



Jordan Real Food Adventure

Overview & Itinerary

Start	Amman, Jordan
Finish	Amman, Jordan
Destination	Jordan
Style	Original
Theme	Food
Code	EEZF
Trip rating	4.88
Validity	01 Jan 2019 to 31 Dec 2019

Is this trip right for you?

- There is quite a bit of walking involved in visiting Jordan's historic sites, especially in Petra and Wadi Rum, so a reasonable level of fitness is required. Most of the time there is no shade so remember to bring a hat, sun protection, and sturdy, comfortable walking shoes.
- The desert camp in Wadi Rum is basic but incredibly memorable. There are tents and shared western bathroom facilities. Please be aware that while the desert may be very hot during the day, it will still be cool at night and warm clothes and a sleeping bag is highly recommended when travelling outside of the summer months.

Physical rating



We recommend that you undertake regular aerobic exercise in the weeks before you travel, particularly if you are not in the habit of regular exercise. Walking, jogging, swimming or riding a bike are all good ways to increase your aerobic fitness, which will allow you to enjoy the trip to its fullest.

Joining point

The Art Hotel
32 King Faisal street, Down town, Amman, Jordan 11118
Amman
JORDAN
Phone: 962 64638900

Joining point description

The Art Hotel is a new hotel located just a 5 minute cab ride from the nightlife of Rainbow street as well as a 10 minute stroll from landmarks such as the Roman amphitheater, the Jordan Museum and the Citadel. Hotel facilities include .The hotel has WiFi and all rooms come equipped with private bathroom, TV, and Air-conditioning.

Joining point instructions

The Art Hotel Downtown is roughly 40kms from Amman's Queen Alia Airport - around a one hour drive (traffic permitting). A private arrival transfer is available for pre-booking through Intrepid. Please speak to your booking agent for more information. If you have pre-booked an arrival transfer, please ensure you have provided Intrepid with your arrival flight details at least 15 days before the departure of your trip. On arrival, please look out for our representative holding a board with your name at the arrival terminal.

If for any reason you don't make contact with the transfer officer by the time you have cleared customs (as can occasionally occur as many flights tend to arrive at the same time). Please call Suleiman on the following number: (+962) 7 9554 4854.

If you are making your own way to the hotel, a taxi journey will set you back around USD\$30-\$40. Alternatively the Express Bus is available as a public transport option. This has two stops: first stop is 7th Circle and the second one is North Complex. It costs \$6.00 Per Person. Get off at the North Complex (Tabarbour bus station) and from the bus station, take a taxi to the city centre as it's the most affordable way to get around the city. As a guide, it doesn't normally cost more than a few Jordanian Dinars from the bus station to locations in town.

Problems and emergency contact information

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local representative straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader/local partner may not be able to resolve a situation to your satisfaction - if this is the case, please ask the leader to speak to their direct manager.

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. But we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

In case of a genuine crisis or emergency, you can reach our local operator on the number below:

Intrepid's Local Operator: +962 79 55 44 854 OR +962 77 55 10 678

Itinerary

[+ Expand All](#)

Day 1: Amman

Ahlan wa sahan! Welcome to Amman, capital of Jordan. Amman is known for sharing a mix of both young and old culture. The western side of the city is home to cafes, bars, malls and art galleries while the eastern side is generally less about affluence and more about tradition. This trip puts a focus on the delicious cuisine of Jordan, a gastronomy shaped by centuries of social and political change. As these shifts came and went, multitudes of spices, cooking techniques and ingredients remained in their culture – the most popular of these techniques proving that Jordanians' love for roasted foods and special sauces is one for the ages. Jordan also has bragging rights as one of the largest producers of olives in the world, so it's no surprise that olive oil is commonly used in their dishes. Garlic, onions, tomato sauce, lemon and za'atar (a spice blend with sumac, sesame seeds, salt and other spices) are all big-ticket items, and should pop up often on this adventure. Begin at the hotel with a 6pm welcome meeting. Following that, tonight's taste of Jordanian cuisine starts at the Hashem Restaurant – a place with a bragging rights for being a favourite of royals, diplomats and celebrities travelling through Amman. Dinner will consist of their famous Jordanian stuffed falafel, which is fresh and crunchy on the outside while fluffy on the inside. There's also the chance to dip bread through smooth creamy hummus and moutabel; similar to hummus but with yoghurt, lemon juice and Arabic salad. After a filling meal, head on to the decades old Habibah Sweets shop for a slice of warm knafeh – delicious buttery cheese pastry soaked in sweet, sugar syrup.

Included Activities

- Habibah Sweets Shop

Meals Included

- Dinner

Day 2: Madaba - Petra

Keep an eye out this morning for people stuffing their faces with hot sesame bread sandwiches – most of these will be pouring out of the Salaheddin bakery, today's breakfast joint and a favourite among locals. Walk in, choose a hot, fresh loaf and fill it with baked eggs, cheese, spices or anything else you want from the counter. After filling up on arguably the best bread in town, board a bus and head through Madaba before reaching the Dead Sea (approximately 45 minutes drive). This body of water is famously salty – 9.6 times saltier than the ocean as a matter of fact. As a result, it's believed to have healing properties that can be tested first hand during an optional swim. After drying off, prepare for a traditional picnic lunch, mezze style. Mezze consists of setting up a series of small appetisers with a group of friends, then scooping them up with bread. Think of it like a much better version of sharing dips and bread/crackers with friends. Kibbeh (fried meat with wheat), manakish (flatbread with za'tar and olive oil), spinach bread and cheeses are all served, followed by a cup of shaneeneh (an aged goat milk yoghurt drink) and a serving of hareeseh (a sweet, syrupy pudding) for desert. Once everyone's filled up from lunch, the adventure continues to Petra for dinner (approximately 3 hours drive). Learn from a local family how to prepare mansaf, delicious lamb with fermented, dried yoghurt sauce. After a hearty meal and a few shared stories from the family, arrive at La Maison Hotel sitting near the ancient ruins of Petra.

Accommodation

- Hotel (1 night)

Included Activities

- Picnic Lunch by the Dead Sea
- Home Cooked Mansaf Meal

Meals Included

- Breakfast
- Lunch
- Dinner

Day 3: Petra

Today we explore ancient Petra, known as one of the new 'seven wonders of the world'. This archaeological city sits within 80 m high cliff walls – the iconic treasury, carved into the face of one of these cliffs is definitely the highlight of this visit. The site is expansive and to explore it all requires quite a bit of walking and a basic level of fitness will enhance your experience. With a free afternoon to proceed at your own pace there's ample time to see the museum, the roman amphitheatre, the palace and other places – just head to the visitor centre for a map and a few suggestions as to where to go. Once the day is done, head back to your hotel for a free evening.

Accommodation

- Hotel (1 night)

Included Activities

- Petra - Guided tour of Petra

Meals Included

- Breakfast

Day 4: Wadi Rum

We rise early as today's breakfast will be shared with a local shepherd as you bask in awe of the beautiful dry countryside.

By this stage of the adventure, it should be apparent that a Jordanian breakfast is fairly varied but sticks to a few staples; breads and garnishes being two of the favourites. A typical breakfast can consist of hummus, falafel, salad, pickles and khubz (a pita style bread), although dipping flatbread into olive oil then za'atar is also fairly common. A mezze style breakfast under this towering scenery will be the perfect setting to chat with the shepherd and learn about the life and culture of a Petran local.

Then head on to Wadi Rum (approximately 3 hours drive), a place often referred to as 'The Valley of the Moon'. Enjoy a true 'Lawrence of Arabia' moment while exploring the sparse red sand dunes, steep craggy mountains and the legendary 'Seven Pillars of Wisdom' rock formation on a four hour jeep ride through the region. Afterwards, head back to a Wadi Rum campsite for a traditional Bedouin barbecue, known as 'zarb'.

Zarb is one of the staples of Bedouin culture, capturing a long running tradition of cooking food underground in earth ovens. Bedouin locals will prepare dinner by digging a large hole in the ground and stoking a coal fire underneath it. Then, meat is prepared with water, lemon juice, pepper and salt before adding a variety of vegetables. A multi-layered barbecue rack used to cook everything with the meat at the top and the veggies at the bottom. Once it's cooked, enjoy this hearty meal.

Tonight we overnight in a permanent tented camp with shared bathroom facilities. Please be aware that while the desert may be very hot during the day, it will still be cool at night and warm clothes and a sleeping bag is highly recommended when travelling outside of the summer months.

Included Activities

- Zarb Demonstration & Dinner

Meals Included

- Breakfast
- Dinner

Day 5: Amman

This morning starts off with a delicious Bedouin breakfast – not to be confused with bed and breakfast! This typically consists of labneh (strained yoghurt, usually served with olive oil), zait (olives), za'tar, jebneh (cheese pastry) and tomatoes. You may get the chance to wash it all down with a cup of Bedouin whiskey; it's non-alcoholic and consists of tea with sugar and sage, so don't worry about getting tipsy before lunch. Following breakfast, take a walking tour through the desert surrounding Wadi Rum. Pictures don't do this place justice. The sand dunes shift in colour as the day passes by and the colossal mountains sit steep and sharp, adding to a sense that these ancient lands were forgotten by time long ago. After the walking tour wraps up, take a 3.5-hour drive back to Amman and stop for a delicious falafel sandwich along the way. The final meal of this Real Food Adventure awaits in the city with a self-prepared dinner at the Beit Sitti cooking school, known as one of the most innovative developments in Jordan's dining scene. Visitors to the school get to cook (and eat) an authentic meal under supervision, with tonight's dish being maqluba. Literally translating to 'upside down', maqluba is a casserole with rice, vegetables and chicken which is cooked, flipped, then served with either yoghurt or an Arab salad with tahina sauce. Savour this last meal with newfound friends before the trip comes to an end tomorrow morning.

Accommodation

- Hotel (1 night)

Included Activities

- Walking Tour in Wadi Rum
- Beit Sitti Cooking School

Meals Included

- Breakfast
- Lunch
- Dinner

Day 6: Amman

Your Real Food Adventure comes to an end after breakfast, with no further activities planned. If you are spending more time in Amman we can help you to book additional nights accommodation just contact your sales agent.

Meals Included

- Breakfast

Finishing point

The Art Hotel
32 King Faisal street, Down town, Amman, Jordan 11118
Amman
JORDAN
Phone: 962 64638900

Finishing point instructions

Private departure transfers are available for pre-booking through Intrepid. Please speak to your booking agent for more information. If you have pre-booked a departure transfer, please ensure you have provided Intrepid with your departure flight details at least 15 days before the departure of your Intrepid trip.

If you are making your own way to the airport the hotel will be able to help book you an airport shuttle or taxi. Please ask at reception.

Itinerary disclaimer

ITINERARY CHANGES

Occasionally our itineraries are updated during the year to incorporate improvements stemming from past travellers' comments and our own research. The information given in this itinerary may be slightly different to that in the brochure. It's very important that you print and review a final copy of your Trip Notes a couple of days prior to travel, in case there have been changes that affect your plans. If you have any queries, please contact your travel agent or our staff. We are here to help you! Please note that while we operate successful trips in this region throughout the year, some changes may occur in our itineraries due to inclement weather and common seasonal changes to timetables and transport routes. This can happen with little notice so please be prepared for modifications to the route. The order and timing of included activities in each location may also vary from time to time.

OPTIONAL ACTIVITIES

A selection of optional activities are listed in the day-to-day itinerary. This isn't an exhaustive list and should be used as a guide only. Prices are approximate and are for entrance only and don't include transport to and from the sites or local guides unless indicated. All activities are subject to availability and it may not be possible to do all the activities listed in the time available at each destination. Where activities are considered medium or high risk, we work with operators whose safety and credentials we have sighted and assessed. This means that it is possible that you may find the same activity cheaper with another operator on the ground, however we cannot vouch for the safety or quality of

that operator. Activities not listed above have not been assessed by us and as such our staff and leaders are unable to assist you with booking these activities. The decision to partake in any activity not listed is at your own discretion and risk.

Feedback

After your travels, we want to hear from you! We rely on your feedback. We read it carefully. Feedback helps us understand what we are doing well and what we could be doing better. It allows us to make improvements for future travellers.

<http://www.intrepidtravel.com/feedback/>

Essential Trip Information

Important notes

1. A single supplement is available on this trip with exception of Day 4 (Desert Camp).
2. Looking for a longer trip? We combine this Jordan itinerary with our Israel & the Palestinian Territories Real Food Adventure.

Passport and visas

Visas are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going. As a general rule most countries expect that you will have at least 6 months' validity on your passport. On arrival visitors may be asked to present return tickets and evidence of means to cover your intended stay. We keep the following information up to date as much as possible, but rules do change - it's important that you check for yourself. Residents from other countries must consult the relevant embassies or your travel agent.

Australians, New Zealanders, Americans, British and Canadians require a visa for Jordan. All other nationalities should check with the Jordanian Embassy or Consulate in their country for up-to-date visa information.

Visas are available on arrival at the airport in Amman for approximately JOD40 (appx US\$58) this must be paid for in Jordanian dinar. As the process can sometimes be time consuming, you may wish to consider obtaining your visa prior to arrival.

Please note that although there are ATMs in Amman airport, there are currently no ATMs in the immigration halls of Amman airport (but there are currency exchanges), so ensure you have some foreign currency on hand if you do not have your visa in advance.

If you are arriving in Jordan by ferry at the port of Aqaba it is possible to obtain a Jordanian visa on board, either as an individual or as a group. There is normally no charge for this visa. If you are departing from Amman airport individually, then you will need to pay 40JD Visa fees

Important For those continuing on to Israel after Jordan please ensure that you obtain an individual visa only. Do not enter Jordan on a group visa, as you will find entry to Israel at the Allenby Bridge border difficult. If you obtain your Jordanian visa on the ferry boat from Nuweiba keep your passport separate from your group and obtain the visa individually.

JORDAN:

Australia: Yes - on arrival

Belgium: Yes - on arrival

Canada: Yes - on arrival

Germany: Yes - on arrival
Ireland: Yes - on arrival
Netherlands: Yes - on arrival
New Zealand: Yes - on arrival
South Africa: Yes - on arrival
Switzerland: Yes - on arrival
United Kingdom: Yes - on arrival
USA: Yes - on arrival

Visas are required by all visitors entering Jordan. Single entry visas valid for 14 days and can be obtained, by most nationalities, on arrival at the airport in Amman or at the Jordanian border for approx. JOD40. It can be significantly more expensive to acquire your visa from the embassy in your home country. If you require a stay longer than 14 day, a visa obtained from the embassy in your home country will be valid for 2 months.

Please note that although there are ATMs in Amman airport, there are currently no ATMs in the immigration halls of Amman airport (but there are currency exchanges), so ensure you have some foreign currency on hand if you do not have your visa in advance.

Medical and health information

All travellers need to be in good physical health in order to participate fully on this trip. When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to cope with our style of travel. Please note that if, in the opinion of our group leader or local guide, any traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, Intrepid Travel reserves the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements as they may not easily be obtained at the locations on this trip. Please ensure that you are adequately prepared.

Vaccinations may be required for this trip. Please consult your doctor or a travel health specialist. The choice of vaccinations can depend on a range of issues including the specific destination, the duration of the trip, your personal health and of course what vaccines you have had before.

Routine Background Vaccines: We strongly endorse current public health recommendations that all travellers should be up-to-date with their routine vaccines such as tetanus, diphtheria, measles/mumps/rubella, polio and influenza, and paediatric vaccinations for children.

Vaccinations may be required for this trip. Please consult your doctor or a travel health specialist. The choice of vaccinations can depend on a range of issues including the specific destination, the duration of the trip, your personal health and of course what vaccines you have had before.

Routine Background Vaccines: We strongly endorse current public health recommendations that all travellers should be up-to-date with their routine vaccines such as tetanus, diphtheria, measles/mumps/rubella, polio and influenza, and paediatric vaccinations for children.

Travel Vaccinations: While the food and water-borne diseases such as hepatitis A and typhoid will apply to most of our travellers, other travel vaccines such as hepatitis B, rabies, meningitis, Japanese encephalitis and cholera may apply to select travellers, especially long-term travel. Travel health experts can advise on what is required and also what is not required!

It is your responsibility to ensure that you obtain any vaccinations or preventative medicines for the countries you are visiting – or any which may be required by your home country upon your return. To find out which, if any, vaccinations are mandatory or recommended for your destination contact your local doctor, immunisation centre or medical centre for up-to-date information. If you need to arrange

vaccinations or a supply of preventative medicine (e.g. malaria tablets), you should contact your doctor at least two months before you depart. Some inoculations require more than one visit and can take several weeks to administer the full course.

For travellers from Australia and New Zealand, we recommend the Travel Doctor-TMVC clinics (see <http://www.traveldoctor.com.au/> or phone 1300 658 844 for an appointment in Australia). Travellers from countries other than Australia and New Zealand should contact similar organisations or their travel doctor for advice. General health and vaccination information is available to all travellers at <http://www.traveldoctor.com.au/travelreport.asp?UnqID=0.4630191&Page...> Some vaccines require more than one dose, so arrange for your visit at least 4-6 weeks before you travel.

Carry Your Certificate

You should be issued with an International Certificate of Vaccination booklet that records each vaccination. Always carry this with you on your travels; it could provide essential information for doctors in the event that you fall ill whilst travelling.

Food and dietary requirements

While we will endeavour to cater to dietary requirements where possible, please note that many meals and food activities on Real Food Adventures are set in advance in order to deliver a well-rounded experience of a country's cuisine. In many countries, dietary restrictions are uncommon and not well understood. If you have dietary requirements and are concerned about whether this may impact on your ability to participate fully in all food-related activities on this trip, please contact your agent at time of booking for further information. If you have dietary requirements and/or food allergies, you must notify your booking agent prior to departure so it can be determined whether your dietary requirements can be met.

Meals & Beverages:

Please refer to the inclusions section for the included meals and food activities. Beverages (alcoholic and non-alcoholic) are not included with meals unless specified or part of a beverage tasting activity.

Accommodation

Hotel (4 Nights), Desert Camp (1 Night)

HEATING AND AIR-CONDITIONING:

As a desert region, this part of the world has extremes of weather. Winter months (approx December to March) can be very cold. All of our hotel accommodation contains suitable bedding, and simple light bedding is provided during camping activities such as an overnight felucca, desert camps or at the Red Sea Beach camp stay. Most of our travellers find the bedding provided here adequate, but for your own comfort and if you are particularly sensitive to the cold, consider bringing your own sleeping bag, thermals, scarf, gloves and a warm jacket. Some of our guesthouses / hotels don't supply heating. In many cases this would be a major financial and environmental strain on our hotels and the local towns. Summer (approx June to August) can be very hot everywhere we travel, which means that it can be quite uncomfortable for those not used to the heat. Not all our hotels have air-conditioning, and in those that do, it's not always functioning.

Transport

Private Vehicle, 4WD Vehicle

Money matters

When it comes to money matters on the trip, every traveller is a little different. You know your spending habits better than we do, so please budget a sensible amount for things like meals not included, drinks, shopping, optional activities, tipping and laundry. It's always better to bring a little more than you think you'll need.

Also make sure you've read your trip details thoroughly so you know what's included in the trip price and what isn't. This should make budgeting a little easier. You'll find this info in the Inclusions section of your Essential Trip Information (that's this document).

With the introduction of ATMs in most areas more and more people are bringing a combination of cash and credit cards. Some ATMs, belonging to smaller banks, will not work so occasionally you may need to try two or three before you are successful. Look for ATMs displaying either the Maestro, Cirrus, Visa or MasterCard symbols. ATMs will allow you to access cash (in local currency) from your credit card and possibly from your savings account if it is linked to Maestro or Cirrus network. If you do decide to bring traveller's cheques then we recommend a combination of the two - half cash and half traveller's cheques. Traveller's cheques can only be changed in large cities. If you are bringing cash, then the best currencies are US dollars, euros or British pounds. Be aware that most insurance policies will not cover for loss or theft of cash. Credit cards are useful for large purchases such as carpets or gold from a large store, but generally speaking they are not accepted in many places. Local restaurants, markets, and many hotels will only accept cash as payment for goods or services. Please ensure you only use banks, licensed money exchangers or hotels. We also suggest you keep your receipts. Do not change money with street touts. This is illegal.

The currency of Jordan is the dinar (JD). Credit cards are widely accepted in hotels and shops. There are also ATMs in Amman, Aqaba and Petra which accept Visa, MasterCard and cards connected with Cirrus.

Known as 'baksheesh' in the Middle East - tipping is an entrenched feature of the tourism industry. If you are satisfied with the services provided, a tip - though not compulsory - is appropriate and always appreciated. While it may not be customary to you, it's of great significance to the people who will take care of you during your travels. We recommend that any group tips are collected in an envelope and handed directly to the intended recipient as a collective 'thank you' by the group. The below amounts are suggested figures in USD for ease of calculating budgets, but should always be offered in local currency.

Restaurants: Local markets and basic restaurants - leave the loose change. More up-market restaurants, we suggest 5% to 10% of your bill.

Local guides: We suggest US\$1-2 per person per day for local guides.

Drivers: You may have a range of private drivers on your trip. Some may be with you for a short journey while others may be with you for several days. We would suggest a higher tip for those more involved with the group however US\$1-2 per person per day is generally appropriate.

Public toilet attendants: When using public toilets there will most likely be an attendant that will expect a tip. 20-50 cents is appropriate.

Felucca captains: If you are travelling in Upper Egypt many of our itineraries spend a night on a felucca. US\$1-2 per person per day for felucca captains is appropriate.

Desert Camp hosts: If you have a night camping included on your itinerary, US\$2-3 is appropriate for the camp hosts.

Of course you are free to tip more or less as you see fit, depending on your perception of service quality and the length of your trip. Remember, a tip is not compulsory and should only be given when you receive excellent service.

CONTINGENCY FUNDS:

We try to plan for every eventuality, but there are still some things beyond our control. Please make sure you have access to an extra US\$500 for emergencies (e.g. severe weather, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes or cancellations, airport closures). Sometimes these things necessitate last minute changes to enable our trips to continue to run, and as a result there may be some extra costs involved.

Packing

What you need to bring will vary according to the trip style you have chosen, the countries you are visiting and when you are travelling. Generally speaking, we recommend you pack as lightly as possible and make sure that you are able to carry and lift your own luggage, and walk with it for short distances.

Most travellers carry their luggage in a backpack, although an overnight bag with a shoulder strap would suffice if you travel lightly. Smaller bags or backpacks with wheels are convenient although we recommend your bag has carry straps. You'll also need a day pack/bag to carry water and a camera etc for day trips.

Below are some ideas and helpful tips on what you specifically need for this trip.

GENERAL PACKING LIST:

- Travel documents: passport, visa (if required), travel insurance, air tickets or e-ticket receipts and a copy of this document.
- Photocopy of main passport pages, visa (if required), travel insurance and air tickets.
- Personal medical kit. Your guide will carry a large kit but we recommend you carry items such as mild pain killers, electrolytes and bandaids.
- Daypack
- Watch/Alarm clock or phone that can be used for both.
- Power adaptors
- Insect repellent
- Sun protection - hat, sunscreen, sunglasses
- Earplugs and eye mask (you might be sharing with a snorer!)
- Water bottle. We recommend at least a 1.5litre capacity. The sale of bottled water contributes to an enormous environmental problem around the world. In addition to the water in bottles, the production of a 1 litre plastic bottle takes 2 litres of water and 200ml of oil. A large proportion end up in limited landfill or discarded in waterways and natural environments.
- Warm clothes including hat and gloves - When travelling in cooler climates
- Wind and waterproof rain jacket
- Toiletries/travel wipes
- Travel Towel
- Closed in, comfortable walking shoes. As most of our trips include some walking elements, we highly recommend that you take a pair of comfortable, closed-in walking shoes. Closed-in shoes will help to protect your feet from cuts and scratches when walking through bush/grass-lands, and will also act as a barrier protection in rare cases against bites or stings.
- Camera with spare memory cards and batteries
- Swimwear (itinerary dependant)
- Clothes! Bear in mind that laundry facilities will be widely available throughout this trip. The cost varies in each destination.

LUGGAGE LIMIT:

On this trip, you must pack as lightly as possible because you will be expected to carry your own bag and, although you won't be required to walk long distances with your luggage, we strongly recommend keeping the weight under 15kg. If your itinerary includes a flight, please keep in mind that some domestic airlines have checked luggage limits of 15kg.

CLOTHING & CLIMATE:

Please note that as a desert region, the Middle East can have extreme weather. Temperatures are generally hot with little rain. This can become extreme during the summer months of June to August. In the months of December to March it can be very cold, particularly next to the river or the ocean and out in the desert where night temperatures can drop dramatically. Even in the hot months, it can get cold in the desert at night. Consider bringing a sleeping bag, thermals, scarf, gloves and a warm jacket for travel in this period, especially on itineraries which include camping such as on a felucca, in a desert camp, or at a Red Sea beach camp. A light water and windproof jacket is useful and a hat is essential.

VALUABLES:

Please try to avoid bringing unnecessary valuables, and use your hotel safes to store the bulk of your money, passport, and airline tickets. It's also a good idea to purchase a money belt or pouch that is easily hidden. We strongly recommend that you photocopy all important documents e.g. air tickets, passport, vaccination certificate, etc. and keep the copies separate from the originals. While not valid, a photocopy makes it very much easier to obtain replacements if necessary.

BATTERIES/POWER:

Most of our trips have access to power to recharge batteries for phones and cameras regularly. We always recommend that you carry an extra battery for your camera just in case. Charging of batteries is advised before checking out of your hotel rooms. Please bear in mind there may be some nights where electricity may not be as readily available as you might be used to – home stays, beach and desert camps etc.

RESTRICTED ITEMS

Generally drones are not permitted into any Middle East destination or they require registration and pre approval please refer to your airline carrier if you are considering taking a drone on your travels or check out drone laws by country on line.

We have had some reports of binoculars being confiscated or causing delay in customs if carried in hand luggage.

Climate and seasonal information

JORDAN IN WINTER:

The winter months in Jordan (December through to February) can be quite cold. Temperatures in northern parts of the country can drop to freezing overnight. Snowfall around these areas as well as Amman is common. You will need to be prepared to travel in varying temperatures over these months.

Group Leader

All Intrepid group trips are accompanied by one of our group leaders. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. Intrepid endeavours to provide the services of an experienced leader. However, due to the seasonality of travel, rare situations may arise where your leader is new to a particular region or training other group leaders. Your leader 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.

At Intrepid we aim to support local guides who have specialised knowledge of the regions we visit - and who better to hear it from than the locals themselves? If you're interested in delving deeper into the local culture then your leader can recommend a local guide service in most of the main destinations on your trip.

Safety

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. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trip.

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, air tickets, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

In addition to any included activities on your trip you'll have some free time to pursue your own interests, relax and take it easy or explore at your leisure. Our local representative may be able to assist you with available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes 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. Please also note that our local representative has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

For more details on the type of conditions and safety standards you can expect on your trip, please refer to Intrepid's operational safety policy on our website. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how well it's being implemented in the field:

<http://www.intrepidtravel.com/contact-us/safety>

Fire safety & balconies:

Please be aware that local laws governing tourism facilities may differ from those in your home country and not all the accommodation which we use has a fire exit, fire extinguishers or smoke alarms. Not all balconies measure up to standard dimensions.

Seat belts:

Please be aware that local laws governing transportation safety may differ from those in the western world or from your home country and not all the transport which we use provides seat belts.

Petty theft and personal safety:

Although we feel that the Middle East & North Africa is a very safe region to travel in, please be aware that there is always the risk of pick-pocketing and petty theft, particularly in the more touristy cities. We recommend that you exercise caution when walking alone at night and encourage you to walk in pairs or groups. Simple measures like carrying your day pack on your front, not hanging your bag over the back of your chair and wearing a money belt will reduce any chance that your valuables should go missing.

Traffic conditions and driving on opposite sides of the road:

Traffic will no doubt be more chaotic than you are used to at home. Traffic rules are not always adhered to and the traffic can tend to move very fast. Be aware and alert! Depending on where you come from please note that drivers in this part of the world may drive on the opposite side of the road from what you are used to. Look both ways before crossing any road.

Water safety:

Please take care when taking part in any activities in the ocean, river or open water where waves and currents can be unpredictable. It is expected that anyone taking part in water activities are able to swim and have experience in open water. All swimmers should seek local advice before entering the water.

TRAFFIC AND DRIVING ON THE OTHER SIDE OF THE ROAD:

Depending on where you come from please note that drivers in this part of the world may drive on the opposite side of the road from what you are used to. Look both ways before crossing any road. Traffic can be a little more chaotic than you might be used to at home. Be aware!

PETTY THEFT AND PERSONAL SAFETY:

While travelling there is always the risk of pick-pocketing and petty theft, particularly in the more touristy cities. We recommend that you exercise caution when walking alone at night and encourage you to walk together and only on main, well-lit thoroughfares. Be particularly vigilant on public transport. Simple measures like carrying your day pack on your front, not hanging your bag over the back of your chair or on the floor and wearing a money belt will reduce any chance that your valuables should go missing.

A couple of rules

Everyone has the right to feel safe when they travel. We don't tolerate any form of violence (verbal or physical) or sexual harassment, either between customers or involving our leaders, partners or local people. Sexual relationships between a tour leader and a customer are strictly forbidden.

Use or possession of illegal drugs will not be tolerated on our trips. If you choose to consume alcohol while travelling, we encourage responsible drinking, and expect that you'll abide by the local laws regarding alcohol consumption.

The sex tourism industry is known to exploit vulnerable people and have negative consequences on communities, including undermining the development of sustainable tourism. For this reason, patronising sex workers will not be tolerated on our trips.

By travelling with us you are agreeing to adhere to these rules. Your group leader has the right to remove any member of the group for breaking any of these rules, with no right of refund.

If you feel that someone is behaving inappropriately while travelling with us, please inform your tour leader or local guide immediately. Alternatively, contact us on the emergency contact number detailed in the Problems and Emergency Contact section of this Essential Trip Information.

Travelling on a group trip

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 likely a range of age groups 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. Due to privacy reasons we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

Travel Insurance

Travel insurance is compulsory for all our trips. 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.

When travelling on a trip, you won't be permitted to join the group until evidence of travel insurance and the insurance company's 24 hour emergency contact number has been seen by your leader.

If you have credit card insurance your group leader will require details of the participating insurer/underwriter, the level of coverage, policy number and emergency contact number rather than the bank's name and credit card details. Please contact your bank for these details prior to arriving in-country.

<http://www.intrepidtravel.com/insurance.php>

Responsible Travel

We believe strongly in low impact or rather positive impact tourism. Broadly speaking this means that we try to minimise the negative aspects of tourism on the local cultures and environments that we visit and highlight the positive aspects. Please visit our website for further details and suggestions on how you can be a responsible traveller.

<http://www.intrepidtravel.com/ourtrips/rt/responsibletraveller>

When packing, be aware that dress standards are conservative and you should dress accordingly. To respect the local culture and for your own comfort, we strongly recommend modest clothing. As a guideline, shoulders and knees at the minimum (and everything in between including midriff and cleavage) should be covered at all times. Wearing shorts and singlet tops isn't appropriate and may well restrict your entry into sites of a religious nature, family homes, and will limit your local interaction opportunities in general. Loose, lightweight, long clothing (3/4 trousers that come to the calf are fine) is both respectful and cool in the predominantly warm climate. As the countries we visit are Islamic nations, women may find a headscarf useful.

The Intrepid Foundation

Help us change thousands of lives by creating meaningful work and supporting skills training in communities around the world.

The Intrepid Foundation is the not-for-profit for Intrepid Group. We work with local organisations around the world to improve the livelihoods of vulnerable individuals and communities through sustainable travel experiences. With our travellers' help, we've contributed more than AU \$6 million to over 100 community organisations since 2002.

Did you know that tourism is one of the biggest contributors to the global economy, making up 1 out of every 10 jobs? That's why we support local projects that create meaningful jobs and give people the skills they need to work in the destinations we take you to. And it's why we exist - to make it easy for travellers to give back to the communities and places they've been in an effective and meaningful way.

All donations to The Intrepid Foundation are matched by Intrepid Group dollar for dollar (up to AU\$10,000 per donor and AU\$500,000 in total each financial year, excluding emergency appeals). And because Intrepid Group covers all administration costs, every cent goes directly to the projects. Donating is simple and secure. Please ask your leader for information about the projects we support through The Intrepid Foundation or visit our website:

<http://www.theintrepidfoundation.org/>