**Bike and Trek Adventure**

Discover Your Next Adventure

**Waiver Of Liability, Assumption Of Risk And Indemnity Agreement**

**Waiver of Liability**: In consideration of being permitted to participate in Bike and Trek Adventure, adventure activity I for myself, my heirs, personal representative and assigns, do hereby release, waive, covenant not to sue and discharge Bike and Trek Adventure, from liability from any and all claims including the negligence of Bike and Trek Adventure in personal injury, accidents or illness (Including death) and property loss arising from, but limited participation in Bike and Trek Adventure, adventure activities.



 I accept

**Assumption Of Risk**: Participation and conditioning programs carries with it certain inherent risk that cannot be eliminated regardless of the care to avoid injuries. I know that high altitude in mountains is a potentially hazardous activity and to certify that I am in good health and physically fit enter into a Trekking / Expedition / Bicycle Touring / Yoga Meditation Retreat / Voluntourism / Bird watching programs. I acknowledge that I am aware of the many risks involved in adventure activities in general and high altitude adventure specifically, which risks include by way of example and not limitation: 1) minor injuries such as scrapes, bruises, sprains and strains, 2) more serious injuries such as joint, muscle and bone injuries, concussions and other head injuries, heat or cold related injuries such as heat stroke, heat exhaustion, dehydration and overhydration such as hyponatremia, catastrophic injuries Frostbite, Acute mountain sickness and condition such as heart attack and other conditions or injuries which could be fatal. I have read the previous paragraph and I know, understand and appreciate these and other risks that are inherent in adventure activities for and participating in road, trail and mountain trekking / expeditions / bicycle Tours / Yoga Meditation programs / Voluntourism /Bird watching and other activities associated with that Bike and Trek Adventure, programs. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.



 I accept

**Indemnification And Hold Harmless**: I also agree to INDEMNIFY AND HOLD HARMLESS Bike and Trek Adventure, from any and all claims, actions, suits, procedures, cost, expenses, damages and liabilities, including attorney’s fees as a result of my involvement in Bike and Trek Adventure, performance Adventure activities.



 I agree

**Severability**: The undersigned further expressly agrees that the foregoing waiver and assumption of risk and agreement is initiated to be as a broad and inclusive as a permitted by the law of the country of Spain and that if any portion thereof is held invalid, it is agreed the balance shall, notwithstanding continue in full legal force and effect



 I accept

**Acknowledgement of Understanding**: I have read this waiver of liability, assumption of risk, and indemnity agreement consisting of an entire page, fully understand its terms, and I understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily, and intend by my signature to be complete and unconditional release of all liability to the greatest allowed by law.

 I accept



 I decline

Bike and Trek Adventure is registered under the name *“BIKE AND TREK ADVENTURE”* Sole Trader, with the Spanish Government company registration act. The conditions and terms are subject to Spanish law and to the exclusive jurisdiction of the Spanish courts. Any complaints or grievances you may communicate to sbfrancis@bikeandtrekadventure.com

Name : First Last:

Email :

Contact No :





Submit