

COLORADO ROCKY MOUNTAIN HIGH

THE BEST DAY WALKS IN COLORADO (with the option of an extra week in Utah)

Part 1: Colorado 30 Aug – 20 Sept 2025 / Part 2 Utah 20-27 Sept 2025

A wonderful 3 weeks (ex-Denver) exploring the American Rockies in Colorado, including 4 national parks, five national forests, two historic railroad journeys, the world's highest mesa and suspension bridge, the highest paved road in the USA, the hometown of John Denver and two rest days.

Then the opportunity to continue on and enjoy one of the most scenically-spectacular states in the USA, including the five stunning national parks for which it is most famous.

Timed to avoid the summer crowds, enjoy autumn colours, and walk in cooler temperatures!

For details of hikes please refer to www.hikingwalking.com/destinations and the relevant national park or forest service websites.

Walks listed in **red** are featured in the book "1001 Walks You Must Experience before You Die" (2015)

***Estimated price: Part 1: \$7475, Part 2: \$2475. Both parts: \$9950.
(based on a minimum of 10 participants and subject to currency fluctuations)***

PRICE INCLUDES:

- Accommodation – shared rooms in self-contained hotels, cabins, motels.
- Transport in a comfortable minibus.
- Breakfasts and subsidised farewell celebration dinner.
- Experienced Kiwi trip leader throughout.
- National Park entry fees.

PRICE DOES NOT INCLUDE:

- Flights to / from USA.
- Airport transfer fees.
- Lunches and dinners.
- Travel insurance.
- Personal incidentals, excursions, and entry to attractions.

Cliff houses,
Mesa Verde
National Park,
Colorado





ITINERARY

DAY	ACTIVITY
PART 1: COLORADO	
Participants should be in Denver by early evening on Saturday 30 August	
ROCKY MOUNTAIN NATIONAL PARK, COLORADO See www.rockymountainhikingtrails.com	
Day 1 Sun 31 August	Travel from Denver to Wild Basin (115 km, 1.5 hours) and then on to Estes Park (25 km, 30 mins) <i>Hikes from Wild Basin Trailhead</i> Possible Walks: Ouzel Falls (8.6 km), Ouzel Lake (15.5 km), Bluebird Lakes (20 km), Copeland Falls (1 km), Calypso Cascades (5.6 km), Sandbeach Lake Loop (13.7 km), Finch Lake (13.7 km), Lookout Mountain (7 km). O/n Estes Park
Days 2,3 Mon 1 Sept Tues 2 Sept	<i>Hikes from Bear Lake / Bierstadt Lake / Glacier Gorge / Estes Park / Moraine Park Trailheads</i> Possible Walks: *BEAR LAKE: Around Lake (1.3 km), Alberta Falls (2.8 km), Mymph Lake (1.6 km), Dream Lake (3.5 km), Emerald Lake (5.7 km), Lake Haiyaha (6.7 km), Lake Helene (9.2 km), Odessa Lake (13 km), Flat Top Mountain (14 km), Hallett Peak (16.5 km), Four Lakes loop (10 km). *BIERSTADT LAKE: Bierstadt Lake Loop (5 km) *GLACIER GORGE: Alberta Falls (2.7 km), The Loch (10 km), Mills Lake (9 km), Andrews Glacier (15 km), Black Lake (15 km), Sky Pond (15.6 km), Timberline Falls (13 km) *LAWN LAKE: Lawn Lake (20 km), Ypsilon Lake (14.5 km), Alluvial Fan (3.2 km) *LUMPY RIDGE: Balanced Rock (12 km), Gem Lake (5.5 km), Lumpy Ridge Loop (17.5 km) *COW CREEK: Bridal Veil Falls (10 km) *UPPER BEAVER MEADOWS: Upper Beaver Meadows Loop (8 km) *FERN LAKE: Fern Falls (8.3 km), Fern Lake (12 km), Odessa Lake (15 km), Spruce Lake (14.5 km), The Pool (5.5 km) *CUB LAKE: Cub Lake (7.5 km) *DEER MOUNTAIN: Deer Ridge Junction (10 km) O/n Estes Park
Day 4 Wed 3 Sept	Travel the famous <i>Trail Ridge Road</i> (from Beaver Meadows to Grand Lake) via Many Peaks Curve, Forest Canyon, Rainbow Curve, Rock Cut. Possible Walks: Toll Memorial Trail (1.6 km), Ute Trail (6.5 km), Alpine Ridge Trail (1 km), Forest Canyon Pass (7.5 km), Lake Irene (1.5 km), Peak 12150 (9 km), Tundra Communities (1.7 km), Poudre River (10 km). O/n Grand Lake / Kawuneeche
Day 5 Thurs 4 Sept	<i>Hikes from trailheads on the west side and near Grand Lake (West Side, Onahu, Green Mountain, Tonahutu, North Inlet, East Inlet, East Shore, Timber Lake)</i> Possible Walks: *WEST SIDE: Coyote Valley (1.6 km), Granite Falls (16.5 km), Green Mountain-Onahu Loop (12 km) *GREEN MOUNTAIN: Big Meadows (5.7 km) *EAST INLET: Adams Falls (1 km), Lone Pine Lake (17.5 km) *EAST SHORE: Shadow Mountain Lookout (15.3 km) *NORTH INLET: Cascade Falls (11 km)

	<p>*TIMBER LAKE: Timber Lake (15.3 km) O/n Grand Lake / Kawuneeche</p>
WHITE RIVER NATIONAL FOREST / HOLY CROSS WILDERNESS	
<p>Day 6 Fri 5 Sept</p>	<p>Travel from Grand Lake to Idaho Springs and then to the summit of Mt. Evans (4350m), along the <i>highest paved road in the USA</i> (150 km, 2.5 hours). Thence to Leadville via Fremont Pass and Tennessee Pass (150 km, 2 hours). <i>Seventy square blocks of downtown Leadville have been designated a National Historic Landmark of Victorian architecture.</i></p> <p>Possible Walks: Peaks Trail (Breckenridge to Frisco) (12.8 km, 3 hours), Mayflower Gulch (4.5 km), Timberline Lake (8 km), La Plata Gulch (13.7 km), Huron Peak (10 km), Segment 8 of the Colorado Trail (Elk Ridge to Leadville, 19 km), Fancy Pass-Missouri Pass Loop (13 km), Missouri Lake and Pass (11 km), O/n Leadville</p>
<p>Day 7 Sat 6 Sept</p>	<p>Rest day in Leadville. O/n Leadville</p> <p>Optional Attractions: Colorado and Southern Railroad (2.5 hour journey), Top of the Rockies Ziplines, National Mining Hall of Fame and Museum, Tabor Hotel.</p> <p>Optional Activities in or near Leadville: Mineral Belt Trail (bike or walk, 18.5 km), Windsor Lake (3.5 km), Native Lake Highline Trail (7 to 18 km), Colorado Midland Trail (9.5 to 11.2 km), Segment 9 of the Colorado Trail (Tennessee Pass to Timberline Lake, 21.7 km) or Segment 10 (Timberline Lake to Mt. Massive, 21 km). O/n Leadville</p>
<p>Day 8 Sun 7 Sept</p>	<p>Travel from Leadville to Twin Lakes (34 km, 30 mins) and on to Aspen via Independence Pass (60km, 1h)</p> <p>Possible Walks en route:</p> <p>TWIN LAKES AREA: Mt Elbert via Northeast Ridge (6.8 km), North Mt Ebert (11.5 km), North Halfmoon Lakes (10 km), Twin Lakes and Colorado Trail (8 km).</p> <p>Attractions : Ashcroft Ghost Town, Independence Ghost Town, Silver Queen Gondola, John Denver Sanctuary, Wheeler Opera House. <i>Aspen was the home of singer John Denver.</i> O/n Aspen</p>
<p>Day 9 Mon 8 Sept</p>	<p>Walks in and near Aspen</p> <p>Possible Walks: Cathedral Lake (5 km), Ute Trail (3.5 km), Grizzly Lake (11.5 km), American Lake (10 km), Maroon Lake Scenic Trail (4 km), Crater Lake (6.5 km), Aspen Mountain (8 km), Ajax (2.5 km), East of Aspen Trail (5 km), Government Trail (12.8 km), Rio Grande Trail (30 km to Emma), Owl Creek (7 km), Grottos Trail (1 km), Buckskin Pass (5.5 - 14.5 km), Linkins Lake (1 km), Lost Man Trail (7.3 - 14 km), East Maroon Trail (17.5 km), Capitol Lake (20 km), Smuggler Mountain (2.5 km), Sunny Side (11.3 km), Woody Creek (15.5 km), Spruce Creek (12.8 km), Weller Lake (1 km), Hell Roaring (8.5 km), Hunter Valley (2.5km). O/n Aspen</p> <div data-bbox="593 1709 1177 2060" data-label="Image"> </div>

Day 10 Tues 9 Sept	<p>Travel from Aspen to Glenwood Springs (65 km, 1 hour).</p> <p>Possible Walks: Hanging Lake (1.6 km), Grizzly Creek (10.8 km), No Name Trail (11.5 km), Red Mountain (11 km), Storm King (6.5 km), Atkinson Canal (5 km), Doc Holiday (1 km), Hadley Gulch (22.5 km), Wagon Wheel (14.5 km), Rio Grande Trail (65 km from Glenwood Springs to Aspen), Wulfsohn (6.5 km).</p> <p>Glenwood Caverns is the <i>largest show cave open to the public in Colorado</i>.</p> <p>O/n Glenwood Springs</p>
COLORADO NATIONAL MONUMENT, COLORADO CANYONS NATIONAL CONSERVATION AREA, GRAND MESA NATIONAL FOREST	
Day 11 Wed 10 Sept	<p>Travel from Glenwood Springs to Grand Junction (140 km, 1.5 hours) and on to Delta via Mesa, Grand Mesa and Cedaredge (120 km, 1.5 hours)</p> <p>Possible Walks: Rattlesnake Arches (8 km), Mica Mine (4 km), Echo Canyon (5 km), Mt. Garfield (6.5 km), Serpents Trail (5.5 km), No Thoroughfare Trail (5 km), Monument Canyon (10.8 km), Devils Kitchen (2.5 km), Palisade Rim (13.5 km).</p> <p>There are 30 short trails in Colorado National Monument.</p> <p><i>Grand Mesa is the largest flat-top mountain and the highest mesa, in the world.</i></p> <p>Possible Walks: Crag Crest (16 km), West Bench (5 km), Mesa Lakes/Lost Lake (3.5 km), Green Mountain (8 km).</p> <p>O/n Delta</p>
BLACK CANYON OF THE GUNNISON NATIONAL PARK /CURICANTI NATIONAL RECREATION AREA	
Day 12 Thurs 11 Sept	<p>Travel from Delta to Crawford (50 km, 45 mins), on to the South Rim (130 km, 1.5 hours) and thence to Montrose (20 km, 30 mins).</p> <p>Possible Walks:</p> <p><i>North Rim:</i> Chasm View (0.5 km), Long Draw (1.6 km), North Vista (5 km to Exclamation Point or 11 km to Green Mountain), Deadhorse Trail (8 km), S.O.B. Draw (2.8 km)</p> <p><i>South Rim:</i> Rim Rock (1.6 km), Oak Flat (3 km), Cedar Point (1.6 km), Warner Point (2.5 km), Gunnison Route (to river) (2.5 km).</p> <p>CURICANTI: Curicanti Needle, Hermit's Rest (9.5 km), Curicanti Creek (6.5 km), Dillon Pinnacles (6.5 km), Pine Creek (3.2 km), Mesa Creek (2.4 km).</p> <p>O/n Montrose</p>
UNCOMPAHGRE NATIONAL FOREST	
Day 13 Fri 12 Sept	<p>Travel from Montrose to Telluride (105 km, 1.5 hours)</p> <p>Possible Walks: Bear Creek (3.2 km), Jud Wiebe (4.3 km), Sneffels High Line (13.5 km), Eider Creek (2.5 km), Wilson Mesa (16 km), Hope Lake (4 km), Wasatch to Bridal Veil (13.5 km), Village (4.8 km), Wilson Meadows (2.5 km), Whipple (6.5 km), Alder Creek (9 km), Telluride Trail (with free gondola ride, up to a full day).</p> <p>O/n Telluride</p>
Day 14 Sat 13 Sept	<p>Rest day in Telluride.</p> <p>Telluride, a former Victorian mining town in Colorado's Rocky Mountains, is set in a box canyon amid forested peaks at the base of a popular ski-and-golf resort. The town's historic district houses landmarks like the Sheridan Opera House, a performing-arts venue originally built in 1913, and the Telluride Historical Museum, which showcases local history in a converted hospital built in 1896.</p> <p>O/n Telluride</p>
MESA VERDE NATIONAL PARK	
Day 15 Sun 14 Sept	<p>Travel from Telluride to Durango via the <i>San Juan "Million Dollar" Skyway</i>, Cortez and Mesa Verde National Park (175 km, 2.25 hours).</p> <p>Visit a selection of Spruce House, Cliff House, Balcony House, Long House, Pueblo Village in Mesa Verde.</p> <p>Possible Walk: Petroglyph Point (4.8 km), Long House Loop (10 km)</p> <p>O/n Durango</p>

SAN JUAN NATIONAL FOREST	
Day 16 Mon 15 Sept	<p>Possible Attraction: Durango to Silverton Historic Narrow Gauge Railway.</p> <p>Possible Walks: Animas River Trail (up to 11 km), Ice Lakes (13 km), Columbine Lake and Pass (11 km), Highland Mary Lakes (12.5 km), Bear Creek National Recreation Trail (7-12.5 km), Crater Lake (18.5 km), Colorado Trail: Little Molas to Lime Creek (11.8 km).</p> <p>O/n Durango</p>
GREAT SAND DUNES NATIONAL PARK	
Day 17 Tues 16 Sept	<p>Travel from Durango to Monte Vista (210 km, 2.5 hours)</p> <p>Possible Walks: Carbonate Peak (12.8 km), Wellington Ditch (1.6 km), Mosca Pass (5.5 km), High Dune (1.8 km), Medano Wetlands (2 km), Castle Creek (4 km), Star Dune (6 km), Dunes Overlook (1.6 km), Sand Pit (1 km), Zapata Falls (0.8 km).</p> <p>O/n Monte Vista</p>
SANGRE DE CRISTO MOUNTAINS / ROYAL GORGE / RED CANYON PARK / SAN ISABEL NATIONAL FOREST	
Day 18 Wed 17 Sept	<p>Travel from Monte Vista to Royal Gorge, site of the <i>highest suspension bridge in the world</i> (215 km, 2.75 hours)</p> <div data-bbox="472 1005 673 1070" data-label="Caption"> <p>Royal Gorge</p> </div>  <p>Possible Walks: FROM CRESTONE: Willow Lake (12 km). FROM VILLA GROVE: Black Canyon (11 km), Hot Springs Canyon (12.8 km), Kit Carson Mountain/Challenger Point (8.5 km). FROM ROYAL GORGE: Arkansas Riverwalk (9.5 km). FROM WESTCLIFFE/HIGHWAY 69: Mosca Pass (9.5 km), Comanche Lake (14.5 km), Cottonwood Creek (12.8 km), Horn Lakes (8 km), Music Pass (6 km), Sand Creek Lakes (6.5 km). FROM CANON CITY: Red Canyon Park Trails, The Bank (various trails), Stultz Trail (5 km), Tanner Trail (11 km), Tunnel Drive (6.5 km), Temple Canyon (4 km), Garden Park Dinosaur Trail (2 km). FROM FLORENCE: Newlin Creek (9 km)</p> <p>O/n Royal Gorge</p>
COLORADO SPRINGS	
Day 19 Thurs 18 Sept	<p>Travel from Royal Gorge to Colorado Springs (95 km, 1.25 hours)</p> <p>Possible Walks: Pike's Peak Greenway (up to 26 km) <i>Garden of the Gods Park</i> trails such as the Loop (6.5 km), Red Rock Canyon (8 km), Spring Canyon (4 km). Williams Canyon (9.5 km), Waldo Canyon (11 km), Horsethief Falls/Pancake Rocks (12 km), West Monument Creek (14.5 km), Columbine Trail 12.8 km), Mt. Rosa (9.5 km), Palmer Park-Templeton (6.5 km), Dome Rock (17.5 km), Beaver Creek (11.5 km), Mt. Cutler (3.2 km), The Crags (6.5 km), Cap'n Jacks to Tuckaway Mountain (19 km), Helen Hunt Falls (1 km), Sentinel Point (11 km), Maja Falls (12.8 km), Raspberry Mountain (9.5 km).</p> <p>O/n Colorado Springs</p>

Day 20 Fri 19 Sept	<p>Further walks in and around Colorado Springs until mid-afternoon. Travel from Colorado Springs to Denver (110km, 1h15m) Farewell Celebration Dinner</p> <p>O/n Denver</p>
Day 21 Sat 20 Sept	<p>Part 1 concludes. Catch flights home. Part 2 begins: Travel from Denver to Moab on Interstate 70 (560km, 6h) O/n Moab</p>
PART 2: UTAH	
ARCHES NATIONAL PARK	
Day 22 Sun 21 Sept	<p>Possible Walks: Delicate Arch (5 km, 2 hours), Park Avenue Arches, Windows Loop (1 km, 30 mins), Devil's Garden: several arches (up to 11 km). NEAR MOAB: <i>Fisher Towers</i> (7 km), Portal Overlook (6.5 km), Corona Arch (5 km), Negro Bill Canyon (6.5 km), Moab Rim (9.5 km), Hidden Valley (6.5 km), Hunter Canyon (6.5 km). O/n Moab</p>
CANYONLANDS NATIONAL PARK / DEAD HORSE POINT STATE PARK	
Day 23 Mon 22 Sept	<p>Drive from Moab to Island in the Sky (50 km, 1 hour). Possible Walks: Neck Spring (9.3 km, 3-4 hours), Mesa Arch (0.8 km, 30 mins), Whale Rock (1.6 km, 1 hour), Aztec Butte (3 km, 1.5 hours), Grand View Point (3.2 km, 1.5 hrs), Murphy Point (5.8 km, 2 hours), Upheaval Dome (1.5 km, 30 mins). O/n Moab</p>
CAPITAL REEF NATIONAL PARK / GOBLIN VALLEY STATE PARK	
Day 24 Tues 23 Sept	<p>Drive Moab to Torrey via Green River and Hanksville (250 km, 2 hours 40 mins). Possible Walks: <i>Goblin Valley State Park</i> The Valley of the Goblins (any distance and time), The Three Sisters (500m, 10m). <i>Capital Reef National Park</i> Goosenecks Overlook (0.4 km), <i>Hickman Bridge Overlook</i> (2.8 km), <i>Cohab Canyon</i> (2.7 km one way), Rim Overlook (7.2 km), Chimney Rock Loop (5.9 km), Frying Pan-Cassidy Arch (7.5 km one way), <i>Navajo Knobs</i> (14.5 km, 4-6 hrs). O/n Torrey</p> <div data-bbox="617 1417 1377 1881">  </div> <div data-bbox="402 1792 732 1861"> <p>Goblin Valley State Park</p> </div>
GRAND STAIRCASE-ESCALANTE NATIONAL MONUMENT, AND BRYCE CANYON NATIONAL PARK	
Day 25 Wed 24 Sept	<p>Drive Torrey to Tropic via Escalante (200km, 2h45m) *Bryce Canyon Scenic Drive, including Inspiration Point and <i>Bristlecone Walk</i> (3 km, 1 hr)</p>

	Other Possible Walks: Navajo/Queen's Garden Loop (5.6 km, 2 hours), Tower Bridge (4.8 km), Hat Shop (6.4 km), Peek-a-Boo Loop Trail (9 km, 2 hours), Fairyland Loop (12.8 km, 3 hours), Rim Trail (17.5 km, full day or smaller sections)
Day 26 Thurs 25 Sept	Further walks in Bryce Canyon National Park , selected from those listed above. Then travel from Tropic to Hurricane (150km, 1h30m). O/n Hurricane
ZION NATIONAL PARK	
Day 27 Frid, 26 Sept	Possible Walks: Canyon Overlook (1.5 km, 1 hour), Lower Emerald Pool (1.9 km, 1 hr), Upper Emerald Pool Trail (1.6 km, 1 hr), Kayenta Trail (3.2 km, 2 hrs), The Grotto Trail (1.6 km, 0.5 hr), Weeping Rock Trail (0.6 km, 0.5 hr), Riverside Walk (3.5 km, 1.5 hrs), Hidden Canyon Trail (3.9 km, 2.5 hrs), Angels Landing (8.7 km, 4 hours), The Narrows (8 km, 3-4 hours), Observation Point (13 km, 3-4 hrs).
Day 28 Sat 27 Sept	Travel from Hurricane to Salt Lake City (490km, 5h). Farewell Celebration Dinner Trip concludes after dinner. Fly home from Salt Lake City.

FOOTSTEPS WALKING & TRAVEL CLUB OF AOTEAROA NEW ZEALAND

COLORADO AND UTAH, 30 August – 27 September, 2025

Booking Conditions

1. Participants agree to all terms and conditions by signing the Registration Form.
2. Phillip Donnell and *Footsteps Walking and Travel Club* are not responsible or liable for any injury, damage, loss, accident, delay or irregularity which may arise from weather, pandemic, defect in any vehicle, vessel or aircraft, or through the acts or default of any person or company engaged in carrying out any of the arrangements of the trip. Everyone participates entirely at their own risk. The separate waiver form must be completed.
3. We reserve the right to cancel the trip if minimum numbers don't eventuate. In such an event, all monies paid will be refunded. The minimum number for this trip is ten.
4. *Footsteps* reserves the right to make any modifications to the trip that may be necessary. The walks undertaken each day are determined by group consensus, but as far as possible we endeavour to meet your personal preferences.
5. The trip fee includes subsidisation of the leader/driver administrative and travel expenses, as well as a gift of appreciation/gratuity.
6. Registrations close on **1 May 2025**, or earlier if all the spaces are filled.
7. Registrations are accepted in good faith on a first come's basis on receipt of the Registration form, Waiver form and passport scan. A deposit of \$500 per person is paid at the time of registration. The balance of the trip fee is due to be paid by **1 July 2025**.
8. Our preferred method of payment is internet banking to Footsteps, Kiwibank 38-9002-0435674-03. Please write your surname and the name of the trip ("Colorado") in the reference box.
9. Cancellations: If you need to cancel your registration for any reason, you must advise Phillip in writing as soon as possible. An email is acceptable, a phone call alone is not. Full refunds are given up to 90 days prior. Following that, refunds are by negotiation, with the aim of refunding the maximum amount possible. Travel insurance can cover you for unexpected changes of plan that have a valid reason. If you find a suitable replacement person, cancellation fees MAY be waived.
10. Personal travel insurance is compulsory. It is recommended that this includes Covid cover
11. You must abide by the Footsteps Covid policy (see below).

Registration and waiver forms are below.

Complete these and send them to us, with a copy of your passport, to secure your place. Then pay your deposit.

Footsteps Walking & Travel Club of Aotearoa New Zealand

Colorado/Utah 2025: Trip Registration Form

Complete and send this (along with a passport scan and the waiver form) to our postal address (see base of page) or scan and email. The deposit required is \$500 per person. Our preferred payment method is internet banking into Kiwibank Footsteps P J Donnell 38-9002-0435674-03 (with covering email please, or your surname/name of trip in reference column).

Your full name(s) and please underline or highlight your preferred first name(s):

Postal Address:

Day/Night phone:

Mobile:

Email:

Date(s) of birth:

I wish to complete (tick as appropriate): ☐ Part 1 (Colorado) ☐ Part 2 (Utah)

Are you comfortable in close contact with like-minded travellers with all the give and take needed for harmony?
Please extend your answers overleaf or on separate paper, or by email.

Specify any dietary requirements, allergies or medical conditions:

Contact person in NZ for any emergencies : name, address, contact phone numbers, email and the relationship to you. In the event of any emergency, this is the sole person you are authorizing us to liaise with

I/We have read the trip information and booking conditions. I / We enclose the deposit of \$500pp. I / We agree to pay the remainder of trip costs by the due date.

(signed and dated by each person registering):

Send (with passport scan and waiver form) to :

Footsteps, 3/B Te Arawa Place, Welcome Bay, Tauranga 3112. Email: footstepsanz@gmail.com

RELEASE AND WAIVER OF LIABILITY FORM

PROVIDER: Footsteps Walking and Travel Club (Phillip John Donnell)("Footsteps")

PARTICIPANT:

("the Participant")

I, the Participant, release and forever discharge and hold harmless Footsteps from all and any liability, claims, demands and damages, of whatsoever kind or nature, whether foreseeable or otherwise, either at law or in equity, which arise or may arise from the services and activities provided and arranged by Footsteps.

I understand and acknowledge that this Release and Waiver discharges Footsteps from any liability or claim that I may have against Footsteps in respect of personal injury, illness, medical treatment, death, property loss or damage, and otherwise howsoever, resulting from the services and activities provided and arranged by Footsteps. I hereby waive all such rights and remedies.

I accept that I participate in the services and activities entirely at my own risk.

I acknowledge and accept that this Release and Waiver:

- (a) Extends to and covers all contractors, agents, volunteers and employees of Footsteps; and
- (b) Binds the executors, administrators, successors, attorneys and assigns of both parties.

Signed by the Participant:

Date: _____