



I Trails per emozionarti d'Africa



Organizes:

The Waka Waka race !!!



4th Edition: from 25th April to 5th May 2014

**Travelling Ethiopia by running for 85 Km is an incredible experience;
To discover the Ethiopian wildest area: 10 Km in KONSO area!**

PROGRAM

25th April

Departure from your own country (*) or from Milano Malpensa (**).

Transfer and overnight in Hotel on request (optional*).

26th April

Transfer to Lake **Ziway**. In the afternoon, after lunch, Boat ride (optional) on the lake for bird watching and Hippos overview. **Race presentation and dinner together Ethiopian athletes. Full board in Hotel.**

27th April

First race: 18 km. Altitude 1600 m.

This race takes place along Ziway lake, proceeding to the beautiful hills that surround it.

In the afternoon, after lunch, transfer to Hawassa.

Dinner and overnight in Hotel.

28th April

Second race: 21 Km; Altitude 1700 m.

This Race is on the other side of the Lake respect the resort with breathless overviews. In the afternoon transfer to Yirgalem forest. **Dinner and overnight at Aregash Lodge**

29th April

Third race: 15 km.

Forest and up and down as for a mountain race to finish saying ... I did it! **Full board at Aregash Lodge.**

30th April

Transfer in **Landcruisers to Konso Area**. The travel is an adventure as in a non touristic and really wild area.

Full board at Konso Lodge

1st May

Fourth and final race 10 Km.

This race is from the lodge to the wonderful Konso Village.

Full board at Konso Lodge

2nd May

After breakfast transfer To Arbaminch. In the afternoon Lake Chamo boat ride (optional).

Full board at Paradise lodge.

3rd May

Early in the morning return to Hawassa for the presentation of Hawassa Half Marathon.

Dinner and overnight at Haile Resort.

4th May

Fifth race: Hawassa Half Marathon by Haile Gebrselassie 21,095 Km.

Prize ceremony. After the official Lunch transfer To Addis Ababa for the return Flight. Dinner free.

5th May International Flight to Milano MXP (**). Arrival to Italy early in the morning.



A.S.D. Run&Travel

E-Mail: info@runandtravel.it – Web: www.runandtravel.it

Ing. Patrizio Bogni Mob. 347 3233916

Rosella Mob. 349 8315243

INTERNATIONAL PARTECIPATION FEE WITHOUT or WITH INTERNATIONAL FLIGHTS (from Milano Malpensa):

- Double room accommodation without international Flight (*): within 31 January:	Euro 1800
after 31 January:	Euro 1950
- Double room accommodation with International Flight from MILANO MXP (**): within 31 January 2014:	Euro 2290
after 31 January:	Euro 2440
- Athletes: race registration fee+ travel inscription + UISP card (includes International Hawassa Half Marathon registration):	Euro 180
- Not athletes: Travel inscription:	Euro 50
- Additional fee for single room (Aregash Lodge not included as in bungalows):	Euro 180

The quote include:	Not included in the quote:
- International Flight from Milano Mxp (**)	- International flights (*). Additional overnights in Addis Ababa and airport-hotel transfers not included (*)
- Full board accommodation as from the program	- Ethiopian VISA (US\$20)
- Transfers as indicated in the program	- Drinks, tips and all the items non indicated in the program; Optional activities, boat rides etc.
- Travel medical insurance (only for Italian participants)	- Travel medical insurance (not included but mandatory for not Italian participants).

RUN&TRAVEL IS PARTNER OF:



CHARITY PROJECT WITH:



A.S.D. Run&Travel
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