

Explore Venezuela And Meet the Indigenous People

August 26, 2011- September 4, 2011



Here is an opportunity to go completely off the beaten track, in a beautiful remote part of Venezuela, where you can go for days seeing only the people from your group and the Penom Indians, the indigenous people you will get to know and share with. The trip is being coordinated by Angel Conservation, an organization that teaches indigenous people how to preserve their heritage while also getting in touch with the modern world.

And you can be a part of it, while also go deep into the rainforest, taking dugout canoes and short hikes to cascading waterfalls and pools. We'll visit Canaima National Park where we will hike and help the communities in the Kamarata Valley and of course via canoes visit Angle Falls—while you may not have heard of Jimmie Angel nor Ruth Robertson but you will share their epic journeys en route to all the way to Angel Falls. Ruth's epic expedition started in Caracas on April 23rd 1949; she reached Angel Falls on May 11th and Mayupa Rapids on May 17th. Our expedition will take only a matter of several days!

Itinerary

Day 1: Arrive in Caracas

Upon arrival in Caracas we are met and transferred to our hotel. This afternoon / evening is at your leisure for you to enjoy our hotel situated close to the entrance of El Avila National Park. Overnight - Caracas.

Day 2: Fly to Uruyén, Canaima National Park

We transfer for our flight to Puerto Ordaz (we may have to transfer to Ciudad Bolívar for the next internal flight). Ciudad Bolívar, formerly known as “Angostura” is situated on the banks of the Orinoco River. At the airport we can visit Jimmie Angel’s plane, which he used in the discovery of Angel Falls.

Transfer to our flight to Uruyén Lodge in Canaima National Park, which is on the UNESCO World Heritage List. Our magnificent flight retraces Jimmie Angel’s infamous flight as the first westerner to view Angel Falls. Although his flight took place in 1939, it was not until 1949 that the highest falls in the world received recognition.

The birds-eye-view of Angel Falls is nothing short of spectacular with the bizarre landscape of the Tepuis (table top). This afternoon is spent exploring the surrounding canyons, jungle and waterfalls as well as Yurwan Cave. This evening we have a demonstration of Pemón traditional dancing. The Pemón are the indigenous tribe located that is located in Canaima National Park. Overnight - Uruyén Lodge.

Day 3: Kavak, Canaima National Park

This morning, our luggage is taken off by jeep and we head out for a 3-hour trek via the local Pemón Villages of Old Uruyén and Santa Marta to Kavak. Kavak is located on a savanna on the opposite side of Auyantepuy to Angel Falls and was built in the traditional style of a Pemón settlement.

After lunch, we visit the Cueva de Kavak (Kavak Cave), which is sacred to the local indigenous. It is not actually a cave, but a deep gorge with a waterfall falling into a natural pool at the base. We then have a late afternoon siesta before dinner. Overnight - Kavak.

Day 4: Extended stay in Uruyén, Kavak or Kamarata

This extra day will see the group break into smaller groups, visit different communities and be involved with special community projects (projects to be arranged).

Day 5: Awaraparù, Canaima National Park

Early morning transfer to Kamarata, a small settlement that is the local administrative capital for the Pemón. We have the possibility to visit the Mission, a local “ambulatorio” / clinic where Telemedicine is practiced through the internet and a number of schools. The locals are incredibly friendly and it is a great place for a leisurely walk.

Taking to the river we will take to curiaras (dugout canoes) to the community of Awaraparù deep in the valley where will visit the local school children at school and visit with one or two families en route in their homes beside the river. Overnight - Weicoco Lodge - in hammocks deep in the rainforest. This is really beautiful experience, off the beaten track and a visit not often made by visitors to the area – lots of wildlife en route such as the possibility of seeing river otters, anacondas, large Blue Morphos butterflies and of course many different species of birds (different birds of prey, toucans, parrots, herons etc). This community is also one of the most remote and “poorest” their school lacks books and writing materials.

Day 6: Awaraparu – Arenal via river

River conditions permitting we will take to the river for a long day. We will change river boats at the “port” of Kamarata and proceed to Arenal camp stopping on the way for lunch and a refreshing swim. Overnight at the rustic camp of Arenal with spectacular views of the river below and the table top mountains in front.

Day 7: Angel Falls

Today we will travel to Angel Falls entering the Churún Canyon (Devil’s Canyon) via the Rio Churún (river levels permitting). The river safari to the falls takes us through pristine rainforest and the ever-changing scenery of the table-top mountains on either side. There are just enough rapids to give the journey some excitement! A truly unforgettable day that will be highlighted by our sighting of Angel Falls. We will ascend close to the base of Angel Falls - the highest uninterrupted waterfall in the world (15 times higher than Niagara Falls). The almost 3,212 feet (979 meters) free flow water drop is truly spectacular.

This afternoon we hike to the falls and return to our campsite, where we have time at leisure to reflect on the majesty of the falls. Overnight - Angel Falls. The campsite is basic with shared bathroom facilities.

Day 8: Canaima — Sapo and Hacha Falls – Ciudad Bolívar

After breakfast, we must bid a fond farewell to Angel Falls. Breakfast at our campsite and then relaxing in our curiaras, we can enjoy the trip down the Rio Churún to Mayupa Rapids then Canaima. Mayupa is a great place to buy authentic souvenirs.

One of the most beautiful places in Venezuela is Canaima Lagoon and its surroundings. The lagoon, with its unique wine- colored water and pink beach (colors caused by the tannin found in the local vegetation) is fed by several small waterfalls: Sapo, Hacha, Wadaima, Golondrina and Ucaima. In the background we can see 3 “Tepuis” table-top mountains that distinguish this region. We also visit Sapo Falls (Frog Falls) or Hacha Falls. It is possible to walk right under the thundering water of the waterfall. Arriving in Canaima in time for lunch, we will transfer to the airport for our flight to Ciudad Bolivar and our overnight there.

Day 9: To Caracas

After breakfast we will be transferred to Puerto Ordaz for a flight to Caracas. This evening in Caracas we enjoy our farewell dinner where we remember our many adventures with new friends. Overnight - Caracas.

Day 10: Departure from Caracas

Our Venezuela Adventure concludes with a transfer to Caracas International Airport for your departure flight.

Trip Details

Trip Length:	10 days / 9 nights
Dates of Trip:	August 26 th to September 4 th
Cost:	\$1925
Single Supplement	\$175
Meeting Place/Time	Caracas, Saturday, August 26 th early morning, which means you need to get to Caracas on Friday night. Overnight stay at airport is an additional \$100.
Depart From:	Caracas
Getting There:	Shoshana Travel works with consolidators 847.827.1608 or shoshana.segal@comcast.net .
Price Includes:	all meals, services as listed in the program, transfers. Extension price includes transfer from Caracas
Price Does NOT Include:	International airfare is not included in the above prices. national airport taxes - national park fees – alcoholic beverages and some soft drinks. Tips are not included but much encouraged Travel insurance is not included but strongly recommended. Alcoholic drinks and souvenirs are not included. Additional overnight in Caracas - including transfers to and from international airport - \$100. For extension, there is an extra charge for the dives.
Group Travelling	Optional Tours: For those who would like to experience another region of Venezuela or other country. The group sizes vary, generally between 8-15 for adventure trips so that there is not a lot of down time waiting. Generally most people travel solo, come from all parts of the United States. Age range 28-45.
TripFitness Rating:	Moderate. Walking, but nothing extreme.
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. 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	Not required. You will receive a tourist card (valid for a 30 to 90-day stay) that will be handed to you on your international flight to Venezuela.

For current information concerning entry, tax, and customs requirements for Venezuela, travelers may contact the [Venezuelan Embassy](#) at 1099 30th St.

N.W., Washington D.C. 20007, tel. (202) 342-2214, Internet: <http://www.embavenez-us.org>. Travelers may also contact the Venezuelan consulates in New York, Miami, Chicago, New Orleans, Boston, Houston, San Francisco or San Juan.

Immunizations

- Check with your health care provider, and/or visit a travel immunization clinic.
- Make sure you are up to date on your tetanus shot.
- If possible, get a prescription for a broad-spectrum antibiotic.

Anti-Malaria is recommended. *Malaria*: Prophylaxis with Lariam, Malarone, or doxycycline is recommended for Angel Falls and for rural areas in the states of Apure, Amazonas, Barinas, Bolivar, Delta Amacuro, Sucre, and Tachira.

Immunizations

The following are the recommended vaccinations for Venezuela.

[Measles](#) vaccine is recommended for any traveler born after 1956 who does not have either a history of two documented measles immunizations or a blood test showing immunity (see "Recent outbreaks"). Although measles immunization is usually begun at age 12 months, consider giving an initial dose of measles vaccine to children between the ages of 6 and 11 months who will be traveling to Venezuela. Many adults who had only one vaccination show immunity when tested and do not need the second vaccination. Measles vaccine should not be given to pregnant or severely immunocompromised individuals.

The government of Venezuela recently announced that all Venezuelan nationals and foreign residents living in Venezuela, over the age of six months, who leave Venezuela and travel outside the Americas through international airports or ports, *must be in possession of a certificate of vaccination documenting that they have been vaccinated against measles and rubella*. Persons without a certificate will be vaccinated on-site. Although this only applies to Venezuelan nationals and foreign residents living in Venezuela, it would be prudent for all travelers to carry documentation of measles and rubella vaccination. For further information, go to [Health Canada](#). A copy of the decree is posted in Spanish at [Gaceta Oficial de la Republica Bolivariana de Venezuela](#).

[Hepatitis A](#) vaccine is recommended for all travelers over one year of age. It should be given at least *two weeks* (preferably *four weeks* or more) before departure. A booster should be given 6-12 months later to confer long-term immunity. Two vaccines are currently available in the United States: [VAQTA \(Merck and Co., Inc.\) \(PDF\)](#) and [Havrix \(GlaxoSmithKline\) \(PDF\)](#). Both are well-tolerated. Side-effects, which are generally mild, may include soreness at the injection site, headache, and malaise.

Travelers who are less than one year of age, are pregnant, or have less than two weeks before departure should receive a single intramuscular dose of gammaglobulin (see [hepatitis A](#) for dosage) instead of vaccine.

[Typhoid](#) vaccine is recommended for all travelers, with the exception of short-term visitors who restrict their meals to major restaurants and hotels, such as business travelers and cruise passengers. It is generally given in an oral form ([Vivotif Berna](#)) consisting of four capsules taken on alternate days until completed. The capsules should be kept refrigerated and taken with cool liquid.

Side-effects are uncommon and may include abdominal discomfort, nausea, rash or hives. The alternative is an injectable polysaccharide vaccine ([Typhim Vi; Aventis Pasteur Inc.](#)) (PDF), given as a single dose. Adverse reactions, which are uncommon, may include discomfort at the injection site, fever and headache. The oral vaccine is approved for travelers at least six years old, whereas the injectable vaccine is approved for those over age two. There are no data concerning the safety of typhoid vaccine during pregnancy. The injectable vaccine (Typhim Vi) is probably preferable to the oral vaccine in pregnant and immunocompromised travelers.

[Yellow fever](#) vaccine is recommended for all travelers greater than nine months of age, except those visiting only Caracas, Valencia, and the northern coastal areas (see the [CDC map](#) for details). In recent years, yellow fever has been reported from the states of Amazonas, Bolivar, Zulia, and Tachira, as well as Marguerita Island. A yellow fever outbreak was reported in June 2003 from the Venezuelan-Colombian border (see "Recent outbreaks" below). In September 1999, an unvaccinated California resident died from yellow fever contracted in the rainforests in Amazonas State (see [MMWR](#) report).

Yellow fever vaccine ([YF-VAX; Aventis Pasteur Inc.](#)) (PDF) must be administered at an approved [yellow fever vaccination center](#), which will give each vaccinee a fully validated International Certificate of Vaccination. Yellow fever vaccine should not in general be given to those who are younger than nine months of age, pregnant, immunocompromised, or allergic to eggs. It should also not be given to those with a history of thymus disease or thymectomy. Reactions to the vaccine, which are generally mild, include headaches, muscle aches, and low-grade fevers. Serious allergic reactions, such as hives or asthma, are rare and generally occur in those with a history of egg allergy.

Medications

[Travelers' diarrhea](#) is the most common travel-related ailment. The cornerstone of prevention is *food and water precautions*, as outlined below. All travelers should bring along an antibiotic and an antidiarrheal drug to be started promptly if significant diarrhea occurs, defined as three or more loose stools in an 8-hour period or five or more loose stools in a 24-hour period, especially if associated with nausea, vomiting, cramps, fever or blood in the stool. A quinolone antibiotic is usually prescribed: either [ciprofloxacin \(Cipro\)](#)(PDF) 500 mg twice daily or [levofloxacin \(Levaquin\)](#) (PDF) 500 mg once daily for a total of three days

in Venezuela: prophylaxis is recommended for Angel Falls and for rural areas in the states of Apure, Amazonas, Barinas, Bolivar, Delta Amacuro, Sucre, and Tachira. In general, the risk of malaria is greatest between February and August, especially after onset of the rainy season in late May. Either [mefloquine \(Lariam\)](#), [atovaquone/proguanil \(Malarone\)](#)(PDF), or doxycycline may be given

Weather and Preparation:

Venezuela has a vast array of ecosystems-over 25 different ones. Few countries in the Caribbean region (much less the world) contain such a variety of climates and landscapes.

In most parts of the country, the temperature stays around 77° F (25° C) during the year. However, the mountainous regions are cooler, and there is even snow at the higher elevations of the Andes Mountains.

Venezuela's dry season is from December through April. The rainy season is

from May through November. But it does rain occasionally during the dry season.

August is in the heart of the rainy season so bring your rain gear. The weather will be warm, 85 – 90 F during the day and warm at night 70 – 75 F.

Currency:

Bolivares

Accommodations

Hotels in Caracas, Traditional Indian lodges, hammocks with mosquito nets under primitive shelters. The accommodations are somewhat primitive, so if you are looking for a bellboy and concierge, this trip is not for you.

Mode of Transportation

Sesna plane, foot, pickup trucks, dug out canoe

Electricity

Generator when with the Indians, 110 in cities

Safety

All of our preferred destinations are in National Parks, and by their location alone, are segregated and not exposed to any of the pressures and political climates that exist in the big cities. Venezuela, is classified as a third world country, an oil-producing nation, interspersed with wealth and beautiful historical cities, such as Caracas. They are absolutely worth a visit, however, some of these civilized cities house many underdeveloped, less fortunate communities, that are not surprisingly, exposed to relatively high crime rates. Consequently, these cities must be visited with consciousness and alertness, in fact an organized / supervised visit would be our recommendation.

How Much Money do we need?

Hotel in Caracas (prices pending); approx \$400 for drinks and souvenirs and tips

What we Eat

A variety of fresh meat, fish and vegetables. **Food and water precautions** Do not drink tap water unless it has been [boiled, filtered, or chemically disinfected](#). Do not drink unbottled beverages or drinks with ice. Do not eat fruits or vegetables unless they have been peeled or cooked. Avoid cooked foods that are no longer piping hot. Cooked foods that have been left at room temperature are particularly hazardous. Avoid unpasteurized milk and any products that might have been made from unpasteurized milk, such as ice cream. Avoid food and beverages obtained from street vendors. Do not eat raw or undercooked meat or fish, including ceviche. Some types of fish may contain poisonous biotoxins even when cooked. Barracuda in particular should never be eaten. Other fish that may contain toxins include red snapper, grouper, amberjack, and sea bass.

ABOUT THE COUNTRY

Few destinations on earth can boast the geographic and cultural diversity of Venezuela. On your adventure vacation, your senses will be flooded with the sights and sounds of unspoiled natural wonders, from Angel Falls and vast rainforests to glorious beaches and crystal blue waters of secluded Caribbean islands. Whether you are interested in hiking, kayaking, wildlife photography, bird watching, scuba diving or meeting Venezuela's native peoples, we can make your adventure dream a reality.

The country of Venezuela is situated at the far northeastern corner of the continent of South America. Venezuela is located entirely in the tropics. It is bordered by Brazil to the south, Colombia to the west and Guyana to the southeast. It has both an Atlantic and a Caribbean coastline stretching over 1,600 miles. There are direct U.S. flights to Venezuela's capital city Caracas from Atlanta, Houston, Miami, New Jersey, New York and Puerto Rico. In particular, the flight from Miami takes less than three hours, making Venezuela conveniently

accessible.

What makes Venezuela so attractive as an adventure travel and ecotourism destination is the diverse locations that offer unique travel experiences-from Caribbean islands to rainforests to grasslands to mountains. Examples of Venezuela's diversity include the following:

Venezuela's Caribbean Islands

Many visitors to Venezuela come to experience the sun, beaches and wildlife of beautiful Margarita Island. This is a popular and glorious destination, but the island gives just a hint of the natural wonders located in other less-traveled regions of Venezuela. For instance, an equally stunning but less crowded alternative to Margarita Island is the Los Roques archipelago, which is an unspoiled Caribbean jewel for relaxation, bird watching and scuba diving.

Venezuela offers much more in terms of natural and wildlife diversity than many other so-called "popular" Caribbean or Central American destinations such as Cuba, Mexico and Costa Rica. And in Venezuela, you do not have to fight the crowds.

Venezuela's Amazonas

The Amazonas' western region features tropical rainforests and is home to a variety of flora including lianas, strangler figs, bromeliads, tree ferns, orchids, lichens and mosses. The dense jungle landscape is home to many rare and endemic plant species. Eastern Amazonas is dominated by the forested mountains of the Sierranía La Neblina. The luxuriant forests are home to an exotic array of fauna, including mammals such as manatee, red howler and woolly monkeys, jaguar, puma, ocelot, tapir, brocket deer, agouti and armadillo. The forests are also teeming with bird life such as macaws, parrots, toucans, parakeets, tinamou, contingas and hummingbirds.

Guyana Highlands

The Guayana Highlands is a rocky upland region encompassing the central part of Guayana south of the Orinoco Delta. It is bordered by Guyana to the east and Brazil to the south. The region is rich in bird and animal life and features the legendary Angel Falls.

Orinoco Delta

The Orinoco delta is a vast system of waterways weaving through a simmering jungle to carry the waters of the Orinoco to the Atlantic Ocean. The delta is divided into upper and lower regions, west and east of the Caño Macareo respectively. In 1991, the lower delta was protected through the establishment of the Mariusa National Park.

The delta is rich in plant and wildlife. Jaguar, puma, ocelot, red howler and capuchin monkeys, capybara, agouti, giant otter, manatee and dolphins are just a handful of the countless species of mammal that can be observed in their natural habitats. Among the extensive bird population are hoatzin, macaws, parrots, toucans, caciques, kingfishers, cormorants, egrets, falcons, hawks, harpy-eagles, weaverbirds and hummingbirds. There is also an untold number of amphibians, reptiles and fish species, including anaconda, boas, vipers, fer-de-

lance, coral snakes, iguana, cayman, turtles, piranha, stingrays and catfish.

The Andes

The Andes are one of the world's great mountain ranges and the backbone of South America. The Venezuelan Andes stretch for hundreds of miles, beginning in Barquisimeto and running through the states of Trujillo, Mérida and Táchira before reaching the Colombian border. Besides being a heaven for botanists and wildlife enthusiasts, the Andes is by far the best place in the country to practice adventure sports. A host of activities are available, such as hiking, trekking, mountaineering, climbing, paragliding, fishing, horseback riding, camping and mountain biking.

Los Llanos

The Llanos (plains) are the vast savannas stretching west from the Orinoco Delta to the Andes mountains and south into Columbia. They consist of both high and low plains, and are primarily grasslands dotted with woodlands and streaked with rivers, all of which empty into the Orinoco basin. Within this vast area are three national parks: Río Viejo, in the western Llanos near the Andes, Aguaro-Guariquito, in Guárico State and Cinaruco-Capanaparo in the eastern region of Apure State.

Caracas

Caracas is home to over five million inhabitants (a quarter of the country's total population). Caracas is by far the most modern, metropolitan city on the continent and is the focal point of Venezuela's trade and industry. The metropolitan district offers a wealth of shopping centers, hotels, restaurants, cafes, bars nightclubs, commercial plazas, cinemas, theatres and museums.

How do I join this trip?

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:

- Participant contract/profile
- Payment (generally in full, though installments can be worked out)
- Signed waiver form
- International Trips: 2 clear copies of your passport

Special Requests:

If you have any special dietary needs or any special requests, let us know.

How to pack

We suggest a large duffel-type bag or other soft-sided luggage and a smaller daypack. On overnight stays we will transport your luggage via jeep, however, a daypack will be necessary to carry cameras, film, sunscreen, swimsuit, etc. Wheels are nice for the airport, but some of our locations are not going to have paved side walks

Packing Essentials

- Valid passport and copy of passport with Visa
- Extra passport picture
- 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.)
- Wet ones and/or hand sanitizer gel
- Lip balm
- Moisturizer

- Power bars/granola. It's bound to happen, you're hungry when others aren't.
- Purse or pouch to carry your passport and travelers checks
- Flashlight
- Travel alarm
- Toiletries: toothbrush, toothpaste, shampoo, hairbrush, etc...
- Camera and film with extra batteries for your camera and binoculars
- Pocket knife (optional, but sometimes handy)
- Personal first aid kit: aspirin, ibuprofen, Band-Aids, antihistamine tablets, prescription medications clearly marked in their original containers, caladryl, moleskin, etc...
- Extra copy of your prescription for any medication...written in generic drug terms
- Extra pair of glasses and/or contact lenses
- Water bottles or camelback™ at least a holder for your water bottle
- Sunglasses with UV protection and retainer leash (such as Croakies™)
- Sunscreen (SPF 15 or higher) and lip balm with UV protection - this is a must!
- Insect repellent
- Towel (2)
- Small hiking daypack to carry items such as a camera, sunscreen, chapstick, snacks and rain gear.
- Optional: Small binoculars, compass, star chart

**Travel
Protection:**

For a worry-free vacation, and peace of mind, we recommend the purchase of our travel insurance. Because unforeseen circumstances may arise, we strongly recommend you purchase this ProtectAssist® Protection Plan. Coverage may be purchased any time up to 24 hours before departure. The package includes the following coverage.* Insurance coverage subject to limitations, exclusions and terms and conditions of policy.

You automatically get these additional benefits at no additional cost when you purchase your ProtectAssist Plan within 15 days* of making your initial trip payment:

Pre-Existing Condition Exclusion Waiver: You don't have to worry about Pre-Existing medical conditions. **Trip Cost Financial Default Protection:** Covers you if the tour operator, cruise line or airline declares bankruptcy more than fourteen days after the effective date of coverage under the policy. Must be purchased within fifteen days of initial trip deposit to receive this coverage - see description of coverage for complete details. (Bankruptcy protection is not covered for all suppliers.) **Flight Guard:** This addition of \$50,000 will cover you and your family in the event of loss of life while you are traveling in the air. **Missed Connection:** This benefit will increase in coverage to \$500.

Trip Cost: Trip Cancellation: Covers you if you cancel your trip for a covered reason.

Trip Cost: Trip Interruption: Covers you if you interrupt your trip for a covered reason.

\$1,000: Trip Interruption - Return Air Only : Covers the additional transportation expenses incurred by the Insured to the Return Destination if the \$0 trip cost is selected.

\$1,500: Trip Delay: Reimburses you up to \$150 a day for additional accommodations or travel expenses if you are delayed for more than 12 hours.

\$250: Missed ConnectionReimburses you for transportation expenses incurred if you miss a connection due to weather or common carrier delay.

\$750: Lost, Stolen, or Damaged Baggage & Personal Effects: Reimburses you if your luggage is lost, damaged, or stolen while you are on your trip.

\$250: Baggage Delay: Reimburses you for the purchase of essential items if your bags are delayed for more than 24 hours.

\$25,000: Medical Expenses:Covers necessary medical expenses up to one year after the sickness or injury, provided you sought initial medical treatment while on your trip.

\$500,000: Emergency Medical Transportation: Covers evacuation and transportation to the nearest adequate medical facility.

Trip Cost Per Person: +\$7 fee	AGE						
	0-34	35-59	60-69	70-74	75-79	80-84	85+
\$0*	\$16	\$24	\$29	\$35	\$53	\$65	\$79
\$ 1-\$500	\$24	\$36	\$40	\$51	\$60	\$91	\$102
\$ 501-\$1,000	\$41	\$52	\$65	\$89	\$108	\$139	\$172
\$ 1,001-\$1,500	\$53	\$71	\$89	\$117	\$154	\$183	\$242
\$ 1,501-\$2,000	\$72	\$94	\$123	\$166	\$201	\$238	\$311
\$ 2,001-\$2,500	\$92	\$118	\$152	\$205	\$248	\$294	\$381
\$ 2,501-\$3,000	\$111	\$139	\$181	\$245	\$295	\$347	\$453
\$ 3,001-\$3,500	\$130	\$148	\$211	\$284	\$340	\$402	\$522
\$ 3,501-\$4,000	\$148	\$162	\$240	\$323	\$388	\$467	\$592
\$ 4,001-\$4,500	\$165	\$185	\$303	\$362	\$434	\$528	\$662
\$ 4,501-\$5,000	\$184	\$206	\$340	\$401	\$481	\$590	\$731

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 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 prior to the trip, a \$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 50% of full land fee will be retained

No refunds 61 days on prior to trip

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

Before you go tips

- Sign waiver and make sure it is returned to Steppin' Out at least 3 weeks prior to the trip.
- Find out the access code to reach an international operator for your calling card, or purchase a calling card that will work out of the country.
- Get some small currency (\$bills) for purchasing along the way. Traveler checks are good for insurance sake, but you get a low exchange rate.
- Visit the travel resource page on the Steppin' Out home page to read CDC reports, weather reports, electrical voltage etc.
www.steppinoutadventures.com

DIVING Extension OPTION—ASK

Participant Trip Profile and Contract: Venezuela

Please complete this application and send it to us with your payment and a copy of your passport to Steppin' Out , in **U.S. dollars**. Our street address is: 3721 Military Road NW, #B, Washington, DC 20015,.

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					
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:					
What do you hope to get out of this trip?					
Please let us know about any of the following:					
Allergies		Symptoms of Allergy		Treatment	
1.					
2.					
Any Medication taking		Generic Name of Med		Dosage	
1.					
2					
3					
List any dietary restrictions:					
List any physical disabilities/impediments					
Do you have a roommate request?					
Smoker () Non- Smoker ()					

PLEASE FAX BACK TO 877.264.7694

PAYMENT AND CONTRACT

Base Price: \$1950 (Price based on check, add 4% to use MC or Visa)

- Single Supplement Add \$195
Hotel in Caracas with transfer \$120
Insurance Add (from chart)

Check one of the two options:

I, am sending a check for the amount totaled above payable to Steppin' Out at 3721 Military Rd., NW #B Washington, DC, 20015. I will provide my credit card information below as a guarantee that the check will be sent, but I understand it will not be charged, unless Steppin' Out does not receive my check within 10 business days from the date above. Steppin' Out will notify me before charging.

I, authorize Steppin'Out to charge my credit card with an additional 3.7% added to the base price which totals

AGREEMENT: Please initial

I understand that if payment is not received by Steppin' Out within 8 business days, and/or should the trip offer an installment plan, and I am late with one of the installments, Steppin' Out has the authority to charge my credit card with a 4% transaction fee.

If I received an early bird discount, I agree to provide all information and payments accordingly, and should Steppin' Out need to remind for payments, etc. then the early bird discount will no longer apply.

I agree to the cancellation policy in this document and understand that if I cancel before payment has been made in full, that I am still obligated to pay the percentage/balance due.

I understand that this is a group trip and if I opt out of an activity, there will be no refunds for an activity not done. Should the group decide while there as a whole to do a different activity, the price of the new activity will be paid for individually.

I understand that small group travel provides flexibility, but also understand that reservations have been made and that this is an active trip, to accomplish all the great things we want to do, I will adhere to the group time schedule.

I understand that the cancellation policy is as follows: Prior to 120 days, only a \$100 admin fee will be incurred, 120-90 Days prior to departure date, all but 25% of the full land fee will be returned; 90-60 days prior to departure 50% of full land fee will be retained, No refunds 61 days on prior to trip If ticket has been purchased, you will receive the ticket.

I understand that this is a physically demanding tour, meaning that I'll climb lots of stairs, do a fair amount of standing, carry my own bag up several flights of stairs and from the bus to my hotel room, walk an average of 6-10 miles per day, and won't be allowed to smoke indoors during the tour unless I'm on fire.

Responsibility: All tickets and vouchers covering ground transportation, hotel accommodations, 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, resort 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.

IF YOU ARE SENDING A CHECK, YOU MUST STILL PROVIDE A CREDIT CARD # for HOLD

I have read and agree with the agreement section of this document and authorize payment as indicated in the checked off box above. Mastercard or Visa Only

Credit card Number exp. Date Security Code:

Client's Signature Agreeing to the above with date

PRINTED NAME

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 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: _____

Social Security # _____ Date of birth _____

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

Emergency contact's telephone number: _____

On a scale of 1-10, with 10, being very active, how would you rate your physical activity? _____

Horse back riding experience: _____ **Hiking Experience:** _____ **Biking Experience** _____ **Rafting Experience** _____