

## STEPPIN' OUT



## MOROCCO MAGICAL ADVENTURE

Enjoy this land of extraordinary beauty on a ten -day adventure through crisp mountain scenery, spectacular sheer gorges and picturesque towns. Be beguiled by the lively souqs and tumultuous market squares of Marrakech, exhilarated by cycling trips, mule treks and canyon explorations, and touched by the warm hospitality of Moroccan villagers and nomads. Ride a camel in the Sahara desert, climb the dunes and sleep under the stars. Then enjoy the beach of the seaside town of Essouria .

### TENTATIVE ITINERARY

#### Short Itinerary:

### **Day 1 Marrakech**



Ringed with the sounds of musicians, storytellers and snake charmers, Marrakech's famous market square, Djemaa el-Fna, is a dizzying spectacle. Perhaps enjoy a Moroccan feast and try a thirst-quenching freshly squeezed juice from a market stall.

### **Days 2-3 High Atlas Mountains**

Cycle past ancient villages, terraced crops and snaking rivers on a route through the spectacular High Atlas Mountains. From the base among the farms and orchards of Aroumd, join the faithful on a trek to the medieval shrine of Sidi Chamharouch.

### **Day 4 Ait Benhaddou**

The intricate clay architecture of the World Heritage-listed fortified village of Ait Benhaddou has graced the silver screen in numerous Hollywood films. Tonight, take an optional cooking class to learn the secrets of Moroccan cuisine, including tajine and couscous.

### **Day 5 Zagora**

Embark on a journey towards the mighty Sahara, through the lush Draa Valley and on to Zagora - a small oasis town perfect for an overnight stop en route.

### **Day 6 Sahara Camp**

Travel along rugged mountain ranges, through seas of sand and past the occasional oasis of date palms. Investigate an ancient library filled with manuscripts and discover the green-glazed pottery of Tamegroute. Ride camels across the sand at dusk and spend the night under the stars.

### **Day 7 Taroudannt**

Climb aboard a 4x4 for an epic journey to the Erg Chigaga sand dunes. Look out for goats climbing argan trees on the way to the bustling market town of Taroudannt. Take to the souqs and visit a tannery to learn the secrets of leather making.



### **Days 8-9 Essaouira**

Wander through the old medina and learn about the town's history, then enjoy free time to hit the hamam or relax by the beach.

### **-10 Marrakech**

Get lost in the mayhem of the medina or seek out the Majorelle Gardens and relax in this tropical oasis. Perhaps enjoy a final Moroccan feast to conclude this remarkable adventure.

### **Optional Extension to Fes and Rabat and Casablanca**

Day 10-11 Fes

Day 12 Rabat and overnight to Casabana

Day 13 Casabanca—Play it Again Sam

## DETAILED ITINERARY

### ***Day 1 Marrakech***

Salaam Aleikum! Welcome to Morocco.

Please ensure you download and review the latest trip notes prior to your trip as we make improvements and changes to our itineraries. This will ensure you have the most up to date information about your trip. Check the 'visa' section of these trip notes for any information about visa requirements on this trip.

Our important welcome meeting is at 6:00pm. If your flight arrives late we recommend that you consider booking an extra night's accommodation prior to the trip to ensure you are able to attend this meeting. Check-in time at our joining point hotel is after 12.00noon. Early check-in is not guaranteed, however if you arrive early, luggage storage can be arranged. Speak to the hotel reception on arrival. Please note that luggage storage in our hotels is at your own risk and generally these areas are not locked or completely secure. Bring your own luggage lock.

After the meeting we can head to Djemaa el Fna, the famous square in the medina for an al fresco dinner at one of the many food stalls. In the evenings this space transforms with huge crowds converging to see the singers, drummers, dancers, snake charmers, fortune tellers, storytellers, jugglers and even old medicine men, who together make up what has been dubbed the greatest spectacle on earth.

We depart Marrakech early the next day and so if you want time to explore Marrakech and its amazing Medina we recommend you arrive a day or two early, or extend when we get back.

The monuments of Marrakech are numerous and range from the well-known Koutoubia Mosque and its superb minaret - famous throughout the Islamic world and the 'sister' to the Giralda in far-away Seville, to the lesser-known tropical gardens of the French Painter Jacques Majorelle (now owned by Yves Saint Laurent). There is the Palais Bahia, a superb example of Muslim architecture, and the ruins of the Palais Badi, reputedly one of the most beautiful palaces in the world in its time. The Saadian tombs are a recently uncovered gem of the Medina. All of the above can be a challenge to locate, but that is all a part of the experience of exploring the phenomenal Medina's of Morocco!

### ***Days 2-3 High Atlas Mountains***

Early on Day 2 we board our private mini bus for the short drive (approx. 1.5 hours) out of Marrakech

across the plains towards the foothills of the mighty High Atlas Mountains. From the small village of Amizmiz we will hop on our mountain bikes and enjoy our first taste of the stunning Moroccan country side from handlebar height. With spectacular scenery, the route of approx. 40km is perfect for both novices and experts alike. Our course will track along an Oued (river); pass by classic picturesque Berber villages, crop terraces and traditional rural life before breaking for lunch in the gorgeous Ouirgane valley. Depending on the fitness of the group the biking will take up to 4 hours, but we will have a support van close by throughout for those that wish to take the morning at a more leisurely pace.

After lunch we re-board our mini bus for the short drive to Imlil (approx. 1hr) where we will store our main luggage and load smaller night packs for the 1 hour trek up to the peaceful village of Aremd, which will be our base for trekking the High Atlas Mountains for the next 2 days. If you choose not to carry your luggage you can hire mules. A friendly family run Mountain Homestay (Gite) will become our High Atlas home, and from our terrace we have an incredible sight before us: views of North Africa's highest peak - Mount Toubkal!

Facilities at the Mountain Gite are shared - both the bathroom and sleeping arrangements - but cosy, comfortable, and a unique Intrepid experience. Perhaps join the ladies in the kitchen to help out baking tonight's bread, or get some traditional henna tattoo decoration applied by one of the local girls. A visit to the local Hammam is an unforgettable experience.

Regardless of your level of fitness the gentle pace of Aremd and the Berber world are open to you. It is a special place beyond the reach of the modern world - and an opportunity not to be missed.

Day 3 will have us waking up to the sounds of roosters and goats, surrounded by orchards and traditional rural life in this wonderfully remote region. After breakfast we set off on a full day guided trek through the neighbouring Inemane valley via the Tizi n'Tamatert pass (2297m) and along one of the most scenic and untouched routes the region has to offer. It is a long trek of approx. 8 hours and covers approx. 15kms, but it is a classic High Atlas day and highly recommended. Don't miss it!

Note that the seriously fit and keen trekkers could take the opportunity to trek to the summit of Mount Toubkal (4167m). This activity is independent of the Intrepid itinerary and passengers attempting it will need to sign an Optional Activity Declaration prior. Toubkal summit will require a 6hr trek to the Refuge (Base camp) on the afternoon of Day 2 and spending the night. A sunrise start on Day 3 to the summit will take approx 3hrs and then it is a 7hr return walk back to Imlil village to rejoin the group. Only experienced trekkers should attempt this and it is strongly advised to hire a local Guide. Your Group Leader can help to facilitate this. You should express your interest to your Group Leader on Day 1 so that arrangements can be made.

If you want to summit Mount Toubkal you will need to bring warm clothes and a sleeping bag for the night

(even in the summer months). These are not available for hire so you will need to bring them from home.

### ***Day 4 Ait Benhaddou***

On Day 4 we have the morning to explore the village and farmlands surrounding Aroumd and it is possible to make the moderate level 8km guided trek to the pilgrimage shrine of Sidi Chamarouch (approx. 4 hours return). This interesting destination is the burial place of a medieval Saint and is a popular trek for both serious trekkers en-route to Toubkal, and for Moroccan faithful wishing to receive Baraka (blessings) from this sacred place.

After lunch we begin a bus journey that will take us across spectacular mountain roads and over Morocco's highest pass, the Tizi n'Tichka (2260m) to the barren edges of the Sahara (approx. 5 hours)

In the late afternoon, we arrive to the grand Kasbah of Ait Benhaddou - one of the most beautiful in all of Morocco and a UNESCO World Heritage site. This fortified village is a fine example of clay architecture and is also famous for its role on the silver screen, featuring in numerous films such as: Lawrence of Arabia (1962), The Jewel of the Nile (1985), Jesus of Nazareth (1977), The Last Temptation of Christ (1988), Kundun (1997), The Mummy (1999), Gladiator (2000), Alexander (2004).

Centuries ago, Ait Benhaddou, on the Mellah River, was an important stop for the caravans passing through as they carried salt across the Sahara, returning with gold, ivory and slaves. Today, it is inhabited only by a handful of families and we can explore the maze of its streets at our leisure, or soak up the atmosphere from the terrace of our family run Guest House while watching the sunset over this magnificent site.

This evening we have the option to join in on a simple cooking demonstration and dinner of Morocco's most famous cuisine: Cous Cous and Tajine. The host of our Guest House will explain the secrets and subtleties of these fabulous traditional meals as the ladies of the kitchen prepare our feast.

### ***Zagora***

The morning of Day 4 sees us journeying southwards directly towards the mighty Sahara (approx. 5 hours). We stop en route in Ouarzazate, home of Morocco's largest movie studios, to visit Project Horizon. This is an Intrepid Foundation Project which works with disabled adults and children in the area and also trains them in artisanal skills such as pottery, metal work, and jewellery.

We travel through the lush Draa Valley to Zagora, home to the famous 'Tombouctou 52 Jours' sign. Zagora is known as the 'doors of the desert, as it is the last town before the Draa River. This is a palmerie town with some some great pottery and ceramic workshops on the way into the desert.

We spend the night in a hotel in the palmeries and have time to take a stroll through the palm groves of Amazrou exploring the Ksars and countryside.

## ***Day 5 Sahara Camp***

Our route continues along the rugged, jagged and desolate Jbel Tadrart Mountain ranges taking us through seas of sand occasionally punctuated by lush oasis of date palms, to the interesting township of Tamegroute. This once famous settlement was home to religious scholars from the 11th century and houses a shrine to its spiritual leader. It is also the home to an intriguing library filled with ancient scripts of science, literature, the Koran and stories of the prophet Mohamed. We will make a short visit with a local guide to uncover the secrets of the Kasbah village and its famous, but unique ceramic pottery industry. A great spot to pick up a memorable souvenir!

We drive on until we reach the end of the road at the frontier town of M'Hamid. Here we will take a camel ride with the dunes as our magical backdrop.

Tonight we sleep in a Nomadic style camp. The camp is a simple affair with bedding and basic toilet facilities provided. Our local friends will prepare a hearty feast so all we must do is soak up the experience. The camp consists of 2 large fixed traditional nomadic style woollen tents. Our camp does provide blankets and simple mattresses but for extra warmth and your own comfort, you might like to bring your own sleeping bag in the winter months from November to March.

With rhythmic drums and hearty feast, falling asleep under the countless Saharan stars is something which any Intrepid traveller dreams.

Please note that there is an altered Itinerary in July & August:

Due to client feedback all departures in the July and August summer months have a slightly different itinerary in the Sahara. Instead of camping in the remote Erg Chigaga dunes we stay at a fixed camp in Ouled Idriss, which is a more comfortable camp and better suited to deal with the high summer temperatures. We take a 4WD safari on the morning of day 6.

## ***Day 6 Taroudannt***

This morning we switch from our mini bus to 4WD's for the epic journey to the Erg Chigaga sand dunes (approx. 2 hrs). Our rough piste track runs parallel to the Algerian border, across stony Hamada desert whose only populace are small scatterings of hardy nomadic people and their camels, until we arrive to the massive Erg Chigaga dunes in the late afternoon.

We then travel further westwards along the piste in our 4WD's to the small settlement of Fom Zguid (approx. 3 hrs) where we will re-meet our minivan and continue on to the stunning red walled town of Taroudannt (approx. 6 hrs). This drive takes us through more superb desert scenery and a route that is a reserve for the indigenous argan trees, and if we are lucky we might come across that famous image of the goats climbing these trees in search of its tasty nuts!

Taroudannt is a charming and authentic market town located in the fertile Souss plains. With an energetic, bustling city centre this is a wonderful opportunity to see untouched traditional Berber lifestyle. The souqs of the medina teem with sights, sound and colour, with terrific bargains to be found. We can make a visit to the unique tanneries to uncover the secrets of leather making, producing a range of wonderful local products that are attaining fame in the region.

The bright red clay ramparts of Taroudannt are a memorable scene come dusk when the city's full beauty is showcased by floodlight. A circuit of the walls by either foot, bicycle or horse drawn carriage is a delight to round off the day (time permitting). Please note depending on driving times and the time of the year you may arrive in Taroudannt after dark.

### ***Days 7-8 Essaouira***

Leaving the valleys of the magical Anti High Atlas Mountains behind, we head towards the windswept Atlantic Coast and Essaouira (approx. 4.5 hrs)

The name 'Essaouira' means image, appropriate since Essaouira is such a picturesque town. Its charm is undeniable: within the stone ramparts you'll find whitewashed houses with bright blue shutters, art galleries and wood workshops. This laid-back artist's town was once a Portuguese trading colony and was once home to sizeable British and Jewish populations. The town faces a group of rocky islands - called the Mogador - and is surrounded by an expanse of sandy beaches and dunes.

Essaouira is still a busy fishing port and its pretty harbour filled with tiny colourful boats which go out early every morning for the day's catch. Visitors who have been seduced by its charms include Orson Welles and Jimi Hendrix, who (according to local legend) spent much of his time here in the 1960s. Recently, filmmaker Ridley Scott chose the ramparts as an important location for his film 'Kingdom of Heaven'.

On the morning of Day 7 our local guide takes us on a morning walking tour through the old Medina, Jewish Mellah, Port and Scala, giving us a lesson in history and prepping us with tips for shopping, which we will no doubt indulge in tomorrow.

The afternoon of Day 7 and the morning of Day 8 are free to soak up the romantic ambience. Wander the harbour and its adjacent fish markets where you can witness the daily auction. Browse the plentiful shops and intriguing art galleries that make this little town a particularly pleasant place to unwind for a few days. It has a growing reputation for its unique art and is becoming even more famous for its burlled Thuya wood - delicately formed and inlaid in tiny shops, which are built into the thick walls of the Portuguese ramparts. The scent from the oils used to polish the richly-coloured wood permeates the air and makes walking down the streets incredibly pleasant.

Essaouira is a world famous windsurfing destination or you may like to try your hand at the increasingly

popular sport of kite surfing. Windsurfing and horse rides along the beach are also possible options.

Everything in the small centre is within walking distance and the beach is clean. Don't miss the opportunity to go to an hamam or local style bath to be spoilt with a good scrub, a mud pack and a relaxing massage with argan oil. A freshly-cooked plate of the day's catch afterwards is highly recommended.

In Essaouira our 2 nights are spent in a wonderfully restored riad. A riad is a traditional ancient nobleman's house unique to Morocco that has become very popular with travellers as an oasis of escape, charm and tranquillity from the hustle and bustle of the Medina. Our riad is featured around a central courtyard, and is beautifully designed and decorated in traditional Moroccan style. We are sure you will love the cosy, friendly atmosphere and it will be one of the most memorable stays on your journey to Morocco.

### ***Days 9-10 Marrakech***

In the mid afternoon of day 9 we board a local bus back to Marrakech (approx. 3 hrs), arriving in the early evening and back to where this unforgettable journey began. Tonight we can reflect on our incredible time together at our final night dinner and say 'Maa salama shukran bizaf' for memories that will last a lifetime.

### **Optional Extension to Fes, Rabat and Casablanca**

Day 10 You will fly or train to Fes from Marrakech. Fes is one of the most complete medieval cities in the Arab world and the most ancient of Moroccan imperial capitals - Fes seems to exist suspended in time. Descending into the labyrinthine alleyways of the medina is like taking a step back to the Middle Ages. At night, we may head to the Palais Jamaï for an evening drink. Watching the sun set over the huge medina while a dozen prayer calls vie for your attention is an experience you're unlikely to forget!

Day 11 The next morning our local guide will help us realise the treasures of the Fes Medina, a living monument to an ancient past and still very much alive with the many craftsmen, markets, tanneries, ceramics, Medersas and Mosques. Look out for the Medersa Bou Inania, one of Fes most beautiful buildings which has been recently restored and now open for visits.

We will visit the famous tannery known for the iconic view overlooking the dye pits. Our tour will also include a visit to a ceramic factory where we can see potters producing their crafts the traditional way. The afternoon is free to get lost in the maze of streets and alleys of the medina, take a photo outside the Royal Palace or visit a nearby hills for incredible views over the vast medina.

Day 12 Rabat

We take an early morning train to Rabat, store our luggage and then spend a few hours taking a stroll through the city's Old Quarter Medina. We will leave enough time to walk up to Kasbah des Oudaias and enjoy the view over the Atlantic Ocean. Rabat's history is long and colourful: from Roman settlements; to a

refuge for Pirates; to the site of the unfinished but towering 12th century Hassan tower; till more recently as the modern political capital and the resting place and mausoleum of the founder of Independent Morocco.

Late afternoon we'll transfer by train to Casablanca.

### Day 13

You can depart any time The bustling city of Casablanca was modelled after Marseille in France, and has since become much busier than its parent and is now the undisputed economic capital of the country, with one of Africa's largest ports. The architectural style of the city is curious; famous for its Art Deco French colonial buildings and Mauresque governmental institutions, an old Medina and of course the phenomenal modern day masterpiece - Hassan II Mosque.

A pleasant way to spend the day exploring Casablanca is to wander around the old medina and the old



city walls, then jump in a taxi to visit the Quartiers des Habous - the new Medina which is full of shaded squares, and narrow streets lined with arcades that lead from one souk to another. This is a great place to enjoy a Moroccan coffee and maybe start improving your bargaining skills in the souks or the interesting local food markets that stretch behind the quarter. Finish the day with a walk along the Corniche, watching the locals enjoy sunset football on the beach.

## Participant Trip Profile and Contract: Morocco

*YES, I'd like to join a Steppin' Out tour !*

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,.

<b>First Name:</b>	<b>Middle Name:</b>	<b>Last Name:</b>
<b>Is this the name as it appears on your passport?</b>		
<b>Date of Birth:</b>	<b>Country of Birth:</b>	
<b>Passport # :</b>	<b>Exp date:</b>	
<b>Passport Country of Origin</b>		
<b>Current Address:</b>		<b>City</b>
<b>State:</b>	<b>Zip:</b>	<b>Country:</b>
<b>Private-Telephone:</b>	<b>Home:</b>	
<b>Mobile Phone:</b>	<b>Do you receive Text Messages?</b>	
<b>Office-Telephone</b>		
<b>Fax:</b>	<b>E-mail:</b>	
<b>Emergency Contact:</b>		<b>Relationship to Contact:</b>
<b>Contact's Hm Phone:</b>		<b>Contact's Cell:</b>
<b>Health Insurance Carrier and Policy Number:</b>		
<b>Health Insurance Phone Number:</b>		
<b>Physician's Name and Number :</b>		
<b>List other destinations that you have traveled to:</b>		
<b>What do you hope to get out of this trip?</b>		
<b>Please let us know about any of the following:</b>		
<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		
<b>List any dietary restrictions:</b>		
<b>List any physical disabilities/impediments</b>		
<b>Do you have a roommate request?</b>		
<b>Smoker ( ) Non- Smoker ( )</b>		

**PLEASE FAX BACK TO 877.264.7694**

**PAYMENT AND AGREEMENT**

**PRICING: BASE PRICE: \$ 2900 trip based on minimum of 10. Price is based on payment by check, to use your credit card add 3.7% to total.**

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**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** \_\_\_\_\_