

## Egypt and Jordan: Wonders of the World October 14 - October 27, 2017

### YOUR ITINERARY

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10/14/17  
Saturday

#### Arrive in Cairo, Egypt

*Welcome to Egypt! It is unequalled in its splendor - from its powerful temples and historic monuments - to its prodigious contribution to world culture. A venerable land of ageless villages, Egypt is a vast museum and testament to more than sixty centuries of human endeavor and achievement. Her architectural legacies bear eloquent testimony in stone to the enduring genius of ancestral builders.*

✦ **Arrival and Transfer to Hotel**

Arriving in Cairo by 4:00pm, you will be met and assisted through customs and to obtain your visas, then transfer to the luxurious Oberoi Mena House Hotel.

✦ **Welcome Dinner**

After settling into your hotel room, relax and freshen up before being welcomed to Egypt with a special Welcome Dinner at the Mena House Hotel.

**Accommodations:** Oberoi Mena House Hotel

**Meals Included:** Dinner

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10/15/17  
Sunday

#### Cairo

✦ **Breakfast**

Enjoy breakfast at the hotel this morning.

✦ **Meet Egyptologist**

You will be met by the Egyptologist this morning for a full-day excursion that includes a visit to the monuments of the Ancient Kingdom, which spanned the period between 5,100 and 4,000 years ago.

✦ **Visit the Great Pyramids of Giza**

Begin with the Great Pyramids of Giza. The only present day survivors of the "Seven Wonders of the Ancient World," they are among the world's greatest tourist attractions and never lose their ability to inspire and overwhelm visitors. This visit will include an opportunity to be inside one of these fabulous monuments, to explore the mysteries of its ancient past for yourself.

✦ **Camel Ride to the Sphinx**

Of course, no trip to Egypt is complete without a ride on a "ship of the desert"-mount camels to cross the sands of Giza to the Sphinx! Carved out of one huge rock, this ancient figure shrouded in legend and mystery depicts the pharaoh Chefren's head on the body of a lion. As you enter the temple of the mysterious Sphinx, the Egyptologist tells tales about this fascinating figure.

✦ **Lunch**

Lunch today will be back at the hotel, the Mena House Oberoi, at the “Khan El-Khalili Café.” With floor-to-ceiling windows, it has views of the lush gardens of the hotel and the Great Pyramids themselves.

✦ **Egyptian Museum of Antiquities**

This afternoon, visit the Egyptian Museum of Antiquities for a fascinating tour of 7,000 years of Egyptian history. The Museum houses the world’s greatest collection of Ancient Egyptian artifacts, including 12 rooms filled with golden treasures from the world-famous tomb of the boy-king Tutankhamun.

✦ **Dinner**

Dinner is on your own tonight.

**Accommodations:** Oberoi Mena House Hotel

**Meals Included:** Breakfast, Lunch

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10/16/17  
Monday

## Cairo to Luxor

✦ **Breakfast**

Enjoy breakfast at the hotel this morning.

✦ **Check-out and Flight to Luxor**

After breakfast and check-out from the hotel, transfer to the airport for the short flight from Cairo to Luxor.

✦ **Jump Onboard the Nile Cruise Boat**

At noon check in to your home for the next four nights, the 5-star deluxe Nile cruise boat, Sanctuary Nile Adventurer, moored at its own private dock in Luxor. You are welcomed onboard by the reception staff.

✦ **Meals**

All meals are on the boat.

✦ **Visit the Temple of Karnak**

This afternoon the sightseeing tour begins on the East Bank by visiting the Temple of Karnak, built over a period of more than a thousand years by generations of Pharaohs. The great “Hypostyle Hall” is an incredible forest of giant pillars, covering an area larger than the whole of Notre Dame Cathedral.

✦ **Temple of Luxor**

Next, the Egyptologist will guide a tour of the striking and graceful Temple of Luxor dedicated to the god Amun.

✦ **Free Afternoon and Evening Program**

Spend the rest of the afternoon relaxing before a gourmet dinner on board. Tonight, you are greeted by the Boat Manager, who will introduce you to the boat staff and review on-board facilities and the cruise program for the next few days. Before dinner, complimentary Egyptian wine and local beer will be served, together with freshly prepared canapés.

**Accommodations:** Sanctuary Nile Adventurer

**Meals Included:** Breakfast, Lunch, Dinner

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10/17/17  
Tuesday

## Luxor to Esna

### ✦ **First Half of the Day: Breakfast, Free Time, and Lunch**

Today is a leisurely morning onboard the boat sailing to Esna. Enjoy a breakfast buffet and then lunch on board as you cruise and watch the scenery along the Nile. Enjoy a swim in the pool, or catch up on your reading about what you will be exploring next.

### ✦ **Visit the Valley of the Kings**

Begin the day of sightseeing with an afternoon visit to the West Bank of Luxor to explore the Valley of the Kings, a vast City of the Dead where magnificent tombs were carved into the desert rocks, decorated richly, and filled with treasures for the afterlife by generations of Pharaohs. There will be a chance to visit at least one tomb in the Valley of the Queens.

### ✦ **Hatshepsut Temple**

Continuing on, visit the Hatshepsut Temple: Rising out of the desert plain in a series of terraces, the Temple of Queen Hatshepsut (Ancient Egypt's only female Pharaoh) merges with the sheer limestone cliffs that surround it, as if nature herself had built this extraordinary monument.

### ✦ **Colossi of Memnon**

On the way back to the river Nile, the road passes by the famed Colossi of Memnon, known in Ancient Greek times for their haunting voices at dawn. This is a great photo stop.

### ✦ **Afternoon Tea**

A wonderful tradition, and so welcome after a long afternoon of walking, return to the Sanctuary Nile Adventurer for afternoon tea on board in the lounge, while cruising to Esna.

### ✦ **"Egyptian Night" Dinner**

Tonight's dinner on board will be an "Egyptian Night" costume party for all guests, with a chance to dress up in traditional Egyptian "galabeyyas." Dinner will be a lavish buffet of Egyptian specialities, followed by traditional music and dancing for everyone.

**Accommodations:** Sanctuary Nile Adventurer

**Meals Included:** Breakfast, Lunch, Dinner

10/18/17  
Wednesday

## Esna to Kom Ombo

### ✦ **Temple of Khnum**

This morning the Egyptologist will guide you around the Greco-Roman Temple of Khnum at Esna. The beautifully preserved Great Hypostyle Hall was built during the reign of the Roman Emperor Claudius. It was excavated from the silt that had accumulated through centuries of annual Nile floods and is about nine meters below present day street level.

### ✦ **Explore the Temple of Horus in Edfu**

After returning to the boat for lunch, set sail for Edfu. On arrival at Edfu, explore the largest and most completely preserved ancient temple in Egypt, the extraordinary Temple of Horus, the falcon god. It is the second largest temple in Egypt after Karnak, and was built between 305 and 30 B.C. Depictions of New Year's celebrations can still be seen on the walls along the staircases.

❖ **Cooking Lesson**

Returning to the boat, there will be an Egyptian cooking lesson presented onboard.

❖ **Time to Relax**

Later in the afternoon, relax with a cool drink on the pool deck, experiencing the beauty of sunset on the Nile: the palm-fringed shore in silhouette against the resplendent colors.

❖ **Afternoon Tea**

After the cooking lesson, enjoy an afternoon tea as you continue up river to Kom Ombo.

❖ **Dinner**

Dinner is served onboard.

**Accommodations:** Sanctuary Nile Adventurer

**Meals Included:** Breakfast, Lunch, Dinner

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10/19/17  
Thursday

## Kom Ombo to Aswan

❖ **Temple of Kom Ombo Visit**

This morning begins with a visit to the Temple of Kom Ombo, a lovely Greco-Roman temple uniquely double-dedicated to Haroeris, the sun god, and Sobek, the crocodile god. Here the ancient pharaohs kept a chamber of mummified crocodiles. The temple stands at a bend in the Nile where in ancient times sacred crocodiles basked in the sun on the riverbank.

❖ **Lunch**

Return to the boat for lunch on board, while the Sanctuary Nile Adventurer cruises to Aswan.

❖ **The Aswan High Dam**

This afternoon, visit the Aswan High Dam, Egypt's contemporary example of building on a monumental scale. The Dam is a masterpiece of modern engineering, which provides Egypt's electricity and has ended the disastrous Nile floods of times past.

❖ **Philae Temple**

From Aswan take a short motorboat ride to visit the romantic and majestic Philae Temple on the Island of Agilka. Philae Temple was dismantled and reassembled (on Agilika Island about 550 meters from its original home on Philae Island) in the wake of the High Dam. The temple, dedicated to the goddess Isis, is in a beautiful setting which has been landscaped to match its original site.

❖ **Visit the Important Granite Quarries**

Continue on to the granite quarries where the pink-colored granite used in building pyramids and temples in ancient Egypt came from. The quarries still hold a huge unfinished obelisk that the guides can use to give a lesson in the methods used by ancient engineers to create the monuments you have viewed.

❖ **Explore Elephantine Island**

With the construction of the Aswan High Dam, 100,000 Nubians were displaced, many settling in Aswan. Take a ferry to Elephantine Island to visit friendly Nubian villages and learn about their culture. Here you'll find brightly painted homes, often adorned with drawings proudly declaring the owner's pilgrimage to Mecca.

✦ **Afternoon Tea Followed by a Farewell Dinner**

Return to the Nile Adventurer for afternoon tea and tonight's Farewell Dinner, a formal gala dinner, with white-gloved waiters serving gourmet cuisine.

**Accommodations:** Sanctuary Nile Adventurer

**Meals Included:** Breakfast, Lunch, Dinner

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10/20/17  
Friday

## Aswan to Cairo

✦ **Breakfast and Transfer for Short Flight**

After breakfast on board, say goodbye to the Sanctuary Nile Adventurer and its crew and transfer to the Aswan airport for our short flight south along the Nile to the magnificent temples of Abu Simbel.

✦ **Visit the Temples of Abu Simbel**

Return to the Nile Adventurer for afternoon tea and tonight's Farewell Dinner, a formal gala dinner, with white-gloved waiters serving gourmet cuisine.

✦ **Flight back to Cairo**

After the escorted visit to the famed temples, return to the airport and fly back to Aswan Airport where you board the short flight to Cairo.

✦ **Lunch**

Lunch is on your own this afternoon.

✦ **Khan El-Khalili Bazaar**

After check in at the hotel, you have an evening visit to the Khan El-Khalili Bazaar, reputed to be the largest bazaar in the Middle East. Originally founded as a watering stop for caravans in the 14th century, the bazaar has now grown to vast proportions. Wander through the labyrinth of narrow streets, stopping to look in workshops and stalls that sell everything from woodwork, glassware, and leather goods to perfumes, fabrics, and Pharaonic curiosities. Remember to bargain hard!

✦ **Dinner**

Dinner is on your own tonight.

**Accommodations:** Fairmont Towers Hotel

**Meals Included:** Breakfast

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10/21/17  
Saturday

## Cairo to Amman, Jordan

*Welcome to Jordan! Jordan's cultural treasures, although less well known, are fascinating including Petra, one of the "New Seven Wonders of the World".*

✦ **Breakfast and Check-Out**

After breakfast at the hotel and a leisurely morning, check out and transfer the short distance to Cairo International Airport for your flight to Amman, Jordan, and the continuation of your adventures into antiquity.

✦ **Arrival into Amman and Transfer to Hotel**

Arriving mid-afternoon at Queen Alia International Airport in Amman, you are met inside the airport and assisted through immigration. Your free visa on entry into Jordan will be obtained by the guides.

You are transferred directly to the 5-star Amman Grand Hyatt Hotel, located in the beautiful Shmeisani area, where you will stay for the next two nights.

✦ **Lunch and Dinner**

Lunch and dinner are on your own.

**Accommodations:** Grand Hyatt Amman

**Meals Included:** Breakfast

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10/22/17  
Sunday

## Amman

✦ **Breakfast**

Breakfast is served at the Hotel.

✦ **City Tour of Amman**

Begin today with a city tour of Amman that includes the Citadel, the Archeological Museum, the Roman Theater, the Folklore Museum, and then a walk downtown through the bazaars and the Gold Market.

✦ **Drive to Jerash and Lunch**

Continue with a one-hour drive to Jerash, where you have lunch at the Green Valley Restaurant.

✦ **Explore Jerash**

Second only to Petra in tourist appeal, the ancient Roman city of Jerash is an archeological masterpiece, and remarkable for its long chain of human occupation. Here at a well-watered site framed by the hills of Gilead, remains from Neolithic times have been found, as well as ruins from other civilizations: Greek, Roman, Byzantine, and Umayyad. Today it is acknowledged as one of the best-preserved province cities of the Roman Empire.

✦ **Dinner**

Dinner is on your own tonight.

**Accommodations:** Grand Hyatt Amman

**Meals Included:** Breakfast, Lunch

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10/23/17  
Monday

## Amman to Petra

✦ **Breakfast and Depart**

After a buffet breakfast at the hotel, check out and depart for a visit to Mount Nebo.

✦ **Mt. Nebo**

Visit Mt. Nebo, a holy place and pilgrimage destination. It is the mountain where Moses was allowed to see the Holy Land, but not allowed to enter. Like Moses, you have a great view over Jordan, the Dead Sea, and Israel. When the weather is clear, you might even be able to see Jerusalem, which is about 37 miles away.

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✳️ **To Madaba**

Next travel to Madaba, the “City of Mosaics,” perched on an archaeological site with more than 4,000 years of history buried beneath it. The quality and quantity of mosaic flooring has made Madaba one of the most renowned cities in the world for mosaics.

✳️ **Lunch in Madaba**

Lunch is at the Haret Jdoudna Restaurant at Madaba.

✳️ **Drive to Petra, Check-In and Dinner**

Continue to Petra via the Desert Highway, arrive in Petra, and check into the hotel where you have dinner.

**Accommodations:** Mövenpick Resort Petra

**Meals Included:** Breakfast, Lunch, Dinner

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10/24/17  
Tuesday

## Petra

✳️ **Breakfast**

Breakfast is served at the hotel.

✳️ **Ride or Walk to Petra's Main Gate**

The morning begins with a short horse ride (or walk) from the main gate of Petra to the entrance of the old city (an 800-meter ride). Then walk along a narrow canyon called the “Siq” to visit the rose-red city of Petra.

✳️ **Lunch**

Enjoy lunch inside Petra at the Basin Restaurant.

✳️ **Dinner at The Petra Kitchen**

Tonight is a very special dinner at the Petra Kitchen. The Petra Kitchen is a delightful way to round out your travel experiences in Jordan. Like any home kitchen, The Petra Kitchen is a relaxed, informal atmosphere where you gather to prepare an evening meal, working alongside local women under the supervision of an experienced chef.

The evening meal includes soup, cold and hot mezza and salads, and a main course—all typical Jordanian dishes. You'll get an inside glimpse of the secrets behind the famous regional cuisine of the Levant.

Having dinner here offers an evening of learning, fun, and a very special dining experience. Great care has been taken to make the Kitchen a truly Jordanian experience—right down to the furnishings, all crafted in Jordan, the tableware, all produced by the Iraq al Amir Women's Co-operative, and the aprons and table linens, all hand-embroidered by the Jordan River Foundation.

**Accommodations:** Mövenpick Resort Petra

**Meals Included:** Breakfast, Lunch, Dinner

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10/25/17  
Wednesday

## Petra to the Dead Sea

✳️ **Breakfast**

Breakfast is served at the hotel.

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❖ **Check-Out and Head to Wadi Rum**

Today, check out of the hotel and drive to Wadi Rum, where you pick up 4X4 vehicles driven by local Bedouins, to visit the desert of Lawrence of Arabia. T.E. Lawrence described the extraordinary canyon of Wadi Rum as “vast, echoing, and god-like.” In our sturdy vehicles, you'll explore deep into this magnificent canyon with its rock spires, colors, shapes, and almost supernatural atmosphere.

❖ **Lunch and Continue to the Dead Sea**

Enjoy a festive lunch served in special Bedouin-style tents in Wadi Rum. After lunch continue on to the Dead Sea via the Desert Highway.

❖ **Check-In**

Arriving at the Dead Sea, check into the 5-star hotel, the Dead Sea Kempinski Ishtar Hotel.

❖ **Dinner**

Dinner is on your own tonight.

**Accommodations:** Dead Sea Kempinski Ishtar Hotel

**Meals Included:** Breakfast, Lunch

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10/26/17  
Thursday

## Dead Sea to Amman

❖ **A Free Day at the Dead Sea**

Today enjoy a full day of relaxation at the hotel and its surroundings.

❖ **Meals**

Breakfast is served at the hotel. Lunch and Dinner are on your own.

❖ **Check-Out and Transfer to Airport**

At about 9:15pm, check-out and depart the hotel, transferring to Queen Alia International Airport to check-in for your international flight home.

**Accommodations:** Dead Sea Kempinski Ishtar Hotel

**Meals Included:** Breakfast

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10/27/17  
Friday

## Depart Jordan

❖ **Flights Depart**

Early morning departure flight from Amman, Jordan with same day arrival into your gateway airport in the US..



# ACCOMMODATIONS

## **Oberoi Mena House Hotel**

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The Mena House is one of the most unique hotels in Cairo, with its own rich and colorful history. Surrounded by 40 acres of verdant green gardens, this palatial hotel is located in the shadows of the Great Pyramids of Giza in Cairo. The royal history of the hotel is reflected in luxurious interiors that are embellished with exquisite antiques, handcrafted furniture, original work of arts and magnificent antiques that are rarely found in luxury hotels. Mena House has played host to kings and emperors, Heads of State and celebrities. The Mena House, located 700 meters from these wonders of the ancient world, offers unmatched views of the pyramids. You can gaze upon the magnificence of the pyramids from your rooms at sunrise and sunset. After dinner at one of the many restaurants, you can return to see them lit up for your private viewing pleasure.

Regarded as one of the leading luxury hotels in Cairo, the hotel combines the magical charm of a bygone era with unrivalled service fit for royalty. Your interlude at the hotel promises to be a journey of discovery, exploring Cairo's ancient treasures and unraveling the many mysteries of Egypt's past.

## **Sanctuary Nile Adventurer**

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One of the very finest passenger vessels plying the waters of the River Nile, Sanctuary Nile Adventurer is a sleek, elegant cruiser with the feel of a comfortable and intimate private yacht. It provides a relaxed ambiance from which to watch the ever-unfolding scenes along the legendary river. Fully air-conditioned and outside-facing staterooms feature large picture windows, private baths and amenities such as color TV and CD players. The five passenger decks offer an outdoor swimming pool, two sun decks, a library, two bars and a lounge, as well as laundry facilities, a game room, and a gift shop. The dining room features an international menu.

Entertainment schedules during our cruise are adjusted according to the exact sailing schedule of the boat. However, every cruise on the Sanctuary Nile Adventurer will include an authentic folkloric performance by a Nubian troupe and a "galabeya party" with an opportunity for everyone to dress up in traditional Egyptian costume and dance to Arabic music.

Most meals are served in the restaurant. However, at least one barbecue lunch (while sailing) will be served on deck (weather permitting). Afternoon tea includes a range of teas and herbal infusions, fresh coffee, and a selection of freshly baked, homemade cake, cookies, and finger food. Mineral water, tea, and coffee are included with every meal.

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## Fairmont Towers Hotel

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The Fairmont Towers Hotel offers a convenient location close to the Cairo International Airport. Heliopolis is a tree lined suburb of Cairo that is home to Egypt’s Diplomatic and Presidential offices. The hotel is 3 miles from Tree of the Virgin and the Roxy shopping district. It is also 6 miles from Saint Marco’s Cathedral and 12 miles from Egyptian Museum, the Pharaonic Village, Khan El Khalily (Old and Oriental Market), the Citadel, and the Nile.

## Grand Hyatt Amman

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Conveniently located in the heart of the business and diplomatic district of Jabal Amman, this 5-star hotel offers luxurious rooms as well as restaurants, bars, clubs, swimming pools and even a shopping mall. The Grand Hyatt is truly a class act. The majority of the hotel is constructed from polished Jerusalem sandstone, an elegant touch that tones down the sheer extravagance of it all!

## Mövenpick Resort Petra

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The Mövenpick Resort Petra is located directly at the entrance to the historic Jordanian city of Petra. This resort with an oriental flair features an exciting combination of natural stone, handcrafted wood and Middle Eastern fabrics and textures. With 183 newly renovated rooms and suites and a wide variety of restaurants for your culinary cravings, the Mövenpick Resort Petra will certainly provide long lasting memories of our time spent in one of the world’s most extraordinary destinations.

## Dead Sea Kempinski Ishtar Hotel

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Welcome to the lowest point on Earth, which is on the Dead Sea! Embrace the magic of Jordan's most enchanting setting, where nature and history have so wonderfully conspired. This 5 star luxury hotel is situated on the edge of the famous salt lake (the Dead Sea), and provides uninterrupted views across the vast sea towards the West Bank and access to some of the most beautiful scenery in the world, including religious sites and majestic countryside. It also has the largest spa in the Middle East, and you may want to spend part, or all of your free day there! Enter a world of natural and architectural brilliance, where you will be swept into an oasis of comfort and serenity with a Babylonian-inspired theme. Carved in natural stones and offering enchanting sea-view balconies, all of the rooms are delicately styled with contemporary fittings and luxurious amenities.

## TRIP DETAILS

### Included In Egypt and Jordan

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- All hotel accommodations throughout the trip
- All meals as listed in the itinerary
- Bottled Water
- All ground transportation
- Entrance Fees
- English-speaking guides throughout the trip
- One AdventureWomen Associate

### Not Included In Egypt and Jordan

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- \*International airfare
- \*Domestic airfare
- \*Meals not specified in itinerary
- \*Alcoholic beverages
- \*Gratuities and personal expenses

*Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.*



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info@adventurewomen.com

## Pre-departure Information

# Egypt & Jordan: Wonders of the World

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### How To Register

Call the AdventureWomen office at (800) 804-8686 or (617) 544-9393 to determine space availability and register for this trip. We can complete your registration, including taking your credit card deposit over the phone. As a courtesy, we can hold your space for five days while you are making personal and travel arrangements.

If you prefer, you can register online by clicking "Sign Up for This Trip" on the Trip page.

Please be sure to read the AdventureWomen policies before registering!

### Passports and Visa

Citizens of the United States must possess a valid passport for travel to Egypt and Jordan. Americans, Europeans, and Australians can purchase a tourist visa on arrival at the airport for a \$28 fee in Egypt, payable in U.S. Dollars. Jordan's group visa is free on arrival. Each visa is good for one month. You will need one passport photo for each visa. Citizens of other countries should inquire about requirements for entry.

If you do not have a passport, please APPLY NOW! Make sure that your passport is valid for a minimum of 6 months beyond your travel dates (April 30, 2018), and that you have a minimum of 2 blank facing pages for each visa (4 blank pages total). When you have your passport photographs taken, you should get extra photos: even though you need just one passport-size photo when you apply for each visa, you should always carry 2-3 EXTRA photos, just in case an emergency arises (i.e. in case your passport/visa is stolen).

### Health Requirements and Health Insurance

No special vaccinations are required for travel to Egypt or Jordan. However, please consult your personal physician, local health department, travel clinic, or immunization center about any

vaccinations you may need to update, or others that may be personally recommended for you based on your age, health, and past vaccination history. Hepatitis A and B are present everywhere in the world, so you should talk to your Doctor about this.

**You MUST have your own health insurance** and be in very good physical condition to participate in this trip. This is an active holiday, and we rate it as Moderate. Trips of this designation offer moderate physical challenges, and for this trip you should be able to walk/hike from 2-5 miles. Visits to temples, museums, and excavations involve a considerable amount of walking, some of which may be in hot weather.

## Making Travel Arrangements to Egypt and Jordan

**You will need to arrive in Cairo, Egypt by 4 p.m. on October 14, 2017. Early morning departure is from Amman, Jordan on October 27, 2017.** We are happy to help you make your flight and travel arrangements. Please contact us at:

**(800) 804-8686 or (617) 544-9393**

**email: [info@adventurewomen.com](mailto:info@adventurewomen.com)**

**NOTE:** The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last minute registrants, we must often relinquish hotel space and air reservations up to 6 – 12 weeks prior to departure!

Please keep this in mind when making your travel plans.

## Money

Egypt's unit of currency is the Pound. As of **April 2016, 1 USD = 8.8 Egyptian Pounds.**

Jordan's unit of currency is the Dinar. As of **April 2016, 1 USD = 0.71 Jordan Dinars.**

You can find the current rate of exchange at the following website: <http://www.xe.com/ucc/>

Bring U.S. cash, credit cards, and maybe some travelers checks (American Express), which can be exchanged at banks. Most of the large hotels have ATM's. Major credit cards can be used for cash advances in banks and exchanges and for purchases in many large tourist hotels, stores, and restaurants. In Egypt, you will get a better exchange rate for cash in US Dollars from hotel staff and small shops. The unofficial market exchange rate is usually 15% higher than the official central bank rate. In Jordan, U.S. Dollars are generally accepted all over the country.

Bring smaller bills (not larger than \$50) and make sure that they are in very good condition (no tears or wrinkles).

Generally most goods and services in Egypt and Jordan seem to be very good value, but there is a system of bargaining for everything you need. Some of the larger tourist shops have fixed prices, but in the local markets, bargaining is a way of life - so leave plenty of time for shopping.

**\*Important information about credit cards! Please note:** You should bring **at least one smart card, usually referred to as a chip card, or chip-and-PIN credit card** for travel to Europe and to other overseas destinations. These new cards are more secure and you are more protected from credit card fraud.

These so-called smart cards have embedded microchips in them. You will see the silver or gold microchip on the front of your card. They also have the traditional magnetic stripe, so can be used the same as your regular credit/debit card. You'll either sign for purchases, or enter a 4 digit PIN into a terminal. (Confirm with your bank that your PIN, or 4 digit number, will be the number that you use the FIRST time that a PIN is required for use with your new card. So just make sure you remember it for all future transactions!)

It is best to have your chip card as a VISA or MasterCard, since American Express is often not accepted in many places. In Europe and in parts of Asia, they simply don't acknowledge magnetic-stripe cards anymore unless they are chip-and-PIN enabled. In addition, in any automated transactions such as train stations and gas stations, **ONLY** chip-and-PIN cards are accepted.

Chip-and-PIN cards have become standard in many European countries because of their superior fraud-prevention abilities. Now countries in Asia, North America and South America, and Canada are doing the same.

## **Recommended Tipping**

Tipping is, of course, optional and based on your satisfaction with the guides, drivers, wait staff, etc. The following, however, is the recommended amount of tips that are suggested on the trip. You can tip in US Dollars:

### **Egypt**



Tipping in Egypt is a way of life. Tips are called "baksheesh" and it is an integral part of life in this country—probably more important and emphasized here than in most of the countries that AdventureWomen travels to.

The following is a guideline for the people we will tip, and the suggested amounts:

- \$15-\$20 per person per day to our specialist-Egyptologist-guide (6 days: \$90 - \$120);
- \$8 per person per day to drivers (drivers will vary and should be tipped each day unless you know they will stay with you for a few days);
- \$12-\$15 per person per day to the cruise crew on the *Sanctuary Nile Adventurer* (4 days: \$48 - \$60);
- \$10 per person per day for the Tour Coordinator. This is the trip facilitator who meets clients at the airport, escorts them to the hotel, and assists clients requirements while in Egypt. (Approximately 5 days: \$50);
- \$5-\$6 per restaurant meal (any meal that is not included).

### **Jordan**

The following guideline is for tipping our staff in Jordan:

- \$50-\$60 per person for the main guide;
- \$30-\$35 per person for the driver;
- \$5 per person for the horse boy at Petra;
- \$2 per person for the 4X4 drivers at Wadi Rum;
- \$2 per meal at restaurants (any meal that is not included).

### **Food and Water**

In both Egypt and Jordan, there are wonderful varieties of dining experiences available, with a very pronounced Middle Eastern accent! You will want to try everything, from the locally-grown fruits and vegetables, to the delicious lamb, beef and veal served in shish kebabs and casseroles and, of course, the incomparable freshly baked breads. You will enjoy such appetizers as smokey, subtle baba ghanooj (seasoned eggplant and sesame) and rich, creamy hummus bi tahini (chick pea and sesame paste) to such sumptuous desserts as flaky om ali (chock full of raisins and nuts.) For a change of fare, you may wish to sample the Continental cuisine that is readily available in our hotels.

By observing reasonable precautions, you should be able to enjoy a healthy, trouble-free stay. ALWAYS drink bottled water (never tap water), and do not eat raw food, undercooked meats and fish, unpasteurized milk and dairy products, and any fruit that you have not peeled yourself. Eating yogurt helps with the introduction of new foods!

## What to Bring

Situated in the northeastern corner of Africa, Egypt enjoys a uniformly dry climate year round, as does Jordan. Temperatures, however, fluctuate considerably from month to month, and your wardrobe will need to be planned accordingly. In general, the coolest months are November through March, when daytime temperatures range from the lower to middle 70s and overnight lows average around 50 degrees. The hottest time of the year runs from May through September, when high temperatures may reach 95 degrees in Cairo and 105 degrees in Aswan. In October, daytime temperatures usually run in the mid-80s, cooling off to the middle 60s at night, so spring-like and summer clothing is in order.

Loose fitting, comfortable clothing is advisable, and a comfortable, well broken in pair of walking shoes is a necessity. A hat and sunscreen is also necessary, as we will spend many hours in the sun as we explore the mysteries of Egypt and Jordan. In the evening aboard ship, although attire is casual, you may want to wear a nice pair of pants, a skirt, or a dress for special occasion dinners on board. In Cairo, Egyptians tend to dress up more in the evenings (skirt or dress).

Remember that we will be in Muslim countries. Women should be careful to keep their shoulders and knees covered when visiting mosques. Also, short shorts, backless dresses, and halter tops may be offensive to Muslims, and should not be worn. Shorts are acceptable during shore excursions, unless we are visiting a mosque or church.

## Luggage, Clothing and Travel Accessories

Three words of packing advice: LIGHT, LIGHT, LIGHT! It is best to condense your luggage into one manageable suitcase with wheels and one daypack or backpack (carry-on size). Also, a spare, very light duffel bag or day pack rolled or folded into your wheeled suitcase is useful to have to transport souvenir items home.

We suggest you use your daypack as your carry-on bag during your flights. In it you should have all valuables and essentials: medications, passports and all important documents, cameras, a day's change of clothing, lightweight sleepwear, and toiletries.

Put luggage ID tags on the outside AND inside your baggage. If your bag is lost and the outside ID tag and baggage stickers are dislodged, the airlines may open the bag to search for an ID inside your bag. (We will send you 3 tags for the outside of your bags.)

You should also be aware of the airline regulations ([www.tsa.gov/travelerinformation](http://www.tsa.gov/travelerinformation)) about what you can and cannot bring in your carry-on bag, and what you must put in your checked luggage.

### Pre-Departure Tasks

- Obtain or renew passport.
- Evaluate and obtain trip cancellation, baggage, and medical insurance.
- Consult with your physician for physical examination, immunization, and prescription medicine recommendations.

### Clothing

- Clothing should be lightweight, quick drying, and breathable. Pay special attention to sun protection needs. Long sleeves and wide brim hats are recommended.
- Underwear. Synthetics are easier to wash and dry.
- Sleepwear.
- Shirts: Long-sleeve, synthetic or cotton shirts because they are featherweight, durable, wrinkle-resistant, and dry quickly. Those with multiple, closed (velcro or zipper) pockets are excellent.
- Short-sleeve synthetic or cotton T-Shirts. Those with multiple, closed (velcro or zipper) pockets are excellent.
- Sweater/Jacket: Medium-weight sweater or jacket made of synthetic fabric (fleece) for cool evenings.
- Vest: A lightweight, multi-pocket, photo journalist-type vest is excellent for day use (use it to store cameras, binoculars, etc.).
- Pants: Full-length pants, preferably of quick-drying synthetic fabric with many zippered pockets. Convertible pants that convert from long pants to shorts save room and are very convenient for use during a long day.
- Walking shorts, preferably of a synthetic fabric and to the knee (modesty is respectful here).
- Bathing Suit.
- Sun hat with a wide brim, preferably with a chin strap to keep it from blowing off.
- Gore-Tex rain/wind parka and/or sturdy poncho to protect day pack and camera gear from rain or water spray. (This can be your jacket, as listed above, as long as it is waterproof).
- Athletic socks (synthetic for easy washing and drying) that are suitable for your lightweight walking shoes.
- Sturdy, properly fitting footwear can make your trip much more comfortable and enjoyable. Very comfortable, lightweight walking shoes are a good option. We will be doing a lot of walking on this trip, so bring shoes that you will be comfortable in for all day wear.

- Sandals for boats, water, and for walking around resorts (Teva-type sandals or similar: Merrell's, Keens, etc., or any thing that can get wet and dry fast).
- 3-4 cotton bandanas (it's an AdventureWomen tradition!).
- One or two sets of nice, casual city clothes that are dressier for evening restaurants and gourmet dinners on the boat (maybe a lightweight skirt/dress to be included).

### Personal Items

- Passport.
- 2 passport photos for getting visas on arrival in both Egypt and Jordan, plus 2-3 spare passport photos to bring on the trip (in case of lost passport/visa).
- Battery operated travel alarm clock.
- Extra batteries for cameras, alarm clock, etc.
- Small flashlight with extra batteries and bulb.
- Sunglasses, case, strap (90% - 100% ultraviolet and some infrared protection).
- Contact lenses, cleaner, saline solution, extra eyeglasses with safety band.
- Money belt.
- Bring U.S. cash, credit cards in denominations no larger than \$50 US Dollars, and make sure that you have lots of small bills (\$1 - \$20). Credit cards are widely accepted in most hotels, restaurants, and department stores. ATMs are in larger cities, and infrequent in smaller ones.
- Address book, writing paper or journal, pen/pencil.
- Daypack (also serves as an airline carry-on bag).
- Although you are supplied bottled mineral water, you might also want to bring an extra plastic water bottle. Nalgene plastic is recommended as there is no plastic taste in the heat.
- Locks for your suitcase and duffel bag (when left in rooms).
- Ziploc-type bags for packing shampoo or other liquids, or wet, dirty clothing.
- 1-2 heavyweight plastic garbage bags for anything wet from the Dead Sea or sandy from Wadi Rum.
- Earplugs. We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs, which you can buy at most drug stores, or at [www.earplugstore.com](http://www.earplugstore.com). Good to 22 decibels!
- Washcloth (not supplied in many hotels).
- Personal toiletries in small leak-proof bottles.
- Tampons or sanitary napkin supply (not always widely available).
- Thread, needles, safety pins for minor repairs.
- Insect repellent with the percentage of DEET recommended by your travel medicine physician. It's important that you bring an ample supply of good quality repellent. If you use DEET, try to wipe it off your hands before touching plastic surfaces such as your binoculars or cameras (DEET damages some plastics).

- Wash & Dries (or other antiseptic wipes) for hand washing and emergency toilet paper.
- Lonely Planet/or Eyewitness Travel Guide/or other book on Egypt and Jordan.

#### Personal First Aid Kit (bring in small amounts in small containers)

- Foot powder for moisture absorption; cloth, not plastic Band-aids; about 10 individually wrapped alcohol pads; and a small tube of Neosporin or other antibiotic cream.
- Benadryl cream for itchy bites.
- Aspirin/ibuprofen, etc.
- Cold-symptom relief tablets, antihistamine, cough drops.
- Adequate quantity of sweat-resistant sun screen with at least an SPF 15 rating or higher, and lip balm with sunscreen.
- Tweezers.
- Ace bandage.
- Antibiotics (Cipro, or another systemic antibiotic).
- Prescription medicines in their original bottles.
- Acidophilus enzyme (available in capsules in health-food stores). This often helps your digestive system get in shape for "new" flora.
- Immodium, Lomotil, or similar anti-diarrhea medicine.
- Pepto-Bismol tablets and/or liquid (in leak-proof bottle).
- Emergen-C or similar. Some people swear they get fewer colds on airplanes if they take this during flights.
- Laxative tablets.
- Visine or similar eye drops.

#### Camera Equipment

For many women, photography is a large part of this trip. We suggest you bring the following:

- Digital camera, more memory cards and batteries than you think you will possibly need, battery charger, and adapter. You can charge your digital batteries in hotels and onboard the boat.

#### Optional

- Small, lightweight binoculars.
- Pictures of your house, pets, and family (local people love to see this!).
- Reading material.
- Extra, lightweight duffel bag (empty, and packed inside your suitcase).

## Last Minute Reminders

- Make photocopies of your airline tickets and the first two pages of your passport, and put them in different locations (suitcase, carry-on bag, etc.).
- Bring 2-3 extra passport size photos to use in emergencies.
- Your valuables should be insured for the duration of the trip, but better yet, leave them at home.
- Remove extra credit cards, driver's license, and personal items from wallet or purse.
- Make sure passport and airline tickets are valid and in the correct name.
- Check with airline to reconfirm reservations and departure time.

## Some Extra Items to Add to your "What to Pack" List

We are always updating and adding items for all international trips. With over 32 years of experience flying around the world, we think these items help make your long airline flights much more comfortable and even more bearable:

- Neck pillow - Inflatable neck pillow for blissful support and deep sleep. For packing, it folds into itself. Self-sealing valve means nothing to close. Soft microfleece cover removes for washing.
- Sleep mask /Comfort eye shade - Ultra lightweight and comfortable, the Comfort Eye Shade screens out light and distractions for a cozier flight. Ultra-soft micro fleece for comfort. Adjustable elastic strap for a perfect fit. Made of Molded Polyester Micro Fleece.
- Travel compression socks - Reduce ankle and leg swelling and reduce the risk of deep vein thrombosis. These doctor-designed socks stimulate circulation through gradual compression that stops swelling and guards against (DVT). Made of coolmax®-lycra®-nylon. The TravelSox® cushion Walk Socks have extra-padded soles and are made of moisture wicking SoftPrim®.
- Noise canceling headphones - Block out unwanted sounds of children crying and airplane engine drone, and/or enjoy great audio sound. Reduce distortion and increase perceived loudness so you can enjoy sound at a lower volume. Get the around the ear design, which is very comfortable.

## Final Payment

Final Payment is due to AdventureWomen, LLC in a cash form (check, money order, or wire transfer) on or before **July 16, 2017**.

## Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

## Switching Trips

If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

## No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be **no smoking** by any participants on AdventureWomen vacations.

## About Adventure Travel Today - Please Read Carefully!

At AdventureWomen, we would like to ensure that all participants understand that our excursions are *adventure travel vacations*, and not "tours." We define "adventure travel" as travel in which one *actively participates*, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to experience an *active, out of the ordinary vacation, and meet new friends*. Most of all, we want our trips to be fun!

In this spirit, the successful adventure traveler should be a *good-natured realist* and have a *sense of humor!* *Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist*, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. *Being on time is important*, and contributes to the congeniality, success and well being of both individuals and the group!

**Thank you for choosing to travel with AdventureWomen! If you have any questions or concerns, please don't hesitate to call, write or email us.**

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