

**VISIT the SIMIEN GIRL RUNNERS  
+ RUN the 10 K GREAT ETHIOPIAN RUN**  
**November 11<sup>th</sup>-25<sup>th</sup>, 2012 (15 days/14 nights)**  
*with Marco Degasper*

**PROGRAM (subject to change):**

**Saturday, 10<sup>th</sup>: USA – ADDIS ABABA**

Leave the USA. Your flight should be planned so that arrival in Ethiopia occurs on the morning of the 11<sup>th</sup>, at the latest. People from Italy come with the flight Milan Malpensa–Addis Ababa 21.50 (10<sup>th</sup>) / 06.30+1 on the 11<sup>th</sup> with Ethiopian Airlines. The common travel with the whole group begins on 11<sup>th</sup> midday.

**Sunday, 11<sup>th</sup>: 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. The night will be spent in Addis Ababa.

**Monday, 12<sup>th</sup>: 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 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, 13<sup>th</sup>: BAHIR DAR – GONDAR**



Transfer by bus to Gondar, 2<sup>nd</sup> 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 17<sup>th</sup> century is located in the palace district which has been declared to be a UNESCO cultural world heritage site.

**Wednesday, 14<sup>th</sup>: DEBARK**

In the morning the bus takes us 100 k north on the Ethiopian highland to Debarq, a small city of about 30000 inhabitants.

At 2,800m sea level, this is the training ground of the Simien Girl Runners, founded by GGRF, and some other runners who they inspired ([www.girlsgottarun.org](http://www.girlsgottarun.org)).



**Wednesday, 14<sup>th</sup>- Monday, 19<sup>th</sup>: TREKKING SIMIEN MOUNTAINS**

We start 5-6 days of trekking in the Simien National Park (UNESCO heritage). Five times we'll sleep in tents in different campsites. During the day we'll hike from one camp to the other with time enough to admire the beautiful landscape, flora and fauna. A cooking team will take care of 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. We will also have the opportunity to climb a mountain above 4.000m, the 4.070m high Inatye, and to visit the mountain village Mekarebya, where in March 2012 a water well will be realized, for which Marco raised the necessary funds in the course of some photo-presentations and whose construction he organized on site.



On Monday afternoon we will return to Debarq.

**Tuesday, 20<sup>th</sup>-Thursday, 22<sup>nd</sup>: DEBARK**

Here the Simien Girl Runners train with the extended group of about other 60 girls and boys under the supervision of the coaches. 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 which we can explore.

Reisedienst °° Agenzia Viaggi  
Luis Pichler GmbH-Srl

Piavestraße 14-16 via Piave  
39100 Bozen °° Bolzano - Italy  
Tel. +39 0471 97 60 64/65  
Fax +39 0471 98 16 36  
info@luispichler.it °° www.luispichler.it

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

Südtiroler Volksbank °° Banca Popolare dell'Alto Adige:  
BIC: BPAAIT2B050 °° IBAN: IT 53 I 05856 11601 050570716570

Raiffeisen Landesbank °° Cassa Centrale Raiffeisen:  
BIC: RZSBIT2B °° IBAN: IT 94 C 03493 11600 000300013111



- 3 -  
Travel to Ethiopia (**VISIT GGRF + GREAT ETHIOPIAN RUN**) from Nov. 11<sup>th</sup>-25<sup>th</sup>, 2012



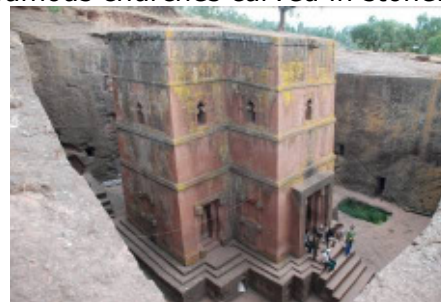
Together with the runners we will organise some running competitions and a farewell party on the last day in Debarq. On Thursday afternoon we will return to Gondar by bus.



**Friday, 23<sup>rd</sup>: 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 period in the 12<sup>th</sup>-13<sup>th</sup> century and are today part of the UNESCO cultural world heritage, too.



**Saturday, 24<sup>th</sup>: 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 in the evening we will attend the Pasta Party with all foreign participants to the Great Ethiopian Run (350 last year). Also Co-Organiser Haile Gebreselassie and an international guest athlete will be present as patrons of the running event.



**Sunday, 25<sup>th</sup>: GREAT ETHIOPIAN RUN (10 K)**

In the morning at 9 AM there's the starting shot to the Great Ethiopian Run ([www.ethiopianrun.org](http://www.ethiopianrun.org)), with 36,000 participants the biggest running event of the whole of Africa, which traditionally is run in T-shirts of the same colour (this year again in green). 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, except if someone has planned a prolonged stay in Ethiopia and in any case depending on the flight schedule. People from Italy will leave with Ethiopian Airlines and flight Addis Ababa – Milan Malpensa 23.55 / 04.35+1 on 25<sup>th</sup>. The common travel with the whole group ends on 25<sup>th</sup> evening after the dinner.

**END OF THE TRAVEL**



**PRICE PER PERSON (with minimum of 12 participants): USD 3,130.00**

**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 (15 nights) in double rooms with toilet/shower in nice and simple but clean hotels (all tested); exception during the trekking 5 nights in tents for 2 persons;
- all transfers and travels in Ethiopia with our own bus;
- full board (1 drink per meal included) from lunch on 11<sup>th</sup> until dinner on 25<sup>th</sup>;
- all tips for meals and the trekking
- participation in the Great Ethiopian Run, inclusive Pasta Party, Great Ethiopian Run-T-shirt and Finisher-medal
- experienced tour guide: Marco Degasper, from and until Addis Ababa (German & Italian & English speaking);
- experienced local tour guide: Yirga Mekuriaw Alemu, from and until Addis Ababa (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, additional drinks as well as everything which is not included in the item "The price includes";
- any other personal visits;
- free offer for the 2-3 training sessions with the team and the coaches;
- 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 1,000.00 per person at registration;
- the remaining amount 1 month before departure

The amount can be either transferred on the bank account (see below) or paid by credit card, American Express excluded (you will need to contact the agency at [marco.degasper@gmx.net](mailto:marco.degasper@gmx.net) or [martin@luispichler.it](mailto: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 (not later than July 2012).

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

|                       |                         |                    |               |
|-----------------------|-------------------------|--------------------|---------------|
| Nov. 12 <sup>th</sup> | ADDIS ABABA – BAHIR DAR | Ethiopian Airlines | 07.30 / 08.35 |
| Nov. 23 <sup>th</sup> | GONDAR – LALIBELA       | Ethiopian Airlines | 08.45 / 09.20 |
| Nov. 24 <sup>th</sup> | LALIBELA – ADDIS ABABA  | Ethiopian Airlines | 10.05 / 11.10 |

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 which has a validity of 6 months after scheduled departure from Ethiopia.

At arrival in Ethiopia 20 USD 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 adapted.

**Bolzano, on January 25<sup>th</sup>, 2012**

**PROFILES OF THE TOUR GUIDES:**

**Marco Degasper**, born on October 21<sup>st</sup>, 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 3 times, the first as a "tourist" for a 3 week trip, the second for one month volunteering for the Girls Gotta Run Foundation with the Simien Girl Runners in Debark and the third for visiting the runners and for organizing the construction of a water well with the funds he raised making photo presentations in several cities of North Italy. In all 3 travels his guide or reference person in Ethiopia was Yirga.

**Yirga Mekuriaw Alemu**, born on March 8<sup>th</sup>, 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*