

Ethiopian Village Walking Trip

Join us on this Vita Challenge and leave a positive footprint in Ethiopia



Vita Challenge:	Ethiopian Village Walking Trip
Duration:	13 Days
Date:	Fri 16 th Sept – Wed 28 th Sept 2011
Fundraising Goal:	€4,500

Vita invites you to join us for an experience of a lifetime to walk amongst the fascinating tribes of Ethiopia. All you need is a spirit of adventure and a willingness to immerse yourself in Ethiopian culture.

On this trip will be walking almost every day and you will be challenged by facing a new climate, high altitude (up to 10,000 ft) hills and rough terrain. As well as seeing the breathtaking scenery, flora and fauna of Ethiopia, you will experience the rich culture of rural life in rural Ethiopia. On each walking day we will be out walking for an average of 6 – 7 hours and cover a minimum of 10km.

This trip will directly support Vita's projects in southern Ethiopia – through your love for walking you will leave a truly positive footprint in Ethiopia. As part of the walk you will visit Vita projects and witness the positive impact that your Challenge will have on the area.

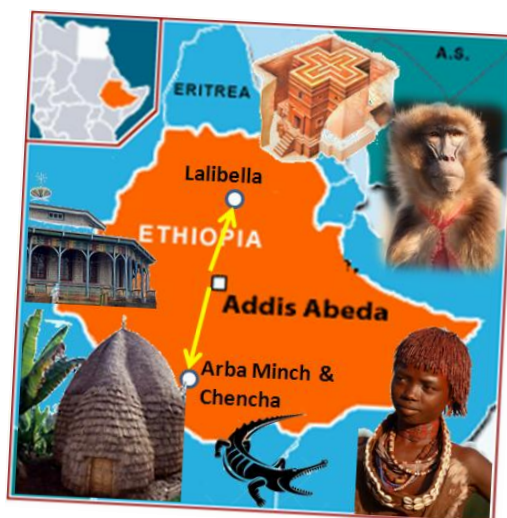
Highlights

Altitude Challenge – Walk to great heights in Ethiopia's capital Addis Ababa. Here we will climb Entoto hill to reach an altitude of 10,000ft above sea level with panoramic views of the city. This challenging walk is part of daily life for many Ethiopian women who carry up to 40kg of wood on their backs for fuel and sale at market.

Rural Village Experience – Explore the stunning landscape in the highlands of Chenchas and walk amongst the Dorze people to learn about their way of life including their traditional weaving and pottery. Here you will visit Vita projects and see how your efforts will change lives forever.

Tribal Life – Continue further south to visit the Hamar people, a famous Ethiopian tribe who continue to live how they did hundreds of years ago. Learn about their fascinating culture and visit the local craft market

Eighth Wonder of the World – Travel north to experience a fascinating contrast in northern Ethiopia. Trek up Lalibela mountain where we will stay the night to watch the sun set over the stunning landscape and enjoy the unique opportunity to see the Gelada baboons found nowhere else in the world. Continue on to visit the incredible churches of Lalibela which were carved from the living rock hundreds of years ago and are now known as the Eighth Wonder of the World!



Challenge yourself to make a difference





Ethiopian Village Walking Trip

Complete Itinerary – September 2011

Day 1 / Fri 16th – Travel to Ethiopia

- Meet the Vita Challenge Group at Dublin airport
- Fly to Ethiopia's capital city, Addis Ababa / overnight in city hotel

Day 2 / Sat 17th – High Altitude Climb

- See the bustling streets of Addis Ababa as we drive to reach the start of our first challenge
- Climb Mt Entoto to the highest peak in the city (ca. 10,000 ft) – a challenging walk with the great reward of panoramic views of the city. This walk will give you a glimpse of the hardship faced especially by the Ethiopian women who walk this route every day with backbreaking loads of wood for fuel and sale at market. *Vita's fuel efficient stoves are an initiative which are freeing women in southern Ethiopia from this burden.*
- Visit Emperor Menelik's palace and museum as well as the Entoto Maryam Church
- Lunch in Addis and well earned relaxation at the beautiful pool and gardens of the 4 star Sheraton Hotel. (For those who prefer to rest after the long journey, you have the option to enjoy the whole day here instead of joining the walk).

Day 3 / Sun 18th – Moving South

- Early flight to Arba Minch, 500km south of Addis in the beautiful Omo Valley
- Drive to the highlands of Chencha and enjoy spectacular views over Arba Minch and the Rift Valley Lakes Abayo and Chamo
- Relax at the guesthouse where we will meet our local guides, Fitzum and Campbel and share dinner and drinks around the campfire



We will spend the next three days in Chencha and the surrounding area immersed in the lives of the Dorze people. Our walking will take us off the beaten track where we will trek and hike over difficult terrain to explore the highlands. During this time we will learn about the Dorze culture by seeing first hand how they live their daily lives in rural Ethiopia.

The walks will include visits to the Vita pottery and weaving cooperatives where we will have the opportunity to buy some of the beautiful handicrafts and maybe even have a chance to try out these crafts ourselves! In Dorze, we will see the huge 'elephant' huts which the people live in – many of which are up to 12 meters high. We will also be shown how to make local bread made from 'enset' (false banana) and of course, get to taste the local brew.



The accommodation will be in the simple yet homely local lodge in Chencha, an area best known for its brightly coloured hand-weaving.

...through your love of walking you can leave a positive footprint in Ethiopia...



Day 4 / Mon 19th – Sura Forest Walk

- Early breakfast followed by Sura forest walk (ca. 15km or more on request). En route you will see different endemic plants and animals. We will be climbing at an altitude of 3,200 ft through hilly terrain.

During the walk we will mingle with the highland people and enjoy a packed lunch in the hills.

- Evening visit to the local Vita Chenchas to meet the staff as well as the Dorze information centre constructed by Vita
- Visit to Vita weaving and pottery cooperatives where we will have the opportunity to buy some of the local crafts made by Vita beneficiaries
- Cultural dance and drinks ceremony with the Dorze people at Mokonene lodge



Day 5 / Tues 20th – Maze Mountain Walk

- After an early breakfast we will walk from nearby Dorze Hayezo to the Maze Mountains (3,600ft). During this walk we will visit Bell village where you will see a completely different type of settlement
- After a picnic on the mountain we will return to the lodge, or for the more adventurous we will organise an extended trek
- Relaxation and dinner at the lodge



Day 6 / Wed 21st – Crocodile Park

- Drive to Arba Minch, the area's capital known as 'Forty Springs'
- The walk for the day will include Arba Minch town and surrounding areas including a visit to the local Crocodile park
- Overnight in Arba Minch hotel

Day 7 / Thurs 22nd – Hamar Tribe

- Drive further south on rough roads to witness the vast rural landscape and rural village life of Ethiopia. Our destination is Hamer Bena District, home of the famous Hamer tribe. Here we will visit the local market and learn about the tribe's fascinating culture
- Visit Vita's tourist centre to buy local handicrafts



Day 8 / Fri 23rd – Lake Views

- Early breakfast and visit to Vita's project sites followed by return to Arba Minch to enjoy an evening of lake views from the hotel



Day 9 / Sat 24th – 40 Springs Walk

- Enjoy the beautiful flora and fauna at the grounds of the hotel before embarking on a walking tour of Vita's Arba Minch Vita projects to witness the positive impact your efforts will have on the community. We will celebrate a traditional coffee ceremony with Vita beneficiaries followed by visit local Arba Minch Vita Office to meet the staff and learn more about the projects
- Finish the day with further project visits or enjoy a final southern Ethiopian walk

"All you need is a spirit of adventure and willingness to immerse yourself in Ethiopian culture"



Day 10/ Sun 25th – City Walk & Cultural Night

- Early flight to return to the urban buzz of Addis Ababa where we will set off on a vibrant city walk including museum and market visits
- Meeting with the Irish Ambassador to Ethiopia followed by a cultural night at the popular Abyssinian Restaurant where we will sample traditional Ethiopian food dance and music

Day 11/ Mon 26th – Lalibela Mountain Trek

- Fly north to Lalibela for the final two nights of the trip and yet another fascinating contrast including breathtaking mountain trekking and visit to the world renowned rock hewn churches
- We begin the day with a challenging hike up Lalibela mountain where we will brush shoulders with the local herdsmen.
- In Lalibela, the main form of transport is the mule and for anyone who is low on energy, we will have donkeys at hand to help you along the way
- Once you reach the top of the mountain you will be rewarded with stunning views of the surrounding countryside. This will be without doubt, one of the most inspiring and tranquil places you visit and we will have a chance to rest here and reflect on our experience... or walking enthusiast who still has energy after the climb, there will be the option of an extended trek in the mountains
- We will spend the night here in a small local lodge and watch the sun setting over the hills



Day 12/ Tues 27th – The 8th Wonder of the World

- Sunrise watch and breakfast on the mountain surrounded by wildlife including the abundant gelada baboons which are found nowhere else in the world!
- Mountain trek to descend from the mountain
- Visit to the rock hewn churches of Lalibela. These amazing churches were carved from the rock hundreds of years ago and are now commonly referred to as the '8th Wonder of the World.'
- Return to the beautiful 7 Olives Hotel where you can sit and enjoy the birdlife or relax with a well earned massage. For our final night in Ethiopia we will celebrate our trip together with a farewell party

Day 13/ Wed 28th – Final City Stop

- Fly to Addis Ababa for a final afternoon of souvenir shopping
- Meet with the staff in the Addis office for farewell and evaluation of the trip
- Return flight to Dublin

Contact Details:

73a Blessington Street, Dublin 7, Ireland

Email: info@vita.ie

Phone: 086 053 5833 (Rachel)

Your Positive Footprint...

You will return home with new friends, stories of adventure, a deep appreciation of Ethiopian culture and the knowledge that every step you have taken with Vita will support the very communities you have visited and empower families to become free from hunger and poverty