

Did you miss our last newsletter? Click here

Newsletter Topics:

- **2 Weeks until Green Lake WI - September 2025**
- **Machu Picchu permits are almost full - Peru - November 2025**
- **Community Highlight - *Get Ready for Love* - Sep 6**
- **Travel Tip - Before You Travel, check your medicine**
- **Next week's newsletter is Holiday Travel**



Relax & Enjoy the Outdoors at the Green Lake Getaway

Sep 19-21, 2025



Robin’s sending a hello from Green Lake—click to watch!

The countdown to nature's fresh air, crisp walks and fireside hangouts is approaching fast we can't wait! We'd love to invite a few more people to join our group trip to get together again, this time in the USA. It's been a while since we've all met stateside, and we're looking forward to some classic outdoor adventure. There’s even the option to add an extra golf day at one of the nation’s top resorts, plus some relaxing time at an amazing spa!

We'll hike, enjoy a guided tour with the town’s very own historian, play fun group pickleball games, have dinners out together, and enjoy a few other surprises along the way.

Before we hit our deadline, we’re offering a special incentive: **refer a friend, and if they sign up, you each get $100 OFF your Green Lake adventure!**

Just a few days left to sign up! Let us know if you’re interested or have any questions.

Email Us

Green Lake Group Trip Event Page

⭐*Community Highlight*⭐



Join Coach Amy Schoen, a Steppin' Out friend, for her "Get Ready for Love" Half Day Live Virtual Workshop ***this Saturday, September 6th*** where you'll find out what's stopping you from finding true love and get you DATE ready so you won't miss out on the incredible dating opportunities this year.

You'll meet great men and women with interactive breakout rooms to practice what you learn and walk away with a positive, hopeful outlook on dating! Plus, enjoy a bonus evening session focused on Online Dating—Amy is the expert in this area.

Fall is the best time to find new love! And if you sign up today, you'll also receive a copy of Amy's softcover book "Get It Right This Time - How to Find and Keep Your Ideal Partner" (a $20 value) and save $20 on the workshop fee.

Find out more today

Act Fast: Machu Picchu Permits Nearly Sold Out

& Hotel Deadline Sept. 10



It's Almost Time For Peru!

Machu Picchu is almost full! Sign up soon





We think we've found the secret to happiness… experiencing nature with a group of friends. We're so excited for our upcoming Peru trip this November! Venturing through this beautiful and colorful country with our travel community makes us feel alive.
The best part? We're offering a fully guided tour so you can simply enjoy the sights, sounds, and serene landscapes without worrying about the details. Our small groups make it feel like you're just traveling with friends.

Here's a day-by-day breakdown of what's in store:

Segment 1: Nov 9–12 – Lima, Nazca & Coastal Wonders

Arrival to Peru - Nov 9: Welcome to Lima!

Nov 10: Lima City Highlights, Ancient & Modern Art

Nov 11: Fly Over Ancient Nazca Lines & Desert Dune Thrills

Nov 12: Ballestas Islands, Pisco & Wine Tasting in Ica

Segment 2: Nov 13–21 – Sacred Valley + Machu Picchu

Nov 13: Cusco Arrival, Ollantaytambo Ruins in the Sacred

Valley and welcome dinner

Nov 14: Rafting, Pachamanca Feast & Shaman Ceremony

Create your own herbal elixir.

Nov 15: Sacred Valley Mountain Biking & Giving Back through tree planting.

Nov 16: Train & Inca Trail Hike to Machu Picchu with a stop at the Wiñayhuayna ruins. End the day with hot springs.

Nov 17: Explore Machu Picchu with optional hike.

Nov 18: Kayak Lake Piuray & Maras Salt Mines

Nov 19: Vibrant Bike Ride to Pisac, enjoy a craft market.

Nov 20: Rainbow Mountain Adventure

Nov 21: Cusco City Tour & Departure







Explore Peru Itinerary | November 9-21, 2025

Email Us



⭐ *Travel Tip* ⭐

Before You Travel: Which U.S. Meds Are Banned Internationally

Even seasoned travelers can get tripped up by international medication laws. But now there have been some changes. Some prescriptions and even common over-the-counter drugs that are perfectly fine in the U.S. are actually banned or restricted

in other countries. Imagine packing your go-to cold medicine, only to find out it's not allowed at your destination!

Experts recommend:

-**Do your homework**: The International Narcotics Control Board (INCB) maintains a country-by-country list of regulations for travelers carrying medicines that contain controlled substances. However, not all countries provide the data, so also check the official embassy or consulate website for your destination.

-**Carry only what you need**: Bring medications in their original packaging and only the amount you'll use.

-**Have documentation**: A copy of your prescription or a doctor's note can help if questions come up.

Some common examples of banned or restricted meds:

- **Japan/South Korea:** Over-the-counter cold medicines containing pseudoephedrine (like Sudafed) and some ADHD medications.

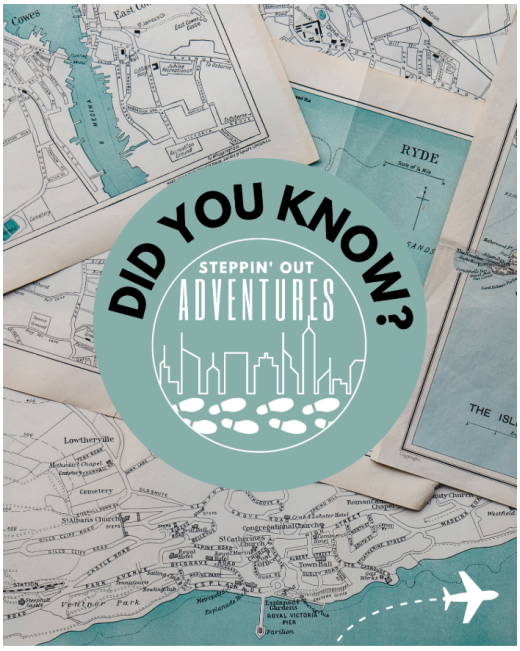
- **Singapore**: Codeine, cough syrups containing certain narcotics, and some pain medications require approval.

- **UAE:** Certain antidepressants, sedatives, and ADHD medications are prohibited.

- **Thailand:** Narcotics and some strong pain medications need prior approval.

A little prep can save you a big headache—and keep your trip running smoothly.

Source: Travel + Leisure



Steppin' Out Adventures also plans Custom trips!

Your perfect adventure does not have to come with extra hassle. Steppin' Out has been planning adventures around the globe for 30+ years, our signature group trips, corporate trips, family trips and our tailored custom trips.

Pick you dream destination, desired or specially designed itinerary and we'll provide you with a truly unique experience. Super simple, you just enjoy the journey.

Email Us To Get Started

QUESTION:
We have some single parents looking to join our Steamboat Ski trip. Share expenses of a sitter for evening out and share checking in on kids in ski school Please let us know if you are interested or know someone who might be.



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Check Out Our Top Travel Partners

If you use Steppin' Out Adventures to book your hotels, car rentals, cruises, day activities and other tours (think backroads, G Adventures, Intrepid, Viking Cruises, etc.) we will give you 2% back on your booking when you book through us! You need an incentive to have us book your trip, a 2% rebate is a pretty good one. Email Us Today To Save.

Upcoming Steppin' Out Adventures Group Trips



Weekend Getaway in Green Lakes WI, | Sep 19 - 21, 2025

We're heading back to one of our old stomping grounds in Green Lake, Wisconsin. This time we are staying at the newly renovated and historic Green Lake Inn. We'll be hiking, biking, golfing, s'mores by the fire, darts and ping pong tournaments, as well as wine tastings and spa time.

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Morocco | October 10 - 19, 2025

Although we're not hosting a trip to Morocco, a trusted partner (DC Internationals) is offering an beautiful cultural adventure with camel rides into the desert, stays with local families, cooking classes, and guided tours through vibrant cities like Marrakesh and Fes, all while immersing in the rich history and traditions of this magical country.

Learn More



Peru | November 9 - 21, 2025

Explore Peru's breathtaking contrasts—from misty mountaintop ruins to the vibrant traditions of the Sacred Valley. Hike, raft, and cook with locals while immersing yourself in the deep spiritual connection to the land. More than a trip, it's an experience.

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Steamboat Spring Ski Trip | Feb 28 - March 7, 2026

Hit the slopes at one of North America's top ski destinations, where Western charm meets world-class powder. Stay at the Steamboat Grand Hotel, complete with spa, hot tubs, ski valet, and more. With 142 trails and terrain for all levels, this adventure blends thrilling days on the mountain with cozy après-ski moments and community connection.

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Tanzania Safari | August 15 - 25, 2026

Venture into the thrill of Tanzania's wild heart, from witnessing the world's largest animal migration to immersing yourself in the Hadzabe tribe's ancient dances, songs, and food-making traditions, all set against a backdrop of East Africa. With or without Rwanda.

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Rwanda Gorilla Adventure | August 25 - 30, 2026

Get up close to Rwanda's majestic gorillas on an unforgettable trek and golden monkeys, engage with the local community through vibrant traditions and stories at a cultural festival, all while discovering the country's passion for conservation and its inspiring journey of renewal. (Option to add on this event, for those who only to go to Rwanda.

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Iceland | October 24 - 31, 2026

Exploring Iceland's wild beauty: soak in the Blue Lagoon, hike volcanic valleys, ride ATVs on black sand beaches, and explore glacier ice caves in custom vehicles. Plus horseback riding on Icelandic horses, expert-led Northern Lights viewing, and local whiskey tastings. Accommodations, select meals, and all activities included.

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