something-about-this-place feeling that blankets every last inch of the city, from the rainy day—perfect Old Harbor Books shop, which specializes in Alaska titles, to the path that meanders through the totem poles and spruces at Sitka National Historical Park.

STAY: Westmark Sitka Hotel

Your days in Sitka are going to be all hiking and kayaking and post-chowder naps (as you may be gathering, chowder is a thing in Alaska). Rest your head in this central, down-by-the-harbor hotel, where the beds are especially comfy. (From \$219; westmarkhotels.com)

Wrangell

At first glance, you'll think, "Hmm, could use a coat of paint." But Wrangell's weathered looks are part of the tiny town's huge charm. Here, in one of Alaska's least cruise-y ports, you often feel like it's just you, the locals and Wrangell's rich Tlingit history. Doesn't hurt that some of the best bear viewing in the state is just a speedboat ride away.

STAY: Stikine Inn

The rooms here may be simple, but with waterfront views like these, who needs great art on the walls? A two-minute walk from the ferry and pretty much everything else, the inn is a convenient place to stay and home to heavenly halibut-heaped fry-bread pizza. (From \$143; stikineinn.com)

Ketchikan

Stretched along the coast of the gorgeously mountainous and highly unpronounceable Revillagigedo Island, this city serves up equal parts history, adventure and eye-catching public art. Listen in on your neighbors at a local coffee shop and you're liable to hear fishermen discussing murals in progress as well as the day's catch.

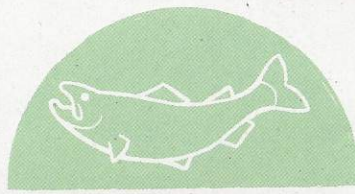
STAY: Black Bear Inn

Turning the traditional B&B on its head (spa? sure! mandatory group breakfast? nope), Black Bear Inn starts your day with a tray of fresh baked goods and a well-stocked kitchen. But dinner is easily the best meal here if you cook your own catch on the waterfront grill. (From \$170; stayinalaska.com)



Choose your adventure!

Use the next six pages as you would an old-school Chinese menu: Choose a few from column A (Wild, Wild Life), a couple more from column B (Local Culture), a smattering from column C (The Great Outdoors)—and expect to feel totally satisfied at the end!



Wild, wild life

Snorkel Alaska

4031 South Tongass Hwy., Ketchikan

There's no faster way to make friends with a room full of strangers than to gear up in the wet suits, hoods, boots and gloves you'll need to snorkel at Mountain Point. Divers will help you back-step into the icy water and then—as you paddle around tide pools and rock walls—point out sea stars in sunset orange and Grape Ape purple, plus quillback rockfish and totally tubular sea cucumbers. (\$110; snorkelalaska.com)

Anan Wildlife Observatory

Alaska Charters and Adventures, 5 Front St., Wrangell

Don't hang your toes over the viewing platform. There are bears down there! And in the trees: And eating salmon in the creek. In fact, there are bears everywhere. And that's the point. The ride over to the observatory is also part of the fun if you go on Brenda Schwartz-Yeager's power boat. A guide who was raised on these waterways, she knew the observatory before there was an observatory, thanks to her dad's game warden gig. (\$314; alaskaupclose.com)

Evening Whale Quest

Allen Marine Tours, Juneau

There's a good chance you will have spotted whales aplenty from the ferry. But considering there's no such thing as whale overload, and the fact that you probably haven't seen them trapping fish in a net of bubbles yet, climb aboard this catamaran for an evening expedition to the channel south of town, Stephen's Passage, where hungry humpbacks are known to hang out. Keep your camera ready in case one of the big boys decides to show off with a leap or two. (\$169; allenmarinetours.com)

Alaska Raptor Center

1000 Raptor Way, Sitka

A mid-forest bird rehab facility, the Raptor Center cares for 100 to 200 patients a year and lets you go eyeball-to-eyeball (through wire safety fencing) with more than two dozen of them. As you wander the pathways, you may find an owl (from snowy to great horned) or eagle around any turn. Don't miss Tootsie, a wide-eyed—but teeny tiny—Northern saw-whet owl; obligingly, she likes to hang out on a perch by the front desk. (\$12; alaskaraptor.org)

Macaulay Salmon Hatchery

2697 Channel Dr., Juneau

First, a note on local hatcheries: Fish stay there only briefly—just to ensure a decent start in life—before being released into the wild. But beyond cooing over the hatchlings (yes, even fish babies are cute), you'll learn all there is to know about Alaska's state fish, the king salmon (aka chinook), plus the other four species that call the state home: coho, sockeye, chum and pink. The hatchery will happily ship smoked king, coho and sockeye to the Lower 48. (\$3.50 for the tour; dipac.net)

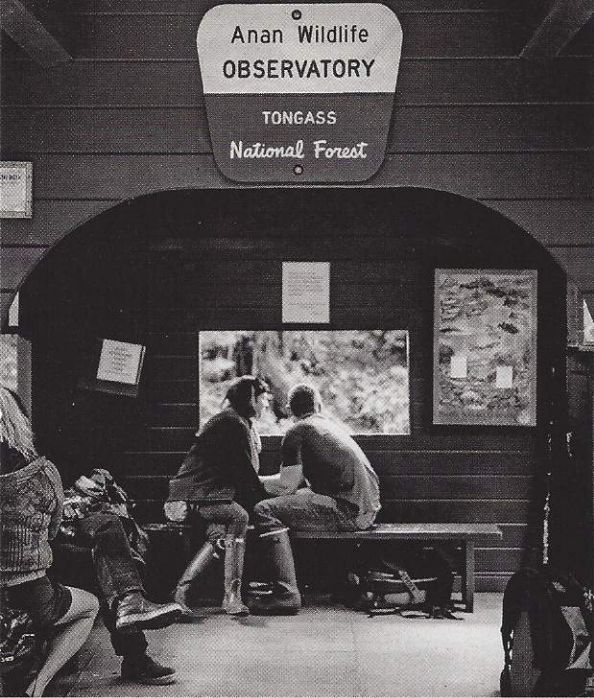


CHOW DOWN IN... Ketchikan

The Halibut Hole

7 Creek St., 907-225-5162

Though the menu is great, don't look at it: Proceed directly to the fried halibut and chips. If the outdoor seating area at this waterside joint is full, grab a stack of napkins and order your meal to go—but don't go too far. You'll want to eat the crispy-on-the-outside, juicy fresh fillet while it's hot. Pick a spot. Lean. Eat.



Clockwise from top left: For a window onto Alaska's world of bears, hit the Anan Wildlife Observatory; Snorkel Alaska introduces you to Technicolor urchins; some more stars of the snorkel show; otters are among Sitka's cutest locals; the lunch special at Anan.





Clockwise from top left: You'll wish the totems in Sitka National Historic Park could talk; fish smoking at Chief Shakes Tribal House; a stroll through Sitka National Historic Park; Tribal House beadwork; time-travel in Old Town Ketchikan.



Local culture

Old Town Ketchikan

Creek Street, Ketchikan

For a look into the saucy side of Ketchikan's history, stroll down the Creek Street waterfront boardwalk, the town's early-20th-century red-light district, now home to galleries, gift shops and museums in 100-year-old buildings. Patrons of yore used to escape police raids by running down "Married Man's Trail"—now your pathway to a view of the forested, zig-zaggy Tongass Narrows and the appropriately primeval-looking Gravina Island, where Triassic Period fossils have turned up. (Free; creekstreetketchikan.com)

Tongass Historical Museum

629 Dock St., Ketchikan

There's good reason to tote a hooded rain jacket here: The Tongass National Forest is the world's largest temperate rain forest. And the museum named after this super soaker has a permanent exhibit: "The First People," which provides an intro course to the region's major cultures, the Tlingit and Haida, plus the Tsimshian, residents of Alaska's only federally recognized Indian reservation, which is just outside of Ketchikan. (\$3; 907-225-5600)

Alaska Waters Highlights & Culture Tour

107 Stikine Ave., Wrangell

Explore Wrangell's rich Native culture—the Tlingit people have fished, traded and created striking visual histories of their time here for hundreds of years—with a guided tour of the cultural hot spots. You'll see everything from the ancient art at Petroglyph Beach to the newly restored and rededicated Chief Shakes Tribal House, where, all summer long, you can also catch Tlingit dance and storytelling performances and even take a traditional beading or weaving class. (\$45; alaskawaters.com)

Saxman Native Village Totem Park

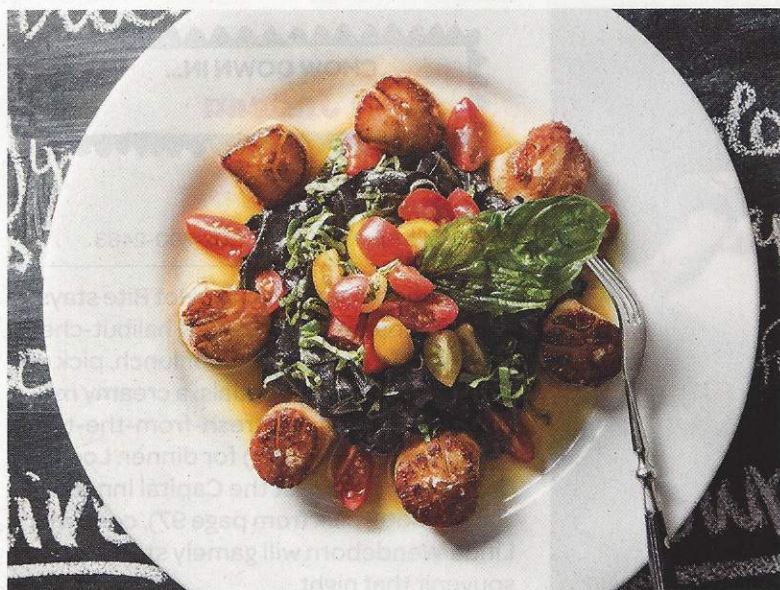
Guided tours offered by Cape Fox Tours, Ketchikan

No town does more to preserve these pieces—and, with the help of modern carvers, continue the tradition—than Ketchikan. If you're lucky, you'll see Nathan Jackson, a Tlingit superstar carver and National Endowment for the Arts Heritage Fellow, creating a totem to add to the collection. For more around-town totem poles, simply look up. They're all over the place. (\$50; capefoxtours.com)

Sitka National Historical Park

106 Metlakatla St., Sitka

Established in 1890, this national monument commemorates the battle between the Tlingit and the Russian traders who stole their lands—and is also one of the state's best places to stroll. The paths are lined with towering totem pole replicas—most of the original ones have decayed—that Native Alaskan leaders throughout the region donated to the park. You can also step into the Russian colonial period via one of the few remaining buildings from that time, the 1843 Bishop's House. (Free; nps.gov/sitk)



CHOW DOWN IN...

Sitka

Ludvig's Bistro

256 Katlian St., Sitka
ludvigsbistro.com

Even if there were nothing else to do in Sitka (ha!), you'd want to ferry that way just for Ludvig's. Chef-owner Colette Nelson, who used to fish on the Gulf of Alaska, now sends locally caught seafood on an amazing flavor trip to the Mediterranean. Don't miss her seared local scallops with squid-ink pappardelle, preserved lemon-butter sauce, grape tomatoes and fried basil.



The great outdoors

Orcas Cove and Misty Fjords National Monument

Southeast Sea Kayaks
3 Salmon Landing,
Ketchikan

Mother Nature did everyone a solid when, thousands of years ago, she turned glaciers into carving tools here. As you kayak through the resulting fjords, don't be surprised if an orca joins your guided group. (OK, there's no way *not* to be surprised. Just enjoy.) If you feel like going luxe, book a float plane for a tour of Misty Fjords' 3,000-foot granite walls. (\$169 for kayaking, \$409 if you add flight-seeing; kayakketchikan.com)

Wild Coast Paddle and Cruise

Sitka Sound Ocean Adventures, Crescent Harbor, Sitka

Though Sitka is a casual town (not unusual for Alaska), you'll want to have on a skirt to kayak here. A spray skirt, that is. This is a rain forest. Sitka Sound Ocean Adventures, housed in a bright-blue waterfront bus, will get you all geared up for your day of guided paddling through the mist and tiny forested islands that pepper the waterways, where you'll also spot sea lions and otters. The bonus? A (practically) private island picnic. (\$209; kayaksitka.com)

Mendenhall Glacier Trek

Above & Beyond Alaska, Auke Bay Harbor, Juneau

Here's another chance for serious back-home bragging rights: You're about to hike eight miles (round-trip), stomp across a glacier and—if conditions are declared safe for the day—wander into a 50-shades-of-blue ice cave, where the indoor waterfalls and ice formations will make you question whether you're hallucinating. Go ahead, be taken aback. The guides—and strap-on ice cleats—will help keep you upright. (\$209; beyondak.com)

Mendenhall Glacier Lake Self-Guided Kayak

Alaska Boat & Kayak Shop, Auke Bay Harbor, Juneau

Can't get enough of that glacier? Take it in from another vantage point: the seat of a kayak on chilly (bundle up!) Mendenhall Lake. Paddle past bobbing icebergs—most of their epic mass hangs below the waterline and looks eerily beautiful submerged—as you make your way toward the glacier. Then take a well-deserved break on the stretch of land between the lake and the impressively loud Nugget Falls. (\$115; juneaukayak.com)

Perseverance National Recreation Trail

Juneau

Leading you on a hike through history, this three-and-a-half-mile trail follows what some say was Alaska's very first road. Along the way, you'll find streams, waterfalls, detritus from gold-mining days long past, and the lush greenery that only a temperate rain forest can serve up. Keep binoculars and your camera at the ready: Those white dots up along the ridges of Mt. Roberts or Mt. Juneau just might be mountain goats. (Free; americantrails.org/nationalrecreationtrails)

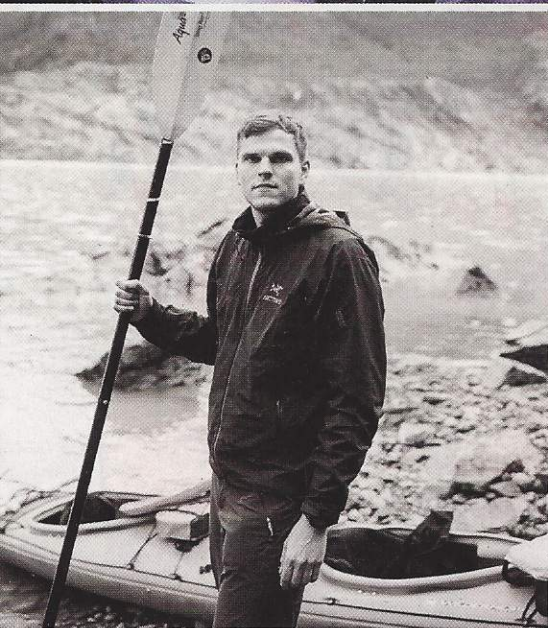


CHOW DOWN IN... Juneau

Hot Bite

11465 Auke Bay Harbor Rd., 907-790-2483

A longtime Juneau favorite, Hot Bite stays true to its name with steaming halibut-cheek sandwiches. And if you go for lunch, pick up a couple of other essentials: a creamy milk shake for dessert and fresh-from-the-tank Dungeness crab (to go) for dinner. Locals do the same. Back at the Capital Inn (our Juneau hotel pick from page 97), co-owner Linda Wendeborn will gamely steam your souvenir that night.



Clockwise from top left: The otherworldly interior of an ice cave; standing by for flight-seeing over Misty Fjords; a "little" climb up Mendenhall Glacier; when you travel through Misty Fjords, check the rocks and treetops for eagles; as if you needed any more persuasion to sign up for a Mendenhall Glacier Lake kayak tour...

