

Running Holiday in Ethiopia: November 2020

Addis Ababa is one of the world's great running capitals. All of Ethiopia's famous athletes live and train in the city. Addis Ababa also has its own "London Marathon", a 10km mass-participation road race for 45,000 runners. As well as being the biggest race on the African continent, the Great Ethiopian Run International 10km is one of Ethiopia's biggest and most colourful annual national events. Runners World once listed the Great Ethiopian Run 10km as "one of the ten races in the world you have to do before you die!" This trip gives you chance to participate in this race on Sunday 15th November 2020.



As well as getting to experience the running culture in Ethiopia, you will also travel to the north of Ethiopia after the race and visit the amazing rock-hewn churches in Lalibela.

We have a limit of 12 places available for this group trip.

TOUR ESSENTIALS

Date: Wednesday 11th November - Thursday 19th November 2020

Price: £1680pp sharing twin (£180 sing supp) incl. flights

Payment Schedule: 20% deposit (£330) to be paid by 31/03/20, balance (£1350) to be paid by 31/08/20



WHAT IS INCLUDED?

- 7 nights' hotel accommodation sharing twin (£180 sing supp)
- International return flights to Addis Ababa from London Heathrow
- Domestic return flights from Addis Ababa to Lalibela
- Airport transfers
- Race entry incl. pre-race pasta party
- All breakfasts, four evening meals and post-race lunch
- Guided city tour in Addis and three other excursions
- Guide and church entrance fees in Lalibela

WHAT IS EXCLUDED?

- Travel to and from Heathrow airport
- Visa for Ethiopia
- Meals other than given above
- Travel insurance

Holiday Details

RUNNING IN ADDIS ABABA

You will arrive in Ethiopia on Thursday 12th November 2020, three days before the race. Early on the morning of Friday 13th November you will go up into the forests above Addis Ababa so that you can train in the mountain air where so many of Ethiopia's top athletes do their training. From high up in the hills there are superb views down over the city. On Saturday 14th November we will take you to Jan Meda, a big area of grassland in the north of the city used for the Ethiopian Cross Country Championships, and you can do some light training here.

RUNNING ABILITY

This event is for runners of all levels. At the front end, the 10km attracts an impressive field of elite runners, but its main purpose has always been to encourage mass participation running. So, whether you're a serious runner looking to push yourself in a tough competition at altitude, or a fit 10km first-timer, or a bit of a plodder who wants also to enjoy dancing in the streets, this is a great event!



ITINERARY

THURSDAY 12 NOVEMBER

Arrive in Addis Ababa off overnight flight from London; transfer from airport to hotel; Addis Ababa city tour in the afternoon

FRIDAY 13 NOVEMBER:

Early morning run in the forests above Addis Ababa; excursion to Kechene Pottery to see women designing pottery; afternoon visit to Sabahar weaver workshop; evening meal at traditional Ethiopian restaurant with international participants

SATURDAY 14 NOVEMBER:

Early morning run at Jan Meda. Morning visit to National Museum & Ethnographic Museum followed by lunch at Taitu Hotel, Ethiopia's oldest hotel; afternoon at your own leisure; evening pasta party with international participants

SUNDAY 15 NOVEMBER:

Participate in the Great Ethiopian Run 10km; afternoon post-race lunch with other international participants

MONDAY 16 NOVEMBER:

Morning flight to Lalibela; afternoon excursion to rock-hewn churches; evening meal at Ben Ababa Restaurant.



TUESDAY 17 NOVEMBER:

Excursion to Asheton Mariam Church outside Lalibela; followed by more time to visit rock-hewn churches in town.

WEDNESDAY 18 NOVEMBER:

Transfer to airport for flight back to Addis Ababa; transfer to hotel in Addis Ababa

THURSDAY 19 NOVEMBER

Early morning flight home to UK.

ACCOMMODATION

ADDIS ABABA

You will stay at the Beer Garden Inn in Addis Ababa, an international-standard hotel, known for its hospitality and good German beer. The hotel is conveniently situated not far from the airport and just 4km from Meskel Square where the race starts and finishes.



LALIBELA

Being one of the centres of Ethiopia's tourist industry, the town has a multitude of top-quality hotels. You will be staying in either Tukul Village Hotel or Sora Lodge. Both are within walking distance of some of the famous churches in town.

SINGLE SUPPLEMENT

Single occupancy rooms are available with a supplement of £180 for your 7 nights. Please note that you will be charged the single occupancy supplement unless you provide the name of the person sharing a twin/double with you.

RUNNING AT ALTITUDE

Addis Ababa is situated at 2,300m. The more scenic areas for running in the hills and forests surrounding Addis Ababa are even higher and in places go above 3,000m. The settlement of Entoto where St. Mary's Church stands and a regular place for starting runs for many serious runners, lies at around 3,000m.

Because of the warm sunshine and lower humidity levels at altitude, you will sweat more and your sweat will evaporate more quickly. Less oxygen in the air means that you will breathe faster and more deeply and this will cause you to lose more water than if you were training at sea-level. There is therefore a greater need to drink more when you are at altitude.

CHILDREN'S RACES

In conjunction with the main 10km race, the Great Ethiopian Run also stages races for children aged 2 to 11. These take place on Saturday 14th November at the Ethiopian Youth and Sports Academy starting at 8am. If you are interested in watching these races, please let us know and this will be arranged.

FOOD AND DRINK

Traditional Ethiopian food consists of vegetable and spicy meat dishes. These are served in the form of 'wat', a thick stew, placed on top of the 'injera' made from teff, a fine grain high in minerals and protein. It's not hard being either vegetarian or vegan in Ethiopia: many stews are made from beans and pulses.

If you're not quite as adventurous with your dietary habits, you will also be able to eat from an international menu at all the places where you will be staying.

Fresh fruit in the form of mango, pineapple, papaya, bananas and kiwi are always readily available. Locally made fruit juices are a treat to behold.

Ethiopia is the home of coffee, discovered by monks in the region of Kaffa more than five hundred years ago. Both the taste and the coffee ceremony are unique to Ethiopia and form a special part of Ethiopian hospitality.

FLIGHTS AND VISA

Please note the schedule for paying for your trip. You will be charged a penalty of £100pp if you miss the deadlines for making these payments. Once your international flights have been confirmed, we will give you these details. Your domestic flights will be confirmed three months before your departure.



We also require you to complete a booking form with your name exactly as it appears in your passport, your date of birth and your passport number.

Visitors from the UK require an entry visa for Ethiopia. We will send you details of how to obtain this after we have received your deposit payment for the trip.

SERVICES & HELP IN ADDIS ABABA

From the start to the end of your stay you will be taken care of by the Hospitality and Travel Services Team at Great Ethiopian Run. The team prides itself in giving friendly and efficient help to a range of international visitors coming to Ethiopia.

Many international participants ask us if they can have their photograph with Haile Gebrselassie. While no firm promises can be given about this, the team always does its best to make this happen for you. The best occasion for this is at the Pasta Party on the Saturday evening before race day.

EXTENDING YOUR STAY

Please let us know if you would like to extend your trip by adding additional nights either before or after the tour dates given here.

BOOKING AND PAYMENT

- 1) Indicate your interest to take part in the trip by letting Amy know. Please make sure that you give your email to Amy.
- 2) We will confirm that the trip is going ahead in early January 2020 and send you an email asking you to complete a booking form and make your deposit payment by 31 March 2020 to confirm your place on the trip.
- 3) After 31 March 2020 we will confirm international flight times with you and send you a balance invoice to be paid by 31 August 2020.
- 4) In early October 2020 you will receive final instructions for the trip.
- 5) On arrival day you will be met at the airport, taken to your hotel and given more information.

CANCELLATION

Please note that the £330 deposit is non-refundable. However, your place on the trip is transferable until 31 August 2020. If you cancel after 31 August 2020 and before 30 September 2020, 50% of the cost of the trip will be refunded to you. After 30 September 2020 (6 weeks before your departure) no refunds are possible.

