



Lycia Awakens

February 25 - March 3, 2024



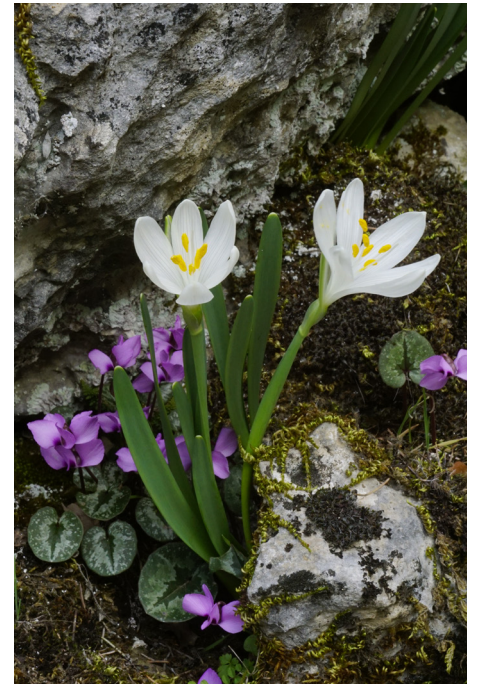
Optional Istanbul Tour

March 3 – 7, 2024

Summary

The NARGS Tours and Adventures Committee is working with Vira Natura Tours on a tour of the Lycia region in southwestern Turkey. The tour will focus on early blooming flora and will begin in Antalya and finish in Dalaman, both on the Mediterranean coast. Lycia was the former home of the Lycian people who lived there more than two thousand years ago. Over a six hundred year period they constructed many outstanding monuments and necropolises, many of which are still standing.

Join our guide Chris Gardner, co-author of *Flora of the Silk Road* and *Flora of the Mediterranean*, on an 8-day adventure to see the native flora of the Taurus Mountains and coastal lowlands. There may be snow on the ground in the mountains as Lycia awakens, but the coastal fringe will already be greening fast and coloring with *Anemone coronaria*, *Mandragora officinalis*, and *Muscari racemosa*. In the higher hills and mountains we hope to find an array of early blooming crocuses, colchicums, corydalis, cyclamen, snowdrops, and orchids. We will also visit the botanically rich Tahtali Dagi which rises from the sea to 7000 feet in just a few miles.



Further inland lie the more extensive twin ranges of the Bey Daglari and Ak Daglari, their highest peaks reaching over 9500 feet. If the weather is clear (and it often is at this season) there are stunning views of these mountains. Each day we will take different driving routes to botanize and visit historical sites. The planned itinerary is discussed on the following pages, but the daily itinerary may be adjusted depending on weather conditions and snow cover.

The tour will be limited to 20 participants. The tour cost of \$2,320 per person based on double occupancy (single supplement \$440). There will also be an optional 4-day tour of Istanbul following the botanical tour. The cost for the optional tour is \$1120 per person based on double occupancy (single supplement \$280). These prices include the services of Chris and an assistant licensed Turkish tour guide, lodging, meals, all ground transport, and entry fees to sites detailed in the itinerary.

Day 1 Arrival in Antalya

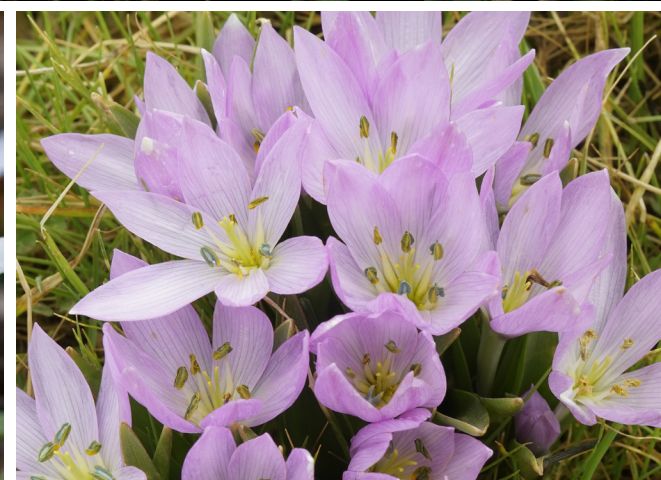
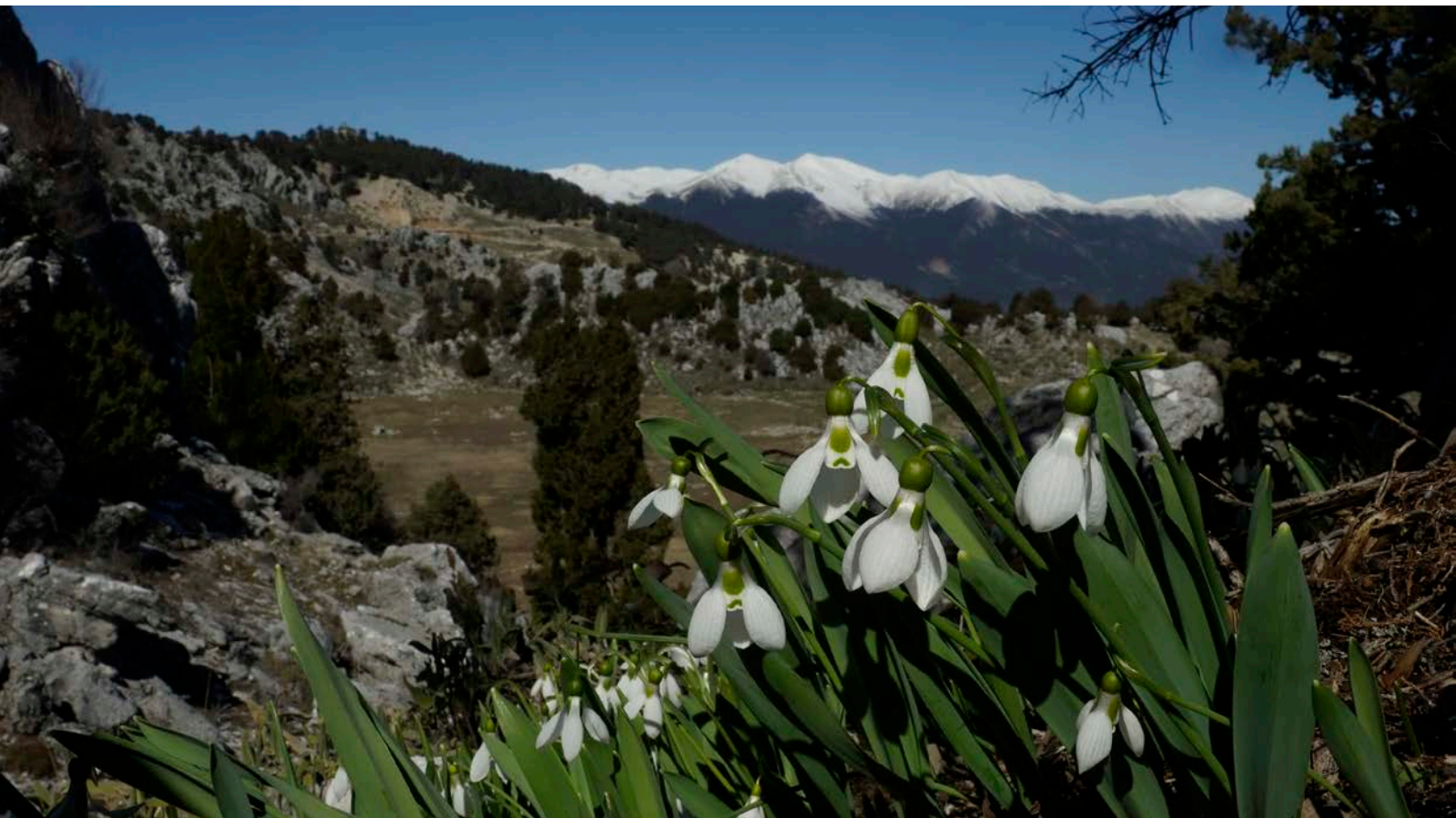
25 Feb 2024 , Sunday, Overnight Antalya

Direct flights to Antalya are available from a number of European airports. Upon arrival at the Antalya airport, you will be transferred to our seaside hotel. You will have the rest of the day to recover from your travels and prepare for a welcome dinner.

Day 2 Termessos & Karamanbeli Pass

26 Feb 2024, Monday Overnight Antalya

We will visit one of the finest historical sites in the region in the morning. A walk up through Mediterranean oak woods brings us to a fabulous set of ruins with a wonderfully positioned amphitheater, big underground cisterns and many immense sarcophaguses scattered across an extensive necropolis. It is among these we will seek out our first spring jewel: *Crocus biflorus* subsp. *nubigena*, each violet goblet lined outside with deep purple. Other early flora includes *Anagyris foetidus*, *Coronilla emerus*, and the last flowers on cascading *Clematis cirrhosa*. After lunch among the ruins, we will drive onto a pass with scattered juniper trees and among these will be plentiful *Crocus fleischeri*, with feathery red styles, alongside *Crocus biflorus* subsp. *isauricus* in various color forms from white to mauve and the pale pink of *Colchicum burtii* and yellow *Gagea granatelli*. On the way back a second pass will have pretty drifts of *Crocus antalyensis*.



Day 3 Phaselis & Adrasan

27 Feb 2024, Tuesday, Overnight Cirali

Leaving the city behind we follow the convoluted and beautiful coastline west, passing through large tracts of Aegean pine forest that comprise the Olimpos-Bey Daglari National Park. The area is mainly limestone, with many caves and we'll stop at one to look at the thriving population of *Hyoscyamus aureus* that grows around the entrance, each yellow flower embellished with deep purple. Phaselis Bay can be seen from here and we will visit the site, with its long promenade between idyllic coves and perhaps the first littoral flora coming into flower.

The fine scenery continues as we move onto the Adrasan Peninsula, descending to see the various colors of *Anemone coronaria*, *Ophrys fusca*, big stands of *Asphodeline aestivus*, *Mandragora officinarum*, impressive stands of *Euphorbia characias* and clumps of beautiful *Iris unguicularis*. The first flowers of *Erophaca baetica* may also be opening. We will spend the night near the picturesque beach at Cirali, where nearby rocks have early-flowering populations of sweet-scented *Muscari racemosa*.



Day 4 Tahtali Dagi

28 Feb 2024, Wednesday, Overnight Cirali

The sheer-sided bulk of Tahtali Dagi (or Mount Olympus) is unmissable, and it is a botanical hotspot with nearly 900 taxa recorded. Driving up to the cedar forest we soon encounter superb patches of pink *Cyclamen alpinum* including the occasional white form. The cedar woods are magical, with architectural layered branches and they stand out effectively with the snow-draped Taurus Mountains beyond. Grassy flats will have the golden flowers of *Crocus flavus* subsp. *sarichinarensis*, with variable outer tepals that can be beige-suffused or chestnut-striped. They grow with the diminutive *Crocus danfordiae*, in mainly bright yellow, but also pale lilac forms. The rocks have an abundance of *Galanthus elwesii* and depending on snow quantity we will access good areas of these, also finding sulphurous *Eranthis hyemalis*, blue *Scilla bifolia* and crystalline pink *Corydalis wendelboi* too.

The mountain track passes some fine views of the mountains, descending through cedars to inland villages. This cooler side has many more *Cyclamen alpinum*, but also some good populations of *Crocus antalyensis* with varied, violet forms. Our return route takes us down a deep valley, where if we are lucky the first flowers on *Ophrys argolica* subsp. *climacis* and *O. fuciflora* subsp. *lyciensis* can be found among clumps of *Iris unguicularis*.



Day 5 Arykanda & Avlan Lake

29 Feb 2024, Thursday, Overnight Simena

Leaving the coast, we head farther west and inland to the ancient site of Arykanda, where there is a well-restored theatre, agora and bath house. Up from here a side road leads to a high plateau where the cedar forest has plenty of *Crocus biflorus* subsp. *isauricus* and at the higher reaches *Eranthis hyemalis* too. The star attraction today though, is the population of *Crocus baytopiorum*, whose fabulous ice blue goblets are scattered across the rocky slopes of the forest, mixed with yet more good forms of *C. biflorus* subsp. *isauricus* and plenty of *Cyclamen alpinum*.

From here we will cut across country and back down to the warmer coast for the night in Simena, nestled among the intricate landscape of the Sicak Peninsula and close to a clutch of historical sites.

Day 6 Ak Dag & Simena

01 March 2024, Friday, Overnight Simena

Another combination of culture and flowers today. There will be a morning visit Myra, with its wonderful rock cut tombs. Then once the air has warmed and awoken the flowers in the mountains, we will drive up to Ak Dag to see the distinct form of *Crocus biflorus* (*akdagensis*) growing around the reflective green waters of Yesilgol Lake. There are impressive views of the Taurus stretching in all directions from here. We will have picnic lunch here.

In the afternoon, the coastal areas will have superb domes of *Euphorbia dendroides* in full flower. A side trip up to Asos Dag, above Kas, will find white *Crocus babadagensis* and more *Galanthus elwesii*. We should arrive back in time to visit the sarcophaguses and fort above Simena.





Day 7 Xanthos & Baba Dagi

02 March 2024, Saturday, Overnight Oludeniz

On our way to Baba Dagi, Lycia's second coastal mountain (Tahtali is the first), we pass Xanthos (the former capital city of the Lycians) with its towering monumental tombs, fine theatre and promenade. The coast straightens and then we reach the large town of Fethiye, above which Baba Dag rises steeply. This is the only known location of the stunning pure white *Sternbergia candida*, a wonderful endemic, which can be found among the cedar forests and highlands, alongside rich blue *Chionodoxa forbesii*. Other forms of *Crocus biflorus* can also be seen here. Lunch will be taken on Baba Dag and we will spend the night in Oludeniz.

Day 8 Return flights

03 March, Sunday, Departure

Morning flights from the Dalaman airport to Istanbul. This flight is relatively inexpensive and is included in the price of the optional Istanbul tour. For those not going on the optional tour, you will need to make your own reservations to return home or to travel elsewhere.

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Optional Tour of Istanbul

For centuries this vast metropolis has been a major center of trade and culture where Europe and Asia collide and merge. Explore the rich history from Byzantine to Ottoman, sample the excellent and world-renowned cuisine that blends the two continents together, revel in the exotic minaret-filled skyline at sunset. Istanbul is the perfect starting point for any journey along the great route and everyone's Silk Road journey should begin here.

Day 8 Arrival at Istanbul airport

Sunday, 03 Mar 2024

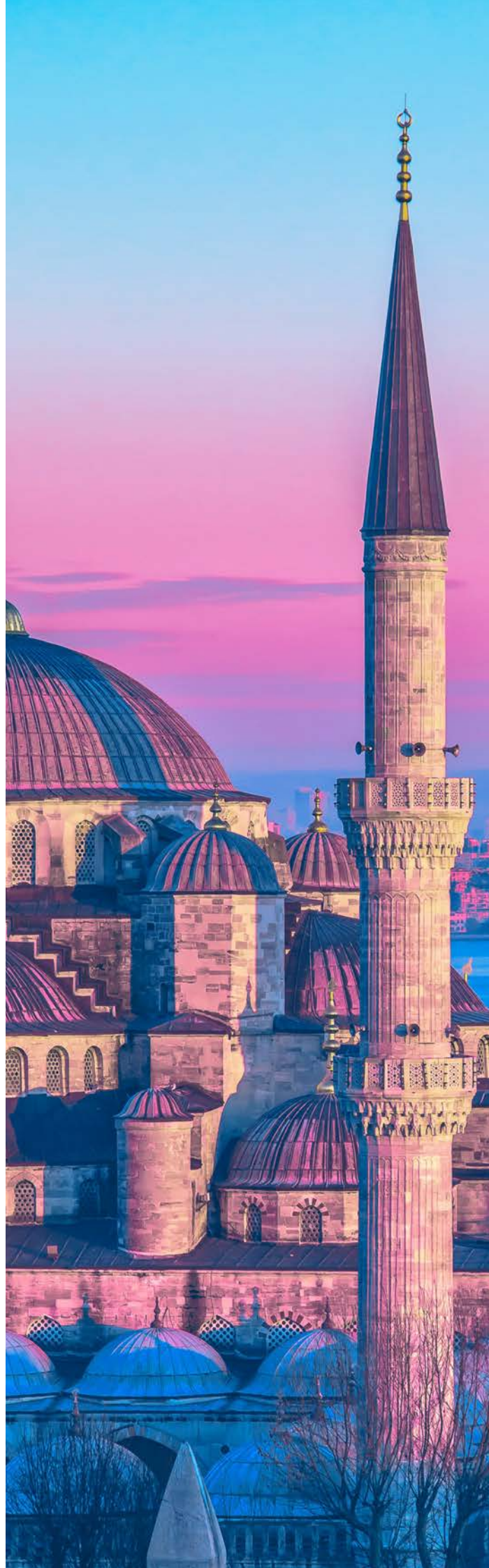
On arrival you will be met and transferred to your hotel in the city. After having a short rest, we will go out to have lunch and then visit the **Museum of Turkish and Islamic Arts** that showcases Islamic calligraphy, tiles and rugs and recreates rooms or dwellings from Turkish cultures, particularly nomadic groups. Depending on the time, we may also visit **Hagia Sophia** (very recently converted to a mosque). If we do not have time today, we will have another chance the following day. In the evening a welcome dinner will be held. We will spend all four nights in Istanbul at the same hotel in the Sultanahmet district.

Day 9 Istanbul Old City Tour

Monday, 04 Mar 2024

A full-day tour around historic Sultanahmet, beginning at the fabulous **Topkapi Palace**, a lavish home to 25 of the Ottoman Sultans, who for centuries ruled over an empire that stretched from Eastern Europe to the Atlantic Ocean. It contains a priceless collection of jewelry, porcelain and extravagant costumes. Next will be the Roman **Hippodrome**, which was the scene of chariot races and great public occasions during the long history of Byzantine Empire. Built by the Romans in the 3rd Century AD, only fragments are left today of a stadium that held 100,000 spectators. Not far away, is the surreal underground **Basilica Cistern**. Built by Emperor Justinian in 532, the beautiful underground pool could hold over 21 million gallons of water, directed through 12 miles of aqueducts from a reservoir. The 336 columns holding up the roof were recycled from ancient Roman buildings. Ottoman cuisine for lunch.

After lunch we continue to the famed **Blue Mosque** or Sultan Ahmed Mosque with its six minarets and layered domes. Built between 1609 and 1616 at the behest of Ottoman emperor Ahmed I, the mosque was purposely situated on the site of the former Byzantine emperors' Great Palace. Its spacious interior is decorated with blue porcelain tiles. We will have another chance to visit the extraordinary sixth century Hagia Sophia.



Day 10 Istanbul New Town Tour & Bosphorus cruise

Tuesday, 05 Mar 2024

We will start the day visiting the **Grand Bazaar** (while it is still quiet); the largest covered marketplace in the world where a dazzling array of items from furniture and carpets to jewelry and clothing are sold in the bazaar's 4,000 shops. After spending some time in the bazaar we will drive to Beyoglu District for a short visit to the iconic **Galata Tower**, built by Genoese merchants in 1303 as a watchtower to warn of approaching pirate ships. These days we just enjoy a great view of the Bosphorus, the Golden Horn and landmarks in Sultanahmet. We will continue driving to the **Pera neighborhoods** that have been inhabited since Byzantine times. In the 19th century, the Grande Rue de Pera was a center for foreigners, Levantines, Ottoman intellectuals and western culture admirers passing by the **Aqueducts of Valens**.

Afterwards, it's on to **Karakoy**, one of the hippiest neighborhoods in Istanbul. We will have the lunch here and after that have a stroll around the streets that are lined with artisan workshops, cafes and galleries, along with traditional bakeries and tradesmen. A unique feature of this neighborhood is the colorful painted houses. There is no better way to get an overview of Istanbul and the 20-mile waterway linking the Black Sea and the Sea of Marmara than taking a **private yacht tour**. We will enjoy a leisurely exploration of this historic channel between Europe and Asia by sunset cruise that offers beautiful views of the city, including the many traditional wooden houses, mosques, and palaces along the shore.

Day 11 Istanbul Two Continents Tour

Wednesday, 06 Mar 2024

Crossing the first big suspension bridge over the Bosphorus, we reach the Asian side of the city. First, we will visit the unique **Nezahat Gökyigit Botanic Garden** located in the middle of the highway. The garden has an extensive Turkish bulb collection - some of which are likely to be in bloom. In the afternoon we will be exploring the lovely neighborhood of **Kuzguncuk**, a hidden gem which has a tradition of tolerance and a center for the Jewish, Armenian and Greek communities. Reaching **Kadikoy** (Chalcedon) we will see the bustling public market and then walk through the colorful open-air street market, which is more in tune with the way most people in Istanbul cook and eat. We will continue to see examples of traditional wooden houses. We will overnight back in European Istanbul.

Day 12 Departure Day

Thursday, 07 Mar 2024

Flights from Istanbul airport.



Price

The Lycia tour price is \$2,320 per person based on double occupancy. The supplement for a single occupancy room is \$440.

The Istanbul tour price is \$1,120 per person based on double occupancy. The supplement for a single occupancy room is \$280.

Both tours are designed to accommodate up to 20 people. The prices are based on a minimum of 10 participants on each tour. If this minimum is not met, NARGS may need to cancel the tour or increase the price.

What is included in the price for main tour:

- Services of Chris Gardner who is a professional botanist as well as a licensed English-speaking tour guide and an assistant licensed Turkish tour guide who will provide insightful knowledge at each historical site and about Turkey in general. If there are more than 12 participants on the tour, there will be a second botanical guide.
- Lodging in highly rated hotels. All rooms have private bath rooms.
- All the breakfasts, picnic lunches and dinners.
- All the ground transport including airport transfers on arrival and departure as per the itinerary. Transportation by AC vehicles with driver(s) for touring and transfers.
- Entrance tickets at the following sites in Antalya: Termessos, Phaselis, Arykanda, Simena, Xanthos

What is included in the price for Istanbul extension:

- Services of an experienced English-speaking tour guide who is licensed to conduct tours of Istanbul.
- Lodging in highly rated hotels. All rooms have private bath rooms.
- All the breakfasts, 4 lunches and 2 dinners. (For the other two dinners you will be on your own to explore the area and enjoy the food of your choice).
- Flight from Dalaman to Istanbul
- All the ground transport including airport transfers on arrival and departure as per the itinerary. Transportation by AC vehicles with driver(s) for touring and transfers.
- Entrance tickets at sites in Istanbul: Turkish and Islamic Arts Museum, Topkapı Palace, Roman Hippodrome, Hagia Sophia, Basilica Cistern, Blue Mosque, Private and public Bosphorus ferry)

What is not included in the prices:

- International and domestic flights except where called out
- Travel and medical insurance
- Alcoholic beverages
- Personal expenses
- Tips for guides and drivers

General Information Related to the Tour

Food & Drink: Our hotels will provide our breakfasts and dinners. Breakfasts consist of breads, butter, honey, jam and an assortment of boiled eggs, olives, tomatoes, cucumbers and lots of tea and coffee (usually Nescafe, so bring your own coffee and filter if you want something better). Dinners include lamb and chicken kebabs served with rice, grilled fish and chips, salads, mezes (side dishes) with eggplant, yogurt and salad. We will provide bottled drinking water. Even though tap water is drinkable we recommend that you stick to bottled water. There will be picnic lunches on all days. These will typically include sandwiches, cheese, tomatoes, olives, dried fruits, chocolate and fruit drinks. Your leader can help you if you have specific wishes or food restrictions. Beer and wine are available at your own expense.

Weather: Ambient temperatures in Antalya in February - March are generally between 45 and 70 °F (7 to 21 °C) but will vary depending on daily weather conditions and altitude. Temperatures in Istanbul are generally 5 to 10 °F cooler. The sky can be sunny or overcast and rain is possible.

Gear: We would advise you to come prepared with layers of clothing including something warm to wear as well as something wind and waterproof. Bring a hat to protect against sunburn. It is best to bring a day pack with extra clothes as the weather can change quickly and sudden heavy showers are possible. An umbrella might come in handy too, especially for photography if it is raining. Some of the terrain in the mountains and gorges can be tough on the ankles and so having good ankle support is helpful. Waterproof trousers will help on prolonged wet days (if we are unlucky) and gaiters (if you intend to push through spiny scrub in search of flowers).

In areas where walkers are common, Turks will tolerate many dress codes (except in mosques) but that said modest clothing is most practical for dealing with rocky slopes or scrub where the flowers grow. Feel relaxed with evening wear, but bear in mind, it will be cooler at this time of year.

Visas: You need a visa to enter Turkey and you must procure this before you depart the US. Please visit <https://www.evisa.gov.tr/en/> to obtain your Turkish Entry Visa online. The process is quick and straightforward. Once you've filled in the application fields you'll be sent a link by email. Once you click on the approve button within this email/link you'll be asked to pay the fee by credit or debit card. You will then be able to download and print off your e-Visa. Don't forget to bring your printed e-Visa with you!

Be sure your passport has at least six months validity from your proposed date of entry.

Health: There are few health threats other than an upset stomach from the change in diet. Using sun lotion and wearing a hat are advised especially in the mountains, though the sun is not especially strong at this time of year.

There are no vaccinations required (as of January 2023) to enter the country. If this changes, we will notify you. We would advise carrying proof of vaccination with you just in case. Typical standard vaccinations for tetanus and hepatitis-A are recommended; diphtheria, hepatitis-B and typhoid are worth consideration. Rabies is endemic to Turkey, but the risk is low and avoiding contact with dogs (and cats) is a sensible precaution. All hospitals carry the rabies vaccine in the event of a bite and we can always reach one within the necessary 24 hours. There is no malaria in this part of Turkey (despite what some websites and even doctors may tell you). As for dangerous creatures, snakes and scorpions are around but we hardly ever see them.

Money: Turkey uses the Turkish Lira. Currently there are around 18.5 to 1 USD. ATMs are widely available and there is no need to carry too much cash. Credit cards are widely accepted. You will need money for personal purchases such as souvenirs and any alcoholic or soft drinks (other than water) at restaurants, extra snacks, etc.

Books: Chris will have the sufficient books along for you to look at including *Flowers of Turkey* (G. Pils) and *Wild Flowers of the Mediterranean* (Grey-Wilson & Blamey). These cover the vast majority of the flora we encounter. For more on Turkey itself there are the standard guide books from Lonely Planet and Rough Guides to consider.

Time: Turkish time is eight hours ahead of Eastern Standard Time. Midday in the New York City is 8:00 pm in Turkey.

Electricity: Turkey operates on a 220V supply voltage and 50Hz. Power sockets use two round pins (Type C plugs). Bring along suitable socket adaptors with you. Though electricity is available throughout, power cuts can and do occur, so keep essential batteries well-charged and bring along a flashlight just in case. A flashlight is also useful in rooms with limited lighting (especially bedside).

Gratuities: Gratuities are not included in your tour price and are at your own discretion. We recommend \$240 per group up to 20 people for your Turkish guide for the botanical tour. For your driver(s), we recommend \$100 per driver. For the Istanbul extension we recommend \$30 per group of up to 10 people per day for your guide for a full day of touring. For your driver, we recommend \$10 per day for a full day of services. Please double this rate if the group is larger to a maximum of \$50 per day for the guide and \$20 for the driver. For your airport transfer, a gratuity of \$10 (or equivalent in local currency) is customary, based on service.

Registration Information

You must be a NARGS member to register. If you need to renew your membership or to join the society, please do so via the NARGS website (www.nargs.org) or contact Bobby Ward at the dropdown "Membership" in [Contact Us](#) if you have questions or need help. The annual NARGS membership fee is \$40 (all dollar references are in USD) if you reside in North America or \$45 if overseas. Your membership must be up to date before we can complete your registration.

The cost for the main tours is \$2,320 per person based on double occupancy and \$2,760 for single occupancy. The cost for the extension is \$1,120 per person based on double occupancy and \$1,400 for single occupancy.

A 25% deposit is payable to NARGS at the time of pre-registration. Final payment is due by November 1, 2023. If the number of participants is fewer than 10 for either of the tour segments, NARGS will notify all registrants of the additional costs for conducting the tour with a smaller group; if any registrants chose to cancel the tour due to the higher cost, their deposits will be refunded in full minus any expenses previously incurred.

REGISTRATION FORM

Registration requests are being handled electronically via Google Forms.

[Click this link to access the Lycia Registration Form.](#)

Persons traveling together must each fill out a Registration form. If you have problems or questions related to the form, send an email to the dropdown "Tours" in [Contact Us](#).

Information Related to Payments and Cancellation

Pre-Registration Payment

Before submitting your deposit, select "Tours" in [Contact Us](#) to confirm space availability. You will receive an email confirming space availability and payment instructions. Pre-registration deposits are made through the Program | Educational Trips dropdown on the [Donation](#) page on the NARGS website that allows payment with either your own personal debit or credit card or Paypal account through the PayPal interface. Persons traveling together can submit a single payment covering both participants or separate payments for each.

Final Payment

NARGS will email final payment information in June 2023. Final payment is due by August 1, 2023. The preferred method for final payment is by check from a U.S. bank denominated in USD. The check should be payable to NARGS, note *Lycia Tour* on the memo line of the check, and be mailed to NARGS, POB 18604, Raleigh, NC 27619-8604. Payment can be made via credit card, PayPal, postal

bank money order, or a check from a non-U.S. bank but must be denominated in USD and must include a 5% surcharge to cover banking fees. Failure to make final payment by August 1, 2023 will result in reservation cancellation and full loss of the deposit.

Cancellation

Cancellation requests must be submitted in writing to NARGS by the person making the reservation. Cancellation requests received before June 1, 2023 will be refunded their deposit minus an administrative fee of \$100. Cancellation requests received between June 1 and August 1, 2023 will be subject to a cancellation fee of 50% of the deposit, which will be reduced to \$100 if the cancelled spot is filled by another person. Cancellation requests received after August 1, 2023 will be subject to a fee of 50% of the tour price if the request is received by October 31, 2023 and 100% if the request is after October 31, 2023. Fees for cancellations received after August 1, 2023 will be reduced to \$250 if the cancelled spot is filled by another person.

If the tour is cancelled by NARGS for any reason, all payments minus banking fees and incurred expenses will be refunded to registered participants. If the tour is cancelled by NARGS, any person who had previously cancelled will not be entitled to this refund.

Information Related to Insurance, Waivers, and Public Health Requirements

Insurance

The tour price does not include insurance to cover costs associated with medical treatment, repatriation, flight cancellations, baggage loss, travel interruptions, cancellation fees, or other expenses. Each registrant is urged to assess their personal situation and to obtain private insurance to cover these costs if needed.

Waiver of Liability and to Use Photos

By submitting a tour deposit, you are acknowledging that you are aware of the risks associated with travel and that you will not hold NARGS or others associated with the tour responsible for any delays; changes in itinerary, staffing, or accommodations; injuries, illnesses, or deaths; or any circumstances beyond the control of NARGS. At the time of final payment, you will be required to sign a waiver releasing NARGS and others associated with the tour from any losses, liability, or claims associated with your participation in the tour and allowing use of any photos taken during the tour.

Public Health Requirements

All participants must comply with public health requirements for international travel in their country of residence and in the tour host country. During the tour, participants may be in close contact with other participants and the general public. To the extent possible, participants should comply with U.S. and local guidelines on mask wearing, social distancing, and other public health guidelines, and must comply with all local public health requirements. In addition, due to the limited availability of medical services in the tour area, all participants must provide proof of Covid-19 vaccination or prior Covid illness at least 30 days prior to the tour departure date. Failure to provide this documentation will be considered a cancellation by the participant and will result in forfeiture of all payments.

If you do not feel well during the tour, let the tour guide know. The guide will assist in locating medical services, but these services may be distant and less extensive than those available at home. Each participant will be individually responsible for paying the cost for these services and associated transportation.

QUESTIONS?

If you have questions, send an email to Tours in [Contact Us](#).



Participant Waiver and Release of Liability

Tour Name: Lycia Awakens, Turkey

Tour Dates: February 25 – March 7, 2024

The North American Rock Garden Society, herein referred to as "NARGS" is not responsible for any delays; changes in itinerary, staffing, or accommodations; injuries, illnesses, or deaths that may occur; or any circumstances beyond the control of NARGS that are associated with my participation in this activity. I understand by signing below that I assume full and complete responsibility for any injury, illness, or death which may occur during my participation in this event, during transportation to or from the site or while on the premises of this event, and I hereby release and hold harmless and covenant not to file suit against NARGS, its Board of Directors, volunteers, or any affiliated individuals associated with the event from any loss, liability or claims I may have arising out of my participation. I understand the requirements and risks of these activities and am in proper physical condition to participate in such events. If I do not sign this form, I understand that I will not be allowed to participate in the tour.

Additionally, I grant to NARGS, its representatives, and employees the right to take photos of me and my property in connection with any NARGS sponsored event. I authorize NARGS to use photographs of me, with or without my name for any lawful purpose, including for example such purposes as tour documents, publicity, illustration, and web content.

This Waiver and Release of Liability is governed by the laws of the State of New Jersey.

Signature: _____

Print Name: _____

Date: _____

Name of Emergency Contact: _____

Relationship to You: _____

Phone: _____

Email: _____

Parent or Guardian Signature (if under 18): _____