



Trip Dossier

The Egyptian Journey - DPEJ

15 days - ex Cairo

Walk the bustling streets of Cairo, bargain your way through Khan al Khalili bazaar, wander through Aswan, enjoy a Felucca ride down the Nile and relax in Dahab. Embrace Egypt's culture and historical treasures as your journey takes you through white sands, clear water and purple mountain backdrops.

Included Highlights: Local guide and entry fee to Pyramids and the Sphinx, Egyptian museum guided tour, Citadel and excursion to Khan el-Khalili bazaar guided tour, Nubian village guided tour and dinner, Felucca Sailing trip (with support boat), Karnak temple guided tour, Donkey ride to Valley of the Kings and guided tour, Deir al Bahari guided tour, Mt. Sinai climb

The information in this dossier has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G.A.P. Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your dossier to review a couple of days prior to travel, in case there have been changes that affect your plans.

Validity: Valid for all trips departing January 1, 2008 - December 31st 2008.

Trip Style: Original



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I'm yearning to see the world in all of its colours. I want to step out of the normal tourist mindset but wouldn't mind sharing the fun with a like-minded group of individuals. Whether it's staying in a ger in Mongolia, learning to bargain for trinkets in the local market or forgoing the air conditioned bus to jump on a tuk tuk in Bangkok, these are the type of experiences that I can't wait to have.

Physical Rating: ●●●○○

Each trip is rated based on physical demands. This rating will help you to choose

a trip that is suitable to your level of fitness and maximize your enjoyment.

●○○○○○ - You will have to get around on your own, up and down hotel steps and carry your own bag.

●●○○○○ - Light walking and hiking that is suitable for most fitness levels.

●●●○○○ - May include moderate hiking, biking, rafting, kayaking and other activities that require only an average/moderate level of fitness to enjoy.

●●●●○○ - May include high altitude hiking of up to 8 hours/day or other activities that require a moderately high level of fitness.

●●●●●● - High altitude trekking or cycling, suitable for those with a high level of fitness and endurance.

Please note: Many G.A.P Adventures trips include only one 'Physical Grading' element that may increase the overall rating of a trip to a higher level. You can choose not to participate in these activities. For specific trip details, refer to the trip dossiers or contact our sales department.

Culture Shock Rating: ●●○○○○

This rates a trip's accommodations, transportation, and food and measures how much adjustment is required to adapt to the different customs in comparison to the average western country.

●○○○○○ - Little or no adjustment is required. The comforts of home are here, but they may have a new twist.

●●○○○○ - A generally low stress trip, but there may be the occasional remote lodging, market meal or language barrier.

●●●○○○ - Expect an occasional cold shower, remote or shared accommodations, and public transportation.

●●●●○○ - Packed public buses, remote and rustic accommodation and little access to western-styled food are de rigueur for these trips.

●●●●●● - You're totally off the beaten path here with few of the comforts of home.

For specific trip details, refer to the trip dossiers or contact our sales department.

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit travel with G.A.P Adventures can be unpredictable. The dossier is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard Polaris visits to research stations depend on final permission.

Important Notes: 1. A valid passport for at least 6 months is required for entry into Egypt but the visa can be arranged at Cairo airport upon arrival or it can be provided by our local agent if you book airport transfer service.

2. *In Egypt it is advisable to drink bottled water.*

3. *Feluccas are very basic traditional Nile sailboats and make for an extremely relaxing and enjoyable way to travel down the river. You sleep on the deck of the boat (mattresses are provided, but you will need a blanket or light sleeping bag). Please note that the Felucca itself does not have toilets or showers, however your group will be provided with a private support boat, traveling in close proximity to your Felucca. This support boat is fully equipped with toilets and an area to eat your meals, leaving you stress free to enjoy this tranquil and traditional experience on the Nile.*

4. RAMADAN 2008

September 1st – 1st October. Please note that Ramadan is a month of fasting observed by Muslims throughout the world, during which time the followers of Islam should not eat or drink between sunrise and sunset. There may be some limitations to services and disruptions to schedules during Ramadan, but generally our tours still operate effectively during this period and food is available to nonmuslims throughout the day.

Itinerary

Day 1 Cairo

Arrive Cairo at any time. The day is free for you to spend at your leisure. If you arrive early there are plenty of things to see and do. Visit the Saladin Citadel of Cairo one of the most popular tourist attractions of Cairo. To really get a feel for the place, get lost in the bazaars and join the locals for a coffee. Or visit one of the ancient wonders of the world, the magnificent pyramids.

A Welcome meeting will take place on Day 1 in the evening. An information letter will be posted at the reception desk on Day 1.

Day 2 Cairo (1B, 1D)

The day starts with a guided tour in Giza to visit the legendary majestic Pyramids of Cheops, Cherfrern and Mykerionos to view these spectacular man-made monuments. Afterwards a tour of the great Sphinx; guarding the Royal Burial Chambers and temple of Cheops. In the afternoon, visit the Egyptian museum. In the evening transfer to the rail station to board a sleeper train to Aswan.

The Great Pyramid of Giza

Just on the southeastern edge of Cairo, not more than a few hundred meters from the modern buildings of the suburb of Giza, lie three huge pyramids. The tallest and oldest of these pyramids is called the Great Pyramid, or Khufu's pyramid. Built nearly 46 centuries ago to house the tomb of the Pharaoh Khufu, this structure originally stood 147 meters high (481 feet) with each side of its base measuring 230 meters (756 feet - that's 2-1/2 American football fields). Its base covers 5 hectares (13 acres).

The Great Pyramid once had a smooth limestone covering, but that and the very top of the pyramid (which was probably coated in platinum) have long since fallen away. Still, after over 4500 years it's only lost nine meters (35 feet) in height. A lot of blocks. Experts estimate that the Great Pyramid contains well over two million limestone blocks, each weighing between two and fifteen tons apiece. A quick calculation in our heads (2-1/2 million blocks weighing about 3 tons apiece) will leave you with the mind-numbing estimate that the pyramid weighs at least fifteen billion pounds! Then add that it took an army of 100,000 workers ? working without the aid of any animals ? twenty years (actually they only worked during the three or four month-long flood season every year) to complete Cheops' pyramid, and you come up with a bunch of numbers that are nearly overwhelming.

The Sphinx

A sphinx is a mythical beast with the body of a lion and the head of a human. Its most famous portrayal is the huge statue located just in front of the great pyramids at Giza. Though dwarfed by the pyramids, the Sphinx at Giza is still pretty big. Its body is 172 feet (52.4 meters) in length while the height to the top of the head is 66 feet (20 meters).

The Greeks, as is common with the closely inter-related civilizations of the Mediterranean, borrowed the idea of a sphinx from the Egyptians, and it is the Greek legend of the sphinx with which we are most familiar. In that legend the sphinx asked every passerby a riddle and devoured anyone that failed to answer it correctly. After many travelers were eaten, Oedipus answered the riddle correctly and killed the sphinx.

The Egyptians, however, did not seem to have the same sort of legends about the sphinx. Indeed, no one really knows what the Sphinx represented to them. Some Egyptologists think that the Sphinx represented the sky-god Horus, but there is certainly evidence to indicate that the head of the sphinx portrayed the reigning pharaoh. If this is the case then the face staring out eastward towards the Nile is that of Pharaoh Khafre, whose pyramid lies directly behind the great statue.

The mystery of the Sphinx at Giza extends to the strange circumstances surrounding the loss of both its beard and its nose. No one seems to know when or why these pieces of the Sphinx fell off. The most common story is that occupying Ottoman (or French, depending on who tells the story) soldiers used the Sphinx for target practice and essentially shot the nose off its face. Or it could just have fallen off with the passage of time. The issue is whether the monument should be restored to its former glory. Of course the question of a face-lift is complicated by the fact that the British snapped up the nose and are keeping it in the British Museum even though the Egyptians have long demanded its return.

The Egyptian Museum

The Egyptian Museum is one of the most important places in Cairo. Packed to the point of overflowing with more than 100,000 relics and antiquities, it is a feast for the eyes and brain. We had only a few hours, so we saw only the biggest and most important things.

The Egyptian Museum is a fantastic collection of rooms that are packed with hundreds and thousands of big and small statues, figurines, bracelets, necklaces, earrings, rings, coffins and sarcophagi, boats, weapons, glassware objects, wood and metal tools, masks, coins, seals, mummies, cloth, papyrus drawings, stone and clay tablets with hieroglyphics, jugs, amulets, models, photographs, etcetera. Etcetera. Etcetera.

Wandering from room to room is like taking a stroll through history by appreciating the tools and objects that the ancient Egyptians used when eating, gardening, farming, reading, cooking, writing, celebrating, sleeping, preparing for parties and religious events (and maybe even dates!), mourning, traveling etc. Think about all the things that you use during your every-day routine and then imagine someone putting them all in display cases in a museum. That's what the Egyptian Museum is all about.

Know from the beginning that you will probably not have the energy to see everything in one visit, so start out with the main attraction in the museum; the 1,700 or so objects on display straight from the tomb of the Pharaoh Tutankhamun, better known to us today as King Tut. In 1361 BC, a young boy (only about 9 or 10 years old) named Tutankhaten, ascended to the throne as Pharaoh of the New Kingdom. His rule of nine years, until 1352 BC (he died suddenly and without leaving any heirs) was not marked by anything unusual or spectacular. And yet, known today as Tutankhamun, he seems to be the most famous Pharaoh of all.

In 1922, a British Egyptologist named Howard Carter, after several years of searching, found King Tut's tomb completely intact and full of a glorious array of ancient treasures! This is important because all the other tombs of all the other Egyptian pharaohs were looted by robbers over the centuries. Even though all tombs were meant to be secret, of the 60 known tombs in the Valley of the Tombs of the Kings in southern Egypt north of Luxor, only that of Tutankhamen was left untouched until Carter's discovery.

The most famous of all the objects discovered in the tomb is proudly lit up in the center of one of the central rooms in the museum; the legendary gold mask that was placed over the head of King Tut's mummy. It is still mesmerizing beautiful, especially after so many thousands of years hidden away in the desert. But most people don't know that this is just one, although probably the most spectacular, of 11 layers in which the body was placed, including more masks and body wraps (made of gold and precious rocks), coffins of different sizes (also made of, or covered in, gold) and large gold-covered wooden shrines. Even his inner organs were kept in four compartments of a beautiful alabaster container. In addition, the body was accompanied by enormous amounts of exquisite jewelry, beds supported by animal sculptures, chairs, boats, chariots, and lots of other assorted goods intended to be used by King Tut in his next life.

Day 3-4 Aswan (2B, 1D)

Arrive in Aswan early in the morning. In the afternoon start with a Felucca tour around the islands in the Nile, Elephantine Island, Agha Khan Mausoleum and the botanical gardens on Kitchener Island. We also visit a Nubian village and we have our dinner. At the end of the day return to Aswan.

On day 4, take an optional tour to Abu Simbel or enjoy the day to explore Aswan on your own.

Aswan

Egypt's sunniest southern city.

Aswan, located about 81 miles south of Luxor, has a distinctively African atmosphere. Its ancient Egyptian name was Syene. Small enough to walk around and graced with the most beautiful setting on the Nile, the pace of life is slow and relaxing. Days can be spent strolling up and down the broad Corniche watching the sailboats etch the sky with their tall masts or sitting in floating restaurants listening to Nubian music and eating freshly caught fish.

In Aswan the Nile is at its most beautiful, flowing through amber desert and granite rocks, round emerald islands covered in palm groves and tropical plants. Explore the souk, full of the scent and color of spices, perfumes, scarves and baskets. View the spectacular sunsets while having tea on the terrace of the Old Cataract Hotel (Named due to the location of the Nile's first cataract located here). Aswan has been a favorite winter resort since the beginning of the nineteenth century, and it's still a perfect place to get away from it all.

Every night Nubian dancers and musicians perform in the Cultural Center, just off the Corniche. Folklore troupes recreate scenes from village life and perform the famous Nubian mock stick-fight dances.

Aswan is a strategic location which currently houses a garrison of the Egyptian army, but which has also seen ancient Egyptian garrisons, as well as that of General Kitchener, Turkish troops of the Ottoman empire and the Romans.

The city proper lies on the east bank of the Nile. Relax here, visit a few mosques, but then prepare for an adventure. The bazaar runs along the Corniche, which continues past the Ferial Gardens and the Nubian Museum, and continues on to the Cemetery, with its forest of cupolas surmounted tombs from the Fatimid period. Just east of the cemetery in the famous area quarries is the gigantic Unfinished Obelisk. Just to the south of this, two Graeco-Roman sarcophagi and

an unfinished colossus remain half buried in the sand.

The most obvious is Elephantine Island, which is timeless with artifacts dating from pre-Dynastic times onward. It is the largest island in the area. Just beyond the Elephantine Island is Kitchener's Island (Geziret el-Nabatat). It was named for the British general Haratio Kitchener (185--1916) and was sent to Egypt in 1883 to reorganize the Egyptian army, which he then led against the Sudanese Mahdi. But the island is known for its garden and the exotic plants the Kitchener planted there, and which continue to flourish today.

On the opposite shore (west bank), the cliffs are surmounted by the tomb of a Mara but, Qubbet el-Hawwa, who was a local saint. Below are tombs of the local Pharaonic nobles and dignitaries.

Upriver is the tomb of Mohammed Shah Aga Khan who died in 1957. Known as the Tomb of the Aga Khan, it is beautiful in its simplicity. A road from there leads back to the Coptic Monastery of St. Simeon, which was built in the sixth century in honor of Amba Hadra, a local saint.

There is also the old Aswan dam, built by the British, which was enlarged, expanded, but unable to control the Nile for irrigation.

Abu Simbel

The historic site for one of Egypt's greatest temples.

Not only are the two temples located at Abu Simbel among the most magnificent monuments in the world but their removal and reconstruction was an historic event in itself. When the temples (280 km from Aswan) were threatened by submersion in Lake Nasser, due to the construction of the High Dam, the Egyptian Government secured the support of UNESCO and launched a world wide appeal. During the salvage operation which began in 1964 and continued until 1968, the two temples were dismantled and raised over 60 meters up the sandstone cliff where they had been built more than 3,000 years before. Here they were reassembled, in the exact same relationship to each other and the sun, and covered with an artificial mountain. Most of the joins in the stone have now been filled by antiquity experts, but inside the temples it is still possible to see where the blocks were cut. You can also go inside the man made dome and see an exhibition of photographs showing the different stages of the massive removal project.

Abu Simbel was first reported by J. L. Burckhardt in 1813, when he came over the mountain and only saw the facade of the great temple as he was preparing to leave that area via the Nile. The two temples, that of Ramesses II primarily dedicated to Re-Harakhte, and that of his wife, Nefertari dedicated to Hathor, became a must see for Victorians visiting Egypt, even though it required a trip up the Nile, and often they were covered deeply in sand, as they were when Burckhardt found them.

Day 5 Aswan-Kom Ombo (1B, 1L, 1D)

Sail in a traditional sailboat, a felucca, to Kom Ombo. Overnight on a felucca.

Feluccas are very basic traditional Nile sailboats and make for an extremely relaxing and enjoyable way to travel down the river. You sleep on the deck of the boat (mattresses are provided, but you will need a blanket or light sleeping bag). Please note that the Felucca itself does not have toilets or showers, however your group will be provided with a private support boat, traveling in close proximity to your Felucca. This support boat is fully equipped with toilets and an area to eat your meals, leaving you stress free to enjoy this tranquil and traditional experience on the Nile.

Day 6 Kom Ombo-Edfu-Luxor (1B)

Disembark the felucca boat and visit the Temple of Kom Ombo (optional) while

waiting for the convoy scheduled leaving time. Transfer by private A/C bus to Luxor visiting along the way the Temple of Edfu (optional, while the convoy makes its scheduled stop in Edfu) dedicated to the great falcon God of Horus. Arrive in Luxor and check in to hotel. Overnight in Luxor.

Day 7-8 Luxor (2B)

We take donkeys over to the west bank to visit the valley of the Kings. It is the burial site of nearly all of the kings (pharaohs) of the 18th–20th dynasties (1539–1075 BC), from Thutmose I to Ramses X. The valley contains 62 tombs, virtually all of which were robbed in antiquity. Only the tomb of Tutankhamen escaped pillage; after its excavation in the 1920s, its treasures were placed in the Egyptian Museum in Cairo. The valley is part of a UNESCO World Heritage site. The remainder of the day is free for leisure. A great city to explore on foot, stroll along the Nile Corniche, or unlock the secrets of the Pharaonic mummies in the world's first mummification museum. On day 8 in the morning take the tour by calesche (horse drawn carriage) to visit the famous Karnak Temple- it isn't only a Simple Temple but a complex of many pylons, temples, halls & sanctuaries from the middle kingdom till the Greek-Roman period. Return to hotel and overnight in Luxor.

Luxor

Luxor has often been called the world's greatest open air museum, as indeed it is and much more. The number and preservation of the monuments in the Luxor area are unparalleled anywhere else in the world that know of. What most people think of as Luxor is really three different areas, consisting of the city of Luxor on the East side of the Nile, the town of Karnak just north of Luxor and Thebes, the ancient Egyptians called Waset, which is on the west side of the Nile across from Luxor. Today, you can walk through history; past statues with the heads of gods and animals, beneath pillars carved with lotus buds and papyrus, and still vibrant hieroglyphic relics. Ride in a horse-drawn carriage, sail in a felucca, take a sunset cruise or see the city from a hot-air balloon.

The city of Luxor is well-known for having one of the most concentrated regions of famous temples, tombs and monuments. Among them include the tomb of King Tutankhamun located in the Valley of the Kings. Queen Hatshepsut's Temple, named Deir El Bahari is another spectacular site; the only woman to rule over Egypt as pharaoh, named her temple "Djeser Djsere" the Splendor of Splendors.

The Luxor Temple is also known as the southern temple, dedicated to Amon. It was known to the ancient Egyptians as Ipet Reseyet, the Harem of the south.

Valley Of The Kings

The Valley of the Kings was the royal cemetery for 62 Pharaohs, and is located on the west bank at Luxor. The only entrance to this place was a long narrow winding path. This was a secret place, where sentries were placed at the entrance of the Valley, as well as along the top of the hills, in the hopes of discouraging tomb robbers, who had in the past plundered all royal tombs, including the treasures of the Pyramids! Some thefts were probably carefully planned, but others were spur of the moment, as when an earlier tomb was accidentally discovered while cutting a new one and workmen took advantage of the opportunity. This may have happened when KV 46 was found during the cutting of KV 4 or KV 3 nearby. The tombs in the Valley range from a simple pit (e.g. KV 54), to a tomb with over 121 chambers and corridors (KV 5).

John Gardiner Wilkinson first established the present numbering system, in 1827, as part of his preparation of a map of Thebes. Wilkinson painted the numbers 1 through 21 at the entrances of the tombs that were then visible. The numbers were assigned geographically, from the entrance to the Valley southward. Since Wilkinson's day, tomb numbers have been assigned in chronological order of discovery, KV 62 (Tutankhamen) being the most recent. Wilkinson's is not the only system of tomb designation that has been used in the Valley though. Several explorers assigned numbers, letters or descriptive labels to the tombs, as the

accompanying chart indicates, but Wilkinson's is the only system that is still in use. There are two main wings to the Valley of the Kings, west and east! You will find that eastern side has the majority of the tombs, the western part having very few, but including the tombs of Amenhotep III and Ay.

The Karnak Temples

The Temple of Karnak is the largest Temple in the World! The complex contains a group of Temples such as the Great Temple of Amon Ra, The Temple of Khonso, The Ipt Temple, The Temple of Ptah, the Temple of Montho and the Temple of the God Osiris. A 20m high, mud brick enclosure wall, surrounded all of these buildings.

This great Temple of Amon Ra was known during the Middle Kingdom period as Ipt-Swt, which means the Selected Spot. It was also called Pr-Imn, which means the House of Amon. The name Al-Karnak in Arabic was derived from Karnak, which means fortified village, probably because the Arabs found many Temples and buildings in the area when they entered it for first time.

The Temple of DenderaVisitors to Luxor, who have the time, should try and visit the famous Temple of Hathor at Dendera The Temple is located about 60KM north of Luxor, along the West Bank of the Nile River.

The temple of Hathor at Dendera was built during the Ptolemaic period. It was built for Hathor, Horus, Bes, and Ihy (Hathor's son). The divine triad of Dendera was carved on the south outer wall of the temple. Cleopatra VII added to the majesty of Dendera temple. The approach path to the temple is between two Roman fountains that end at the massive entry gate. The pylons of the back wall of the temple are suggestive of Egypt's past when mud-brick, wood, and papyrus reeds were the principal construction materials. The outward-curving cavetto cornice is another typically Egyptian motif.

Massive mud-brick enclosure walls surround the Dendera temple complex, most of which was constructed during the late Ptolemaic and early Roman Periods. The area had been sacred for millennia, because ruins dating from the Old Kingdom through the Late Period have been found. There is a painted raised relief of Bes that stands near the Roman Gate of the temple. Bes was the Egyptian household god who protected the mother and child during childbirth. He was a bow-legged, muscular dwarf with a ferocious facial expression; but despite his fierce countenance, he was actually a very gentle god. His protective role was suited to his appearance, which was supposed to frighten away evil spirits.

The Temple Of Abydos

The Temple of Abydos is located to the west of El-Baliana (120 km north of Luxor). In ancient times it was called Abdu, and the Greeks called it Abydos. The 8th province in ancient Egypt, this area is considered to be amongst the most famous archaeological sites. It was the city where Menna, the unifier of upper and lower Egypt, came from, and from the 11th Dynasty onwards, a burial in Abydos was the ultimate wish, and honour, for any local to have. The Temple was built in the reign of King Seti I and was finished by, first, his son King Ramses II and then his son, King Mern-Ptah It is unique in design as it is in the shape of an 'L', and it also contains the most complete lists of Kings and Gods. The Temple contains 7 shrines dedicated to 7 Gods: Osiris, Isis, Horus, Amon Ra, Ra HorAkhty and Ptah, and Seti I as a deified King. You will also find the best-preserved painted reliefs and texts from the 18th Dynasty.

Day 9 Luxor-Hurghada (1B)

Early breakfast and check out of hotel. Then transfer by private car or minibus to Hurghada. Arrive in Hurghada and check in to hotel. The remainder of the day is free for leisure or water sports such as swimming, scuba diving, wind surfing or snorkeling. Overnight in Hurghada

Day 10-11 Dahab (2B)

Early breakfast and check out of hotel. After that we will transfer you to take the

ferryboat to Sharm El Sheikh, from Sharm El Sheikh we will transfer you to Dahab Overnight. These days are free for leisure or water sports such as swimming, scuba diving, wind surfing or snorkeling. Overnights in Dahab

Day 12 Mt Sinai (1B)

Early breakfast and check out of hotel. After that we will transfer you to, St. Katherine. An evocative area with unquestionable holy significance. Walk in Moses' footsteps up to the red sandstone summit (2,285 meters high) for a glorious desert sunset.

Day 13 St Katherine-Cairo (1B)

After breakfast visit St. Katherine Monastery where pilgrims have sought shelter since the 4th century. Return to Cairo via private car or minibus. Arrive in the afternoon, check in to hotel and overnight in Cairo.

Day 14 Cairo (1B)

Enjoy a guided walk through Islamic Cairo. We visit the Citadel before ending up in the amazing Khan al-Khalili markets to try out your bargaining skills. Known as the Turkish Bazaar in the Ottoman period, it's now simply called 'Khan'. An optional farewell dinner and show on one of Cairo's famous floating restaurants is available and highly recommended as a great way to cap off your visit.

Day 15 Cairo (1B)

Breakfast and check out of hotel.

Group Leader: Tour leader, local guides.

All G.A.P Adventures group trips are accompanied by one of our group leaders, a G.A.P Adventures representative, or an expedition team. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds. On truck trips in Africa you will be accompanied by a G.A.P Adventures leader, and a driver/cook, who offer a wealth of knowledge on the regions you will be visiting.

Group Size: Max 15, Avg 10

Your Fellow Travellers: As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and are likely to be of a variety of ages too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part.

Meals Included: 14 breakfasts, 1 lunch, 3 dinners.

Eating is a big part of traveling. Travelling with G.A.P Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your group leader will be able to suggest favourite restaurants during your trip. On truck trips in Africa, aboard the expedition ship Explorer or our Galapagos yachts, while trekking in remote regions etc. food is included, plentiful and made of fresh local ingredients. The above information applies to G.A.P Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Transport: Private van, sleeper train, donkey ride, felucca.

The overnight train is a modern air-conditioned sleeper, with twin-berth beds. There is no shower in the cabin, but each cabin does have a toilet and sink. The fare includes a basic airline-style tray-meal for dinner and breakfast. Room service can serve drinks in your compartment at extra cost.

Feluccas are very basic traditional Nile sailboats and make for an extremely relaxing and enjoyable way to travel down the river. You sleep on the deck of the boat (mattresses are provided, but you will need a blanket or light sleeping bag). Please note that the Felucca itself does not have toilets or showers, however your group will be provided with a private support boat, traveling in close proximity to your Felucca. This support boat is fully equipped with toilets and an area to eat your meals, leaving you stress free to enjoy this tranquil and traditional experience on the Nile.

Local Flights: All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Single Travellers: We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation: Simple hotel (12 nts), sleeper train (1 nt), felucca (with support boat) (1 nt).

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Joining Hotel: Santana Hotel
7, Ahmed Bic El Meleegy st.
Cairo - Down town
tel: +20-2-23372121
fax: +20-2-23351201

Joining Instructions: The tour starts in Cairo on Day 2 at 8:00. A brief meeting of your tour will be held by your tour leader in the hotel reception area at 8:00 on day 2.

Upon arrival in Cairo make your way to the joining hotel. Official airport taxis cost 70EGP but you should be able to find a regular taxi who will take you for between 40-50EGP. The drive can take between 20 minutes and 1 hour depending on the time of day and subsequent traffic conditions.

Arrival Complications: We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your trip leader (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact: Should you need to contact G.A.P Adventures during a situation of dire need, it is best to first call our local GAP operator - Anubis. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

G.A.P Adventures Operator - Anubis (Egypt)
Open 5 days a week, 9am to 5pm local time (GMT +2) from Sunday to Thursday.
Tel: Int. Dialing Code +20 (0)226 908 945 (during office hours)

Anubis Emergency Cell Phone: +20(0)168 802 884 or +20(0)101 756 769 or +20(0)101 775 329
(after office hours)
G.A.P Adventures Local Office, Spain
Emergency Cell Phone: +34 627 357 664

If you are unable for any reason to contact Anubis or our local office, we have a toll-free line for North America, which will connect you directly with our Toronto office. In the event that you cannot get through, you can reach a member of our Operations department at the mobile number below.

Toll-free, North America only: 1 800 465 5600.
Calls from the UK: 0870 999 0144.
Outside North America and the UK: +1 416 260 0999.
Mobile: + 1 647 504 6467

What to Take: You will be on the move a lot, so our advice is to pack as lightly as possible. Your baggage should be clearly labeled and restricted to one soft compact suitcase, or sports bag, maximum 15kg, plus a daypack. Luggage limits on airlines are strictly enforced and space on vehicles is limited. Porters are not often available, so be prepared to carry your own bags. It is important to pack clothes for warm days and cool evenings, .

Checklist:

Suggested Items:

- 4 shirts/t-shirts
- Sun hat
- 1 pair of shorts
- 2 pairs of long trousers
- Fleece top/jacket (nights will be cool, specially aboard the felucca)
- Sturdy walking shoes
- Sleeping bag (needed during the felucca)
- Sun block
- Sunglasses
- Watch or alarm clock
- Flashlight (with extra batteries and bulbs)
- Money belt
- Small travel towel - for use on felucca, at Mt Sinai and for swimming
- Small pillow (inflatable type) for felucca and train and bus trips
- Personal female hygiene products (as they are difficult to purchase locally)
- First-aid kit (should contain lip salve, Aspirin, band aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, dehydration powder, insect repellent, extra prescription drugs you may be taking)

Optional Items:

Camera and film, reading/writing material, binoculars, cover for backpacks

Documents:

- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- USD cash and traveller's cheques
- Credit or debit card (see personal spending money)
- G.A.P vouchers, pre-departure information and dossier
- Any entry visas or vaccination certificates required

****Please note: There is no sleeping bag hire available in Egypt****

Laundry: Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap. Aboard the expedition ships Explorer and Andrea laundry facilities are provided at a charge. Aboard the Amazon Explorer laundry facilities are provided free of charge for each passenger once a week.

Visas: All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy, or consulate for the most up-to-date visa requirements, or see your travel agent. IT'S YOUR RESPONSIBILITY TO HAVE THE CORRECT TRAVEL DOCUMENTATION.

Countries/Regions of This Trip:

- Egypt

Destination Guide: For practical information on weather, typical costs, visa information, special events and much more, our Destination Guide is the place to visit! This handy guide will tell you everything you need to know about everywhere we go! Head to www.gapadventures.com/destination_guide for detailed information on the countries and cities we visit.

Detailed Trip Notes: REGIONAL INFORMATION

Climate

Egypt is renowned for its excellent outdoor living climate. The winter months are from October to March and are characterized by cold nights and pleasant days. Summer is from April to September and starts off with increasing dry heat and dust. It rains generally only for short time shots in the period from beginning of November and until March.

Local Currency

The official unit of currency in Egypt is Egyptian pounds (L.E.).

Electricity

Egypt uses 220V, 50Hz. and plugs are two prong rounded.

Language

Arabic (in Egyptian dialect) is the only official language of Egypt even some troops speaks Nubian or barbarian language throughout certain parts in the south or the west of the country.

RAMADAN 2008

September 1st – 1st October. Please note that Ramadan is a month of fasting observed by Muslims throughout the world, during which time the followers of Islam should not eat or drink between sunrise and sunset. There may be some limitations to services and disruptions to schedules during Ramadan, but generally our tours still operate effectively during this period and food is available to nonmuslims throughout the day.

Spending Money: Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange: 1 US Dollar (USD) = 5.44835 Egyptian Pound (EGP)
ATMs are found within main cities in Egypt and will accept Visa and Mastercard. A credit card is the safest way to carry money and most larger restaurants and stores accept them. Cash advances also can be done with some banks. Cash and travellers cheques are also suggested for time when ATMs are not accessible. You can exchange travellers cheques in some 5 star hotels and banks but this takes time and possible fee. Thomas Cook or American Express travellers cheques in US currency are the easiest to change. Euros, English pounds and US dollars are all easy to change to the Egyptian Pound. Please not that you should bring some cash with you for emergencies situations but carrying only cash is a high safety risk.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

Meal Budget: Allow USD250 for meals not included. For additional expenses, see dossier.

Local Payment: USD250

Most of our adventure tours involve a Local Payment that is paid to the Leader/Representative in cash on day 1 of your tour. This Local Payment is put towards local expenses, such as arranging internal flights as well as entrance and guide fees. Local Payments also reduce the need to wire or transfer funds which can become very expensive. This lowers our operational costs so we can pass the savings on to you. The local payment is in addition to, and is not included in, the base tour price.

Emergency Fund: Please also make sure you have access to at least an additional USD200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Departure Tax: No departure tax

Tipping: Egypt has a very strong tipping culture - it is customary and even expected to tip small service providers such as restaurant and bar waiters, hotel staff, reception, cleaning personnel, bell boys, taxis and van drivers. Tips are

regarded as an essential means of supplementing income for those working in the tourism industry.

Even though this might not be customary to you, nor such common practice in your home country, it is generally expected and of great significance to the people who will be assisting you during your travels.

Depending on your preference and/or that of the group, you may choose to tip individually, organize the tipping with your traveling companions, or your Tour Leader will offer to collect the tip money at the beginning of your tour - and tip as a group with your participation as the tour progresses. A recommendation for tipping small service providers is about \$3 USD per day, depending on the quality of the service (this does not include your GAP Tour Leader).

Feel free to ask your tour leader for the breakdown / distribution of the tips. Note that if you have been really disappointed by a particular service, please inform your tour leader right away, and the tip will be adjusted accordingly.

Also at the end of your trip if you felt your G.A.P Adventures Tour Leader did an outstanding job, tipping is also expected and appreciated. The precise amount is entirely a personal preference, however \$15-20 USD per person per week can be used as a general guideline.

Optional Activities:

Optional activity prices are subject to change and can fluctuate in relation to the high/low season and the number of people on a specific excursion. Not all excursions listed here may be available, due to season, or weather conditions. As generally not a lot of time is spent in start/end cities, you may want to arrange to arrive early, or stay longer after the trip in order to allow sufficient time to participate in optional activities there.

All prices are in US dollar amounts, per person.

- Mummy Room in the Egyptian Museum \$18
- Abu Simbel temples excursion from Aswan \$ 70
- Unfinished Obelisk, high dam and a boat ride to the Temple of Philae \$ 25
- Kom ombo and edfu temples (while waiting for the convoys) \$ 12
- Tutankhamen Tomb in the Valley of the Kings \$15
- Trip to sound and Light show at Karnak temple in Luxor \$ 25
- Hot-air-balloon flight over monuments and city of Luxor \$ 80

Health: Nothing compulsory but we recommend protection against typhoid, tetanus, infectious hepatitis and polio. Though malaria does exist in Egypt it is not normally found in the areas where we travel.

Please note your Adventure travels to high altitude. This is medically defined as anything over 8,000 feet (2,440 meters). Most people can travel to 8,000 feet with minimal effects. However, everyone reacts to altitude differently and altitude sickness can on set with some people irrespective of fitness and age. For details on how to best prepare and what to do in the unlikely event you are effected on your Adventure, please consult your physician.

Safety and Security: Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't

need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your leader will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your group leader will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Like anywhere in the world, major cities have areas safer than others, use common sense, be aware of your surroundings and mind your personal belongings.

Medical Form: Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an 'average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers over the age of 70, or travellers with a pre-existing medical condition, are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that senior travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our leaders work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical and culture shock ratings in this dossier for more information.

Please note that all passengers, regardless of age traveling on the MS Polaris are required to fill out this questionnaire.

The medical questionnaire can be found online at:

www.gapadventures.com/online_medical_form.

A Couple of Rules: Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for G.A.P Adventure travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our group leader has the right to expel any member of the group if drugs are found in their possession or they use prostitutes.

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will

take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Responsible Travel: Being a responsible tour operator is at the heart of what G.A.P Adventures is all about. From the start, G.A.P has been committed to offering low-impact tours that benefit traveler and host alike. While our sustainable tourism policies are constantly evolving, our commitment to socially conscious, grassroots style travel has never changed. We work with local communities, businesses and individuals to develop sustainable tourism opportunities that help local economies while minimizing negative environmental and cultural impacts.

We would like to give you a couple of tips to start you thinking about traveling sustainably.

-Please bring rechargeable batteries, a battery charger (and plug adapter if necessary). Batteries are incredibly toxic and many places that we travel do not have proper disposal facilities. Rechargeables are best but if this is not possible we recommend that you bring any used batteries back home with you for proper disposal.

-Please ask before taking pictures. Just as you would not like to have a stranger come up to you and take a picture of you while sitting on your front porch either do the locals of the places that we visit. As you can imagine pictures of their children are also not appreciated.

For more information about our commitment to responsible travel, please visit the Sustainable Tourism section of the G.A.P Adventures website:
www.gapadventures.com

Planeterra-The G.A.P Adventures Foundation: Through G.A.P Adventures' commitment to responsible tourism we have developed Planeterra – the G.A.P Adventures Foundation, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of international charities, local organizations and community projects in the places that we visit on our tours. G.A.P Adventures matches all individual donations and pays all administration fees, which means that 100% of each donation is doubled and goes directly to support our projects. For more information about Planeterra and the projects we support, or to make a donation, please visit www.planeterra.org

Planeterra Dollar-A-Day Program

Our Dollar-A-Day Program provides travellers with the opportunity to help us give back to the people and places visited on our tours by donating one dollar per day for the duration of their tour. 100% of these proceeds will go directly to support our Planeterra projects.

To participate in this program please indicate at the time of booking that you would like to participate in G.A.P Adventures' Dollar-A-Day program, either by clicking the check box online, or by advising your G.A.P Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

Local Dress: No short shorts and shoulders covered.

Feedback: After your travels, we want to hear from you! Your feedback information is so important to us that you'll receive a special discount code for free online prints and we'll give you 5% off the price of your next G.A.P Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Please visit <http://www.gapadventures.com/evaluations>

Newsletter: Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G.A.P Adventures, subscribe at www.gapadventures.com/newsletter_signup

Travel Forum - The Watering Hole: Be sure to stop by [The Watering Hole](#), our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the [Departure Lounge](#) section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at wateringhole.gapadventures.com.

We Want Your Photos: Want to see your photos in print or on the web? Then enter our annual "Great G.A.P Adventures Travel Photo Contest". Simply go online to gapadventures.com/contests/photo_contest to upload your images for a chance to win great prizes including a trip for two! Every year, G.A.P Adventures publishes the best photos received from our travellers in our new brochure. If you prefer to submit slide film or photos instead of digital entries online, just make sure they are clearly marked with your name and contact details on each and the place where it was taken. Unfortunately, we are unable to return any entries. Send mailed entries to "Photo Editor" at our head office.

Free Online Trip Journals: An online [Trip Journal](#) is a great way to record stories and photos as you travel, not to mention sharing your experiences with friends. Encourage your family and friends to follow in your footsteps as you explore the world! With templates for over 300 G.A.P Adventures trips already online all you have to do to get started is log in, choose your trip and your departure date, it's quick and easy! Head to http://www.gapadventures.com/trip_journal.

Keeping in Touch: If you need to be contacted while travelling we recommend that you set up an email address that can be accessed on the road, rather than relying on postal mail. Email cafes are becoming increasingly commonplace and cheap throughout the regions we visit, and have quickly become the preferred way for our leaders and travellers to stay in touch. If someone wishes to contact you in an emergency while you are on one of our trips we recommend that they contact your local booking agent, or refer to our Emergency Contact. We recommend that family and friends don't try to contact you through phoning hotels en route, as our hotels are subject to change, and our hotel receptions often don't have English speaking staff.