



Premium Egypt Adventure

Overview & Itinerary

Start	Cairo, Egypt
Finish	Cairo, Egypt
Destination	Egypt
Style	Peregrine
Code	PGNW

Is this trip right for you?

- Depending on the time you choose to visit there could be some early starts as we beat the crowds and the heat and visit sites early. This is a 15-day adventure, so there is also time to relax with free afternoons and evenings.
- Egypt can get incredibly hot in the summer months of July and August. Regardless of the month, it does heats up quickly during the day and there will be some site visits with little or no shade.
- Some of the sites you will visit involve walking on rocky and/or steep hillsides, and there is often little or no shade. Comfortable, sturdy walking shoes and a hat are essential.
- Accommodation aboard the Nile riverboat is full board – breakfast, lunch and dinner are included. Drinks are offered from the bar area for an additional cost.
- This trip includes two internal flights .

Physical rating



Joining point

Le Méridien Pyramids Hotel & Spa
El Remaya Square
Pyramids 12561
Cairo
EGYPT
Phone: +20 33777070

Joining point description

Le Méridien Pyramids Hotel & Spa is a slice of unparalleled comfort with views of the majestic Giza Pyramids; located only 1 km away. The resort features a large free form outdoor pool with bar island. Free Wi-Fi is available throughout the property. Rooms are well appointed and include: a flat-screen TV; coffee and tea making facilities;

iron and board; climatic control air-conditioning and minibars. Dining options include a 24-hour buffet or à la carte menu. Harris Café has pastries and there is a shisha café. Breakfast is included.

Joining point instructions

A complimentary arrival transfer is included in this trip. On arrival at Cairo International Airport, you will be met by a transfer guide (or our local representative) holding a sign with your name on it. You are then transferred to your start hotel. Please make sure you have informed us of your flight arrival details well before you travel. 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 Ramadan Shedid on the following number: (+20) 12 2100 5565.

Le Méridien Pyramids Hotel & Spa is located 57km from Cairo International Airport, expect your transfer to take 1.5 hours.

Problems and emergency contact information

ISSUES ON YOUR TRIP:

While we always endeavor to provide you 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/specialist guide or our local representative straight away so that they can do their best to rectify the problem. 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/guide to speak to their direct manager.

BOOKING ENQUIRIES / ISSUES

For general enquiries or questions about your booking, please contact your agent or adventure specialist, or visit us at:

www.peregrineadventures.com/contact-us

CRISIS AND EMERGENCIES

In the case of a genuine crisis or emergency please contact our local ground representative on the number below:

Peregrine's Local Operator: +201096811067

Itinerary

 [Expand All](#)

Day 1: Cairo

Welcome to Egypt! You'll be met at Cairo International Airport by a Peregrine representative and transferred to your hotel. You're welcome to arrive at any time, but please note that there's an important meeting at 6 pm with your local leader and fellow travellers, which the hotel reception will have details about. If you do happen to arrive early, there's plenty to hold your attention in this chaotic city of contrasts. Perhaps take a stroll around the markets or, if there's time, jump in a felucca for a sail down the Nile.

Accommodation

- Le Meridian Pyramids Hotel and Spa (1 night)

Optional Activities

- Urban Adventures - Islamic Cairo in Depth Tour - USD45
- Urban Adventures - Saqqara and Memphis - USD73

Meals Included

There are no meals included on this day.

Day 2: Cairo

Be sure to charge your camera because after breakfast we'll travel to arguably the most recognisable structures in the world: the Great Pyramids of Giza and the Sphinx. Instantly familiar yet so utterly mysterious, these incredible feats of engineering are simply breathtaking when seen up close. For an additional charge you may be able to step inside the Great Pyramid of Khufu (or Cheops), though these are occasionally closed to visitors for various reasons.

After spending some time exploring these ancient wonders and eating lunch, we'll continue to the Egyptian Museum where an expert guide will talk you through Egypt's rich history. This is one of the world's great museums and home to an unimaginable collection of antiquities, making it the perfect introduction to your Egyptian experience. You'll have some free time to explore on your own, perhaps choosing to visit the Royal Mummy Room for an additional cost.

The rest of the day is free for you to do as you wish. The facilities at your hotel, the Meridian Pyramids, are phenomenal making it the perfect place to recuperate from the day's activities. In the evening you may want to consider the sound and light show at the pyramids, which your leader can help with, or maybe grab a taxi and explore Cairo on your own. For something a little bit special, you could also take a dinner cruise down the Nile.

Accommodation

- Le Meridian Pyramids Hotel and Spa (1 night)

Included Activities

- Cairo - Pyramids and Sphinx
- Cairo - The Egyptian Museum
- Cairo - The Egyptian Museum headset

Optional Activities

- Cairo - The 2nd Pyramid of Khafre (entry fee) - EGP60
- Cairo - The Great Pyramid of Cheops (entry fee) - EGP300
- Cairo - The Egyptian Museum Mummy Room (entry fee) - EGP150
- Cairo - Camel ride at the Pyramids - EGP100
- Cairo - Sound & Light Show at the Pyramids Tour (minimum 2 persons) (entry;guiding;transport) - EGP550
- Cairo - Sound & Light Show at the Pyramids (entry fee) - EGP200
- Cairo - Dinner Cruise (deluxe cruise Nile Maxim or similar) - EGP1200

Meals Included

- Breakfast

Day 3: Alexandria

The journey continues along the Cairo–Alexandria road after breakfast, stopping in Wadi El Natrun after approximately 100 kilometres. This area became a sanctuary for Christians after Saint Macarius the Great retreated here in AD360, and there were once some 60-odd monasteries in the Wadi though now only four remain. One of these is Anba Bishoy Monastery, named for Saint Bishoi who came to the site to live in solitude. Take a wander around the gardens and observe the resident monks as they go about their daily lives, then visit the church itself for expansive views over the desert. Continue this afternoon to the city of Alexandria, which was founded by Alexander the Great and is often referred to as the Pearl of the Mediterranean.

Accommodation

- Sheraton Al-Montazah Hotel (1 night)

Included Activities

- Alexandria - Wadi El Natron
- Alexandria - Anba Bishoy Monastery

Meals Included

- Breakfast

Special Information

On occasions, it may be not be possible to confirm our preferred hotel in Alexandria . For this reason we have selected an alternative hotel called the Mediterranean Azur Hotel. If you would like to confirm in advance which hotel your departure will stay at please contact your booking agent 30 days prior to departure

Day 4: Alexandria

Enjoy a full day exploring Alexandria, Egypt's second-largest city. Visit Pompey's Pillar and the Catacombs of Kom El Shuqafa, a Roman burial site dating back to the 2nd century that wasn't discovered until 1900, allegedly when a donkey fell through a hole in the ground. The fascinating tombs were created during a transitional period in Alexandria's history and interestingly feature Greek, Egyptian and Roman elements. Continue to the Great Library of Alexandria (now the Bibliotheca Alexandrina), which is found where the Library of Ptolemies once stood some 1700 years ago, or so archaeologists believe. Finish up with a stop at the Montazah Palace and Royal Gardens, a complex featuring beautifully maintained gardens and two royal palaces built during the 19th and 20th centuries. Spend the evening by the water wandering along The Corniche or relax back at your hotel.

Accommodation

- Sheraton Al-Montazah Hotel (1 night)

Included Activities

- Alexandria - Al Montazah Palace & Gardens
- Alexandria - Catacombs of Kom Ash-Suqqafa
- Alexandria - Bibliotheca Alexandria

Meals Included

- Breakfast

Day 5: Cairo

Today the group will travel 100 kilometres south of Alexandria for a more sombre experience at the historic battle site of El Alamein. It was here that British and Commonwealth soldiers fought a decisive Allied victory against the German Afrika Korps that defined the North African campaign. Both sides suffered heavy losses and the memorial commemorates nearly 12,000 Commonwealth servicemen who died in the Western Desert campaigns during the Second World War. Return to Cairo in the afternoon and spend the evening visiting Tahrir Square in Downtown Cairo, the site of the political demonstrations that led to the 2011 Egyptian Revolution.

Accommodation

- Steigenberger El Tahrir (1 night)

Included Activities

- El Alamein - War cemeteries and museum

Meals Included

- Breakfast
- Lunch

Day 6: Nile Cruise

Transfer to Cairo Airport after breakfast and board a one-hour flight to Luxor. Often referred to as Thebes, its ancient name, Luxor was the pharaoh's capital during their height of their power and is now perhaps the world's greatest open-air museum. Upon arriving in Luxor, transfer to your premium Nile cruise ship where you'll unpack, settle in and become acquainted with your floating home for the next four nights. This afternoon you'll visit Karnak, one of the world's most celebrated temple complexes, which was built over a period of approximately 200 years. Some parts of it date back to 2055 BC and your guided tour will take you to its finest sections. The rest of the afternoon and evening is free for you to relax, take a shopping trip through the bazaar or perhaps relax in the atmosphere of a local teahouse.

Accommodation

- Nile Premium River Boat (Feature Stay 4 nights) (1 night)

Included Activities

- Luxor - Karnak Temple

Optional Activities

- Luxor - Sound and Light Show at Karnak (entry fee) - EGP250
- Luxor - Luxor Museum (entry fee) - EGP120
- Luxor - Luxor Temple (entry fee) - EGP100
- Luxor - Sound and Light Show at Karnak Tour(entry;guiding;transport) - EGP800

Meals Included

- Breakfast
- Dinner

Special Information

Your Peregrine feature stay premium Nile cruise is an elegant and modern 5 star cruise boat, offering comfortable accommodations with first class facilities like restaurants, pool, gym, health services and a panorama bar to enjoy views of the Nile.

We have carefully selected two Luxury /Premium Class Boats. "Nile Premium" and "Moon Dance". Please contact your booking agent 30 days prior to departure if you would like to confirm which boat is allocated to your departure.

Your Nile Cruise accommodation is a full board of breakfast, lunch and dinner, drinks are at your own expense.

Day 7: Nile Cruise

Rise early this morning to journey into the Valley of the Kings. There are over 60 pharaoh tombs buried under the hills here, many of which are richly decorated, and your guide will take you through this sprawling, spectacular place where discoveries are still being made. Learn about the funerary rites of the ancient Egyptians and the significance of the paintings and hieroglyphics, and visit the final resting place of Tutankhamun, the boy-king whose tomb was once thought to be cursed. You'll visit another three royal tombs and continue to the Temple of Queen Hatshepsut, which is set in a spectacular natural amphitheatre. Your final stop is the Colossi of Memnon – giant statues that once formed part of an impressive colonnade – before returning to the boat for a leisurely lunch. Enjoy some time relaxing either on deck or in your cabin before setting sail upstream to Edfu, where you'll arrive late in the evening.

Accommodation

- Nile Premium River Boat (1 night)

Included Activities

- Luxor - Hatshepsut Temple
- Luxor - Valley of the Kings (3 tombs)
- Luxor - Tut Ank Amon Tomb

Optional Activities

- Luxor - Valley of the Queens (entry fee) - EGP80
- Luxor - Medinat Habu Temple (entry fee) - EGP60
- Luxor - Additional Tomb Valley of the Kings (entry and guiding) - EGP300

Meals Included

- Breakfast
- Lunch
- Dinner

Day 8: Nile Cruise

Wake up by the city of Edfu, home to a beautifully preserved temple dedicated to Horus (please see the 'special information' section below today's itinerary regarding visiting the temple). Continue travelling upriver and soak up life on the river as farmers and fishermen work on the Nile's bank. This afternoon's destination is the Temple of Kom Ombo, about 45 kilometres north of Aswan, which sits ruined on the river's edge. The temple, which sits by the river's edge, is dedicated to Horus and Sobek, the god's of protection and fertility respectively, and was built during the Ptolemaic dynasty around 180 BC. The temple itself is split into two identical sections with each dedicated to either god, and there have been recent discoveries of mummified crocodiles in the Sobek section that are now displayed in the attached museum. After visiting the temple, board your boat around 6 pm and sail on to Aswan, arriving at approximately 9.30 pm.

Accommodation

- Nile Premium River Boat (1 night)

Included Activities

- Kom Ombo - Kom Ombo Temple

Meals Included

- Breakfast
- Lunch
- Dinner

Special Information

Whilst a visit to the Edfu Temple is included in your Nile Cruise; the only mode of transport available to visit the temple is by locally managed horse and carriages. As a responsible travel focused business, animal welfare is extremely important to us and we want to ensure that we are not promoting any activities where the working animals are not properly cared for. Unfortunately, some operators of the Horse and Carriages have been found to be in breach of our animal welfare guidelines and it is, for this reason, we will no longer including the visit the Edfu Temple.

In addition to the animal welfare concerns, we have had a substantial amount of feedback suggesting that the experience itself is quite uncomfortable due to the pushy nature of the vendors and local suppliers outside the site. While we recommend that you do not use the horse and carriage to visit the Temple, the decision is ultimately up to you. Edfu is an included port stop on the Nile River cruise schedule.

Day 9: Nile Cruise

Spend the morning visiting the temple complex of Philae including the stunning Temple of Isis, located on Agilkia Island. The temple was reassembled in this location after being saved from rising waters and is a true architectural gem featuring some of Egypt's finest carvings. Some Egyptologists believe that Philae was the last active site of the ancient Egyptian religion and where the last Egyptian hieroglyph was written. The dramatic approach to the temple is undertaken by motorboat.

After exploring the site, return to your sailboat for lunch before boarding a simple Nile felucca and visiting either El Nabatat Island or Kitchener's Island, home to the Aswan Botanical Gardens. These lush gardens are filled with palms and plants from all over the world. After soaking up the serenity of the gardens, return to the boat for a final evening being rocked to sleep by the Nile's waters.

Accommodation

- Nile Premium River Boat (1 night)

Included Activities

- Aswan - Philae Temple
- Aswan - Sharia el Souk Walking Tour

Optional Activities

- Aswan - Sound & Light Show at Philae Temple (entry fee) - EGP200
- Aswan - Sound & Light Show at Philae Temple Tour (entry;guiding;transport) - EGP800

Meals Included

- Breakfast
- Lunch
- Dinner

Day 10: Abu Simbel

Travel by road this morning to Abu Simbel, a journey of approximately 3.5 hours. Your memorable hotel is located right by Lake Nasser and features lush grounds, two swimming pools and fantastic views over the lake. Spending the night here allows the group a chance to visit the Abu Simbel temples at a more leisurely pace as opposed to a rushed, half-day trip. Built during the reign of Ramesses II, these mammoth temples took 20 years to complete and feature rock-cut statues of the pharaoh and the queen, some of which are 20 metres in height. This evening will see the group heading back to these temples for a sound and light show.

Accommodation

- Seti I Resort (1 night)

Included Activities

- Abu Simbel - Abu Simbel temples
- Abu Simbel - Abu Simbel Sound and Light Show

Meals Included

- Breakfast
- Dinner

Day 11: Aswan

Travel back to Aswan, arriving in time for lunch and to check into the hotel. Enjoy some free time before meeting up with the group later in the afternoon to discover whether Agatha Christie really did write *Death on the Nile* in Aswan. No trip down the Nile would be complete without a visit to the Old Cataract Hotel, a 19th-century luxury hotel built by Thomas Cook that has hosted guests including Princess Diana, Winston Churchill, Tsar Nicholas II and, of course, Agatha Christie. Enjoy high tea in the luxurious surrounds then make the most of a free evening to find a local gem for dinner – your leader can help with recommendations.

Accommodation

- Basma Hotel (1 night)

Included Activities

- Aswan - High Tea Old Cataract Hotel

Meals Included

- Breakfast

Day 12: Aswan

This morning you'll visit a more modern example of Egyptian engineering. President Nasser ordered the construction of the Aswan High Dam, located 13 kilometres south of Aswan, after the 1952 Egyptian Revolution and while it may have been a controversial project that required the relocation of many ancient temples and statues, it's had a huge, mostly positive impact on the region. Afterwards the group will swing past the Unfinished Obelisk, an abandoned obelisk that, had it been completed, would've been the largest obelisk ever erected in ancient Egypt.

Return to Aswan for some time to relax and refresh, then meet your leader in the late afternoon to board a felucca and sail to the settlement of Elephantine Island. This island was once thought to be the home of Khnum, the god who guarded and controlled the Nile's waters. Enjoy a sunset drink on the river before disembarking at a village to join a local family for a traditional Nubian feast.

Accommodation

- Basma Hotel (1 night)

Included Activities

- Aswan - Elephantine Island
- Aswan - Felucca Ride incl sundowner (Peregrine moment)
- Aswan - High Dam
- Unfinished Obelisk Entrance

Optional Activities

- Aswan - Nubian Museum (entry fee) - EGP100

Meals Included

- Breakfast
- Dinner

Day 13: Cairo

This morning you'll transfer to the airport for a 1.5-hour flight back to Cairo. Settle into your hotel in Downtown Cairo then meet up with the group in the early afternoon for a walking tour of the area. Bring your appetite, as you'll discover the Downtown food scene and taste some local favourites such as *koshari*, which is made of rice,

macaroni and lentils mixed together, topped with a spicy tomato sauce with garlic vinegar and garnished with chickpeas and crispy fried onions – it's unbeatable.

Accommodation

- Steigenberger El Tahrir (1 night)

Included Activities

- Cairo - Downtown Cairo Walking and Tasting Tour (Peregrine moment)

Meals Included

- Breakfast
- Dinner

Day 14: Cairo

Spend the day discovering yet another layer of Egyptian history: medieval Cairo. Visit Khan al-Khalili Bazaar, the Mosque of Ibn Tulun and the Gayer-Anderson Museum, a building associated with several fascinating legends. Explore the 'Khan', a labyrinthine area filled with sprawling alleyways packed with shops, cafes and more. This is a quintessential Cairo experience, home to the gold market, perfume street and the spice market. If you need a quick break, don't miss a chance to relax and drink Arabic coffee or mint tea from El Fishawy – Cairo's oldest café. To celebrate your final evening, you'll get to share an authentic Egyptian meal with a local family. Be welcomed into their home, chat with the family about life in Egypt and learn how to make some of your favourite traditional dishes while enjoying the delicious food. It's the perfect way to end this adventure.

Accommodation

- Steigenberger El Tahrir (1 night)

Included Activities

- Cairo - Khan al-Khalili Bazaar
- Cairo - Ibn Tulun Mosque
- Cairo - Gayer Anderson
- Cairo - Home Cooked Meal
- Cairo - Home Cooked Meal (feature meal)

Meals Included

- Breakfast
- Dinner

Day 15: Cairo

Your trip comes to an end today after breakfast. Check out is generally around 12 noon, though you're free to depart at any stage beforehand. If you have arranged a private airport transfer you will be advised of the pick-up time, and additional accommodation can be pre-booked if you wish to spend more time exploring Cairo.

Meals Included

- Breakfast

Finishing point

Steigenberger Hotel El-Tahrir Cairo
2 Kasr Al Nile Bridge smailia, Qasr an Nile
Cairo
EGYPT
Phone: +20 225750777

Finishing point description

The Steigenberger Hotel El Tahrir is ideally located in the heart of Cairo down town, within walking distance to the Egyptian Museum and Khan El Khalili. The hotel offers modernly furnished rooms and excellent hotel facilities including free WiFi, 24 hour in-room dining, an all-day dining and lobby bar, swimming pool and fitness center. Rooms feature; a fully equipped bathroom with a shower, sound-proof windows, interactive LCD TV, in room safe and free WiFi 512 MB

Finishing point instructions

A private departure transfer is available for pre-booking through Peregrine. Please speak to your booking agent for more information. If you have pre-booked a departure transfer, please ensure you have provided Peregrine with your departure flight details at least 15 days before the departure of your Peregrine 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.

The Steigenberger Hotel El-Tahrir Cairo is located 21km from Cairo International Airport

Itinerary disclaimer

ITINERARY CHANGES:

Our itineraries are updated regularly throughout the year based on customer feedback and to reflect the current situation in each destination. The information included in this Essential Trip Information may therefore differ from when you first booked your trip. It is important that you print and review a final copy prior to travel so that you have the latest updates. Due to weather, local conditions, transport schedules, public holidays or other factors, further changes may be necessary to your itinerary once in country. The order and timing of included activities in each location may also vary seasonally to ensure our travellers have the best experience. Your tour leader will keep you up to date with any changes once on tour.

OPTIONAL ACTIVITIES:

A selection of optional activities that have been popular with past travellers are listed in the day-to-day itinerary. This isn't an exhaustive list and should be used as a guide only for some of what might be available. Prices are approximate, 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. It may not be possible to do all the activities listed in the time available at each destination, so some pre-planning for what you are most interested in is advised. When it's recommended that travellers pre-book these activities, look for a note in the Special Information section of the day-to-day itinerary. For most, they can either be organised independently on the day, or let your leader know you are interested and they can assist.

Where activities are considered medium or high risk, we work with operators whose safety and credentials we have sighted and assessed. Although it is possible that you may find the same activity cheaper with another operator on the ground, we cannot vouch for the safety or quality of that operator. Medium and high risk activities not listed above have not been assessed by us and as such our staff and leaders are unable to assist you with organising these activities. Activities that contravene our Responsible Travel policies are also not listed. Please remember that the decision to partake in any activity not listed is at your own discretion and risk.

NILE CRUISE SCHEDULES:

Nile cruise boats must negotiate the lock at Edfu. As a result, boats arrive and depart Luxor continuously throughout the day. This printed itinerary is therefore only a guide and you may find you have more (or less) time in either Luxor or Aswan. The actual cruising time from Luxor to Aswan (and vice versa) is about a day and a half and this journey is accomplished both during the day and at night.

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 and it allows us to make improvements for future travellers. You can leave your feedback here:

https://bookings.peregrineadventures.com/bookings/en_AU/feedback/

Essential Trip Information

Important notes

SINGLE SUPPLEMENT:

An optional single supplement is available on this trip. Please refer to your booking agent for further information.

INTERNAL FLIGHTS

There are two internal flights on this trip. Egypt air is the carrier and have a 23kg allowance for checked luggage and 8kg for hand luggage.

Pre-departure checklist

Before you travel please download our pre-departure checklist to make sure you are fully prepared for your trip:

<http://www.peregrineadventures.com/pre-departure-travel-checklist>

Passport and visas

PASSPORT

As a general rule most countries expect that your passport has a minimum of 6 months validity remaining. Please ensure the name on your passport matches the name on your booking and airline tickets. Your passport details are required to complete your booking. Your consultant will contact you when this is required. Take a copy of the main passport pages and other important documents with you, and leave another copy at home with family or friends.

VISAS

Visas are the responsibility of the individual traveller. Entry requirements can change at any time, so it's important that you check for the latest information. Please visit the relevant consular website of the country or countries you're visiting for detailed and up-to-date visa information specific to your nationality. Your consultant will also be happy to point you in the right direction with acquiring visas. Visas can take several weeks to process, so familiarise yourself with any requirements as soon as you have booked your trip to allow for processing time.

EGYPT:

Visas are easily attainable on arrival at Cairo airport for most nationalities. The visa costs USD25 and can only be paid in USD cash. On arrival to Cairo airport you buy your visa at any of the banks before proceeding to immigration. You will be given a stamp that you then need to put into your passport yourself. A single entry visa is valid for three months from date of issue and entitles the bearer to one month in Egypt. Multiple entry visas are not available at the airport or any border crossings.

Please check with your travel agent or embassy before departure as this information may change.

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, we reserve 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 and anti-malarial requirements before departure. We recommend that you carry a first aid kit as well as any personal medical requirements (including a spare pair of glasses) as they may not easily be obtained at the locations on this trip.

DRINKING WATER:

As a rule we recommend you don't drink tap water, even in hotels, as it may contain much higher levels of different minerals than the water you are used to at home. For local people this is not a problem as their bodies are used to this and can cope, but for visitors drinking the tap water can result in illness. Generally this isn't serious, an upset stomach being the only symptom, but it's enough to spoil a day or two of your holiday. Many hotels and lodges provide safe drinking water, while bottled water is another alternative. Water consumption should be about two litres a day. Rehydration salts, motion sickness tablets, and diarrhoea blockers are available from many pharmacies.

Food and dietary requirements

Your group leader or representative will endeavor to cater for specific dietary requirements where possible. Please note that Gluten Intolerances and Vegan can be more challenging in some parts of the Middle East, you may wish to speak to your trip leader at the group meeting to alert them of this so they can help you throughout the trip in planning suitable meals.

Your group leader or representative will endeavor to disclose to their fullest knowledge the main ingredients in dishes being consumed. It is, however, your personal responsibility to ensure that you do not ingest any foods to which you are allergic.

Accommodation

Comfortable hotel (10 nights), Cruise ship (4 nights Feature Stay)

Spend 4 nights on board your Premium Nile River Boat. Encounter Nubian communities as you travel down river, spend some time relaxing on the sun deck or pool side

Transport

Plane, Private air-conditioned bus, Riverboat

NILE RIVERBOAT

You will be staying on a riverboat for the Nile River section of this itinerary. The company we work with have a large fleet of boats and the actual boat can't be confirmed until 30 days before departure. However you can expect the following facilities; restaurant, bar & sundeck. Most boats will also have a small swimming pool and in that instance swimming towels will be available for use.

All cabins have ensembles, air conditioning, and windows to enjoy the views of the Nile.

Accommodation during the cruise is on a full board basis, often in the form of a buffet. Drinks can be purchased from the bar or restaurant.

You will have the opportunity to disembark the boat each day as we explore some of the ancient sights included on the itinerary. The boat will also be anchored at port each evening. Only on the odd occasion would it sail at night depending on the water traffic at Esna lock.

Riverboats have anywhere from 50-70 cabins and you will be sharing the facilities with other travellers not on your tour.

Money matters

CURRENCY- Egypt

The Official currency of Egypt is the Egyptian Pound (LE) or (EGP). Currency Subunits are called Qirsh (Piastre) = 1/100 of a Pound. Denominations come in Notes: 5, 10, 25, 50 Piastres. 1, 5, 10, 20, 50, 100, 200 Pounds. Coins: 5, 10, 20, 25, 50 Piastres. Whilst the USD is often used we recommend local currency for everyday services. We also recommend keeping some smaller denominations for tipping.

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).

Please note: all recommendations for additional costs, tipping etc. are in USD. You will need to convert these into the relevant local currency.

CREDIT CARD, ATMS AND MONEY EXCHANGE

With the exception of Iran, ATMs are widely available in major towns and cities throughout the Middle East and Turkey. Credit and debit cards are the best way to access money throughout most trips (note though that charges are made for each transaction). Credit cards are generally available in tourist shops and restaurants. Visa and Mastercard are generally preferred over American Express, Diners, etc. Smaller venues take cash only. Check with your bank before departure that your card is accepted in the countries you are travelling to. Also ensure your bank is aware of your travel plans as - suspecting fraud - they may cancel your cards after the first few international transactions.

MEALS NOT INCLUDED

Breakfast. If breakfast is not included, you can expect to pay between USD5 to USD10 at a local café.

Lunch. Lunch at a touristy restaurant should cost around USD10 to USD20. However, local street food can be substantially cheaper.

Dinner. At dinner time, your leader will normally recommend restaurants where you can safely try the local specialties of the region. Expect meals to cost between USD15 to USD25 for a main. If enjoying a meal at more upmarket tourist class restaurant prices could be as high as USD35.

These are indicative prices only. If you are in a tight budget and are happy to eat just local food you can eat cheaper than this. If you want to try the finest food at the finest restaurants, then you can expect meals to cost as much as in western countries.

Combination Trips – These prices are a guideline average you may find prices a little higher in Jordan and Israel.

EMERGENCY FUNDS

We try to plan for every eventuality, but there are still some things beyond our control. Please make sure you bring an extra USD500 for emergencies (e.g. natural disasters or civil unrest). Sometimes these things necessitate last minute changes to our itineraries, and we can't guarantee there won't be some extra costs involved.

SHOPPING

There are many opportunities to purchase souvenirs and handicrafts while on this trip, they can be a fantastic memento of your trip, and often these purchases help to support local artisans.

Your Leader may suggest visits to different stores during your tour. Rest assured that these vendors have been selected by our team on ground. They provide good service and good quality products at fair market prices. It also means that after sales service is available should you get home and have a problem with your purchase. Some visits may be included as part of your itinerary where we feel the making of the craft is relevant to the destination and interesting for everyone to visit. If this is the case you are under no obligation to purchase anything, simply enjoy the demonstrations and learning about the local craft. We do also encourage you to enjoy shopping in the markets to compare prices and quality.

Please note that in Egypt, silver is a common souvenir in the form of jewelry and other items. The silver in Egypt is generally stamped with '800' meaning that it's 80% silver and 20% other metal. This is a reduced quality to the silver you may be more familiar with which is '925'.

COMMISSION

The receiving of commissions in exchange for recommending particular shopping venues is ingrained in the culture of the tourism industry. By working with specifically selected venues it allows for a more regulated and fair process. Rather than turning a blind eye to this unavoidable issue in some areas, Intrepid has established a centralised fund where commissions received are distributed back into the business, this allows us to provide the best value trips we possibly can. A priority in establishing this fund is that the experience of our traveller - you - is not compromised in any way. Please let us know via the feedback form completed after your trip if we are successfully meeting this objective.

TIPPING

On this trip, we have included gratuities for the essential services that you will receive as part of your tour package. Where applicable, this will cover tips to drivers, included activities and restaurant staff for included meals, this does not include a tip for your Leader.

You may also wish to put aside some money for your own tipping, such as when you are doing our own optional sightseeing or activity or for meals not included. To give you a bit of guidance, we've put together the following tipping notes. These are just suggestions, based on feedback from past travellers and our staff on the ground.

-Basic restaurants that include table service – Round up to the nearest figure or leaving the loose change is generally fine.

-Up-market restaurants – When checking the bill, if there's an addition of 10% service charge, there's no requirement for tipping. Otherwise, 10% of the total bill amount is appropriate.

-If you are paying for taxis, round up to the fare. If you feel like you're being driven in circles or otherwise ripped off, skip the tip.

-If you have booked a private transfer you may want to consider tipping your transfer driver.

Tipping your Peregrine Leader

It is customary to tip your tour leader for outstanding service throughout your trip. Tips are greatly appreciated as a gesture of thanks for their professionalism and leadership during your holiday. The amount is entirely a personal preference; however, we have provided the guidelines listed below. 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.

Mostly throughout the Middle East your Peregrine Local Leader is also a licensed Local Guide, however from time to time we may use a local guide in addition to your tour leader, should this occur as a tipping guideline we would suggest USD2 to USD3 per person, per day.

EGYPT

Leader: USD2 – USD3 per person per day.

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

RAMADAN 2019

In 2019, the important month of Ramadan will be in progress from 6th May through until 4th June, and the Eid ul-Fitr festival will be held directly at its conclusion for 3-4 days. Ramadan is a festival of sacrifice where the devout refrain from eating or drinking during daylight hours. During Ramadan, business hours are shortened, including opening hours at some tourist attractions. Alcohol is not permitted during daylight hours and many restaurants will be closed. While you should expect some delays and inconveniences during this period, the month is a fantastic opportunity to travel in a Muslim country and witness this unique period, particularly the nightly celebrations when the sun sets and the fast is broken. Please note that although the Eid ul-Fitr festival can also be a fascinating time to travel it's a period of national holiday. Most government offices and businesses will be closed and some tourist site opening hours may be affected

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 and ensure that your travel insurance covers you for all areas your itinerary covers. Please refer to our website's travel alerts page for links to major travel advisories and updates on safety issues affecting our trip.

PERSONAL BELONGINGS:

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.

FREE TIME:

Your leader will accompany you on all included activities, however during your trip you'll have some free time to pursue your own interests, relax and take it easy or explore at your leisure. Please use your own good judgement when selecting an activity in your free time. Please also note that your group leader has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

FIRE PRECAUTIONS:

Please be aware that local laws governing tourism facilities in this region differ from those in your home country and not all the accommodation which we use has a fire exit, fire extinguishers or smoke alarms.

BALCONIES:

Some hotel balconies don't meet western standards in terms of the width of the balcony fence being narrower than 10cm.

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!

SEAT BELTS:

Please be aware that local laws governing transportation safety may differ from those in your home country and not all the transport which we use is able to provide seat belts.

PICK POCKETING & 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 at night and encourage you to walk in groups 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.

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's expected that anyone taking part in water activities is able to swim and have experience in open water. All swimmers should seek local advice before entering the water.

TRAVEL ADVICE & TRAVEL INSURANCE

We recommend that you check your government's advice in relation to the areas you will be visiting for their latest travel information before departure and ensure that your travel insurance covers you for all areas your itinerary covers.

SAFETY IN EGYPT:

Following recent incidents in Egypt, we recommend that you check your government's advice for their latest travel information before your departure and that you ensure that your travel insurance covers you for all areas in your itinerary. We have links to all major travel advisories and regular updates on issues affecting your trip on our travel alerts page.

The safety of our travellers and staff is our first priority. We continue to monitor the situation through official travel advisories and our local operations team, and we're able to quickly change arrangements if for any reason we become concerned. If there should be any changes to the situation you will be advised immediately.

We have also taken the following measures to minimise the potential risk for our travellers in Egypt:

- 24 to 48hrs prior to each departure our local office are in contact with tourist police to get approval for each itinerary. The tourist police notify our local operator immediately should any advice or information change.
- We use private rather than public transport on all our itineraries.
- We travel in (armed) convoys on main routes, and multiple check points are in place between most cities.

EGYPT HOT-AIR BALLOON EXCURSIONS:

Audits were carried out on balloon operators within Egypt to confirm the safety of their operations. But unfortunately, we were not able to ascertain the safety standards of these balloon operators- therefore, we are not able to recommend or assist in the booking of any balloon excursions.

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.

Responsible Travel

Travelling responsibly is all about making good choices. It's about ensuring you have an incredible trip while also having a positive impact on the local environment, community and economy you're travelling in. How can you be a Responsible Traveller? See our tips below:

- Choose to travel with a responsible travel company like us! We've already offset the main carbon emissions of your trip, so your footprint is already lighter.
- Consider offsetting your flights when you book your trip/flights with us or your travel agent.
- Bring a refillable water bottle and some water purification tablets (or a Steripen) to cut down on plastic bottle waste.
- Be an animal-friendly traveller. Only go to venues that respect animals by allowing them to live normally in their natural environment. Steer clear of venues that use animals for entertainment or abnormal activities and/or keep animals in poor and unnatural conditions.
- Eat at local restaurants, buy from regional artists and support social enterprises so you can contribute directly to locals and their economy.
- Always be respectful of local customs and ask permission if you want to take a photo of someone.
- Learn a few words of the local language and engage with the people around you.
- Carry a cloth or re-usable bag so you can avoid plastic bags.
- Give back by making a donation to a local project via The Intrepid Foundation.

Share your thoughts with us by completing your feedback form after your trip. This helps us to continue to improve our commitment to responsible travel.

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 is not 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 Peregrine Adventures, a brand of the Intrepid Group, and works 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 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:

Organisations and projects currently supported by The Intrepid Foundation in Egypt include:

* Animal Care in Egypt is a true friend to Egypt's mistreated animals. They provide free professional veterinary care, food and medication for some 4,000 injured, sick and mistreated animals each month. In addition to rehabilitating the mistreated, ACE also provides local people with education in appropriate animal care. Donations of second-hand tack/dog collars and flea treatment are always welcomed.

www.theintrepidfoundation.org/projects/animal-care-in-egypt/

* Educate-Me provides a range of educational services including early childhood education, after school programs, education scholarships and adult education programs.

www.theintrepidfoundation.org/projects/educate-me/

