

JOIN STEPPIN' OUT ADVENTURES

www.steppinoutadventures.com



***on a Magical Journey to
South Africa --Dec. 3-12, 2012
& Victoria Falls Dec. 12-15***

Information and Registration Materials

About Steppin' Out: Since 1994, we have been in the business of making dreams come true and of sharing extraordinary Off-the-Beaten-Path experiences for Jewish Singles. We are excited to share with you the beauty and magic of South Africa.. On this adventure we will explore the wonders of the great outdoors on little known and seldom visited trails where nature prevails. Our expert guides' in depth knowledge of the natural history of the region comes from years of experience in the backcountry. In addition to sharing hidden wonders that you might never find on your own, we will ensure that your vacation runs smoothly and becomes an unforgettable experience. The information detailed in this packet has been assembled to help you more fully prepare for the journey

Steppin' Out Adventures: An Adventure Experience

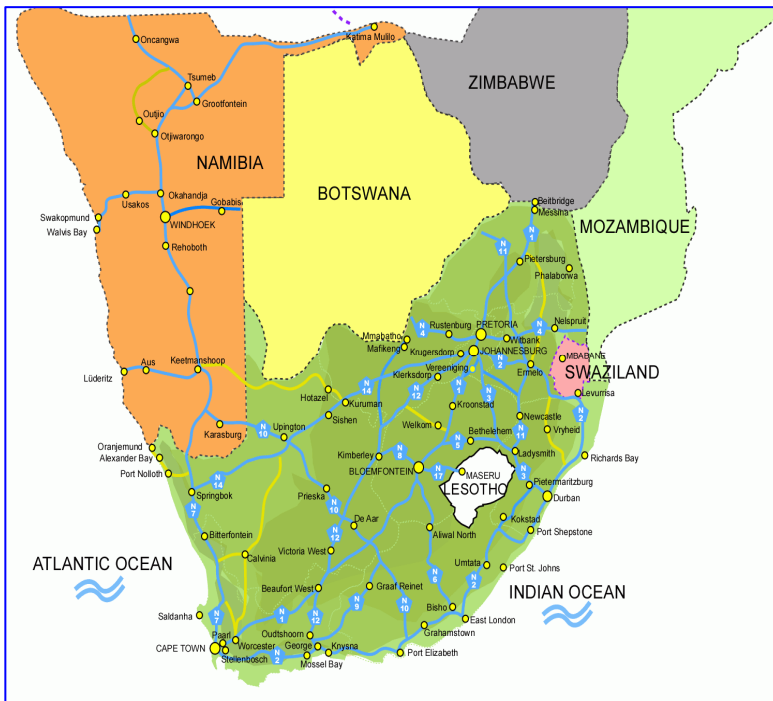
Check out all our trips ..from the relaxing to the challenging

See the world with us: Next Adventures take us to Hiking the Inca Trail in Peru, the Serengeti in Africa, Magical Israel & more

www.steppinoutadventures.com 877.264.7694 contact us: info@steppinoutadventures.com

Steppin' Out: An Adventure Experience For Reservations, and Fax 877.264.7694 www.SteppinOutAdventures.com

EXPLORE THE WILD SIDE: Join us in South Africa



Partake in an experience where adventure, wildlife, luxury and community are woven together into an event too unique to just call a trip. The diversity of activities come together like a montage of pictures each piece special yet together created a unified message. Feel the exhilaration from the physical activities.. biking the mountain pass into the winelands for wine tasting, or rapelling a 130 foot cliff, as well as from the natural environment -being up front and personal with baboons, and taking lion cubs for a walk. Become involved with local communities such as the township of Soweto and visit children living in a shelter, and see the difference in the lives of hundreds, one woman makes.

Enjoy breathtaking landscapes on our hikes from on top of Table Mountain to the dune hike along the Indian ocean. The Knysna Cliffs and Lagoon (inspiration for Tolkein's The Hobbit) ranks up there with the African sunsets on late afternoon game drives. Relax around the firepit of our tented private game reserve, where the sounds of hundreds of sounds of animals and movement in the night's stillness hum like an orchestrated choir.

TENTATIVE ITINERARY:

Day 1: Cape Town

Located at the tip of Africa, Cape Town is a dynamic and cosmopolitan city whose history goes back almost 400 years. Blessed with some of the most beautiful golden beaches in the Southern Hemisphere, Cape Town enjoys a Mediterranean climate. Its natural beauty, unique charm, rich culture, sophisticated heritage, and time-honored traditions make it a perfect spot for our early winter getaway. You are met at the airport for your transfer to the Hotel.

Option #1 Robben Island. 3 Hour Tour (maybe longer)

Option #2 Explore The Aquarium at The Waterfront, Green Market Square for Arts & crafts (do at your own leisure)

Option #3 The Jewish Museum is supposed to be really nice. (at your own leisure)

Option #4 Whale watching tour that requires advance booking

We'll gather together at 5:00 for a quick orientation meeting and then head to an early African dinner where we have the opportunity to taste the traditional flavors of South Africa.

Meals included: Dinner

Accommodation: Victoria Junction Hotel or Three Boutique Hotel

Included Activities: Airport Transfer

Day 2: Hike Table Mountain Early morning start, hiking the symbol of Cape Town, Table Mountain. The exhilarating ascent of Cape Town's Table Mountain is a must any visitor and provides breathtaking views over the city and its beaches. The panorama stretches from Table Bay to False Bay and around the mountain to the Hout Bay Valley and Kommetjie. On a clear day one has a magnificent view across the Cape Flats to the Hottentots Holland Mountains. Most visitors take the cable car (which we'll do on the way down) Our guide will accompany us and point out the sites of this sculpted sandstone that measures at 1086 meters high and is home to approximately 1470 species of plants, many of these are endemic, appearing nowhere else on earth.



We'll ride the cable car down and stop for lunch before boarding the bus for the Baboon project

** As of date, this project has been suspended, but may be re-opening** (15h00). [About the project](#)
The remaining Chacma baboons in the southern peninsula face a bleak future as continued urbanization reduces wilderness areas resulting in on-going conflict situations between man and baboon. Due to the unacceptably high mortality rates it was predicted that within 15 years the baboons would face certain extinction.

The project was started in 1999. It employs 8 men from the nearby community of Masiphumele. These men have been working closely with the baboons and have gained a wealth of wildlife experience as well as developing unique relationships with the baboons of the Da Gama and Slangkop troops. Baboon Masters has developed the unique "Walking with Baboons" in an effort to create and level of awareness and appreciation for these wonderful creatures, perhaps through better understanding will come an acceptance and tolerance that will enable primates to learn to live alongside each other in harmony.

The Cape Point National park is one of the most visited spots on the Cape Peninsula. This is the most South Western point on the African continent. It is said that one can see the two oceans meeting each other, the Indian Ocean bringing the warm waters along the south coast of Africa and the Atlantic Ocean bringing the rich but cold waters from the North Pole, along the west coast of Africa. Take a hike or take the funicular to the top of Cape Point. Head back to Cape Town, dinner own choice. *Meals included: Breakfast*

Accommodation: Victoria Junction Hotel or Three Boutique

Included Activities: Table Mountain Hike, Cable car down, BaboonMatters project, and Cape Point Entrance.

Distance Travelled: 100 km around Cape Town

Day 3: Wine Country

South Africa is famous for its superior quality wine and Stellenbosch is situated in the heart of the Cape winelands region. Stellenbosch is the second oldest town after Cape Town, and is known for its beautiful architectural buildings. Meet up with our mountain bikes and after a few adjustments for your comfort, we bike towards Franschhoek. This region is well known for its fine wine and fruit production. We bike through the valley's viewing the vineyards and beauty of the mountains around us. Stop off at a vineyard winery for lunch. We learn more about the region and taste some of the best wines produced in this valley. On route back to Stellenbosch we stop off at different wine farms for some more tasting. Tonight one can enjoy the wonderful atmosphere of Stellenbosch with its many street cafes and bars.

Overnight: Stellenbosch BB

Included: Wine

lands bike tour & lunch, wine tasting.

Distance Travelled: 80 km Cape Town to Stellenbosch and around Franschoek

Day 4: Cape Point/Sea Kayaking/ Knysna



We leave the wine country and head back to Cape town to Simonstown, a fishing harbour, head quarters of the South African Navy, but is better known for its breeding colony of African Penguins. We venture out on a kayaking trip, searching for penguins, dolphins and in season one can even spot some whales. Stop off at the beach where we enjoy a light picnic lunch, before heading to the airport for our flight to George.

Knysna is situated in the heart of the well known Garden Route and will be our base for the next few days. Own choice for dinner. Overnight: Knysna Hollow Hotel BB.

Included: Simon's town kayaking including light lunch, Flight to George.

Day 5: Garden Route /Plettenberg Bay

This morning we travel to Plettenberg Bay. This morning is open to some optional activities, such as dolphins and whale watching! Eyes searching for the bottle nose dolphin, common dolphin and the rare hump back dolphin. Whales make use of the bay as a safe haven for their new born calves. The Southern Right Whale and Blow Whale can be viewed from close by. Robberg Peninsula, named so after the colony of Cape Fur Seals living here, makes for a great hike. This hiking trail takes us all along the peninsula. With the indigenous plant and variety of bird species, this is one hike not to be missed. One stands a good chance viewing the seals playing in the waters from above.

In the afternoon we return back to Knysna where you can explore the town with its arts and craft markets or wander around the Knysna waterfront. Dinner own choice.

Overnight: Knysna Hollow Hotel, Knysna BB

Included: Whale & dolphin cruise, Robberg Peninsula Hike.

Day 6: Stormsriver

The Garden route is well known for its scenic coastline. There is no better place to view this, than from the Tsitsikamma National Park. This coastal and forest park has preserved an area containing 15000ha of pristine nature. One can explore the region via short hiking trails along the coast and indigenous forest. Lookout for the Knysna Loerie and the Narina Trogon!

After lunch we drive back to Knysna for a visit to the local township. We meet up with our guide, which tells us more about the day to day struggles of this community!! We stop off at the container shops and see how local business is done, visit a shebeen to meet some locals and stop off at the Safe House project. After an enriching experience we head over to the Soup Kitchen project. We give a helping hand in feeding and interacting with the children. This project provides one meal a day, to at least 30 children. At the same time the children get taught the needed social skills which bitterly lacks in their lives. At Ella's house we join in with some local dancing and singing, before saying our good byes and return to the hotel.

Overnight: Knysna Hollow Hotel BB

Included: Tsitsikamma National Park entrance, Knysna township tour.

Day 7: Fly George to Johannesburg

We have an early departure to George to catch a flight to Johannesburg. Departing the airport we enter Jozi – affectionately named by the locals, we head to the highest building in Africa. From the viewing deck at the top of the building we are able to get our bearings of this vast city.

Climbing on our bikes we start off to the various sites along the way. Speaking and interacting with the locals at a real level and not from the comfort of a closed vehicle. Learning about the different cultures and history of this famous city. Go to places such as a former migrant workers' hostel for men. Cycle through historical landmarks of the 1976 student uprisings and visit the memorial site of Hector Pieterse.

You will also cycle down Vilakazi Street where Nelson Mandela used to live and where Bishop Desmond Tutu has his home. Finish the tour off at the local shebeen, have a drink, play pool and dance to kwaito music. This tour gives you insight about Soweto's many different faces, the Soweto uprisings and the resistance against Apartheid. You will also see and learn how the communities have changed and developed to what it is today.

We enjoy the night out at one of the local restaurants and shebeens giving us an insight into the pulse of Africa and township life. After a truly memorable evening, we make our way to a Soweto's Guest House where we spend the night. – Highly recommended as a TRUE cultural experience Vhavenda Hills is situated within walking distance from Vilakazi Street, in the heart of Soweto. Vilakazi Street is a popular tourist destination, and is world-famous for being the only street on the planet in which two Nobel Peace Prize winners have lived - Nelson Mandela and Archbishop Desmond Tutu. This part of Orlando West, known during the apartheid era as "The Wild West", is now a popular tourist destination and has many local attractions, including the houses of Nelson Mandela, Winnie Mandela and Desmond Tutu. Note this is very basic accommodations. We are going there not for the hotel accommodations, but more to get a real feeling of what Soweto is like. Last year the group loved our short visit to Soweto, and wished they had had more time there. Staying over in Soweto is a fantastic experience; the atmosphere is very friendly and vibrant.

Meals included: Breakfast and Dinner; Accommodation: Vhavenda Hills Guesthouse

Included Activities: flight, Cycle Tour of Soweto visit to a local shebeen (drinking house), dinner at Robie's House

Day 8: Travel to Private Safari Lodge

After breakfast, we depart from Soweto and make our way to the Lowveld and the home of one of Africa's most famous wildlife sanctuaries, Kruger National Park. We enjoy lunch at the Thornhill Private Safari Lodge or similar and have the afternoon to relax around the swimming pool while taking in the beauty of the African bushveld. After a relaxing afternoon, we head out on an open safari vehicle on an exciting afternoon/evening game drive. Accompanied by experienced rangers, we track the elusive creatures of the night. We return to the lodge to enjoy dinner at the lodge. Evening to be spent at the lodge in en-suite chalets.

We are considering flying to the area. It is a long drive from Johannesburg (about 6 hours) and it gives time for a more leisurely morning. Although the little towns enroute are cute. But if we fly to Nelspruit there is a lovely town and opportunities to meet rural artists.

Meals included: Breakfast, & Dinner



Day 9: Kruger National Park

We begin the day with coffee and rusks before departing Thornhill for the world-renowned Kruger National Park. We enter the Park through one of the central gates where our wildlife experience unfolds. We enjoy breakfast at one of the picnic spots before continuing through the Park. The entire day will be spent game viewing, bird watching and stopping off at the various waterholes en-route. Our safari takes us along some of the best game drive routes that Kruger has to offer. We depart the Park at sunset and return to the Lodge for a special boma dinner. Meals included: Breakfast, Lunch & Dinner

Day 10: Game Drives and Departures

Head out on a morning drive. This morning is our last chance to spot the elusive "Big 5", before returning to the lodge for a welcoming breakfast. As we collect our belongings and head for Chimp Eden. Chimp Eden was started by the Jane Goodwill Institution, and is the only safe haven for chimp in South Africa. Meet our closest living relatives to man!! We drive back to Johannesburg where our time in South Africa comes to an end. Arriving back at the airport in the late afternoon.

Johannesburg for International Departures or overnight in Johannesburg for the Victoria Falls extension.

Meals included: Breakfast

Included Activities: Game drive and Chimp Eden

Trip Details

Trip Length	9 nights/10 days. Victoria Falls extension additional 4 days (or 3 is an option).
Dates of Trip	Dec. 3- 12 or 15 (custom dates are available)
Cost	\$3895 After July. 15, 2012 it goes up \$200. Extension to Victoria Falls is approximately \$1675 for 3 nights sharing.
Single Supplement	\$825 South Africa \$385 2 nights in Victoria Falls \$565 3 nights in Victoria Falls
Meeting Place/Time	Arrive into Cape Town airport on Day 1 most international flights will arrive early morning. If you want to arrive a day earlier we can arrange transfer and hotel for an additional cost
Depart From	Depart Johannesburg Airport on your last day after 9:00 pm. (even with extension to Zimbabwe)

Getting There Johannesburg International Airport is the major airport in South Africa and is the hub for 45 airlines from all five continents. Flights from Europe are generally overnight and just a sleep away - an aperitif, dinner, sound sleep, and a good breakfast - and voila, you're in South Africa! The direct flights between the USA and Johannesburg or Cape Town are about 15 hours, and flights between London and Johannesburg take about 12 hours. United is a partner with Lufthansa and South African Airlines which can get you there.

Is airfare included?

International airfare is not included in the price, although once we have a better idea of where people are coming from, we can see if we can get a group discount rate. We also work with consolidators who can help with air, for a much better price. Try Shoshana Segal shoshana.segal@comcast.net. If you want to use miles, you should make reservations (put on hold) as soon as possible as there are limited seats. The flight within South Africa is included.

Gateway City Airport Transfers

- 1) Arrive at CPT International Airport, International Arrivals
- 2) Go through passport control
- 3) Collect luggage
- 4) Go through customs
- 5) Get money
- 6) Look for a person holding sign saying "Steppin Out".

Price Includes

- All transport, airport transfers on day 1 & dinner transfers where these are applicable
- Accommodation as detailed for a total of 9 nights on a twin-sharing basis
- Professional driver/guide throughout
- Additional specialist guides for all activities
- Flight from Cape Town to George and George to Johannesburg and Johannesburg to Nelspruit and Nelspruit back to Johannesburg
- MEALS AS INDICATED 9 Breakfasts, 6 Lunches, 3 Dinners
- All activities & entrance fees included in the set itinerary, except any activity stated as OPTIONAL (such as whale watching or zip line)
- All equipment included in the set itinerary

This is a list of included activities on this trip.
All other activities are optional and at your own expense. If you choose not to participate in the included activities on this itinerary, the cost will not be refunded.
Cape Point Hike – Cape Town

Kayak Trip – Cape Town

Boulders Beach Penguin Colony – Cape Town
 Baboon Project – Cape Town
 Table Mountain Hike – Cape Town
 Township Tour – Knysna
 Bike Tour – Stellenbosch
 Robberg Hike – Garden Route
 Tsitikama Hike – Garden Route
 Soweto Bike Tour – Johannesburg
 Open Vehicle Game Drives – Greater Kruger Park
 Kruger Park Day drive – Kruger Park
 Nature Walk – Greater Kruger Park
 Panorama Route - Mpumalanga

Price Does NOT Include

- International Airfares
- All soft drinks & alcoholic beverages
- All other meals not indicated in itinerary
- Any optional activities
- All items of a personal nature, e.g. tel calls, laundry, etc
- Gratuities

References

Below are participants from the 2010 trip

last name:	first name:	state	Email_addr
Augenbraun	Joe	CA	joe@solar-red.net
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Farhi	Simone	NY	sf890@yahoo.com
kabot	Caren	NY	careninny@gmail.com
Las	Albert	DC	albertcpa006@yahoo.com
Nickels	Denise M	IL	pmn_770@hotmail.com
Nickels	Patrick Marvin	IL	pmn_770@hotmail.com
Tarkan	Roberta Lynn	NJ	ladyesq@cybernex.net
Young	Scott L	NJ	syoungcpa1@aol.com

These are people from a few years back

first name:	last name:	Home Phone	state	zip	Email_addr
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Michelle	Gold	(310) 838-5338	CA	90034-	michelle.gold@vcamail.com
Judith	Knie	(718) 499-1296	NY	11218-	texas_transplant89@yahoo.com
Karen	Mandel	(613) 230-2121	CN		dr.karen@rogers.com
Jill	Pupa	(216) 360-8272	OH	44122-	jpupa@diabetes.org
Marc Joseph	Siegel	(312) 961-6434	IL	60614-	m.siegel@caffarelli.com
Michael	Stein	(248() 7) 38--3927	MI	48324-	ponyandshark@yahoo.com

Here are what people wrote from the first year in response to someone questioning them,:

I highly recommend this trip with Robin. She is a great person, very accomodating and flexible with plans. SA is amazing (and i have traveled extensively). Zimb should not be missed especially when you have traveled as far as Southern Africa. The Falls are great and the rafting is the best in the world. The ultralight plane was one of the best things i have ever done. Hotels are typically comfortable and clean and nothing special except for the hotel in Zimb which was very nice. I wish i stayed longer to visit mozambique which is supposed to be very safe and with the nicest beaches in Southern Africa. If you are looking for luxury, this isnt the trip for you, but if you are looking for a great itinery with a great leader, this couldnt be more highly recommended. Plus, I know of no other group tours that include orphanages and that seems to be an important part of the itinerary for you. Have fun!

Adam

in a nutshell it was one of the was the best trips i've ever been on. it's very active and non-stop go-go-go, with outdoors sports and cultural invovlement. Definitely do the Zimbabwe extension. i was hesitant bec of the cost but it was amazing - a must do! Robin is well-organized & flexible. The group i went with was great - & i'm still in touch with all but one person. not only the elephants but all animals will be up close & i did the elephant ride: very cool. anyway, i won't be around tomorrow (sun) GO - you'll love it!

Judy

Believe me, this is a trip not be missed! I've done a bit of adventure travel and this Africa trip is the best one yet. Since our S. Africa trip was the first one Steppin Out has done in that part of the world we were the "guinea pigs." Consequently, Robin had made some adjustments based on feedback and the actual time it took to do certain things

1) Overall itinerary

There is absolutely no way that anyone can see all of the phenomenal things that S. Africa has to offer. That said, we saw and did an incredible amount. The Cape Town area is spectacularly beautiful, activities were planned to break up the Garden Route, and our safari stay at Gwala Gwala near Kruger National Park was a highlight.

It was well-organized and the people on my trip were FANTASTIC! By the end of the first day, we had become a group and everyone looked out for each other and truly enjoyed each others' company. In March I went to NYC to visit two of my new S. Africa friends and a bunch of us arranged our work schedules to meet up in Chicago.

Do not miss the Lion Encounter your opportunity to interact with 9 month old lion cubs that are being bred and trained for life in the wild. It isn't done anywhere else in the world and all of us felt it was one of the best things on the trip. The walk with the baboons was a great start to the trip, as was swimming with penguins. Safaris in all 3 countries were great and there was a nice variety of adventure activities wherever we went. My favorites were the canoeing/ATV/rapelling (called absailing in S. Africa) day and rafting on the Zambezi River.

2) People to people exchanges

I feel fortunate that we had opportunities to get off the tourist path. The activities we saw at the orphanage and community center provided hope for the future and a dinner we had a "shebeen" in Soweto was one of my personal highlights. The owner and some of his friends talked with us about

S. Africa post-apartheid, the progress and the challenges still to be overcome. As a political junkie, I really enjoyed it.

3) Zimbabwe extension

GO! Victoria Falls was spectacular (and how many times will you be there to see one of the Seven Wonders of the World?) and the safaris in both Zimbabwe and Botswana were incredible. We were literally feet away from an elephant herd, giraffes, kudu, rhinos and other animals. Just keep in mind that when your guide says "don't take pictures of this or that, and don't badmouth Robert Mugabe and his thugs" to take that seriously. Again, this is a trip not to be missed! The long plane ride is completely worth it!

Jill Pupa, Executive Director

Mike Stein:

This was the highlight of my life. By far the best trip I ever had. I went to places in South Africa that the average tourist never gets to see. I walked lion cubs in Zimbabwe. That's something I can tell my grandchildren. I saw Victoria Falls. I rafted it! When will I ever get a chance to do this in my life again. It's not like any combination of safari and multi-sport that is ever out there. My cousin told me about this tour group for 5 years because he has been on them. I had a break between jobs I was just laid off and in limbo- and I said a good time to take a trip until I figure it out. Usually, I pay \$2000-3000 US, \$3500 US tops on a trip. This was over that! But it was so worth it. I wouldn't trade a moment. For the extra time I had in Capetown (and I was smart that I arrived in early so I could explore) and the extra days to do a safari and then the extra \$1500 that was over my budget to get to Victoria Falls, I wouldn't even win. I saw animals on safari in a full open jeep that's not the usual. I could walk out for a part of it, of course not touching because they are wild. But then you go to a place where they take orphan cubs and orphan elephants and you can walk them and pat them and it is the only place in the world where you can do that. I walked a cub! I patted and held an elephant! Eat the fish in Capetown. It's amazing. And try the game when you get to Gwala by Johannesburg. It's all good. When will I ever be able to do all of that ten years from now in my body. It was such a bargain. Given what we did, it was all a steal. Loved it. And I do a lot of adventures. This was the highlight.

I can't not say that other parts of Africa wouldn't be beautiful. How can you lose out on either? But this trip was definitely the best of all worlds in one amazing trip. And when you comparison shop, you see not by much given the bang for your buck at this end. What we go to do. What we got to see. It was off the beaten path in the best of ways. We even had shabbat dinner with the Jewish young locals there. That was so much fun

Accommodations

Our accommodations are a mix of large and small, from fancier hotels in the city, to quaint cottage-like on the outskirts and lodge like in the Bush. All hotels have their own flavor. Here are hotels if we can not give them based on availability, they will be similar. Cape Town: 4 star Victoria Junction Hotel: (day, 1,2,)

<http://www.proteahotels.com/protea-hotel-victoria-junction.html>

Wine Country Stellenbosch Hotel (day 3)

<http://www.stellenboschhotel.co.za/restaurant.htm>

Garden Route: Crescent Country Hotel (day 4, 5,6)

http://www.crescenthotels.com/crescent_hotel_plettenberg_bay.html

Thornhill Lodge Day 8 and 9

<http://www.thornhillsafarilodge.com/thornhill-accommodation.aspx>

Victoria Falls EXTENSION

Day 10, continued Overnight in Johannesburg (Dec. 4)

We will drop you off at **SOUTHERN SUN O.R. TAMBO INTERNATIONAL HOTEL**

Guests at the Southern Sun O.R Tambo International Airport Hotel (formerly Southern Sun Johannesburg International Airport Hotel) have a wide choice of accommodation, from single, double, deluxe to executive rooms.

Day 11, Flight to Victoria Falls, Lion Encounter (Dec. 5)



Transfer to O.R. Tambo International Airport for check in to Victoria Falls. On arrival at Victoria Falls Airport (flight time based on availability) , you will be transferred en route to the hotel for the Lion Encounter. Check in is done at the office before clients proceed to the Masuwe estate. Guests are then introduced to the lions and their handlers. Guests can then interact with the lions before departing on a walk in the bush with them. The trail leads through the pristine bush and valley of the Masuwe River, which is home to numerous species of wildlife, including, Elephants, Kudu, Buffalo, Impala, Leopard and sometimes even Lions. You will be dropped off at the Victoria Falls Safari Lodge between 18h00 and 18h30. Boma Dinner tonight.

THE VICTORIA FALLS SAFARI LODGE (or similar) This hotel offers guests the opportunity to experience an ideal combination of unspoilt natural bush environment, on site game all year round and the Victoria Falls just 4 kms away. The bedrooms, offer superb views from private balconies across the vast unfenced Zambezi National Park. Nature books and binoculars are in every room. There is a swimming pool, a restaurant and a bar overlooking the private waterhole. Spectacular sunsets and game such as buffalo, elephant and lion can be viewed from the Buffalo Bar overlooking the private waterhole.

Day 12 Chobe National Park or White Water Rafting (Dec. 6)

The caprivi strip, just 70kms west of Victoria Falls is a very interesting area. Not only does the Zambezi River form the borders of 4 countries here (Zimbabwe, Botswana, Namibia & Zambia) but this is also the location of one of Africa's finest natural game reserves – the Chobe National Park. The added presence of the equally intriguing Chobe River (in one season the river flows downstream and in the other it flows upstream) brings a myriad of game and rare bird species to this natural wilderness. The park boasts the Big Five and the river teems with hippos and crocodiles, which can be viewed both from boats and safari vehicles. It is to this “animal paradise” that participants will be taken after an early breakfast at the Hotel. After an hour's drive through the Zambezi National Park, quick border formalities are carried out into Botswana before proceeding to Chobe Safari Lodge. Participants will explore the National Park in 4x4 jeeps. Return to the Victoria Falls Safari Lodge late afternoon.

White Water Rafting

You will be collected by a representative from **SHEARWATER** for **Full Day White Water Rafting**

Commercial rafting first commenced on the Zambezi River in 1981 and since then this activity has grown in popularity to the point where a rafting trip on the Zambezi is now a regular feature in most tourists' itineraries. In 1997, approximately 50 000 people enjoyed white water rafting on the Zambezi on a stretch of water that is now internationally acclaimed as the best white water rafting trip available in the world.

The Zambezi River is classified as a high volume, pool-drop river i.e. there is little exposed rock either in the rapids or the pools below the rapids. The distance between rapids varies from 100 metres to 2 kms. The Gorge itself is approximately 400ft deep at the put-in point and 750ft at the take out point. The river drops about 400ft over the 24km covered in the one-day raft trip and the depth of the river can reach 200ft. The British Canoe Union has classified the river Grade 5 “extremely difficult, long and violent rapids, steep gradients, big drops and pressure areas”. Nearly half of the rapids negotiated are Grade 5. (Grade 6 is unrunable – rapid number 9, “Commercial Suicide” is a Grade 6 rapid and we porter around this rapid). Overnight at Safari Lodge

Day 13: Tour of Falls, Return to Johannesburg

(Dec. 7)

This morning you will be picked up by a representative from SAFARI PAR EXCELLENCE at 08h30 for your Tour of the Falls. After the tour of the falls you will be transferred directly to Victoria Falls Airport for check in of your flight. Time based on availability

Victoria Falls Details

Dates	Dec. 5-7
Trip Length	3 nights/ 4days
Cost	Still to be determined due to fluctuation in Zimbabwe currency. But it was \$1680 in 2010.. so approximately around there.
Vouchers	This part of the trip you will not have a full time guide with you because everything in Victoria Falls caters to the tourist. They pick you up for the amazing itineraries, and drop you off. You will be getting vouchers for this part of the trip.
What's Included	<ul style="list-style-type: none">• Flights: Johannesburg-Victoria Falls-Johannesburg on South African Airways• Return airport/hotel transfers• 1 Night accommodation at the Southern Sun O.R. Tambo International Hotel and overnight on a bed and breakfast basis• 2 Nights accommodation at the Victoria Falls Safari Lodge. First night overnight on a dinner, bed and breakfast basis. Second and third nights on a B& B basis• Lion Encounter• Boma Dinner• Full Day Chobe Excursion or Full Day White Water Rating• Tour of the Falls.
Excluded	<ul style="list-style-type: none">• Gratuities• Drinks and meals not stated• Visas (around \$30)• All items of a personal nature, travel insurance, health requirements and services/activities not specified• Additional activities such as helicopter flights, jet boat rides etc. to be booked on arrival in Victoria Falls.• National Park fees not specified• \$10 USD River Usage Fee to be paid direct at the rafting check-in.
Health Concerns in Zimbabwe	It is strongly recommended that malaria prophylactics be taken during and after your visit to Zimbabwe, especially if visiting the lowveld area. Precautions against other tropical diseases should be taken – consult a travel medical specialist - Contact Netcare for an update: http://www.travelclinics.co.za
Clothing	CAMOUFLAGE-patterned clothing is not permitted in Zimbabwe, says the Zimbabwe Consulate in Johannesburg. Although the ruling is not directly on camouflage clothing, says Ndaipaneyi Mukwena from the Johannesburg office of Zimbabwe Tourism, it applies to any clothing that could be construed as mimicking military-wear.
Currency	There has been even more talks about the Zimbabwe dollar. Do not use it. You can use Rand or American dollars. DO NOT charge anything on a credit card. You can end up paying \$1000.00 for a hamburger as the government exchange rate is approximately 200% !! less than what can be obtained for cash notes. This also applies to traveller's cheques. Travellers are therefore advised to carry USD currency notes in denominations of USD 50, 20 and 10 (there have been a lot of forgeries of USD 100 bills and consequently are not readily accepted). Most of the activities available (whitewater rafting etc) have to be paid for in US Dollars unless the tourist is from South Africa or Botswana. Remember if you do get Zimbabwe dollars, you have to spend it because it cannot be transferred back- no one else will take it.
Climate	September/October are hot and dry months. November/March hot and wet. April/August cooler and dry. Note: Harare temperatures - weather is similar to Pretoria climate, but a few degrees warmer. Zimbabwe is still in a drought, everything is bone dry - please be careful with water usage.
Safety	Zimbabweans are friendly and helpful. However as with travelling throughout most African countries, keep all personal belongings in a safe place - don't tempt fate!

TRAVEL INFORMATION FOR BOTH S. AFRICA AND ZIMBABWE

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. Passports must be valid for at least 6 months after the intended date of return from South Africa and must have at least two empty pages, more if you are doing the extension.

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

Tourists from most countries do not require a visa to South Africa as long as your stay does not exceed 30 days. For the majority of foreign nationals who travel to South Africa for vacation, entry is straightforward and hassle-free. Visas are required for all neighbouring countries. Please check with the various embassies prior to departure for these countries.

There is a \$30-\$60 visa fee when entering Zimbabwe.

Group Traveling

Generally ages range between 30-45. Singles and Couples are welcome! **TIMES:** We are on a tight schedule because there were too many great options, and I didn't want to drop anything. However, it really will depend on us leaving at designated departure times. **Please be considerate of everyone on the trip and be ready to leave when at designated times.** Take it as your first group challenge.

Trip Rating

Fitness

Level of Physical Activity: Access to some accommodation and sites might require climbing the equivalent of a flight of stairs or much more in some cases. The hikes offer a moderate trek with a maximum of 5 hours walk on rocky footpaths.

This is not necessarily a challenging trip, but it is active. You just need to enjoy the outdoors: Hiking Table Mountain, Kayaking, Biking the winelands.

This is a rigorous schedule with little down time. The activities are designed for the novice. We will be moving around a lot and putting a lot into our days. If you are more of a hang out by the beach person, this is probably not for you. That being said, if you decide that you'd rather hang in town on a particular day rather than go on an activity, that can be arranged (might incur a small transfer fee).

To thoroughly enjoy an active vacation, you should be comfortable hiking or biking at some level, and being prepared for back-to-back exercise days.

Hiking: We hike across varied terrain and you should be prepared for these changes. Try to include hills or stairs in your exercises. Stairmaster machines are well suited for this type of training. Also, carry your daypack and wear your hiking boots during some of these workouts to get used to them. Make sure your hiking boots are well broken in by the time your trip arrives. You may want to consider a pair of lightweight hiking boots, which typically need little time to break in. Either way be sure to have adequate ankle support.

Cycling: Try to get out on your bike a few times before the trip, or at least the stationery bike. Even better would be taking a spinning class at the gym. This will just get you used to sitting on the bike, pedaling, etc.

Those who have not ridden a mountain bike before usually have no problems with the variety of road surfaces we travel. But as in many sports, your enjoyment heightens as your skill level increases. If you have not ridden a mountain bike before, we recommend that you try to get out and get accustomed to the amazing stability and control they offer.

Accommodations

Our accommodations will vary throughout the trip. You'll get a taste of everything, from a five star mansion to a home hospitality in Soweto (1 night) to a tented lodge (very nice) in

the game reserves. All are comfortable, clean, accommodating with lots of characters. We picked many of them because they are family run, and give you the opportunity to get a better feel of the environment. If you prefer places with room service and a concierge desk, many of these places do not have that. But they do have lovely hosts who would do anything to make you comfortable.

Medical Concerns

We suggest that you have a medical checkup before your trip, particularly if you have a medical condition or physical limitation. Let your doctor know about any medical condition you have, particularly cardiac or respiratory disease or diabetes, and discuss the details of the trip itinerary as it pertains to your health.

If applicable, make sure that you bring an ample supply of any prescription medication that you take regularly as pharmacies are not readily accessible during the tour.

Please inform us prior to your trip if you have any medical conditions or if you take prescription medication(s). We will use this information to better prepare our tour leaders should an emergency situation arise. We do not use it to determine if you should take this trip. Please read the enclosed trip itinerary carefully so that you will know what to expect on your trip.

If you have any questions or concerns about the trip, please don't hesitate to call us.

Sun Protection

Sun protection is a must! Bring sunscreen (we recommend SPF 15 or higher), lip protection and a sun hat. Hand lotion is also recommended when traveling to desert or alpine environments, which are extremely dry. Don't forget your sunglasses as ultra-violet rays are much stronger at high elevations.

Malaria Information

It is recommended that those going to Kruger National Park take malaria pills. However, we will only be there one day, and the health affects can be worse than the prevention. Here's information:

This information has been provided by certified authorities and will make your visit to Africa safe and rewarding one.

It is a well-known fact that malaria is one of the **most serious and common tropical diseases** in the world. However, there is no reason why this should deter you from coming to Africa if the necessary precautions are taken. **Please note that if precautions are not taken and/or if Malaria is not diagnosed and treated early, it could be potentially fatal.**

Based on the information below from the South African tourism bureau, Steppin' Out would recommend some type of malaria prevention. Most areas in South Africa that tourists would visit are malaria free. However, the Kruger National Park and the adjoining private game reserves, the Lowveld of Mpumalanga, Limpopo, parts of the northern KwaZulu Natal, Zimbabwe, Zambia and Botswana are high-risk areas and anti-malaria medication should be taken. Consult your personal physician or travel clinic. In all cases, when one is in these areas, one should use a mosquito repellent, wear long sleeves, long trousers and closed shoes at dawn and dusk when mosquitoes are most prevalent. If possible sleep under a mosquito net. Do not use perfumes or scented lotions.

According to the South African government: Our government has embarked on an extensive anti-malaria programme (in co-operation with Swaziland and Mozambique) and the incidence of malaria is decreasing. One reassuring thing about malaria is that there is absolutely no way at all that you can contract it unless you are bitten by an infected mosquito. And with modern insect repellents and some common sense one can reduce the chances of being bitten to close to zero.

Prophylactic Measures To Prevent Malaria

Before traveling to Africa, please consult your doctor or a local Travel Clinic regarding the correct medication to take. You should do this even if you have traveled to Africa before, as medications can change, and new developments are being made all the time. It is important to note that **no preventative measures are 100% effective**. Should flu-like

symptoms and signs such as body pain, headache and fever develop 7 to 20 days or longer after visiting an endemic area, please consult a medical professional.

The cheapest, safest and most effective measures against malaria are physical barriers such as a mosquito net, and the use of a good insect repellent. If you decide to take malaria prophylaxis, it is essential that they take the drugs according to the directions on the package insert. You will need to start a week or two before entering a malaria-endemic area and should continue taking the drugs for four weeks after leaving the malaria risk area. It is advisable to consult a medical professional before embarking on a course of malaria prophylaxis. Note that expectant mothers should avoid malaria medications.

Malaria Can Be Prevented In The Following Ways

The most important and effective way of preventing Malaria is to prevent mosquito bites. The following measures can be taken:

- ***Wear long-sleeved shirts, and long trousers** towards evening. Socks and closed shoes are also recommended. Mosquitoes tend to be active in the early evening.
- *Apply insect repellents to exposed skin areas every 4-6 hours.
- *Burn insecticide oils or electrically heated insecticide tablets in the bedroom at night.
- *Spray knock-down insecticide for flying insects inside the bedroom in the early evening with windows/doors closed if there are no window screens.
- *Screened mosquito proof windows and doors and Mosquito nets guard against Mosquito bites.*Do not use or wear perfumes or scented lotions\

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.

Visitors who are entering South Africa from a yellow fever zone must have a valid international yellow fever inoculation certificate. Only infants under the age of one year are exempt. Immunization against cholera and small pox are not required and no other vaccinations are required when visiting South Africa.

It is recommended to have Hepatitis A, tetanus, typhoid.

Food and Water

Many foreigners are unaware that South Africa has a well-developed infrastructure, high standards of water treatment and medical facilities equal to the best in the world. It is safe to drink the tap water and eat fresh vegetables in South Africa. But you should buy bottled water in Zimbabwe.

Weather and Preparation

Cape Town Averages: The average Aug/ Sept temperature highs are 64°/66° and the lows are 45°/46°. The average rain fall for Aug/ Sept is 3.3 in/ 2.0 in.

The average Oct / Nov temperature highs are 70°/75°, with the lows at 50°/55°.

Rainfall for Oct / Nov is 1.4in / 0.5in.

Johannesburg Averages: The average Aug / Sept temperature highs are 66°/ 72°, with the lows at 45°/48°. There is very little rain in Jo'Burg during Aug/ Sept.

The average Oct / Nov highs are 75° / 77°, with the lows at 54°/ 55°.

Rainfall for Oct / Nov is 2.4 in / 4.6 in.

If you want to see the wildflowers, it's best to come in August and September. Game viewing, is best to come in September and October.

Hiking is best during the Spring (Aug to mid-October) and Autumn (mid-Feb to April).

Currency

You should plan on changing money at a bank at the airport on arrival in CT. This is a better option than hotels where the rate of exchange isn't very good.

The currency unit is the Rand, denoted by the symbol R, with 100 cents making up R1 (one Rand). Notes are in R200, R100, R50, R20 and R10. Coins are in denominations of R5, R2, R1 and 50c, 20c, 10c and 5c. Visa, American Express, Diners Club and MasterCard are accepted by most restaurants, stores, hotels, car rental firms and other points of sale and service. Proof of identity may be requested in some instances. It is therefore useful to carry a passport or some form of photo identification at all times.

Banks are generally open Mon-Fri 09:00 to 15:30 and Saturdays 08:30 to 11:00 Most banks change all travelers cheques in major currencies. Big cities will be able to do this, small towns will not.

You will need cash for things like drinks, tips for guides, and if you want to buy stuff at

markets and similar. Otherwise shops all take credit cards. You can also draw money at ATM's, of which there are many all over the place. But like in all situations, you may not need it exactly when you need it .

How much money to bring?

- Tips: The main guide who will be with you the full time gets about \$12 per person per day. In addition, the rangers in the game park and drivers each get about \$10 person per day. We have included in the pricing tips for specialists like the Baboon tour, but not for hotel porters, or someone you feel deserves more.
- Porters As a guide, you may give a hotel porter R5 – R10 per bag, per movement.
- Meals- generally the lunches not included will be at places where its around \$10 or less, but a little higher at La Quartier Francais, and dinner s you can expect a full course meal \$20. Alcohol is common to the States.
- Crafts—small crafts places only take cash... generally items to take back are about 5-15 per piece
- Orphanage: aside from the stuff we are bringing, some may feel the desire to also leave a donation.
- Victoria Falls, you should probably take about \$150 for non-included meals and tips.

Time

South Africa operates two hours ahead of Greenwich Mean Time throughout the year, making it an hour ahead of Central European Winter Time, seven hours ahead of Eastern Standard Winter Time and seven hours behind Australian Central Time.

Electricity

Don't forget your chargers, adapters and converters. And remember they are not all the same thing. You must make sure your equipment can carry the voltage of South Africa, if not, an adapter won't work you need to get a converter as well.

South Africa's electricity supply: 220/230 volts AC 50 Hz Exceptions: Pretoria (230 V) and Port Elizabeth (200/250 V)

Most plugs have three round pins but some plugs with two smaller pins are also found on appliances. Adaptors can be purchased but may be in short supply. US-made appliances may need a transformer. Bring extra batteries for cameras, videos, but in most cases it won't be hard to recharge.

Safety

For tourists, South Africa is as safe as any other destination in the world. South Africa boasts a vast array of cultures, communities, sites and attractions. Most parts of the country can be safely visited by tourists provided they take basic common-sense precautions for example not walking alone in deserted areas at night and being circumspect about how much photographic equipment or flashy jewelry you carry. Most of the crime that takes place in South Africa is between people who know each other and random acts of violence are the minority of cases. Most major cities run organized crime prevention programs Basic Safety Tip guidelines will be available at hotels and tourism information offices.

If you are in doubt as to the safety of a particular area or attraction, contact the National Tourism information and Safety Line on 083 123 2345. This number may also be used for practical assistance in replacing lost documents or reporting incidents.

Safety and Security

As with all major cities in the world, due care must be taken to avoid pickpockets and bag snatchers at airports and in the tourist areas. Always check with your hotel whether it is safe to walk around in the evenings. It is not advisable to wear expensive jewelry and a minimum of cash should be carried. Don't carry all your essential documents, travelers cheques and cash with you. Leave these with your passport in your hotel safe.

Having said the above, it is very unlikely that you will encounter any serious crime or violence in the popular areas you will be visiting.

Baggage

Note: Please ask your airline carrier about weight restrictions. New regulations are to be put into place May 5.

Due to the space constraints in our vehicles and custom trailers, we ask that you pack reasonably, limiting your luggage to **ONE MEDIUM-SIZED** piece and a small daypack.

Soft-sided luggage or a duffel bag works great. Please do not bring excessively large suitcases or hard-sided baggage. Clearly mark each piece of luggage with your name for ease in identification. Your daypack will be kept handy in the support vehicle and used for extra clothing, camera or other miscellaneous gear that you may need throughout the day. We caution participants not to bring fragile or breakable items as the luggage can get bounced around in our support vehicle. Also, due to the type of roads and trails that we follow, it is not uncommon for baggage to get quite dusty.

We will be flying on 1Time Airline, a domestic airline from Port Elizabeth to Johannesburg. They have a luggage restriction of **20kg, (44 lbs) for checked baggage and** one piece of hand luggage, limited to 5 kg, provided the hand luggage fits into the aircraft overhead bins. Excess baggage will be charged at R20 per (about \$3) additional kilogram carried.

- We suggest a large duffel-type bag or other soft-sided type of luggage and a smaller daypack. On overnight stays we will transport your luggage from point to point via jeep or car, however, please keep in mind that it will be your responsibility to carry your own luggage. For our day trips, 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 sidewalks.
- Less is better, since we will be moving around and you might want to save space for purchases.

What to Bring – Clothing and Equipment

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.

Equipment

- Valid passport and copy of passport
- extra passport photos
- 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, insect repellent, caladryl, 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™
- Insect repellent
- Towel
- Small hiking daypack to carry items such as a camera, sunscreen, chapstick, snacks and rain gear.
- Earplugs (optional), especially if you're a light sleeper and will be matched with another traveler
- Journal and/or books
- Bandana, in case the dust picks up
- Optional: Small binoculars, compass, star chart

- Batteries/chargers and adapters for your cameras/video cameras. Make sure that your charger can be used with an adapter to the electrical outlets in South Africa.
- Spare Batteries for everything
- Cleaning cloths for lens camera

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. See www.tsa.gov/311/
- 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

Clothing

- A light jacket, sweater, or fleece top for Aug/Sept trip bring a couple of tops.
- Long sleeved, non cotton, thermal shirts that insulate well even when wet. These can be used for layering in the morning when it is cool, and, also if the temperature drops later in the day.
- Short sleeved shirts
- Multiple Pairs of hiking shorts. Bring 1 quick-drying pair if your tour includes rafting.
- Pants: Light weight for moving around in the day (personally I recommend the pants that zipper off into shorts)
- Casual pants/dress for evenings
- Long PJ's for Aug/Sept and Short PJ's for Oct/Nov
- Multiple pairs of wool or synthetic blend hiking socks (The number of pairs may be altered depending upon the number of days that you will be hiking.)
- Pairs of polypropylene or capilene liner socks for use while hiking
- Pairs of cotton socks for evenings
- Waterproof rain jacket. Items made from breathable waterproof fabrics such Gore-Tex™ are preferred. Do not bring plastic ponchos.
- Sun hat or baseball cap
- Pair of water shoes/sandals or shoes you don't mind getting wet to wear for stream crossings or rafting. Examples are Teva or Chao's.
- Pair of shoes that you can wear if your other shoes are wet
- A Swimsuit for Oct/Nov trip
- Sets of evening apparel (Casual dress and jeans are the norm.)

Hiking Equipment:

- Ankle-supportive hiking boots with a gripping, lugged sole that are *already broken in* are a necessity. Smooth bottomed tennis shoes are not recommended, as they are not comfortable for extended hikes.
- Hiking daypack to carry items such as a camera, sunscreen, lunch, snacks, and a jacket. Exterior pockets are great for easy access to water bottles. At least two, 1 liter, water bottles or a *Camelback*. Camelbacks carry 70 or 100 oz. water bladders and larger camelbacks may double as a daypack.

As we will be on our feet each day, it is extremely important that you take the necessary precautions in caring for your feet. To prevent injury and discomfort, here are some guidelines:

- Wear comfortable, well fitting shoes.
- Always wear good hiking socks. In hotter regions, at least one pair of synthetic athletic socks is advised.
- Keep your feet clean and dry
- If you start to notice irritation or start to feel pain or a "hot spot" forming on your feet,

this is usually an indication that a blister is forming. It is best to treat a problem area before blisters form and increased pain develops. Depending on the severity and type of irritation, you can:

- Cover the entire irritated area with moleskin; make sure the moleskin lies flat on your foot.
- Cut a doughnut out of the moleskin and place it around a blister that is forming.
- Use a piece of second skin to cover the problem area.

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. The following is a summary of the coverage; some coverage's are subject to a maximum benefit schedule detailed on the policy. We will be happy to send you a copy of the fully detailed information on the plan. *Insurance coverage subject to limitations, exclusions and terms and conditions of policy.

Details of Coverage:

- **Trip Cost: Trip Cancellation & Interruption:** Covers you up to a maximum of 150% of trip cost if a trip is canceled or interrupted due to any of the covered unforeseen circumstances such as sickness, injury, death of you or a family member, inclement weather causing cancellation or interruption of travel. Additional detail of covered circumstances is available by request.
- **Trip Interruption - Return Air Only:** Covers the additional transportation expenses incurred by the Insured to the Return Destination for 150% of trip cost or \$750, whichever is greater.
- **Trip Delay:** Reimburses you up to \$150 a day up to a maximum of \$750 for additional accommodations or reasonable travel expenses if you are delayed for more than 5 hours.
- **Missed Connection:** Reimburses you up to \$250 if inclement weather or common carrier causes cancellation or a delay for regularly scheduled flights for three to less than five hours.
- **Baggage & Personal Effects:** Reimburses you up to \$1,000 if your luggage is lost, damaged, or stolen while you are on your trip.
- **Baggage Delay:** Reimburses you up to \$250 for the purchase of essential items if your bags are delayed for more than 24 hours.
- **Medical Expenses:** Covers necessary medical expenses up to \$25,000 up to one year after the sickness or injury provided you sought initial medical treatment while on your trip.
- **Emergency Medical Transportation:** Covers evacuation and transportation up to \$500,000 to the nearest adequate medical facility.

Extra Coverage: When you purchase your ProtectAssist Plan within 15 days* of making your initial trip payment, you also receive:

- **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.

Optional Coverage (extra costs required):

- **Flight Guard (\$9 per \$100,000 of coverage):** Coverage of up to \$500,000 in the event of loss of life while you are traveling in the air.
- **Car Rental Collision Coverage (\$9 per day, per car):** Covers collision damage to a rental car for which the car rental contract holds you responsible. \$35,000 in primary coverage, subject to \$250 deductible.
- **Umbrella Package (cannot be purchased separately):** Medical expenses and emergency medical transportation benefits are doubled and medical coverage is upgraded to primary coverage.
- **Cancel for any Reason (Multiply 1.4 by the base plan cost): Provides reimbursement of 50% of trip cost if you decide to cancel for any reason up to 48 hours prior to departure.**
- **Cancel for Work Reasons (\$24 per adult): For travelers who want trip cancellation and interruption coverage in the event they must cancel due to business-related reasons.**

Family Coverage Included: At no additional charge, the plan covers all children 17 and under who are traveling with and related to the primary adult named on the enrollment form.

Trip Cost Per Person: +\$6 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 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

Steppin' Out FAQ

Q: What is the age range for your trips?

A: The core of our participants are probably mid-30 to mid-40, but we also have plenty of travelers in their 20s and into their 50s. We've had 52 year-olds who have climbed Machu Picchu, and 24 year-olds who have led tours of our National Parks. No matter their age, our participants share a love of travel and exploring new horizons.

Q: Is everybody on your trips single? Do people come without knowing anybody?

A: Our trips are not exclusively for singles, so whether you are traveling alone or with a friend, spouse, or partner nobody should feel out of place. One thing is for sure, no matter how you are traveling with us you will quickly and easily meet others with similar interests.

Q: Is everybody Jewish?

A: The majority of our participants are Jewish, but unless noted, there is no specific religious content on our trips.

Q: Can you accommodate special diets?

A: There will always be a vegetarian option available at each meal. We have found local kosher delis for people on trips in the past, and have arranged to have special meals delivered. We've made arrangements for people to keep kosher on our international trips as well, such as Costa Rica. We can accommodate gluten-free, dairy-free, allergies, low-fat, etc. Just let us know and we'll do everything we can to make the trip comfortable for you in every way.

Q: Tell me about your trips- what do you suggest?

A: We try to make each destination unique, so you can experience the best of that region. For example, on the Costa Rica trip you'll spend some time on their famous white water rapids; in Crete you'll get cooking demonstrations from a chef who specializes in local, authentic cuisine; in South Africa you'll find yourself swimming with penguins and helping impoverished children in a service project; and at Camp Getaway you'll roast s'mores and enjoy all the (good) things you remember from summer camp. It really depends on what you're looking for in your trip.

Q: How many people sign up?

A: Number of participants varies depending on the location and activity. The international trips typically are no greater than 15 so we can make little impact, have more flexibility, be spontaneous, and be able to interact with the local community on a more personal scale. We've led groups as small as 4 up Machu Picchu. Our ski trips are immensely popular, and might have up to 45 people. Most national trips range between 15-30 participants.

Q: What's so special about Steppin Out trips?

A: We have been told that what sets us apart and makes our trips special is the attention we pay to the details. On our ski trips you might be seated at breakfast according to ability level so you can meet people with whom you can ski, on rafting trips you may still be accompanied by an award-winning chef so you can enjoy a delicious meal after a hard day's work, and in South Africa you will find an outfitter waiting at the airport to take you to your hotel. Whether it's providing evening choices (hot springs or comedy club?) or

buying travel insurance for you, we do everything we can to give everybody an unforgettable experience with a personal touch.

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

How do I join this trip?

Please fax the registration material at the end of this packet to 877.264.7694 to reserve a space with a credit card guarantee. Then mail the following:

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

Special Requests

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

Participant Trip Profile and Contract: South Africa

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,.

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

Steppin' Out: An Adventure Experience For Reservations, and Fax 877.264.7694 www.SteppinOutAdventures.com

PAYMENT AND AGREEMENT

PRICING: BASE PRICE: \$ 3600 BASED ON CHECK. ADD 4% for credit card . Price based on a minimum of 8

- After July 15 Add \$250
After Sept. 15 Add \$350
Single Supplement Add \$825
Additional night Cape Town Add \$260
Add \$25 to pay in 3 equal installments 7/15,
8/30 and 10?1
Victoria Falls Add \$ 1680
Single Supplement VF Add \$ 565
Insurance Add ___ (from chart)
TOTAL:

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 4% 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 price is based on an exchange rate for dollars from Rand as of June 4,2011 should there be a drastic drop of dollar value, Steppin' Out has a right to ask clients to pay the difference (over \$100)

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.

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** _____