



April 22

As I started to write this newsletter I wanted to acknowledge two things. I wanted to wish those celebrating Passover, a happy holiday and I wanted to remind people about Earth Day.. protecting our environment. I started to think about whether there was a connection between the two. Passover is when we retell the story of how we were slaves in Egypt and were taken out of bondage and into freedom. In order to convince the Pharaoh who had enslaved the Jews to let them go, there were plagues sent on the Egyptians. Today, we are experiencing our own plagues.unpredictable weather patterns, uncontrollable wildfires, earthquakes, tsunamis, floods, poor air, water pollution. In the retelling of the Passover story, Pharaoh ignored the plagues. It is written that Pharaoh's heart hardened after each plague. On a parallel many of us are ignoring the plagues or signs of threats to the environment. Our hearts are hardened by material wants, greed, and waste and our earth as we know it is suffering for it. In the Passover story, there was one plague at a time. We are experiencing them all at once. The Jews in Egypt were spared the results of the plagues, while today, everyone on earth, including all our future generations, will suffer from us ignoring the threats to our endangered earth.

One of the traditional songs we sing at Passover is Dayenu or "it would have been enough" , maybe now (for those who haven't already) is the time to say Enough of ignoring the signs, what can I do to create less waste or have a less negative impact on the environment.

Why is this Year Different from Every Other Year?

This year as people gather around the Passover table, there is a sad realization that this is not just a Biblical story. The story of being held against your will and forced to do things you don't want to, is literally real for the 129 innocent hostages, most who are feared dead, who are being held in Gaza. Babies, sick elderly, young girls, injured soldiers who were brutally taken from their homes and a peaceful music concert. Many people are putting an extra, empty chair at their tables to remember the hostages. Or wrapping yellow ribbons around the wine glasses.

I read an article from Rabbi Joanna Samuels, CEO of the Manhattan JCC, and I'd like to share a piece of it with you:

"Our ancient Israelite ancestors also did not know the story's end while living it. Unsure of what would come next, their only tools were the instructions they received from God and Moses: eat together with the community; gather in your homes for safety; remember this story so that you will be able to tell it to your children; believe with a full heart that you are in a story that ends in a better place than the place where you currently are.

May these divine instructions guide us, too. May we have beautiful festive meals with our communities. May we gather in homes that affirm our safety. May we share stories with the next generation that connect us to the past. And may we have faith that freedom and redemption will come.

STEPPIN' OUT ADVENTURES

**APRIL
22**



SUSTAINABLE TRAVEL

MINIMIZING HARM

**SUPPORTING LOCAL
COMMUNITIES**

RESPECTING CULTURES



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As a travel company, we may seem hypocritical to talk about protecting the earth when flying is without doubt doing its share to harm the environment. But without flying we wouldn't be able to open our minds, to see the world and help the most vulnerable destinations. One of the things Steppin' Out does is utilize the local resources. We don't stay at large US chain hotels, but locally owned ones. We visit communities that are rich in culture but often bypassed by big tourist groups, and we try to add in a program of volunteering to each trip.

But here are some tips that can help offset some of flying's negative consequences.

- **Pack lightly.** The more weight in your suitcase, the more fuel is required to move it (especially when flying). Instead of packing to the max and ending up with a 49.5-pound suitcase, aim for a minimalist strategy. Remember: the most important thing you pack is travel insurance to protect your journey! Find the right plan for you.
- **Pick sunscreen carefully.** Oxybenzone and octinoxate, both common sunscreen ingredients, have been shown to damage corals and marine life. However, “reef-safe” can be a misleading term, Consumer Reports warns.² To reduce your impact, wear a hat and cover-up, as well as mineral sunscreen.
- **Skip new clothes for your trip.** The fashion industry is the second-largest polluter in the world, contaminating water with dye, chemicals and microplastics.³ Before you stock up on cheap T-shirts or a new jacket, ask yourself: Can I get by with what I already have? Can I borrow certain things I need, or get them secondhand?
- **Choose earth-friendly footwear.** The one thing you may want to buy for your trip is a great pair of travel shoes. Invest in a pair that’s made ethically and sustainably; some favorite brands are Allbirds, TOMS, Veja and Alice + Whittles.
- **Pack reusable utensils, bags and more.** A little foresight can help you avoid single-use plastics while traveling. Pack a few simple items: one or two cloth shopping bags, a basic set of metal cutlery, a durable container for snacks or leftovers, and a reusable straw.

Authentic Belize: Paradise with Purpose

June 8-15, 2024

And possibly adding Dec. 27-Jan. 2, 2025

**Interest Meeting
Recap**

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Belize is world renown for its pristine, crystal-clear Caribbean waters habitat with colorful marine life. There are many adventures for everyone's interest, from enjoying the beautiful beaches, snorkeling, jungle hikes, cave explorations and meeting with local communities, such as the Creole, Garifuna, and Mayan communities, in a personal, non-commercial way. In addition, we are arranging a hands-on reef conversation program that will deepen your connection with Belize's natural beauty and cultural richness even more.

Bask in the paradise of this small country in a unique way that will provide you with lifelong, cherished memories and friends all while learning more about a renewed commitment to protecting our planet's precious ecosystems.

See the video above to learn more details about the trip and then click the button to sign up!

In addition, we are thinking of offering this trip over New Years Dec. 27- Jan. 2-- If that sounds like something that you're interested in.. please send us an [email](#).

[Yes, I want to go to Belize](#)

Weekend in Niagara Falls Joins us for a Q and A May 15, @ 8:00 pm EST



Wondering what we will be doing? Or probably more, who else is thinking about going? Or more importantly, who is leading this trip? Then join us for a chat on zoom on

May 15
5 pm PST, 6 pm MST, 7 pm CST,
8 pm EST

[Register for the Zoom here](#)

Join us for a jam-packed summer weekend **July 25-28** at one of the wonders of the world: Niagara Falls (USA & Canada) and Buffalo, NY.

This isn't your average trip, as you'll have a front-row seat, guided by a local and longtime Steppin' Outer. He'll let you in on the secrets of the area starting to emerge...So before everyone finds out, sign-up for this unforgettable adventure.

Explore picturesque landscapes on bike, scooters, and on foot, savor world-famous chicken wings, delve into the area's unique history, and feel the energy of the mighty Niagara, all in company of a group of fun-loving individuals.

[Find out more information here](#)

Journey with us to Bhutan

Discover why it's the country of Happiness

Nov. 9-22, 2024



Embark on a journey to Bhutan (the tiny country between India and China), where tranquility meets adventure. Explore the wonders of this enchanting land and embrace the spirit of discovery immersing within the Bhutanese culture!

Activities also include hiking, rafting, and archery! The hiking and rafting are sure to get your adrenaline pumping, but meditating with the monks allow for calm enjoyment. We are invited to participate in vibrant local festivals and also glamp peacefully beneath the starlight skies in the Himalayas.

The Bhutan people refer to tourists as their guests. Our itinerary allows us to meet and interact with a diverse group of people ranging from a prayer flag street salesman to an American who brought baseball to the locals. Their kindness towards our group is unmatched and must be experienced to be believed.

Enjoy the lush landscapes and peacefulness this trip offers. They limit tourism to protect their environment and culture. Our group is very privileged with a chance to visit such a phenomenal destination. The excursions guarantee unmatched adventures and lasting memories that offer a chance to fully appreciate Bhutan's uniqueness.

Since we are departing from Kathmandu, there are two pre-Bhutan trip options to Nepal. The first option leaves on Nov 4 and then visits Nepal's Chitwan National Park with the hope of seeing Bengal Tigers and exploring Kathmandu. The second option is to arrive on Nov 7 and partake in the Kathmandu exploration. With either option, we would love for you to be part of our group! Click the link below to learn more!

PS-- There is one flight a day from Kathmandu to Bhutan which is why we are encouraging people to sign up as soon as possible.

[Ask us about our generous installment plan!](#)

Remember,
we can also put a custom Bhutan trip together for you if our dates don't work.

More Details about Bhutan (and hit additional information for full Kathmandu details)



For all skiers/boarders interested in the Ikon Pass-

We have a group discount code. While the prices went up for the general public already, we have until May 3rd to keep the early prices (which means if you missed renewing, with a code you can get the early bird renewal rate). Tell your friends. All we need is your email, phone number and DOB. [Email us](#) now. (no obligation to use it!)

TELLURIDE 2025

PERFECT FOR
BEGINNERS
AND EXPERTS

THE PEAKS HOTEL IS A
SKI-IN, SKI-OUT RESORT
SKI VALET SERVICE
FIVE STORY SPA
AMAZING LOUNGE

BOOK EARLY
FOR SPECIAL
PRICING

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We are so excited about our 2025 Telluride Ski trip. It truly is a ski lover's paradise located in southwest Colorado's majestic San Juan Mountains. The ski areas have both mild and tough terrains accommodating beginners and challenging for the experts!

The Peaks Hotel is a ski-in, ski-out facility where they have outstanding ski valet service, a five story spa, an amazing lounge, and truly pamper the guests during the stay. We were shocked at what tremendous value this resort is compared to other four-star hotels in the area that are much more expensive (hard to believe.. but skiing is an expensive sport)

A \$200 down payment before April 30th can provide you with a 12-month installment plan for the early bird pricing (We have 2024 pricing!) We want you to be there for fun, friendship, and an amazing hotel!

[To find out more, click here](#)



Custom Trips
with
Steppin' Out Adventures

**Do our trips look exciting?
*Need to spice them up or calm them down?***

**Did you miss our Cuba trip or our East Africa Safari?
*Crete or Peru?***

**You don't have to wait until the next time it's offered.
*Contact us and we will see what we can do for you!***

**Currently working on family trips to Costa Rica, Argentina
Cuba and a couple's trip East Africa.**

What can we do for you?

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