

# ETHIOPIA :LAND OF ENCHANTMENT



Ethiopia is a land of endless mysteries in its geology, diversity of animal and plant life, its tumultuous national history and the rich culture of its people. Ethiopia, the 'Horn of Africa', is situated just north of the Equator, in north-eastern Africa and is bordered by Sudan, Kenya, Somalia, Djibouti and Eritrea. Long known as Abyssinia, it stands between the cultures of the Mediterranean and the tribal people of Africa and boasts the origins of humankind.

,A land characterised by one of the world's most magnificent and awesome gorges carved through the landscape by the mighty Blue Nile River. Dissected by the Great Rift Valley, Ethiopia is as ancient as time itself, with a history that dates back to the Old Testament. Once the legendary empire of the Queen of Sheba, of Axum and Lalibela, of towering obelisks and the Ark of The Covenant. Converted to Christianity before much of Europe, Ethiopia stood isolated and largely unknown to European civilisations for more than a thousand years.

It is also a land of ancient and medieval monuments, colourful cultures and an often unique and varied wildlife that set it apart from anywhere else. And all this represent only a fraction of what Ethiopia has to offer given that 95% remains to be either discovered or excavated. It is a fascinating, welcoming and beautiful country. There's no doubt about it, Ethiopia has had an image problem. Mention the country, and most people still think of famine and war. But the fighting ended some years ago, and today there's optimism in the air. The people of Ethiopia are now positively welcoming visitors to their country, to see the dramatic landscapes and the ancient cultural sites that have been unreachable for so long.

## Tentative Itinerary Still in Draft

**Day 1:** Arrive in Addis Ababa and be met by Kibran Tours staff at the airport, get assisted and transferred to Ghion Hotel. The name of the city, in Amharic, means “new flower”. Founded in 1886 by Menelik II, it is located at 2,500 meters above sea level in one of the highest parts of the Entoto mountain chain (3,000 m above sea level), which makes it the third highest capital in the world. It enjoys an excellent climate all year round, with an average temperature of 25°C. Addis Ababa is a pleasant city with wide avenues of jacaranda trees, interesting museums and one of the largest open air markets in Africa, known as the “Mercato”. It also has a good number of restaurants and discotheques. Dinner and overnight **Ghion Hotel**

**Day 2:** Today you will be transferred to the airport where you board your short flight to Bahir Dar (which means “by the side of the sea” in the Amharic language). On arrival in Bahir Dar, you will be met and transferred to your hotel. Next, you depart overland to the Blue Nile Falls – known locally as Tisizat – which means “Smoking Water.” The Falls are 328 feet wide and the water plunges some 150 feet, giving rise to picturesque stream clouds and rainbows.

After taking a break for lunch, embark on cruise by boat on Lake Tana and visit the most known Island Monasteries such as: Ura Kidanemihiret and Azua Mariam Monasteries which are both well-known for their beautiful wall paintings. On the way back we will have a chance to view the Blue Nile River coming out of Lake Tana. **O/n Abay Minch Hotel**

**Day 3:** Drive from Bahir Dar to Gondar (185km), 3hrs pleasant drive will take you there. The wetlands between the towns support more water birds which you witness. At Tseda Town take the off-road to the right and drive over the difficult road for about 2hours return, and visit one of the oldest home of the Ethiopian Jewry, Ambober, where you will appreciate the price they paid to remain Jew. Though Ethiopian Jewry from the village was airlifted, still we have a chance to visit the Judaic elements such as: cemetery, synagogue (old and new). Then, drive to Gondar. **O/n Goha Hotel (3nights)**

**Day 4:** Today we will visit the sites of Gondar, with its castles and amazing architecture. Then we visit the Ethiopian Jewry sites in Gondar. Start with the Visit of the Feeding Center and JDC clinic. Hundreds of Falash Murha in Gondar awaits word of their fate; they continue to flock to aid compounds in the city that are funded by the North American Conference on Ethiopian Jewry. The American Jewish Joint Distribution Committee also runs health clinics close to it which we will visit. We will do some volunteer work in either the clinic or the feeding center. . Afterwards , visit the colourful market of Gondar and walk around the city. **O/n Same Hotel**

**Day 5:** off we drive north of Gondar to visit Wolleqa - a small village which was once a home for Ethiopian Jewry before they were airlifted to Israel by Operation Solomon in 1991. Once you are there, take a chance to visit some pottery work which once Bete Israel were very famous of and now suffered in the hands of the local Amhara people. Then, move on to visit the cemetery and the synagouge of Bete Israel. After getting back to your hotel for lunch, proceed to Ploughshare Women Craft’s Training Center which was established in 1994 to help the poorest of poor single mothers and fill the production vacuum left by Bete Israels departure. The center provides training in: traditional and modern pottery, traditional and modern weaving, tie-dye and printing, vegetative production and cattle fattening and animal husbandry. See if you can enhance production while giving a hand in one of the above fields of training. **O/n Same Hotel**

**Day 6:** Excursion to Simien Mountains National Park(SMNP), which is registered by UNESCO as a World Heritage site 1978. Up on arrival go for guided hiking that lasts around 3hrs over the escarpement to witness the spectacular view and some of the endemic mammals and birds. Have your lunch at the Simien Lodge and drive back to Gondar for your fourth night in Goha Hotel.

**Day 7: Gondar /Addis Ababa.** Today you will be transferred to the airport for your return flight to Addis Ababa, where upon arrival you will be met and transferred to your hotel. Balance of the day is at leisure. **O/n Ghion Hotel**

**Day 8: Addis Ababa / Hosanna/Chencha/Arba Minch**

After breakfast you set out and begin the drive south towards Arba Minch. Your journey to Arba Minch continues south this through Sodo, a bustling market town, which stands on the border between the regions of Gamo Gofa, Sidamo and Kaffa. This is one of Ethiopia's premier coffee-growing areas and, quite possibly, the original home of the coffee plant – where, the first trees grew wild before being cultivated and then, in the 14th century, taken to Yemen and from there across the world. **O/n Paradise Lodge (2nights)**

**Day 9: Abra Minch / Konso / Woyto / Tsemay/Turmi**

Drive via Konso, Weyto and Tsemay to camp at Turmi. The Konso, who are excellent farmers, known for their terrace farming and erecting totem poles on the tombs of their loved ones; also they are known for overlapping thatched roof house and dresses of the same style. Along the way stop at Weyto to visit the Tsemay tribe and proceed to Turmi.

**O/n Buska Lodge(2nights)**

**Day 10: Turmi**

Turmi is the home of the Hamar who are majorly known for their body decoration, moonlight dance and bull-jumping. Bull jumping marks the rite of passage from childhood to adulthood. The whole day is dedicated to visit the Hamar in their village, you will be welcomed at guests in the Hamar family home where you will be invited for 'Siferaw' a welcoming coffee ceremony, made from coffee husk, not coffee beans, and in the meantime you will have a chat with the family. Perhaps at night you will get back to the village if they have a moonlight dance known as Evangadi. However, we don't encourage any commercialization of culture. So, we don't promise early on if you will be participating on wedding, moonlight dance, etc. which is going to be only a matter of coincidence. Only then you can enjoy the authentic culture.

**Day 11: Turmi / Arba Minch**

Leave for Arba Minch visiting en route the Erboore people who are Cushitic and the only multilingual tribe of the Omo, having their root in Borena Oromo. **O/n Paradise Lodge**

**Day 12: Abra Minch/Addis Ababa**

Early in the morning leave for Addis Ababa, crossing fertile land planted with bananas, cereals and tobacco, and inhabited first by Alaba people and then by the Sidama. All kinds of fruits are sold along the roadside. This time you will take a different route back to Addis via a part of Great East Africa Rift Valley System, while enjoying the view of Rift Valley Lakes: Lake Zeway, Lake Langanoo, Lake Habiyata and Lake Shalla. On arrival transfer for your farewell dinner with national music and dancing at Yod Abyssinia Cultural Restaurant before your transfer for your international departure flight.

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**Trip Details**

<b>Trip Length:</b>	11 nights/12 days
<b>Dates of Trip:</b>	April 14-25, 2010
<b>Cost:</b>	\$2900 (with itinerary above, subject to change)
<b>Meeting Place/Time</b>	Addis Abbaba
<b>Depart From:</b>	Addis Ababa
<b>Price Includes:</b>	<ul style="list-style-type: none"> <li>• Domestic Airfare in Ethiopia</li> <li>• Hotel Accommodations</li> <li>• Guided tour with local English speaking and American company representative</li> <li>• Activities set up with orphanage, special party with children <ul style="list-style-type: none"> <li>○ Home visits in the Jewish community with special Jewish guides</li> <li>○ Special coffee ceremony and traditional</li> <li>○ Museum entrance fees</li> <li>○ Hike in Simien Mountains</li> </ul> </li> <li>• Meals</li> <li>• Trip registration with the US government</li> </ul>
<b>Price Does</b>	<ul style="list-style-type: none"> <li>- Alcoholic drinks and souvenirs are not included.</li> <li>- Optional Tours: For those who would like to experience another region</li> </ul>

**NOT Include:****Passport Info:**

A valid passport is required for travel. Please make sure that your passport expiration date is at least six months beyond the date of return.

Also make sure that you have at least 2 blank pages in your passport.

If you do not have a passport, you will need to acquire one for international travel. United States citizens can usually apply for a passport at a number of facilities including many Federal, state and probate courts, many local post offices, some libraries and many county and municipal offices. Apply early! Depending on the agency used, you will receive your passport within 5-6 weeks. If expedited service is necessary, you must apply in person at one of 13 passport agencies found in most major cities. You must present your airline tickets or airline generated itinerary and the other required items for the application. You need to make an appointment with your passport agency for expedited service. If you do not live near a passport agency, you can use an overnight delivery service and your local passport acceptance facility. An additional \$35 is charged for expedited service per application. Further information and your local passport processing facility can be found on the website of the U.S. Department of State:

<http://www.state.gov/index.cfm>

**Visa**

Every national (except Kenyans) need a visa to enter Ethiopia.

We will take care of processing your visa for the group and there is information on the registration form about sending us your passport by the indicated date. We will take care of the requirements (proof of departure, round trip ticket, and guarantee of funds to return). You need to send us your passport, a filled out and signed application ([click here for form](#)) and a passport photo. If you want to take care of it yourself, check out [www.ethiopianembassy.org](http://www.ethiopianembassy.org)

**Immunizations and Medical Preparation****Immunizations**

- Schedule a visit to a travel health clinic or provider at least eight weeks in advance (if possible) of planned travel to allow time for any needed immunizations. The travel health specialist will provide information specific to the travel area, administer required and recommended immunizations, prescribe medications that may be indicated for malaria prevention and recommend actions indicated for disease prevention. Many health care providers do not have expertise in travel medicine and do not stock required/recommended immunizations. Travel clinics will provide these services and stock needed immunizations. Be aware that these services may be considered elective by insurance carriers and not covered.
- Carry a copy of pertinent health records if there is any possibility that a chronic or ongoing health problem may require treatment while traveling.
- When traveling, carry your health provider name and contact information for emergency referral. If your provider has an 800 phone number, obtain direct phone number to be used for international calls..
- The possession of a valid Yellow Fever vaccination certificate is no longer mandatory but visitors coming from countries where Yellow Fever has been reported may be asked. Immunization for Hepatitis A and B, Tetanus, Typhoid and Polio is recommended.
- Malaria: in many sites malaria is not a problem because of the elevation - this is true of Axum, Gondar and Lalibela but it may be able to occur in Bahir Dar at the end of the rainy season and after unseasonable rains. But there's still a risk of catching malaria

in many parts of Ethiopia especially areas that lie below 2000 meters (6500 feet). So while the Highlands and Addis Ababa are considered low-risk areas for malaria, you still have to be careful and take precautions. Lowland areas along the Awash River, the Omo Valley, Rift Valley and Gambella are subject to malaria outbreaks.

Chloroquine resistant strains have been identified in most areas so you should consult your doctor about the prescription. Make sure your doctor or travel clinic knows you are traveling to Ethiopia (don't just say Africa) so s/he can prescribe the right anti-malarial medication. Tips on [how to avoid malaria](#) will also help. Alternatively, you can keep mosquitoes and other insects at bay with repellent creams and sprays. (Climatic changes and phenomena such as el-Nino has meant the appearance of malaria at unseasonable times, and its spread to areas previously malaria free.). Malarone is one that seems to have the least side effects, but consult your physician. .Note: The side effects of some of these malaria pills can be greatly enhanced by altitude.

- You should also ask you doctor about your blood group in case of emergency and about any pre-existing medical conditions which might affect you on tour. You should notify us about any known medical conditions at the time of booking.
- It is also advisable to have a dental check-up prior to travelling.
- Make sure you start getting your vaccinations at least 8 weeks before you travel. Some immunizations are administered as a series that takes months to complete. Shortened schedules are available for some vaccination series. Completing part of the series can offer some protection.

#### **Health Insurance**

- Contact your health insurance carrier to determine if your policy will provide coverage in a foreign country. Your travel insurance covers anything not covered by your insurance, including evacuation, if a medical emergency occurs.

Be prepared to pay for services prior to treatment. This is the norm in most countries. Your insurance card will not be accepted. Retain all original billings required when filing for reimbursement. If at all possible, request itemized billings, also not the norm in many countries.

Check your policy for any exclusion such as dangerous activities. This could impact on reimbursement of medical emergencies encountered while involved in activities including trekking, motorcycling and scuba diving.

#### **Be prepared**

Your guide is prepared with a basic first aid kit and CPR training, but you should take a simple first aid pack, which would include: different size plasters, antiseptic cream, anti-histamine cream and/or tablets for insect bites, sun barrier cream (while temperatures are moderate the sun is strong) and anti-diarrhea tablets such as Immodium for emergencies (they will not cure the problem but will control the symptoms).

#### **Medical Facilities**

Medical facilities whilst limited are of a good standard. It is recommended that tourists and non-citizens should only use private hospitals and clinics.

## High Altitude

Addis Ababa and Ethiopia's highlands (which you'll be visiting if you're planning on doing the historical circuit) are at high elevations. High altitude can affect healthy individuals in a number of ways including: dizziness, nausea, shortness of breath, fatigue and headaches.

### **ALTITUDE PRECAUTIONS**

Travelers journeying to elevations above 6,000 feet (1,800 m) may develop altitude-related health problems. Serious altitude illness usually occurs at elevations above 8,000 feet (2,400 m), but each individual has his or her own level of tolerance. Susceptibility to altitude illness is not affected by training or physical fitness. There are three clinical manifestations of altitude sickness: acute mountain sickness (AMS), high altitude cerebral edema (HACE) and high altitude pulmonary edema (HAPE).

### **How Does Altitude Affect The Body?**

At higher elevations, there is less oxygen in the air. The body tries to boost oxygen in the bloodstream by increasing heart rate and by increasing and deepening breathing. These shifts cause a change in fluid balance, and fluids may accumulate in the lungs and brain.

### **What Precautions Should Be Taken To Prevent Illness?**

- Be alert for physical changes in yourself and pay close attention to any companions' complaints and behavior.
- At altitudes over 8,000 feet ascend slowly; if you intend to remain at higher levels, ascend no more than 1,000 feet a day.
- Increase fluid intake.
- Sleep below your altitude level of tolerance.
- Keep a journal. Record starting altitude, amount climbed each day, and altitude at which you sleep. This information could be very helpful if you require medical assistance.
- Avoid alcohol or any unnecessary medications, especially sedatives, tranquilizers and narcotics. High altitude may increase their effects.
- Treat any illness as a symptom of altitude sickness and descend.

### **What Are The Symptoms Of Altitude Illness?Acute Mountain Sickness (AMS)**

- Headache
- Shortness of breath
- Lack of sleep
- Weakness
- Fatigue
- Loss of appetite
- Dizziness
- Myalgias (muscle aches).

### **High Altitude Cerebral Edema (HACE)**

- Increasingly severe headache
- Mental confusion
- Emotional behavior
- Hallucinations
- Unstable gait
- Loss of vision
- Loss of Dexterity.

### **High Altitude Pulmonary Edema (HAPE)**

- Breathlessness with exertion and then with rest
- Tight feeling chest
- Cough- first dry and then frothy, blood tinged sputum
- Extreme fatigue.

### **What Is The Treatment For Altitude Illness?**

Descend immediately if you suspect HACE or HAPE; these conditions are medical emergencies and may result in death. Oxygen and the use of a portable high-pressure bag (Gamow Bag) may be required if descent is not possible.

Treat AMS with rest and allow several days at each altitude level to allow the body to acclimate before continuing to climb. Descend if your AMS condition does not improve.

### **Are There Medications That Will Help?**

- Diamox (acetazolamide), a diuretic, may be prescribed for mild AMS. It may also be prescribed prior to arriving in high altitude to assist with acclimatization. To avoid side effects take small doses of acetazolamide - 125 mg twice a day is a common dosage.
- Dexamethasone, a strong steroid, may be used to treat HACE during descent.

### **What Precautions Should Be Taken If Flying Or Driving Into Areas Of High Altitude?**

Sudden arrival into high altitude areas does not allow the body time to gradually acclimate. In this situation your travel health physician may prescribe Diamox, started prior to entry into the high altitude area, to ease symptoms while the body gradually adjusts. Rest, stay well hydrated and delay strenuous exercise for a few days.

### **Additional Health Concerns And High Altitude Travel**

- Persons with Sickle Cell Disease should avoid high altitude travel. Data on risk for persons with Sickle Cell Trait is poor, but these persons may be at risk of splenic infarct at very high altitudes (Mt. Kilimanjaro or Mt. Kenya - higher than 5,000 m or 16,500 ft.)
- Women taking oral contraceptives should consider alternate forms of contraception above 10,000 feet due to the increased risk of blood clots.
- Travelers with underlying medical conditions, such as congestive heart failure, angina, lung disease, or any blood disorder should consult with a doctor familiar with altitude-induced illnesses prior to travel.
- Pregnant women should avoid altitudes greater than 3,658 m (12,000 feet). Women in late pregnancy or in a high-risk pregnancy should avoid altitudes greater than 2,500 m (8,200 feet).
- Pregnant women should postpone exercise at high altitude until they are acclimatized.
- The cornea swells at higher altitudes. Individuals who have had radial keratotomy (corrective eye surgery prior to laser surgery) may require glasses for vision correction. In high altitudes swelling around the scarred areas causes changes in the vision correction. The new laser procedure used in corrective eye surgery does not cause scarring, and thus visual changes are not a major problem.

<p><b>Weather and Preparation:</b></p>	<p>Because of the elevation, temperatures rarely exceed 25 o C in most of the country, although in some of the lower lying areas (Awash, Omo and Mago parks) it can get considerably hotter. Pack light clothes for the day time and a jacket or sweater for the evenings, and a good pair of walking shoes even if you are not going trekking - path ways around historic sites are usually uneven and stony. Trekkers in the Simien and Bale Mountains will need warm clothes. If you visit during the rainy season or intend to go trekking in the mountains you should also bring warm waterproof clothing. Most rainfall is from June to September.</p> <p>On a cultural note - Ethiopians are generally modest dressers, and visitors should be sensitive about going underdressed (shorts, tank tops and bare backed) into places of worship. When visiting churches, monasteries and other religious shrines women should not expose their upper body or the legs below the knee. Shoes must always be removed before entering churches and mosques - for getting around sites like Lalibela with its many churches airline socks are very useful. Men are not excluded from covering up and should wear a long sleeved shirt or a lightweight jacket</p> <p>Clothes which are multi-purpose are also useful, for example, trousers with zip-off legs that become shorts.</p> <p>General footwear when visiting historical and cultural sites should be lightweight but robust - not sandals. For trekking a good pair of walking boots is advisable. With regard to footwear it is highly recommended that you DO NOT bring new shoes or boots without having worn them for quite some time to ensure they are completely comfortable.</p>
<p><b>Currency:</b></p>	<p>The local currency is the Ethiopian Birr, which is made up of 100 cents. Notes are issued in five denominations - 1, 5, 10, 50 and 100 birr and there are five different coins of 1, 5, 10, 25 and 50 cents. One US Dollar is about 10 Ethiopian Birr. The Birr is very stable and there is no significant difference between the official rate and black market rate. <a href="#">Click here</a> for current exchange rates</p> <p>Credit cards are NOT widely used in Ethiopia and Travellers Cheques have limited acceptance outside Addis Ababa. Unless you are making a big purchase \$200 in cash per person per week would cover the cost of beverages, mineral water, cokes, teas etc and a few presents bought during a typical stay.</p> <p>If you are thinking about buying antique gifts or animal skins you will need an export certificate to legally take them out of the country. Souvenirs for export should not exceed a value of 500 Birr.</p> <p><b>Cash, Credit Cards and ATM's</b></p> <p>The US Dollar is the best foreign currency to bring with you to Ethiopia and it can be exchanged at banks and foreign exchange bureaus. US Dollars can be carried in cash or travelers cheques.</p> <p>ATM machines in Ethiopia do not recognize foreign debit or credit cards.</p>
<p><b>Tipping</b></p>	<p>Most hotels and restaurants include a service charge, however visitors might want to leave a small tip of one or two birr to show their appreciation of good service. We have included the tip for the guides and drivers in our pricing.</p>

<b>Hotels</b>	<p>Elsewhere the standards vary immensely but overall, rooms are clean, comfortable and many come with en suite toilet and shower. Our one night in Gondar is at a lovely, but very basic hotel called <a href="#">The Goha</a>. It stands at the crest of a hill with a commanding view of the city of Gondar, the city with its enchanting and mysterious castles. The Hotel is the best in the area and has :</p> <ul style="list-style-type: none"> <li>• 4 suites , •60 twin bed rooms, •Restaurant, •2 cosy bars •Well-equipped laundry</li> <li>•Stand-by power generator , •Garden &amp; parking lot , •Telephone, fax &amp; Satellite TV</li> </ul>
<b>Electricity</b>	<p>Ethiopia has a 220 volt at 50Hz electricity supply with three main different types of electrical fittings:</p> <ul style="list-style-type: none"> <li>• 3 Round pins with an earth ground (common throughout Africa, Middle-East and India)</li> <li>• 3 Round pins with earth ground pin offset (standard in Switzerland)</li> <li>• 3 Round pins in line (standard in Italy)</li> </ul> <p>You will need a travel adaptor and transformer if you have equipment that is not capable of working at 220 volts (US travellers with 110 volt equipment please note). If you are expecting to connect to the Ethiopian telephone system with your own equipment you will also need to bring a telecoms adaptor that caters for a 3 round pin plug standard common in Italy.</p> <p>An international direct dialing telephone service, Telex, Fax, Internet and Airmail connects Ethiopia to all parts of the world. Services are available at Post Office Telecommunication branches, Internet Cafes and hotels. The television standard is the European PAL B.</p>
<b>Time and Calendar</b>	<p>The Ethiopian clock is similar to many equatorial countries and there is a six-hour difference between Ethiopian and Western time. This means Western 6:00am is 12:00am Ethiopian time and 6pm Western time is 12 noon Ethiopian time. Ethiopia is also three hours ahead of Greenwich Mean Time (GMT).</p> <p>However, there is no adjustment of clocks for Winter or Summer Time, so there is no putting clocks backward or forward an hour. Being close to the Equator there is almost twelve hours of constant daylight. In Addis Ababa, sunrise begins at around 06.30 and sunset is about 18:45.</p> <p>Ethiopia follows the Julian calendar, which comprises twelve months of thirty days each and a thirteenth month of five days (or six days in a leap year). The calendar is seven years and eight months behind the Western (Gregorian) calendar with Christmas being celebrated on January 7 and New Year on September 11, which can be extremely confusing to westerners.</p>
<b>Roads and Transportation</b>	<p>While in a foreign country, U.S. citizens may encounter road conditions that differ significantly from those in the United States The itinerary has been designed to be as comfortable as possible, but this part of the world is still undeveloped. Many road journeys are long, rough, hot and dusty. Long walks may be required to reach some areas, including walks over steep gradients and poorly maintained paths. We will be using 4WD Land Cruisers, 4WD mini buses or Coaster buses depending on the conditions of the roads and the size of the group.</p>

	<p>Roads in Ethiopia are poorly maintained, inadequately marked, and poorly lighted. Road travel after dark outside Addis Ababa and other cities is dangerous and discouraged due to hazards posed by broken-down vehicles left in the road, pedestrians walking in the road, stray animals, and the possibility of armed robbery. Road lighting in cities is inadequate at best and nonexistent outside of cities. Excessive speed, unpredictable local driving habits, pedestrians and livestock in the roadway, and the lack of basic safety equipment on many vehicles are daily hazards on Ethiopian roads.</p>
<p><b>Staying In Touch</b></p>	<ul style="list-style-type: none"> <li>- Telephone, Tele fax, Internet, e-mail and postal facilities are available in the country.</li> <li>- Internet services are available in major cities and towns only.</li> <li>- The international dialing code for Ethiopia is +251.</li> <li>- Major towns and cities are connected with properly maintained highways of asphalt and gravel.</li> </ul> <p><b>Telephone</b> Country code: 251.</p> <p><b>Mobile Telephone</b> Roaming agreements exist with many international mobile phone companies. Coverage is patchy and largely confined to major urban areas. If you are interested in renting a cell phone, we can make the arrangements for approximately \$30 + calls. Contact us at <a href="mailto:info@steppinoutadventures.com">info@steppinoutadventures.com</a> for more information.</p> <p><b>Internet</b> There are Internet cafes in Addis Ababa. Some top-end hotels may also offer services, although connections may be difficult. Service is rapidly improving as demand soars.</p>
<p><b>FOOD AND WATER</b></p>	<p>Do not drink tap water unless boiling it first, or having it filtered, or chemically disinfected. Do not drink unbottled beverages or drinks with ice. Avoid unpasteurized milk and products such as ice cream.</p> <p>Do not eat fruits or vegetables unless they have been peeled or cooked. Avoid cooked foods that have been left at room temperature and are no longer hot. Do not eat raw or undercooked meat or fish.</p> <p><b>Food</b></p> <p>The Highlands are predominantly Orthodox Christian which means they observe fasting every Wednesday, and Friday and at Lent eat only vegetarian dishes. However hotels that cater to Western visitors usually do not observe these customs.</p> <p>The Ethiopian national dish consists of injera, a flat, circular pancake of fermented dough made from a grain seed called tef, on top of which are served different kinds of cooked meats, vegetables and pulses. The sauces are generally spiced with berbere, a blend of herbs and spices (including hot peppers) that gives Ethiopian food its characteristic taste. Vegetarians should try "fasting food" (for devout Ethiopian Orthodox Christians fast days make up more than half the year), a colorful spread of salads, vegetables and pulses, devoid of all meat and animal products.</p> <p>One eats national dishes with the right hand (water for washing is usually brought to the table before the food is served), tearing off pieces of injera to pick up the "toppings".</p> <p>Addis Ababa now boasts of a wide variety of restaurants, and at hotels in tourist sites</p>

	<p>European style food such as pasta is always available. If you are travelling to remote areas, such as the Omo Valley and parts of southern Ethiopia, it is advisable to stock up with tinned and packet food in Addis Ababa.</p> <p><b>Drink</b></p> <p>Gassy and still mineral water, along with soft drinks, are now available throughout the country. There are several brands of locally produced beer. Ethiopia produces its own wine and spirits, while imported spirits are also widely available. There are home made alcoholic drinks: tela (home made beer or ale), tej (wine made from honey) and kati kala (distilled liquor from various grains.)</p> <p>....</p>
<p><b>Language</b></p>	<p>Ethiopia is a multi-ethnic state with a great variety of languages spoken in the country, of which there are 83 with 200 dialects. The main three languages are Amharic, Tigrigna and Oromigna. English is also widely spoken. Amharic is the official language of Ethiopia, although English, Italian, French and Arabic are also widely spoken. Outside the larger cities and towns, indigenous languages are likely to be spoken - of which there are over eighty, along with some 200 dialects. The most common of these are Oromo, Tigrinya and Somali.</p> <p>In the northern and central parts Ethiopia different Semitic languages are spoken. Namely Tigre, Tiginrya, Guraginya and the official national language Amharic. The root of these languages, Ge'ez, only survives today in church liturgy and literature.</p> <p>The Sidama languages are spoken to the south-east and to the east and parts of the south are the Cushitic-speaking peoples of the Oromos, the Afars and the Somalis.</p> <p>To the west and south-west are the Nilotic peoples with their own distinctive language and culture. In other areas of the country there are smaller communities whose cultures, languages and traditions derive from different facets of Ethiopia's long history.</p>
<p><b>SAFETY</b></p>	<p>For the most part traveling in Ethiopia is safe, but you should take the same precautions as you would traveling in any poor country (see below). It is also wise to avoid all border areas (with Somalia, Eritrea, Kenya and Sudan) since there's still pockets of political unrest, and kidnapping of tourists in these areas have occurred in the past.</p> <p>We will also register the trip with the US State department.</p> <p><b>Throughout Ethiopia:</b> Americans are strongly advised to review their personal safety and security posture, to remain vigilant and to be cautious when frequenting prominent public places and landmarks. Targeted bombings in Addis Ababa and south eastern Ethiopia in 2008 resulted in numerous injuries and deaths. Americans are advised to avoid public gatherings and public places, including hotels, if possible, and using public transportation and transportation hubs. They are advised to beware of unattended baggage or packages left in any location, including in mini-buses and taxis.</p> <p><b>Basic safety rules for travelers to Ethiopia</b></p> <ul style="list-style-type: none"> <li>• Make a copy of your passport and keep it in your luggage.</li> <li>• Don't walk on your own at night in Addis Ababa and other major tourist towns.</li> <li>• Watch out for pickpockets at the Mercato in Addis Ababa</li> <li>• Don't wear jewelry.</li> <li>• Don't carry too much cash with you.</li> <li>• Wear a money belt that fits under your clothes.</li> <li>• Don't carry a lot of camera equipment especially in the major cities.</li> </ul>

- Avoid travel at night because roads are perilously filled with potholes, livestock, and broken down vehicles.

## **GENERAL TRAVEL SECURITY**

Basic precautions can lessen threats to your personal security.

### **At All Times and In All Places**

- Blend in as much as possible, especially in your dress and appearance. Avoid an obvious tourist appearance.
- When sightseeing, try not to appear overwhelmed by an attraction. Such behavior makes you appear more vulnerable to a criminal.
- Keep cameras and video equipment in a bag when possible; avoid walking around with such items hanging from your neck.
- Avoid viewing maps in plain view; thieves prey on travelers who seem lost or disoriented.
- Do not accept food or drink from strangers; would-be criminals often try to drug their victims through food and drink.
- Ignore attempts by locals to provoke an argument. Change the topic of discussion and, if possible, remove yourself from the situation.

### **At Your Hotel**

- Do not discuss personal matters with strangers, including your itinerary, place of lodging or mode of transportation.
- Lock hotel room, connecting room and balcony doors, and all windows.
- Know the local emergency assistance phone number and how to use the local phone system.
- Store all unneeded personal documents and excess cash in the hotel or room safe.
- Meet people, especially strangers, only in the hotel lobby and not in your room.

### **Getting Around**

- Have hotel management call for a taxi rather than trying to hail one yourself.
- Be knowledgeable of any restricted areas requiring entry permits, and attain these documents before traveling to such locations.
- Do not photograph police stations, military installations, government buildings, airports, ports or train stations without first determining whether photography is permitted. If in doubt, ask permission from someone in authority before taking any photographs.

### **On the Street**

- Avoid walking alone at night.
- Do not take shortcuts or go off well-traveled roads.
- Stay on well-lit main streets when possible.
- If disoriented, ask for directions only from uniformed officers or individuals of obvious authority.
- Do not accept rides from strangers or new acquaintances.
- Avoid all demonstrations or other civil disturbances; leave the area immediately if caught in an impromptu assembly.
- Seek immediate shelter from violent situations; hotels, large restaurants, museums and police stations are good places to take refuge.

- Withdraw money from ATMs only during daylight hours and preferably only in banks or hotels.
- Report suspicious activity to your hotel's management, the police and/or your embassy or consulate.

For the latest security information, Americans traveling abroad should regularly monitor the Department of State, Bureau of Consular Affairs' web site at <http://travel.state.gov>, where the current [Travel Warnings and Travel Alerts](#), as well as the [Worldwide Caution](#), can be found.

## About the Country

Ethiopia is one of the largest countries in Africa in terms both area and population, with an area of 1,235,000 square kilometres it is around twice the size of Kenya or France. The population is approximately 65 million – with the densest population in the fertile central highlands.

Much of Ethiopia is still wild, and fosters a naivety and freeness of spirit. It has been able to keep its own strong independent character and not be marred by the ways of the colonists, still retaining ancient cultures untainted by western influences. It is this uniqueness that gives the Ethiopia such a magnetic appeal.

It is a land which has endured many hardships through hunger and fighting but has managed to survive because of its people's amazingly strong drive to exist. They are a people with an incredible resilience, who show a true pride in their culture and civilisation, which is apparent in their many colourful celebrations.

Nearly 90% of all Ethiopians are engaged in farming and cattle-raising and live in the countryside. The peripheral inhabitants of Ethiopia lead a nomadic and pastoral way of life whereas the central highlands support farming communities. The Christian highland peoples have followed a biblical, moral and civil code of behaviour for over 16 centuries. Begging is endemic and an accepted way of life for thousands of poor Ethiopians. While this tends to be disconcerting for Westerners, it is much more accepted in both the Muslim and Ethiopian Orthodox way of life. (see document on tips about begging)

**Ethiopia** is the only country in Africa never to have been fully colonized (with the exception of a five-year occupation by Mussolini's Italy). The **20th-century history** of Ethiopia is dominated by the figure of Haile Selassie, who became emperor in 1930 and ruled until the military coup of 1974. The country was occupied by the Italians between 1936 and 1941.

In 1977, a further coup brought Lieutenant Colonel Mengistu to power. Agricultural backwardness was the country's most urgent problem; all attempts at land reform were resisted. The government itself was perhaps too preoccupied with **fighting** secessionist movements in Tigray and Eritrea, and with occasional border clashes with Somalia (one of which escalated into full-scale war during 1977). This, along with **severe drought**, economic mismanagement and the mutual mistrust between the government and Western aid agencies contributed to the widespread and heavily-publicized 1983 famine. The civil war continued until May 1991, when President Mengistu fled the country for Zimbabwe.

In June 2001, after 10 separate attempts, the UN finally managed to broker a settlement between Ethiopia and Eritrea. A 4,000-strong peacekeeping force, UNMEE, holds the line between the two sides, but a final resolution of the conflict seems as distant as ever. This was a war that neither side could afford. Ethiopia has been in need of **food aid** for some years and distribution to the most needy and remote areas was disrupted by the fighting. Large imports of emergency aid were needed during the summer of 2003 to prevent a famine which might otherwise have affected up to 15 million people. In 2005, contested general elections led to more social unrest.

Ethiopia can claim some of the highest and most stunning places on the African continent, such as the jaggedly carved **Simien Mountains**, and some of the lowest, such as the

	<p><b>Danakil Depression</b>, with its sulphur fumaroles and lunar-like landscape. Before traveling however, it is recommended that visitors check the latest travel advice.</p> <p><b>Geography</b> Ethiopia is situated in northeast Africa, bordered by Eritrea, Sudan, Kenya, Somalia and Djibouti. It is about twice the size of France. The central area is a vast highland region of volcanic rock forming a watered, temperate zone surrounded by hot, arid, inhospitable desert. The Great Rift Valley, which starts in Palestine, runs down the Red Sea and diagonally southwest through Ethiopia, Kenya and Malawi. The escarpments on either side of the country are steepest in the north where the terrain is very rugged. To the south, the landscape is generally flatter and more suited to agriculture.</p>
<p><b>How do I join this trip?</b></p>	<p>Please mail or fax the registration material at the end of this packet to 877.264.7694 to reserve a space. We need the following:</p> <ul style="list-style-type: none"> <li>• Participant contract/profile</li> <li>• Payment (generally in full, though installments can be worked out)</li> <li>• Signed waiver form</li> <li>• A clear copy of your passport</li> </ul>
<p><b>Special Requests:</b></p>	<p>If you have any special dietary needs or any special requests, let us know.</p>
<p><b>How to pack</b></p>	<p>A change of clothes and some essentials in your hand luggage are a good idea in case your main luggage gets delayed for a day or two. Don't forget that all valuables and important papers should stay in your hand luggage or in your pockets.</p> <ul style="list-style-type: none"> <li>• A standard airline-regulated carry-on suitcase and a medium size backpack. We suggest a large duffel-type bag or other soft-sided type of luggage and a smaller daypack. For our day trips, a daypack will be necessary to carry cameras, film, sunscreen, swimsuit, etc.</li> <li>• Wheels are nice for the airport, but make sure they are sturdy. Some of our locations are not going to have paved sidewalks.</li> </ul>
<p><b>What to Bring – Clothing and Equipment</b></p>	<p>The following checklist has been prepared in order to help you procure the proper equipment and clothing needed to make your trip an enjoyable and comfortable experience. Please check your equipment carefully to make sure that it fits well and is in good working condition before arriving for your trip. We will supply all group equipment, including food, support vehicle, and emergency medical supplies.</p> <ul style="list-style-type: none"> <li>• Valid passport and copy of passport</li> <li>• Extra passport picture</li> <li>• Wrap your toiletries in plastic bags separately, so if anything spills, it doesn't get over everything. Bring extra plastic bags (wet bathing suits, etc.)</li> <li>• Wet ones and/or hand sanitizer gel</li> <li>• Power bars/granola. It's bound to happen, you're hungry when others aren't.</li> <li>• Purse or pouch to carry your passport and travelers checks</li> <li>• Flashlight</li> <li>• Travel alarm</li> <li>• Toiletries: toothbrush, toothpaste, shampoo, hairbrush, moisturizer, etc...</li> <li>• Camera and film with <b>extra batteries</b> for your camera and binoculars</li> <li>• Personal first aid kit: aspirin, ibuprofen, Band-Aids, antihistamine tablets, prescription medications clearly marked in their original containers, caladryl, moleskin, etc...</li> <li>• Extra copy of your prescription for any medication...written in generic drug terms</li> <li>• Extra pair of glasses and/or contact lenses</li> <li>• Water bottles or at least a holder for your water bottle</li> <li>• Sunglasses with UV protection and retainer leash (such as Croakies™)</li> </ul>

- Sunscreen (SPF 15 or higher) and lip balm with UV protection - this is a must!
- Insect repellent
- Swimsuit
- Casual Clothing
  - Bring clothes that do not wrinkle much (if wrinkled clothes bother you) because irons are not readily available.
  
- 1 Lightweight waterproof jacket
- 1 Pair of good walking shoes
- Thick boot socks and general purpose light-weight socks
- 1 daypack
- 1 Water bottle
- 1 Sun Hat or Cap

Other Useful Items

- Bandanna or Head Scarf
- Money Belt
- Binoculars for animals
- Hand Sanitizer Travel tissues and wet wipes
- Antidiarrheal drug
- Pens & Small Notepad
- Compact Sewing kit
- Eye Patch for Sleeping
- Pair of spectacles if you wear contact lenses. Climatic changes and dust can cause irritation
- Plastic carrier bags for dirty washing, dirty shoes and trash
- Multi sized bath & sink plug

**Suggestions for on the plane**

- Wear comfy clothes.
- Bring toiletries, like toothpaste, toothbrush, washing up during the long flight helps. Remember that you can't take liquid over 100 ml with you.
- Bring an ipod or the like with your favorite tunes--it helps time pass
- Some snacks
- Travel pillow
- Put light clothes in a readily available space (or pack it on top of your suitcase). You may want to change when you get there without having to go through your entire suitcase.
- Earplugs
- Stuff to read; NO work
- Small notepad

**Travel Protection**

**Your trip price includes travel insurance Coverage Amount Benefit Amount**

Trip Cancellation . . . . .	<b>Trip Cost*</b>
(Maximum Limit \$25,000 per person)	
Trip Interruption . . . . .	<b>150% of Trip Cost</b>
Trip Interruption- Return Air Only . . . . .	<b>\$750 or 150% of Trip Cost</b>
<b>Cost</b> (whichever is greater)	
Missed Connection . . . . .	<b>\$250</b>
Trip Delay (\$150 max/day) . . . . .	<b>\$750</b>
Medical Expense . . . . .	<b>\$25,000</b>
Emergency Medical Transportation . . . . .	<b>\$250,000</b>

Baggage & Personal Effects . . . . .	<b>\$1,000</b>
Baggage Delay . . . . .	<b>\$250</b>
Accidental Death and Dismemberment . . . . .	<b>\$25,000</b>
Travel Guard Assist . . . . .	<b>Included</b>
LiveTravel® . . . . .	<b>Included</b>

**Optional Additional Medical** - \$25,000 additional Medical Expense Coverage can be added. (Cannot be purchased separately.)

- Coverage only included if the required plan cost has been paid
- 

**Trip Cancellation & Interruption**

We will pay this benefit up to the Maximum Benefit shown on the Schedule of Benefits if a trip is delayed, canceled, or interrupted due to any of the following unforeseen circumstances • Sickness, injury, or death of an Insured, Immediate Family Member, Traveling Companion, or businesspartner. Cancellation due to an injury or Sickness of an Immediate Family Member • Financial Default of an airline, cruise line, or tour operator resulting in the complete cessation of services. Excluded is the organization from which the Insured purchased his or her trip or this coverage. This coverage applies only if the financial default occurs more than 14 days after the Insured's coverage effective date • Inclement Weather causing cancellation or interruption of travel • Strike resulting in the complete cessation of travel services • The Insured's principal residence or destination being made uninhabitable by fire, flood, vandalism, burglary, or natural disaster • The Insured or a Traveling Companion being subpoenaed, required to serve on a jury, hijacked, or quarantined • A Terrorist Incident in a City listed on the Insured's itinerary within 30 days of the Insured's scheduled arrival. "City" means an incorporated municipality having defined borders and does not include the high seas, uninhabited areas, or airspace • The Insured being called into active military service or having leave revoked or being reassigned.

**Missed Connection**

Reimburses this benefit up to the Maximum Benefit shown in the schedule of Benefits if inclement weather or common carrier causes cancellation or a delay of regularly scheduled flights for three to less than twelve hours to your point or departure.

**Trip Delay**

- We will reimburse up to \$150 a day to the Maximum Benefit shown on the Schedule of Benefits for reasonable, additional accommodations if the Insured's trip is delayed for more than 12 hours.

**Baggage & Personal Effects**

- Reimburses the Insured if his or her baggage is lost, stolen, or damaged while on his or her trip, subject to the Maximum Benefit. This coverage is in excess of any other coverage or indemnity.

**Baggage Delay**

- If the Insured's baggage is delayed more than 24 hours, he or she will be reimbursed for the purchase of essential items, subject to the Maximum Benefit.

**Medical Expense**

- We will pay this benefit, up to the Maximum Benefit shown on the Schedule of Benefits. We will pay for necessary medical expenses incurred by the Insured within one year from the date of injury or Sickness provided initial treatment was received during the trip. This coverage is in excess of any other coverage or indemnity.

**Emergency Medical Transportation**

- Covers evacuation and transportation as directed by a physician to the nearest adequate medical facility (home in the event of death or if medically required). Pays for special medical escort if recommended in writing by the attending physician.

**Accidental Death and Dismemberment**

- Pays for loss of life or limb if it occurs within 365 days of an **Travel Guard Assist\*** • Advancement of funds to cover on-site medical expenses • Telephone interpretation services in major languages • Replacement of lost passport and other incidentals as may be required • Assistance to locate local physicians, dentists, or medical facilities • Professionals

will monitor your condition and contact your personal physician • Evacuation to a hospital, treatment facility or back home • 24-hour emergency hotline

• **LiveTravel Assistance • LiveTravel** - 24 hour hotline to make emergency changes, such as rebooking flights, hotel reservations, tracking lost luggage and more! Call 1.800.826.8597 for assistance • **Live Messaging** - relay of email or phone message to family, friends or business associates • **Pre-Trip Travel Advice** - around-the-clock access to passport, visa, inoculation and vaccine requirements; travel advisories; weather and currency information – all for your planned destination

• **Emergency Cash Transfer** - assistance in coordinating an emergency cash advance. \*

Non-insurance services are provided by Travel Guard Assist. Underwritten by the National Union Fire Insurance Company of Pittsburgh, PA. It is currently authorized to transact business in all states and the District of Columbia. NAIC No. 19445. This is only a brief description of the insurance coverage(s) available under policy series T30253NUFIC. The Policy contains reductions, limitations, exclusions, and termination provisions. Full details of the coverage are contained in the Policy. If there are any conflicts between this document and the Policy, the Policy shall govern. Any payments under this policy will only be made in full compliance with all United States of America economic or trade sanction laws or regulations, including, but not limited to, sanctions, laws and regulations administered and enforced by the U.S. Treasury Department's Office of Foreign Assets Control ("OFAC"). Therefore, any expenses incurred or claims made involving travel that is in violation of such sanctions, laws and regulations will not be covered under the policy. For more information, you may consult the OFAC internet website at [www.treas.gov/offices/enforcement/ofac/](http://www.treas.gov/offices/enforcement/ofac/) or a Travel Guard representative.

**Cancellation Policy**

The following cancellation policies apply regardless of when you registered, even for personal emergencies. Nor is there a refund for leaving a tour early or arriving late. The cancellation policy is based on the money that was due and not the money that our operator, Steppin' Out has in hand and you are still obligated to pay the balance due. For example, if you signed up for a trip and only gave a deposit, and then didn't cancel until 80 days prior, you would owe Steppin' Out 50% of the full trip cost.

**Cancellation policy is as follows:**

- **Prior to 120 days to the departure date: \$55 administrative fee will apply.**
- **120-90 Days prior to departure date: all but 25% of the full land fee will be returned.**
- **90-60 days prior to departure date: 50% of full land fee will be retained**
- **61 days on prior to departure date: No refunds. If ticket has been purchased, you will receive the ticket.**

**Responsibility:** All tickets and vouchers covering ground transportation, hotel accommodations, lift tickets or other items in the package are issued by Steppin' Out only as an agent for such companies furnishing such services. Neither they nor their subagents shall be held liable for loss or damage to property or injury to person caused by reason of any defect by any transportation company, lodging company, car company, ski area, agent or any service/item in the package outside their direct control. Steppin' Out reserves the right to make changes and alterations in the itinerary that are found necessary for proper handling of tours. In such an event, substitute services or equal or greater value will be furnished, or refunded, but the alternate services will still fall under the liability statements above. Steppin' Out shall not be liable for any loss, damage, injury, accident, delay or irregularity which may be occasioned by reason, defect, or through acts of omissions of any person or company described in the confirmation. In the event of a group or bulk ticket, Steppin' Out is

	not responsible for any default of the airline. Should a dispute arise, venue shall be in the State of Illinois
<b>Before Your Go Tips</b>	Read the following tips to ensure that your trip runs smoothly. <a href="#">Click here</a>

A \$500 to RESERVE YOUR SPOT

**PARTICIPANT INFO**

**First Name:**                      **Middle Name:**                      **Last Name:**

**Is this the name as it appears on your passport?**

**Date of Birth:**                      **Country of Birth:**

**Passport # :**                      **Exp date:**

**Passport Country of Origin**                      **Star Alliance Carrier & Mileage#**

**Airline Seat and Meal Requests** (due to group seating we can only make requests, but no guarantees)

**Current Address:**                      **City**

**State:**                      **Zip:**                      **Country:**

**Private-Telephone:**                      **Home:**

**Mobile Phone:**                      **Do you receive Text Messages?**

**Office-Telephone**

**Fax:**                      **E-mail:**

**Emergency Contact:**                      **Relationship to Contact:**

**Contact's Hm Phone:**                      **Contact's Cell:**

**Health Insurance Carrier and Policy Number:**

**Health Insurance Phone Number:**

**Physician's Name and Number :**

**List other destinations that you have traveled to:**

**Please let us know about any of the following:**

<b>Allergies</b>	<b>Symptoms of Allergy</b>	<b>Treatment</b>
1.		
2.		
<b>Any Medication taking</b>	<b>Generic Name of Med</b>	<b>Dosage</b>
1.		
2		
3		

**List any dietary restrictions:**

**List any physical disabilities**

**Do you have a roommate request?**

**Smoker ( )    Non- Smoker ( )**

**PER OUR INSURANCE REQUIREMENTS, IT IS REQUIRED THAT YOU FILL OUT ONE WAIVER FORM FOR EACH EVENT. PLEASE MAKE COPIES FOR FUTURE EVENTS. THANK YOU. WE APPRECIATE YOUR HELP. PLEASE FILL OUT COMPLETELY.**

**PARTICIPANT AGREEMENT, RELEASE AND ACKNOWLEDGEMENT OF RISK**

In consideration of the services of DC INTERNATIONALS or Steppin' Out, Ltd., their agents, owners, officers, volunteers, participants, employees, contractors and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "Steppin Out"), I hereby agree to release and discharge Steppin' Out on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that **EVENT:** \_\_\_\_\_ **on the following dates:** \_\_\_\_\_ entails known and unanticipated risks which could result in physical or emotional injury, paralysis, death or damage to myself, to property, or to third parties.

I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.

Furthermore, Steppin' Out guides have difficult jobs to perform. They seek safety, but are not infallible. They might be ignorant of a participant's fitness or abilities. They might misjudge the weather, the elements, or the terrain. They may give inadequate warnings or instructions, and the equipment being used might malfunction.

2. I expressly agree and promise to accept and assume all risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.

3. I hereby release, forever discharge, and agree to indemnify and hold harmless Steppin' Out from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of Steppin' Out's equipment or facilities, including any such Claims which allege negligent acts or omissions of Steppin' Out.

4. Should Steppin' Out or anyone acting on their behalf, be required to incur attorney's fees and cost to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.

I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I certify that I have no medical or physical conditions which could interfere with my safety in this activity, or else I am willing to assume - and bear the cost of - all risks that may be created, directly or indirectly, by any such condition.

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found by a court to have waived my right to maintain a lawsuit against Steppin' Out on the basis of any claim from which I have released them herein. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portion shall remain in full force and effect.

**I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.**

Signature of Participant: \_\_\_\_\_ Print Name: \_\_\_\_\_

Participants Address: \_\_\_\_\_ Current Date: \_\_\_\_\_

City, State & Zip \_\_\_\_\_

Health Insurance Provider/Carrier: \_\_\_\_\_ Policy Number: \_\_\_\_\_

Health Insurance Provider/Carrier Telephone Number: \_\_\_\_\_

In case of emergency, please contact (specify relationship): \_\_\_\_\_

Emergency contact's telephone number: \_\_\_\_\_