

**VISIT GGRF's SIMIEN GIRL RUNNERS
+ RUN the 10 K GREAT ETHIOPIAN RUN**
November 13th-28th, 2011 (15 days/14 nights)
with Marco Degasper

PROGRAM (subject to change):

Saturday, 12th: USA – ADDIS ABABA

Leave the USA. Your flight should be planned so that arrival to Ethiopia occurs on the morning of the 13th, at the latest. People from Italy come with the flight Rome–Addis Ababa 00.05/07.50 AM on 13th (Ethiopian). The common travel with the whole group begins on 13th midday.

Sunday, 13th: ADDIS ABABA

Arrival in Addis Ababa (if not earlier) and check in at the Hotel. The rest of the day is free for relaxing, sightseeing, or visits in the city. In the evening we'll have dinner together in a typical Ethiopian restaurant. Night in Addis Ababa.

Monday, 14th: ADDIS ABABA – BAHIR DAR

Domestic flight to Bahir Dar, a city on Lake Tana, the origin of the Blue Nile. Late morning travel by bus to the Nile Falls and visit to Lake Tana, where hippos swim inside and islands with ancient monasteries are located.

In the city at 1,800m sea level (lowest point of the whole travel) the climate is mild and delicious and fresh fruit and fruit juices can be found.



Tuesday, 15th: BAHIR DAR – GONDAR



Transfer by bus to Gondar, 2nd largest city and, until 1855 the capital of Ethiopia, where the ancient emperor's palace with churches and baths is situated. The castle from the 17th century stays in the palace district which has been declared to be a UNESCO cultural world heritage site.

Wednesday, 16th-Friday, 18th: DEBARK

In the morning the bus takes us further northwards on the Ethiopian highland to the 100km distant town of Debarq, the small city of about 30,000 inhabitants at 2,850m sea level, where we will meet the Simien Girl Runners and spend the next 2 days with them.



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Travel to Ethiopia (**VISIT GGRF + GREAT ETHIOPIAN RUN**) from Nov. 13th-28th, 2011

There the Simien Girl Runners train with the extended group of about other 40 girls and boys under the supervision of the coach. The places where they train are located in the beautiful scenery around Debarq, and we will take the opportunity to know the staff and the young athletes and train with them in the morning or afternoon when the training sessions take place



Furthermore there is an interesting daily market and a football stadium where several local teams compete against each other. On the last night we will stay at the Simien Lodge, supporter of the Girls Gotta Run Foundation, and with 3,260m sea level the highest Hotel of Africa.

Saturday, 19th-Tuesday, 22nd: TREKKING SIMIEN MOUNTAINS

We start 4 days of trekking in the Simien National Park (UNESCO heritage). Three times we'll sleep in tents in different campsites. During the day we'll hike from one camp to the other while there is time enough to admire the beautiful landscape, flora and fauna. A cooking team will take care about us and spoil us, and donkeys and mules will carry our heavy baggage so that the 4-5 hours of daily walking time can be easily made by everyone. On the last day we'll climb the 4,430m high Ras Bwahit (alternatively a day of rest can be inserted).



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Gesellschaftskapital € 10.000, zur Gänze eingezahlt
 Eintragungsnummer im Handelsregister, Steuer- und MwSt.-Nr. 01509390215
 Capitale sociale € 10.000 interamente versato™ N. iscrizione registro imprese, cod. fiscale e partita IVA 01509390215

Raiffeisenkasse Bozen™ Cassa Rurale di Bolzano:
 BIC: RZSBIT21003™ IBAN: IT 04 Q 08081 11600 000300032000
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On Tuesday afternoon return to Debarq.

Wednesday, 23rd-Thursday, 24th: DEBARK

We will spend another 1-2 days in Debarq, and organise together with the runners some running competitions and a farewell party on the last day in Debarq. Hopefully we're going to meet some of the girls a few days later in occasion of the Great Ethiopian Run in Addis Ababa. On Thursday afternoon return to Gondar by bus.



Friday, 25th: GONDAR – LALIBELA

In the morning a domestic flight takes us from Gondar to Lalibela, pilgrimage site and holy town for Ethiopian-orthodox Christians. There we will see the famous churches carved in stone. These eleven monolithic churches and their underground tunnels were carved from the rock by 16,000 Ethiopians during 23 years of construction period in the 12th-13th century and are today part of the UNESCO cultural world heritage, too.



Saturday, 26th: LALIBELA – ADDIS ABABA

Transfer to the airport of Lalibela on Saturday morning, flight to Addis Ababa and accommodation in the same Hotel of our arrival. The afternoon is free for individual programs, and on the evening we will attend the Pasta Party with all foreign participants to the Great Ethiopian Run (260 last year). Also Co-Organiser Haile Gebreselassie and an international guest athlete will be present as patrons of the running event.



Sunday, 27th: GREAT ETHIOPIAN RUN (10 K)

In the morning at 9 AM there's the starting shot to the Great Ethiopian Run (www.ethiopianrun.org), with 35,000 participants the biggest running event of the whole of Africa, which traditionally is run in T-shirts of the same colour (this year in red). On this 10km run, ranking and time are secondary, but fun and a unique experience are guaranteed.



Departure from Addis Ababa in the late evening (people from Italy with the flight Rome – Addis Ababa 00.20/04.45 AM on 28th with Ethiopian Airlines), except if someone has planned a prolonged stay in Ethiopia.

The common travel with the whole group ends on 27th evening after the dinner.

END OF THE TRAVEL

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Travel to Ethiopia (**VISIT GGRF + GREAT ETHIOPIAN RUN**) from Nov. 13th-28th, 2011

PRICE PER PERSON (with minimum of 12 participants): USD 2,890.00

The price includes:

- all domestic flights in Ethiopia with Ethiopian Airlines in tourist class (according to flight schedule on the next page);
- all flight taxes on the domestic flights in Ethiopia;
- all accommodations (14 nights) in double rooms with toilet/shower in nice and simple but clean hotels (all tested); exception during the trekking 3 nights in tents for 2 persons;
- on the last day in Addis Ababa (27th) we have the rooms at our disposal for shower and resting after the running race;
- all transfers and travels in Ethiopia with our own bus;
- full board from lunch on 13th until dinner on 27th;
- participation in the Great Ethiopian Run, inclusive Pasta Party and Great Ethiopian Run-T-shirt
- experienced tour guide: Marco Degasper, from and until Addis Ababa (German & Italian & English speaking);
- experienced local tour guide: Yirga Mekuriaw Alemu (English & Amharic speaking);
- complete travel insurance: travel cancellation/health/baggage insurance;
- information material and detailed list of equipment;
- phone and e-mail assistance of Marco Degasper in case of questions during the preparation of the travel.

The price doesn't include:

- international flights from the US to Ethiopia and from Ethiopia to the US;
- all extras and personal expenditures, drinks and tips as well as everything which is not included in the item "The price includes";
- free offer of about 50 USD for the 3-4 training sessions with the team and the coach;
- any other personal visits;
- cost for the Visa in Ethiopia (20 USD for 30 days, to be paid at the Addis Ababa airport on arrival).

PAYMENT TERMS:

- advance payment of USD 1,130.00 per person at registration;
- the remaining amount 1 month before departure

The amount can be either transferred to the bank account below or paid by credit card (you will need to contact the agency at marco.degasper@gmx.net or martin@luispichler.it).

BANK ACCOUNT:

REISEDIENST LUIS PICHLER GMBH
RAIFFEISENKASSE BOZEN
IBAN: IT 04 Q 08081 11600 000300032000
SWIFT-BIC: RZSBIT21003

REGISTRATION CLOSURE: until availability of places (approximately until mid August).

Expected flight schedule with Ethiopian Airlines from/to Addis Ababa:

Nov. 14 th	ADDIS ABABA – BAHIR DAR	Ethiopian Airlines	07.00/08.00
Nov. 25 th	GONDAR – LALIBELA	Ethiopian Airlines	09.00/09.30
Nov. 26 th	LALIBELA – ADDIS ABABA	Ethiopian Airlines	09.10/11.00

Flight schedule without engagement, subject to change.

IMPORTANT INFORMATION – TRAVEL DOCUMENTS (for EU and U.S. residents)

For the entrance to Ethiopia a machine readable passport is needed that has a validity of 6 months after scheduled departure from Ethiopia.

At arrival in Ethiopia USD 20 for the 30 days Visa has to be paid.

IMPORTANT ADVICE:

All reported prices are calculated on basis of the current date.

Should there be changes in the currency rate USD-Euro, in the flight tariffs (i.e. fuel price increase) or in the flight taxes within the date of departure of the travel, the price may be adjusted.

Bolzano, on June 30th, 2011

PROFILES OF THE TOUR GUIDES:

Marco Degasper, born on October 21st, 1979 in Bruneck, Province of Bolzano in the North of Italy; civil engineer in Bolzano, enthusiastic mountain climber and marathon runner. Because of the sport of running, he discovered a passion for Ethiopia. He's been there 2 times, the first as a "tourist" for a 3 week trip, and the second for one month volunteering for the Girls Gotta Run Foundation with the Simien Girl Runners in Debark. In both travels his guide or reference person in Ethiopia was Yirga.

Yirga Mekuriaw Alemu, born on March 8th, 1983 in Debark; mountain and tourist guide in Debark and in Gondar, North Ethiopia. After completing 2 years geography study and passing the examination for mountain guides he obtained the necessary certification. In addition to that, he is studying tourism and has rich experience in organizing and leading large foreign tourist groups as well as individual tourists, who hire him locally.



Yirga and Marco on the highest peak of Ethiopia, Ras Dashen, 4,550 m sea level