

## Nubians & Beaches

**Country(ies):** Egypt

**Tour type:** Small Group

**Transport:** A/C minibus/coach, sleeper train & felucca sailboat

**Group size:** Min: 2 | Max: 18

**Days:** 12 days

**Start Location:** Cairo, Egypt

**End Location:** Cairo, Egypt

**Meals:** Breakfasts - 11, Lunches - 2, Dinners - 4

**Highlights:**

The great Pyramids & Sphinx, antiquities of the Grand Egyptian museum (GEM), Abu Simbel option, hidden tombs - Valley of the Kings, relaxing on a traditional Felucca, Red Sea at Hurghada



# Itinerary

## Day 1: Arrive into Cairo and transfer to hotel

Upon arrival our staff will meet you at the airport, assist you with obtaining your visa and luggage, and then transfer you to your hotel for the start of your trip. They will help you settle in, introduce you to the local area, and explain tomorrow's arrangements. The rest of the day is free. If you arrive early you may like to take an evening dinner cruise on the Nile, or enjoy a spectacular sound and light show at the pyramids (both available to book locally on arrival)

**OVERNIGHT:** Cairo 5-star hotel

**MEALS:** None

**EXTRAS:** Single room supplement (EGSGDE) Extra day in Cairo (5-star) - pre-tour

## Day 2: Visit the Pyramids & Sphinx in Giza. Traditional Koshary Lunch. Grand Egyptian Museum (GEM) Visit. Sleeper Train to Aswan

Our adventure begins with a visit to the iconic pyramids of Giza. Marvel at the Great Pyramid of Khufu (Cheops), a monumental structure standing tall at 500 feet and spanning 750 feet at its base. Constructed with massive stone blocks and adorned with a hard limestone casing, this architectural masterpiece will leave you speechless. Alongside the Great Pyramid, admire the smaller yet equally impressive pyramids of Khafre (Chephren) and Menkaure (Mycerinus). You'll even have the chance to venture inside the pyramids (limited tickets available for the Great Pyramid) for an unforgettable experience.

Next, we'll visit to the magnificent Grand Egyptian Museum (GEM), located near the Pyramids of Giza. Immerse yourself in the wonders of ancient Egypt as you explore the Tutankhamun exhibit and countless other fascinating artifacts. Our expert Egyptologist guide will accompany you throughout your visit, sharing their wealth of knowledge and passion for Egyptian history and culture. *Please note: While we will have dedicated time to visit the Museum highlights, the GEM holds one of the largest archaeological collections in the world and therefore it won't be possible to explore the museum in its entirety. If you wish to explore further, you have the option to add on our GEM re-visit package, which will allow you to return and explore at your leisure during your scheduled free time.*

Between these captivating visits, savour a delicious Koshary lunch. This traditional Egyptian dish is a culinary delight, featuring a medley of rice, lentils, macaroni, chickpeas, and a tangy tomato sauce, topped with crispy fried onions. It's a true feast for the senses and a perfect representation of Egypt's rich culinary heritage.

As the day draws to a close, we'll transfer to the station for an overnight sleeper train to Aswan. The journey takes around 12 hours and you'll be accommodated in a twin birth cabin, where an airline style dinner and breakfast will also be served.

**OVERNIGHT:** Sleeper Train Cabin

**MEALS:** Breakfast,Lunch,Dinner

**EXTRAS:** Cairo to Aswan flight upgrade

## Day 3: Arrive in Aswan and visit Philae Temple. Nubian Village experience

After our night onboard the sleeper train, we arrive in Aswan, a city steeped in ancient Nubian history. The Nubian people have inhabited this region for millennia, their culture intertwined with the Nile. We'll be spending the night immersed in this vibrant culture, staying in a Nubian style hotel within a Nubian village. Get ready to be charmed by the brightly painted houses, adorned with symbolic patterns and vibrant colours, and explore the bustling local markets where you can find handcrafted souvenirs and spices.

Before heading to the Nubian villages, we'll embark on a boat trip to the breathtaking Philae Temple. Dedicated to the goddess Isis, this temple complex was once threatened by the rising waters of Lake Nasser. Thankfully, it was carefully dismantled and relocated to its current island location, preserving its beauty for generations to come.

Following our visit to Philae Temple, we delve deeper into Nubian culture. We'll journey south of Aswan to a traditional Nubian village, where we'll have the unique opportunity to experience the local way of life firsthand. We'll wander through the village, visit the homes of Nubian families, and learn about their customs and traditions. In the evening, we'll share a delicious home-cooked dinner with a Nubian family, savouring traditional dishes and enjoying their warm hospitality. We'll then spend the night in a Nubian-style hotel, allowing us to fully immerse ourselves in the peaceful rhythm of village life.

**OVERNIGHT:** Aswan - Nubian Village hotel

**MEALS:** Breakfast, Dinner

**EXTRAS:**

## Day 4: Optional visit to Abu Simbel. Sail on the River Nile on a traditional Felucca sailboat

Those seeking an awe-inspiring adventure can rise early for an optional excursion to Abu Simbel. This UNESCO World Heritage Site boasts two magnificent temples carved into the mountainside by Ramses II. These monumental structures, adorned with colossal statues and intricate reliefs, are a testament to the grandeur of ancient Egypt and a definite highlight of any trip.

At lunchtime, we embark on a quintessential Egyptian adventure: a felucca sailing trip on the Nile. These traditional wooden sailboats offer a unique perspective of the river, allowing you to witness the beauty of the Nile and observe rural Egyptian life unfold along its banks. Our Nubian crew will expertly navigate the felucca, ensuring a relaxing and enjoyable journey. They'll also entertain you with their local knowledge and prepare meals onboard.

For your comfort and convenience, a separate facilities boat will accompany us, providing essential amenities such as toilets, showers, and a hygienic kitchen. In the evening, we'll moor along the riverbank and enjoy a dinner prepared by our crew. As the stars twinkle overhead, we'll settle down for a magical night's sleep on deck, under the vast expanse of the Egyptian sky (mattresses, blankets, and mosquito nets are provided).

Should you prefer a more conventional overnight stay, you have the option to upgrade your felucca experience and spend the night in a comfortable hotel in Aswan. You'll then rejoin the group the following morning when disembark the Felucca in Aswan. This upgrade won't affect the rest of your itinerary.

**OVERNIGHT:** Felucca Sailboat

**MEALS:** Breakfast, Lunch, Dinner

**EXTRAS:** Abu Simbel overland Upgrade from felucca to hotel in Aswan

## Day 5: Disembark Felucca and visit Edfu Temple. Drive to Luxor and visit Luxor Temple by Night

After breakfast onboard our felucca, we bid farewell to our Nubian crew in Aswan and continue our journey north by road. Our first stop is Edfu, home to the impressive Temple of Horus. Dedicated to the falcon-headed god, this remarkably well-preserved temple is one of the largest and most complete in Egypt. We'll have time to explore its towering pylons, hypostyle halls, and intricate reliefs, immersing ourselves in the mythology and grandeur of ancient Egyptian religion.

From Edfu, we continue northwards to the legendary city of Luxor. Built upon the ancient site of Thebes, Luxor boasts an unparalleled concentration of historical wonders. Often referred to as the world's greatest open-air museum, it's divided by the Nile into two distinct areas: the East Bank, with its vibrant city life and magnificent temples, and the West Bank, a necropolis of royal tombs and mortuary temples.

This evening, we have a special treat in store: a guided tour of Luxor Temple at night. Situated in the heart of the modern city, this beautifully illuminated temple offers a magical experience after dark. Our guide will bring the temple's history to life, revealing its secrets and explaining its significance as a centre of worship for centuries.

**OVERNIGHT:** Luxor hotel

**MEALS:** Breakfast

**EXTRAS:**

## Day 6: Visits to Valley of the Kings, Temple of Hatchepsut, Workers Village, Colossi of Memnon. Afternoon visit Karnak Temple

This morning, we embark on a journey to the West Bank of Luxor, a realm steeped in ancient history and shrouded in the mystique of pharaohs and their eternal resting places. Our exploration begins with a visit to the Valley of the Kings, a vast necropolis where generations of pharaohs were laid to rest in elaborately decorated tombs. We'll venture into several of these tombs, marvelling at the vibrant hieroglyphs and intricate paintings that adorn their walls. These ancient chambers continue to reveal their secrets to archaeologists, making the Valley of the Kings one of the most significant archaeological sites in the world.

Our West Bank adventure continues with a visit to Deir el-Medina, a fascinating village that was once home to the skilled artisans who constructed and decorated the royal tombs. We'll explore the remains of this ancient community, gaining insights into the lives of the workers and their families.

Next, we'll be captivated by the Temple of Queen Hatshepsut, a unique mortuary temple built into the cliffs. Its elegant colonnades and terraces offer stunning views of the surrounding landscape. And no visit to the West Bank would be complete without encountering the Colossi of Memnon, two colossal statues that have stood guard over the Theban necropolis for millennia.

In the afternoon, we cross back to the East Bank to explore the sprawling complex of Karnak Temple. Dedicated to the Theban Triad of Amun, Mut, and Khonsu, Karnak is a masterpiece of ancient Egyptian architecture. We'll wander through its vast courtyards, admire its towering columns, and decipher the intricate carvings that adorn its walls. Our guide will unravel the temple's complex history, revealing its secrets and explaining its significance as a religious and cultural centre for over 2,000 years.

For those seeking an unforgettable experience, an optional hot air balloon flight over the West Bank is available this morning. Imagine soaring above the Valley of the Kings, the temples, and the Nile as the sun rises, painting the landscape in golden hues. It's a truly magical way to witness the grandeur of Luxor from a unique perspective (expect an early start to catch the sunrise).

Later this evening we transfer to the station for the overnight sleeper train back to Cairo (approx. 9 hours).

**OVERNIGHT:** Sleeper Train Cabin

**MEALS:** Breakfast, Dinner

**EXTRAS:** Hot air balloon in Luxor

## **Day 7: Arrive back in to Cairo. Optional tours available**

We arrive back into Cairo this morning and transfer to our hotel. The day is then free to explore Cairo as you choose or you may take an optional tour. These include a city tour in Cairo which visits Coptic Cairo, the Citadel and Mohamed Ali Mosque, or a half day tour to Saqqara, Dashour and Memphis to learn more about the history and evolution of pyramid building. Another full day option further afield includes a trip into the desert outside Cairo to see the World Heritage Site of the Valley of the Whales at Wadi Rayan.

If you haven't chosen to join one of our full day optional tours, in the afternoon there is the option to take a guided walk through the back streets and bazaars in central Cairo. We'll walk through the huge Bab al-Futuh gateway and explore streets dedicated to metalwork, spices, pottery, fabric, jewellery and anything else you can imagine as we gradually enter the more touristy Khan-el-Khalili bazaar. We'll have time for a break to try some tea and a shisha pipe and perhaps enjoy an early dinner of Egypt's unofficial national dish, Kushari before returning to our hotel.

**OVERNIGHT:** Cairo hotel

**MEALS:** Breakfast

**EXTRAS:**

## **Day 8: Drive through Sinai to Dahab**

This morning we'll depart Cairo for our drive to Dahab, the journey will take us under the Suez Canal and through the Sinai region. If you prefer to fly, we also offer an optional Cairo to Sharm el Sheikh flight upgrade. The rest of the afternoon is free to relax by the hotel pool or beach, or head into Assalah to enjoy the unique feel of this friendly village.

The word Dahab in Arabic means gold and refers to the fine yellow sand that colours the beaches either side of the main bay. The nearby Bedouin village of Assalah lies along the shore of Ghazala Bay and is a collection of campsites, hotels, restaurants, shops, dive-centres and bars, dotted with palm trees. It is here that you'll experience the Bohemian feel that makes Dahab so special (most hotels provide shuttle buses and taxis to and fro are cheap as well). The evenings provide a perfect opportunity to try out some of the many restaurants and excellent local seafood.

**OVERNIGHT:** Dahab hotel

**MEALS:** Breakfast

**EXTRAS:**

## **Day 9: Dahab Free day (options available)**

Today is free to explore the many delights that Dahab, and its surroundings have to offer. You can do more snorkelling or try an introductory scuba-dive. Alternatively you can relax at one of the numerous beachside restaurants or do a spot of sunbathing on the beach. If you'd like to see more of what this area has to offer day

trips are available to the protected area of Ras Abu Galum where you'll be have the opportunity to get up close with the marine life which this area has become famous for. Other options are available to the Blue Hole, Coloured and White Canyons, Mount Sinai & St Catherines Monastery and even a Bedouin evening in the desert.

**OVERNIGHT:** Dahab hotel

**MEALS:** Breakfast

**EXTRAS:**

## Day 10: Further free day in Dahab

You have another free day in Dahab today, to relax or explore the local area further on another of our optional tours.

**OVERNIGHT:** Dahab hotel

**MEALS:** Breakfast

**EXTRAS:**

## Day 11: Return to Cairo

We drive back to Cairo today. We'll have time for a break to try some mint tea and a shisha pipe and this is a great final opportunity to pick up some souvenirs of your time in Egypt.

**OVERNIGHT:** Cairo hotel

**MEALS:** Breakfast

**EXTRAS:**

## Day 12: Cairo, free time, departure airport transfer

Your time is free today for some last minute sightseeing or shopping until we transfer you to the airport for your departure flight. If you have an afternoon or evening flight departure, then a half-day tour of Coptic Cairo and the Citadel is available today, or you could take another half-day tour to learn more about the evolution of pyramid building at Saqqara, Dashour & Memphis. tours are also available today. Alternatively you can add extra nights to your time in Cairo which would allow you to take a day trip to the colonial city of Alexandria on the Mediterranean coast, or a trip into the desert outside Cairo to see the World Heritage Site of the Valley of the Whales at Wadi Rayan.

**OVERNIGHT:** N/A

**MEALS:** Breakfast

**EXTRAS:** Alexandria day trip Cairo city tour Saqqara, Dashour & Memphis Extra day in Cairo (5-star) - post-tour

**Included:**

- 8 nights in 4 & 5-star hotels, including 1 night in a Bedouin Style Guesthouse
- 1 night on board felucca sailboat with support boat (hotel upgrade available)

- 2 nights on board sleeper train from Cairo/Aswan & Luxor/Cairo (flight & hotel upgrade available)
- 24-hour airport arrival & departure transfer service
- All transport and transfers in private AC vehicles
- Sightseeing tours as detailed in the itinerary
- Traditional Koshary Lunch in Cairo
- Nubian Village Experience in Aswan
- Services of a local Egyptologist guide for all sightseeing tours
- Meals as indicated in the itinerary

**Excluded:**

- International flights (available on request)
- Visa fees (available on arrival for most nationalities)
- Travel insurance (compulsory, available on request)
- Meals not indicated in the itinerary
- Entrance fees (allow approx. US\$124)
- Tipping kitty (allow US\$85)
- Drinks, snacks, guide tips and other personal expenses (e.g. laundry)
- Hotel gala dinners (see Tour notes)
- Any other items not mentioned above

**Notes**

**Hotel Gala Dinners**

Many of Egypt's hotels and Nile cruise boats arrange a very special gala dinner with entertainment in the evening on Christmas Eve and New Year's Eve. Payment for these is often optional on Christmas Eve (24 Dec) but normally compulsory on New Year's Eve (31 Dec), whether you attend or not. Prices can range from around US\$50 to over US\$180 per person in 5-star hotels. Final decisions on prices and whether dinners are compulsory are made relatively close to the time. We aim to always select hotels that make their Gala Dinners optional, though this is not always possible, especially for New Year's Eve. Gala dinner prices are therefore not included in our prices above, but will be added to your booking if they become required. Please budget accordingly. More information is available on request.

# Options

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Our tours are designed to include all that you need to enjoy a really special time in the destination you're visiting. However, we do also offer some extra options to complement the tour and add some additional sightseeing or activities, or some extra time at either end of the tour.

All accommodation based options (e.g. Single supplements, extra nights, cruise upgrades) should be booked and paid for in advance so that we can make the appropriate arrangements. Other options may either be booked and paid for in advance or while you are on the tour, though we recommend booking in advance to ensure there are no issues with availability.

Many options are priced the same throughout the year, but some may incur single or high season supplements - full details are given on the tour reservation form or on request.

## Hot air balloon in Luxor

Min numbers: 1

This popular optional tour starts early in the morning so that you experience the sunrise over the Valleys of the Kings & Queens, temples and desert. We endeavour to use the earliest flights of the day as they are timed to fit with the rising sun, this means that times may vary. You get around 1 hour in the air.

The price of this option is approximately \$170.00. Please note that this option is only available to be booked locally, via your tour guide who will also advise you of the current price.

## Cairo city tour

Min numbers: 1

This half day guided tour of Cairo begins with Islamic areas including the Citadel of Saladdin, boasting the famous Alabaster Mosque of Mohammed Ali. Then we head onto the Coptic area of Cairo where the Romans constructed the fortress of Babylon. The church of St. Mary was built over the ruins of two towers of the fortress whilst it is more commonly known as the Hanging Church next stop is St. Sergius which is said to be the resting place of the Holy Family. The tour finishes at the Khan-el-Khalili bazaar. The entrance fees budget covers the Coptic Museum, the Citadel and the Sultan Hassan Mosque. Depending on your day, you may not have time to visit all of these.

Entrance fees to sites visited are not included (budget approx. USD 22)

Prices shown are based on a minimum of 2 people travelling. Solo traveller supplements apply.

## Wadi Rayan day trip (Valley of the Whales)

Min numbers: 1

This tour provides a great contrast to the Pharaonic sites you have visited on the rest of your tour. We leave Cairo and head to the Fayoum region where we head for the Wadi Rayan Protected Area, which surrounds a fresh-water lake in the middle of the desert, filled by the remaining irrigation water from the Fayoum area. There are several waterfalls here (popular in Egyptian pop music videos), and a bird hide which gives good views of the lakes birdlife, particularly in the winter months when the lake is an important stop for migrating water-birds. We also visit the Springs Oasis area, a rare example of an uninhabited Saharan oasis, and host to many different plants and animals, including Dorcas Gazelle, Ruppell's Sand Fox and Fennec Fox. Before lunch, we'll make a stop in the sand dunes surrounding Wadi Rayan to have a go at Sandboarding. After a stop for a packed lunch, we then drive into the stunning desert & mountain scenery of Wadi Hitan (Valley of the Whales). This World Heritage Site is accepted as the most significant site in the world to demonstrate the evolution of whales, and we take a 2-3km walk here to see several specimens of fossilised whales of different types sitting on the surface of the sand, as well as fossilised mangroves and the remains of crab holes.

This tour requires a full free day in Cairo, but can also be arranged straight after you arrive back in Cairo from Luxor/Aswan from the overnight sleeper train. We can also arrange it on any tour if you add extra days before and after your main tour. Prices shown are based on 2 or more people travelling, with an additional supplement due for solo travellers.

Entrance fees are excluded, please budget \$25 per person.

## Abu Simbel overland

Min numbers: 2

The temples built by Ramses II at Abu Simbel are one of Egypt's highlights, and have a fascinating story behind them to go with their impressive size. When Lake Nasser was flooded, the final water level was going to submerge several temples, the most important of which being Abu Simbel. The temple was therefore dismantled completely and rebuilt further up the hillside where it sits today. The temple stands today as a testament to Ramses II and the great building prowess of the ancient Egyptians, as well as to modern engineering. We depart Aswan very early in the morning (around 4am), with the aim of getting to Abu Simbel to see the temples in the light of the rising sun. We then have a guided tour with one of our Egyptologists and some free time before we drive back to Aswan (approx. 3 1/2 hours drive each way, with around 2 hours at the temples). The tour itinerary is designed so you will not miss any other activities if you choose this option.

Note - we choose the overland route to get to Abu Simbel as the flight times there are unreliable and the journey using the flight is much more segmented (you get more rest on the coach), not to mention it is much more expensive to fly. Please note that we only offer Abu Simbel by Flight on private or tailor-made tours.

Entrance fees to the site (approx. US\$17, 50% for children) are not included in the option price and should be paid locally. A minimum of 2 people is required to operate this option.

## Single room supplement (EGSGNB)

Min numbers: 1

The tour price is based on 2 people sharing twin/double rooms. This option books a single room in all the accommodation throughout the tour. If you are a single traveller and would be happy to share a room, let us know and we will see if we can pair you up with another single traveller of the same sex. If a room share is not available when you book then we will add the single room supplement to your booking and it will be payable with your balance payment unless we have arranged a room share for you by then. If a room share is arranged after you have paid the supplement then we will refund it to you. Room shares are arranged in order of booking.

**Note:** Single supplement prices may vary seasonally.

## Extra day in Cairo (5-star) - post-tour

Min numbers: 1

This option adds an extra day to the end of your tour, staying in the same hotel as the main tour itself (subject to availability). Your airport departure transfer is still included. Prices shown are per person and based on two people sharing.

**Note:** Single room and peak season supplements apply.

## Felucca to Hotel upgrade

Min numbers: 1

If you would like some more comfort in place of sleeping on the deck of the felucca, then this option provides an extra night in a hotel in Aswan instead. You then rejoin the rest of the group after they finish on the felucca. Your time is free in Aswan, but additional sightseeing tours are available locally on request. Single room supplements apply.

## Pyramids Camel Ride

Min numbers: 1

Experience the Giza Pyramids from a unique vantage point with an optional camel ride. This excursion takes you across the desert to a scenic view point, offering panoramic views of the pyramids. Capture memorable photos and enjoy the desert landscape.

## River Nile Kayaking

Min numbers: 1

Experience the Nile from a unique perspective with our optional kayaking trip. We'll collect you from your Nubian Guesthouse and transfer you to the starting location, where you'll receive a safety briefing before embarking on your adventure. Paddle your own single kayak along the Nile for 30-45 minutes, enjoying the scenic river views. We'll then arrive at Mud Island, where you'll have free time to relax and, if desired and permitted, take a refreshing swim in the Nile. To avoid paddling against the current, we'll return to the hotel by motorboat.

### Safety is our priority:

- A support motorboat accompanies the kayaking trip.
- Life jackets are provided for all participants.
- A qualified lifeguard will be present throughout the activity.

## Cairo Sunset Felucca

Min numbers: 1

Take a relaxing felucca ride on the Nile at sunset. See Cairo's landmarks from the water as the sky changes colour. Enjoy a peaceful break from the city, and get great photo opportunities of the skyline. This trip offers a calm way to experience the Nile and create memorable moments of your time in Egypt.

The price of this option is based on a minimum of 2 travellers, single supplements may apply when this tour is operated for just 1 passenger.

## Cairo Tower inc.transfers

Min numbers: 1

Experience breathtaking panoramic views of Cairo by night with an optional evening visit to the iconic Cairo Tower. This trip includes convenient round-trip transfers from your hotel, ensuring a comfortable and hassle-free journey. Ascend to the tower's observation deck and witness the city's glittering skyline, the Nile River, and the illuminated landmarks stretching into the distance.

**Please note:** The Cairo Tower entrance fee is not included and is approximately \$8. Pricing is based on a minimum of 2 passengers, a single supplement applies when this tour is operated for just 1 adult.

## Grand Egyptian Museum (GEM) Visit

Min numbers: 1

Elevate your Egyptian exploration with an unmissable optional guided visit to the awe-inspiring, brand new Grand Egyptian Museum (GEM) in Cairo. This monumental museum is a landmark achievement, eagerly anticipated for years, and now ready to share its treasures with the world. We will provide comfortable and convenient return

transportation directly from your accommodation to the museum, allowing you to relax and anticipate the wonders ahead without the hassle of navigating Cairo's bustling streets.

Upon arrival, you will embark on an enlightening tour led by an expert guide. They will bring the wonders of the GEM to life, providing fascinating insights into Egypt's rich and captivating history and navigating you through its vast collections. Your guide will highlight the most significant artefacts, ensuring you don't miss the key exhibits, including colossal statues, intricate jewellery, and the famed treasures of Tutankhamun, all presented in a state-of-the-art setting befitting their historical importance. This guided experience will deepen your understanding and appreciation of the splendours on display.

Please be aware that the entrance fee to the Grand Egyptian Museum is not included in the cost of this optional excursion. As of the time of publication (June 2026), the standard entrance fee is approximately \$35 per person.

Don't miss this exceptional opportunity to be among the early visitors to what is destined to become one of the world's most important cultural institutions, all while benefiting from the knowledge and passion of a dedicated guide. Secure your place on this excursion and prepare for an unforgettable and insightful encounter with the splendours of ancient Egypt in a truly twenty-first-century museum.

## **Karnak Sound & Light Show**

Min numbers: 1

Experience the magic of Karnak Temple at night with a captivating sound and light show. This optional extra includes convenient round-trip transport from your hotel, ensuring a hassle-free evening as you witness the ancient wonders illuminated against the Egyptian sky.

Pricing is based on a minimum of 2 passengers travelling together. Supplements may apply when this option is operated for just 1 passenger.

## **Siwa Oasis Extension (3 Nights)**

Min numbers: 1

Discover the wonders of Siwa Oasis on a 4-day optional tour from Cairo, featuring ancient sites, unique natural landscapes like salt lakes and desert springs, and cultural experiences before returning to Cairo.

## **Philae Sound and Light Show**

Min numbers: 1

Experience the magic of Philae Temple at night with a captivating sound and light show. This optional extra includes convenient round-trip transport from your hotel, ensuring a hassle-free evening as you witness the ancient wonders illuminated against the desert sky.

Pricing is based on a minimum of 2 passengers travelling together. Supplements may apply when this option is operated for just 1 passenger.

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## 1. Felucca Sailboat

This tour features an overnight felucca cruise. Feluccas are very basic traditional Nile sailboats and are a fun and relaxing way to travel down the river. You sleep on the deck of the boat (mattresses and some blankets are provided, but we suggest that you bring a sleeping sheet, blanket or light sleeping bag during the winter months of November-February). There are no toilet facilities on board, but you will be joined several times each day and at night by our support boat where a toilet and warm showers will be available. Mosquito nets are provided for use while you are sleeping but you should bring mosquito repellent for the evenings and early mornings. Your Nubian boat crew will cook all your meals while on board and entertain you in the evenings.

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## 2. Transport

Our trips feature a mix of different transport options. We want you to feel like you're really experiencing the country you're travelling through, but at the same time we want you to finish journeys refreshed enough to enjoy the next stage of the tour. In Egypt we do not use any public tourist buses or overnight coach journeys as we know that people don't sleep on board and end up very tired for the following few days. All the vehicles we use are air-conditioned, many are fitted with speed limiters, and all are inspected and checked daily. Some 4WD vehicles used on desert safaris may not always have air conditioning where they are only used for short periods.

For the overnight train journey from Cairo to Aswan (approx. 12 hrs) this tour uses the overnight sleeper train. This train has private twin berth cabins with large seats and fold-down beds with sheets, pillow & blanket. The lockable cabins also have a washbasin and storage cupboard, and an airline tray-style evening meal and breakfast is included. If you wish you may upgrade this journey to internal flights. You can also upgrade the Hurgada-Cairo drive to a flight if you wish - the normal drive takes around 7 hours.

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## 3. Dates & Prices

We run regular small-group departures on this tour starting on Saturdays throughout the year. All departures are guaranteed to run with a minimum of 2 travellers and a maximum of 18. Departure dates and prices are listed on our website and on a separate dates & prices sheet available on request.

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## 4. Transfers

Our Egypt tours include a 24-hour airport meet & assist service in Cairo airport, your arrival and departure airport-hotel transfers and all other transfers. Our representative will meet you in the immigration hall of Cairo airport before you get to passport control (if you are flying into Sphinx International Airport, our representative will be waiting outside, after you have passed through immigration and re-claimed your luggage). They will assist with visa formalities before helping you collect your luggage and taking you to your hotel.

Your airport transfers are only included on the first and last day of the set tour itinerary, plus on any additional days if you book your hotel room with us. If you make your own arrangements for additional accommodation at either the beginning or the end of the tour then you will need to arrange your own airport transfers on these days.

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## 5. International Flights

We want to give you as much flexibility as possible when it comes to booking your holiday with us. So, to take account of people with varying travel plans, we don't normally include international flights in the main tour price. We are however very happy to suggest flights to go with the tour. Please contact us with your preferred dates and departure airport and we'll give you a selection of airlines, times and fares to choose from.

Your airport arrival & departure transfers are included on the first and last days of the tour. Nearly all our Egyptian tours start and finish in Cairo. You can fly into Cairo International Airport (CAI) or Sphinx International Airport (SPX).

We do also sometimes advertise flight inclusive packages from selected airports. Where these are shown on our website, prices are correct at the time of quoting, but are subject to continued availability of the fare used. Prices will be reconfirmed at the time of booking, and we will also provide the flight times and airline details before tickets are issued.

### **Travel Zoo / Groupon Flight Inclusive Packages**

Encounters Travel occasionally offer flight inclusive packages - In this case, your international flights will be included as per the package you have purchased. Flight inclusive prices are based on the cheapest Economy ticket class available which is generally non-refundable and non-changeable. More flexible ticket options, as well as Premium Economy and Business Class tickets are available on request for an additional supplement. Any changes made to flight inclusive bookings will be subject to the airline rules on your ticket.

### **Flight CO2 Emissions:**

Traveling by air is an amazing way to explore the world, but flights also contribute to carbon dioxide (CO2) emissions that impact the environment. By considering the airline's CO2 emissions when you choose your flight, you can help minimize your travel footprint.

When selecting your international flights and airline, we do therefore recommend that you try and also take into account the flight CO2 emissions. Some airlines and flight search websites (eg. Google Flights, Skyscanner) do publish this information, so you can compare between your flight options and make an informed decision. Thankfully, many airlines are working towards sustainability efforts, and choosing a greener option allows you to contribute to positive change while still enjoying your incredible adventure.

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## **6. Group Size/Tour Leaders/Guides**

We are committed to being a small group operator, as we feel this gives everyone in the group the best chance to get to know their fellow travellers and to hear and make the most of their guide. There's no point in us providing great guides if you've got to peer over 30-40 shoulders to see them! So, we won't ever put you in a 50-seater coach with 49 other people and just one guide. Instead, we set our Egypt small-group departures to have a maximum of 18 travellers.

Shoestring tours have a maximum group size of 26. On dedicated Nile Cruise tours (such as the Long Nile Cruise) you may join larger boat groups (generally of no more than 30 passengers per guide) for the sightseeing trips, though a supplement is always available for a private Egyptologist guide for these tours (requires advance booking).

Specialist escorted tours and workshops may have different group sizes - please download the Tour Notes for details.

In Egypt we provide fully trained, local English-speaking graduate Egyptologist guides to run your tour and escort you during all of the sightseeing in Cairo and the Nile Valley. We also have permanent local reps in all the main towns/cities and Red Sea resorts who are also at your service, and will be handling all the practical arrangements for the tour. We use local Bedouin guides for tours through the desert.

Whilst the majority of our tours are guided in English, we do offer a limited number of small group departures which are led by experienced Egyptologist guides fluent in French or Spanish. Notes are shown next to each departure date to highlight these. Guiding in other languages is also available on private departures (eg. German, Italian, Polish) - please contact us for details and quotations.

On some departures we may use one guide in Cairo, and a second guide if you are travelling between Aswan and Luxor.

At Encounters Travel we only use local Egyptian guides and reps. We feel this gives you the best experience of the country and the sites you are seeing. Please check our website for more details and profiles of some of our most famous Egyptian guides.

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## 7. Entrance Fees

Our Small Group tours do not include entrance fees to the tourist sites mentioned in the itinerary. We do however normally include these in prices for Tailor-Made and Escorted tours. Please check the Inclusions and Exclusions section below the tour itinerary for a details about your tour and the amount you may need to budget. This amount is subject to change and will be reconfirmed in Egypt at the start of your tour. A 50% discount for minors or ISIC card holders is often, but not always available.

Your guide will be happy to collect payment for all the entrance fees at the start of the tour, and pay them for you as you go along if you wish. This payment is normally collected in US Dollars cash together with payment for any Tipping Kitty used on the tour, though you may also pay with Egyptian Pounds or other currencies, converted to USD. Local exchange rates are set on a monthly basis and based on local bank rates so may not match the exact rates you may find online on the day.

### **Entrance Fee Increases:**

Please note that whilst we make every effort to keep the amounts we advise for local entrance fees as up to date as possible, these amounts should be considered a guide only due to fluctuating exchange rates and local rate changes imposed by the Egyptian government. We are aware that the Egyptian Government will be updating their entrance fees in November 2024 and our website will be updated at that time to reflect the revised fees.

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## 8. Tipping

Tipping is very much a part of Egyptian culture and customs. To make our prices more transparent and so it is easier for you to budget and less hassle while in Egypt, on our small group tours we organise a 'Tipping Kitty' which needs to be paid as a local payment and will be around US\$30-80 depending on the length of your trip. Payment is collected in US Dollars cash or can also be paid with Egyptian Pounds or other currencies converted to US Dollars at our local monthly exchange rate, or by credit card (3% fee). This kitty provides tips for a wide range of people you'll meet along the tour including hotel porters, housekeeping staff, train and station staff, drivers, site guards, local reps etc. Please check the Included/Excluded notes below the tour itinerary for more information on how much to budget for this kitty.

Your Egyptologist guide (and Bedouin guides in the desert) is not included in this kitty and you may tip them at the end of your tour subject to your satisfaction with and appreciation of the service they have provided. You should not feel obliged to tip any particular amount, and should consider your personal budget. We are often asked to provide a guide however, and can suggest that approx. USD 10-15 per person per day would be appropriate.

Children under the age of 12 do not need to pay this tipping kitty.

On private/tailor-made tours we can also arrange a tipping kitty if you wish, or you can tip people as you go along the tour. Your guide will be happy to help advise either way.

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## 9. Accommodation

Most of our small group tours use high quality hotels at the Egyptian 5-star level in Cairo, Aswan, Luxor and Hurghada, all with swimming pools and a choice of restaurants and bars.

However, some of our lower budget trips (eg. Egypt Express, Pharaonic Encounters and Sands & Seas) use good quality 3 and 4-star level hotels, all with air-conditioned en-suite bathrooms. On some tours we also use a Nubian styled hotel in Aswan which is full of character and has a great location by the Nile and in the heart of a Nubian village.

Our private/tailor-made tour itineraries use a wider mix of hotels, from comfortable mid-range hotels at the 3-4 star level (generally the best available in some of the less visited places included in the particular itinerary) up to some of the very best deluxe 5-star properties in the country.

Please check the Accommodation tab on the tour page or download these Tour Notes for details of the normal hotels used. On our group tours, these hotels may change from time to time for other properties of a similar standard. If you would like to guarantee a particular hotel, please request a tailor-made tour.

Nile cruise tours are generally based on Egyptian 5-star level boats - perhaps equivalent to a decent international 4-star hotel standard. Please check the Accommodation section on the tour page for details. Deluxe 5-star level boats, all-suite boats, and Dahabiyas are also available on private and tailor-made tours. Please contact us for details.

Accommodation is based on twin, triple or double en-suite rooms/cabins with air conditioning. All couples will be given a private double room/cabin. Triple cabins are not available on Nile cruise boats.

Please check the Single Room Supplement option for details on room sharing options and charges for solo travellers on this tour.

### **Gala Dinners**

Many of Egypt's hotels and Nile cruise boats arrange a very special gala dinner with entertainment in the evening on Christmas Eve and New Year's Eve. Payment for these is often optional on Christmas Eve (24 Dec) but may be compulsory on New Year's Eve (31 Dec), whether you attend or not. Prices can range from around US\$50 to over US\$180 per person. Final decisions on prices and whether dinners are compulsory are made relatively close to the time. We aim to always select hotels that make their Gala Dinners optional, though this is not always possible. Gala dinner prices are therefore not included in our prices above, but will be added to your booking if they become required. More information is available on request.

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## **10. What to take**

**Luggage:** Suitcases, rucksacks or fabric holdalls are all fine to bring with you to Egypt. You should also bring a small daypack/bag to take out during the day. Your main luggage will normally be left in the hotel during your sightseeing trips – you will not need to carry it far, and there are nearly always hotel porters to assist.

**Luggage limits:** There is no luggage limit for this tour. However, most airlines restrict you to between 20kg and 25kg for your hold luggage and between 5kg and 10kg for hand luggage. Please check with your airline before travelling to the airport.

**Clothing:** Most of your time in Egypt will be in a hot climate. However, at night, and especially in the deserts, the temperatures can drop quite dramatically. So you must pack for cool conditions. Formal dress (eg. suits & ties) is not required on the cruise boats or in 5-star hotel restaurants. Long sleeves are recommended to protect from mosquitoes if you are on the felucca. Modesty rates highly in Egypt, especially for women, so to respect the local culture & people, please ensure all clothes are loose fitting and not revealing. Shorts (not hot-pants) are OK in tourist sites, as are T-shirts, but these should not show too much bare flesh (we suggest that your shoulders should remain covered). In the centre of Cairo, and when visiting any mosques, legs and arms should be covered.

**Other items:** If you will be travelling on a felucca then we recommend bringing a light sleeping sheet or sleeping bag liner all year round for comfort, and a light sleeping bag in the winter months (November to February). We also recommend you bring a sun hat, sunscreen, sunglasses, a basic first aid kit, toiletries, small towel, money belt, small torch, camera & charger.

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## **11. Booking & Payment**

If you would like to book a place on this tour, please complete the online reservation form on our website (via the Dates & Prices tab on the tour page). You may make a deposit or full payment online, or just hold a reservation if you prefer (full payments are due 8 weeks before departure). We will then contact you with more details about how to complete your booking. Payments may be made by debit or credit card (subject to a card processing fee), or by making a bank transfer, or posting us a cheque/bank draft. Full details will be provided in your booking confirmation email. Please [contact us](#) if you would like any more information or have any questions before making a booking.

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## 12. Financial Security

We are a UK registered company and are committed to providing our customers with financial protection to provide peace of mind and to allow you to book with confidence.

We have therefore partnered with Trust My Travel Ltd., which provides financial protection services to over 2000 partners around the world. Funds paid to us by our customers are protected via an Insurance policy held by Trust My Travel. Each traveller and the description of services sold is declared against Trust My Travel's insurance policy directly against our financial failure. In the event of our insolvency, you will be refunded for any unfulfilled products and/or repatriation to the UK (where applicable). Please see [our website](#) or [booking conditions](#) for more information.

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## 13. Responsible Tourism

It is impossible not to have an impact on the local environment, cultures and eco-systems when you travel. However, it is very possible to try and ensure that these impacts are as limited, or positive as possible. We are committed to ensuring that we try to leave our host countries in a better state than we found them and encourage and assist our travellers to help us with this.

The following are a few simple tips that require very little effort on your part but which will help ensure that any effect you have on the locations you visit is positive rather than negative.

- Don't prejudge: Things in different countries will almost certainly be different. That doesn't make them worse or inferior, just different.
- Communicate: Don't expect locals to speak your language. Take the trouble to learn a few words or phrases of the local language. Don't worry about sounding silly. Most locals are patient and accommodating and appreciate you making the effort to communicate in their language.
- Conserve energy: Be careful not to waste valuable resources. Use local resources sparingly. Switch off lights, air-conditioning and fans when you leave the hotel room and don't waste water. Remove superfluous packaging. Many countries have far less efficient waste disposal systems than ours. Remove packaging from newly acquired items before leaving home.
- Don't litter: No matter how untidy or dirty the country you're travelling in may look to you, avoid littering, as there is no need to add to the environment's stress. Many of the countries we visit have a tough challenge dealing with rubbish and waste. Please consider taking home as much plastic waste as you can (e.g. water bottles).
- Choose environmentally friendly products: By using environmentally friendly (bio degradable) sun creams, shampoos and detergents you can help reduce pollution.
- Respect local customs and traditions: As you are a guest in these countries, you should also comply with the local customs. If you are friendly and well mannered, the locals will reciprocate and it will only enhance your experience. It's important to follow dress and behaviour guidelines especially when visiting religious or sacred sites (your tour leader will advise you how best to do this).
- If a client commits an illegal act the client may be excluded from the tour and Encounters Travel shall cease to have responsibility to/for them. No refund will be given for any unused services.

All porters are employed and equipped following guidelines set by the International Porter Protection Group (IPPG).

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## 14. Follow Us Online

You can stay in touch with us online by following us on Facebook and Twitter. We post updates on relevant travel news in our destination countries, special offers and discounts and other interesting travel related news and information.

[www.facebook.com/encounterstravel](http://www.facebook.com/encounterstravel)

<https://x.com/encounterstravl> (yes, without the 'e')

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## 15. Travel Insurance

Travel insurance is compulsory on all of our tours and needs to cover personal accident & liability, medical expenses and repatriation, travel delay & abandonment. We also strongly recommend that you take out cover against cancellation and lost/stolen baggage. Personal medical insurance does not normally provide sufficient cover and is generally not suitable for travel on our tours. You will not be able to join your tour if you have not provided us with details of your insurance or if you arrive without cover in place (no refunds will be due in this event).

Considering travel insurance for your trip? [World Nomads Travel Insurance](#) offers coverage for more than 150 adventure activities as well as emergency medical, lost luggage, trip cancellation and more.

If your tour includes car hire, or if you plan to arrange a hot air balloon flight locally or do some scuba diving during your tour, you should check the small print in your policy to make sure these are covered (these are covered in our policy). Please also check the maximum altitude that you will be reaching and that full cover including emergency evacuation is provided up to this altitude.

If you are taking expensive camera gear or other electronic equipment with you then please check the coverage and the fine print of your policy to ensure that you have sufficient cover.

*IMPORTANT: We must have your travel insurance details (policy number and type of insurance) before you depart or you may not be allowed to join the tour. If you haven't told us already, please let us know the details when you can. You should take a paper copy of your insurance policy with you as you may be asked to show this at the start of the tour.*

#### **Covid-19**

**Before purchasing any travel insurance, please check the coverage provided for situations related to Covid-19, and for the rules about government travel advice. Your normal policy may not be suitable.**

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## **16. Before you travel**

It is important when considering and preparing to travel anywhere in the world that you have a good understanding of the country you are visiting, its laws and customs, and the possible risks and situations that may occur. This includes specific risks related to your itinerary (eg. does it involve water & can you swim, are you fit enough for the activities included), as well as more general risks such as terrorism and natural disasters.

General details and links to more information about health risks, visa requirements, money, and travel insurance are given in these tour notes. We recommend that you re-read all these before your departure as well as the small print of your travel insurance policy so you know exactly what is covered and what is not.

You should take copies of your important travel documents with you and ideally also store them online securely as a backup. Make sure that you have given us your emergency contact details and told that person where and when you are travelling. Ensure you take enough money with you and that you have access to emergency funds.

Finally, you should read through and stay updated with the current [official government travel advice](#) for your destination. We are registered partners with the UK Foreign Office's ['Travel Aware' campaign](#) which provides further useful and invaluable information.



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## **17. Reduce Plastic Waste with Water-to-Go Filter bottles**

Traveling responsibly means minimizing plastic waste, but staying hydrated on the go is essential. At Encounters Travel we are committed to reducing single-use plastics, which is why we've partnered with Water-to-Go. Their portable filtration system removes over 99.9% of contaminants from any non-saltwater source, turning even questionable water sources into safe drinking water.

Given that tap water is un-safe to drink in many of the countries in which we operate, we recommend purchasing a Water-to-Go bottle prior to departure. This will help you avoid the use of single use plastic bottles and keep you hydrated on the go.

Save big! Get a huge 25% off your Water-to-Go bottle and other Water-to-Go products (such as filters, lids, and carriers). Use code **ENCOUNTERS25** at checkout (valid in the UK, USA and Canada).

#### **How Water-to-Go Technology works:**

- Their reusable, BPA free water bottles contain their own unique 3-in-1 filtration technology effectively providing clean safe drinking water from any non-salt water source around the world.
- Three different (1 traditional and 2 nano) technologies are combined in one filter cartridge to remove up to 99.9999% of microbiological contaminants in water.

#### **The three technologies used in a Water-to-Go filter are:**

- Mechanical filtration – A tiny pore size, so small contaminants can't fit through.
- Electrical – A positive charge reduces the pore size even further and attracts contaminants like a magnet, trapping them inside the filter.
- Activated Carbon – Unlike most carbon based filters, instead of using adhesives to glue the carbon particles together, (which vastly reduces the carbon's efficiency) it is contained within the membrane, helping to reduce contaminants whilst eliminating bad tastes and odours. Try filtering water from your tap at home and taste the difference!

#### **Water-to-Go filter bottles deliver safe, healthy water worldwide**

- Water-to-Go filters remove bacteria, viruses, waterborne disease, protozoa, heavy metals such as lead as well as harmful chemicals.
- Their filters remove Chlorine and Fluoride from tap water.
- The filter will eliminate harmful contaminants from the water but allow beneficial minerals such as sodium and magnesium to pass through leaving you with the healthiest water possible.
- Water-to-Go filters have been independently tested against internationally recognised standards by industry specialists including The London School of Hygiene & Tropical Medicine (UK), BCS Laboratories (USA), Bangalore Test House (India) and IMI (China).

#### **Use Water-to-Go products and you'll be healthier, wealthier and helping to make the world a better place!**

- Depending on filter size, each Water-to-Go filter is able to replace 260 or 400 single-use plastic water bottles!
- They ensure you have access to safe water anywhere in the world without ever having to buy environmentally damaging bottled water.
- Their water bottles deliver safe, clean drinking water at just 5p per litre.
- The filter membrane is biodegradable and the shrouds are recyclable.
- The water bottles are used and approved by everyone from backpackers to commuters, gym users to expecting mums. Perfect for everyday, outdoor and travel.

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## **18. Private & Tailor-made Tours**

While our group departures offer a fantastic way to explore with like-minded travellers, we understand that some guests prefer a more exclusive experience. Most of our group tours can be booked on a private basis, allowing you to enjoy the same expert-led routes with your own dedicated party. The primary advantage of choosing a private arrangement is the flexibility it provides; we can easily customise the itinerary to include your preferred style of accommodation or adjust the pace to suit your needs. Private tours can be run on the same start days as

our group tours, or on other dates. However, some activities within our trips are restricted to particular days of the week - we will advise you on anything like this that we need to work around. Pricing will be based on the number of travellers in your party, and any customisations you may like to make.

For those seeking something truly unique, our specialist sales team is available to collaborate with you on a completely tailor-made tour, designed from the ground up to match your specific interests, accommodation level and requirements.

To request a quotation for a private or tailor-made tour, please [contact us](#).

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## 19. Passports and Visas - Egypt

Passports should be valid for at least six months after your departure from the country. Please do not bring an almost full or almost expired passport. Visa arrangements are the responsibility of the traveller, and requirements are subject to change by the local authorities.

We recommend that you contact your closest Egyptian consulate or embassy for current information for your nationality.

In general official advice is that all nationalities obtain their Egypt visas in advance, as we cannot guarantee that you can get them in the airport. An online e-visa is available through [visa2egypt](#). Please do not use any other website as there are many scam sites offering Egypt e-visas.

In practice however, many nationalities (including British and European, Australian, New Zealand, USA) can and do obtain their visas on arrival in Cairo airport. The process is much quicker and simpler, the cost is currently **US\$30 p/p** and must be paid in hard currency (i.e. GBP, USD or EUR) - you'll be given change in local currency if necessary. There are no forms to fill in and you don't need to bring passport photos. Visas are issued at one of the bank desks in the immigration hall, before you get to passport control. If flying into Cairo International Airport our representative will have met you by this stage and will assist with the process.

**Important Note:** Due to recent changes in the visa regime for Canadians, a visa on arrival or e-visa will no longer be possible for Canadian Citizens entering Egypt after October 1st 2023. Until further notice Canadian passport holders must obtain a visa prior to arrival, from the nearest Egyptian Consulate.

All African & Indian nationals, and some others, will need to obtain their visas in advance.

For further information on your visa requirements, please either contact us or your local Egyptian embassy/consulate.

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## 20. Money - Egypt

The local currency in Egypt is the Egyptian Pound, often denoted 'LE'. The Egyptian Pound can vary significantly in value against the British Pound, but sticks fairly close to the value of the US Dollar. You do not need to arrange to bring any Egyptian Pounds with you to Egypt, as change facilities are available in all the hotels, airports and banks. You should try to obtain and keep hold of small denomination notes or coins on you during the tour as these are useful for toilets, tips and small purchases. ATMs are readily available in major towns and many local shops will accept VISA/Mastercard or Amex, but may charge fees of up to 10% - check before you pay. Travellers cheques are not recommended as they can not be changed in many places now, and can incur high fees.

While in Egypt you will need sufficient funds to cover meals not included in the itinerary, drinks, snacks, souvenirs and personal expenses such as laundry. These should generally all be paid for in Egyptian Pounds. You may also need to pay for the tour Tipping Kitty and site Entrance Fees while you are in Egypt. Payments for these may be made to your tour guide in hard currency (USD, GBP, EUR) at the start of your tour. Please see your tour Included/Excluded details for more information and guideline amounts for these.

It is difficult to recommend a level of personal spending money which will suit everyone as this can differ greatly, but as a guideline, we would suggest allowing USD 15-25 per person per day as a minimum. Allow more if you

plan on doing lots of shopping, or buying many alcoholic drinks.

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## 21. Voltage

Sockets are two round pronged and 220 volts (Type C). Universal adaptors are available in most airport shops if you don't have one already. Standard European adapters will work fine, though sometimes they may feel a little loose in the sockets. All hotel rooms have electrical sockets where you can re-charge cameras, phones etc. Hair dryers are normally available on request from the hotel reception if not in your room already. If you have US appliances (110 volts) you will need a voltage converter as well as a plug adapter.

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## 22. Time

The time in Egypt, Jordan, Israel and Lebanon is GMT plus 2 hours and in UAE GMT plus 3 hours. Daylight saving adjustments have historically been applied in some years but not others. At present it appears that there will be no daylight saving changes in Egypt 2016 and beyond, though this may change at short notice (with a resulting impact on flight times and schedules). In Jordan and Israel, daylight saving of one hour is generally applied between the end of March and the end of October, making it GMT plus 3 hours. Exact dates vary from year to year and sometimes the changes may be scrapped altogether.

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## 23. Health and Vaccinations

You should ensure you are fully insured for medical emergencies including emergency evacuation and repatriation.

Recommended vaccinations and other health protection measures vary according to the country you are visiting and where you are travelling from. We recommend you contact your GP/medical practitioner or a travel clinic for current information on vaccinations needed for your destination. You should ensure that you are up to date with vaccines and boosters recommended for your normal life at home, including for example, vaccines required for occupational risk of exposure, lifestyle risks and underlying medical conditions.

In addition, additional courses or boosters normally recommended for the countries in this region are:

Egypt: Tetanus, Typhoid, Hepatitis A

Jordan: Tetanus, Hepatitis A

Israel: Hepatitis A, Poliomyelitis

Lebanon: Diptheria, Hepatitis A

Malaria is not generally present unless it has been contracted abroad; you do not need to take malaria prophylactics.

More information is available here: [Egypt](#), [Jordan](#), [Israel](#), [Lebanon](#)

Note: We are aware of some places in Egypt using 'black henna' instead of pure brown henna. Black henna contains a chemical dye PPD (paraphenylenediamine) which can result in severe allergic reactions and resultant scarring. To be safe we recommend avoiding any henna tattoos while in Egypt unless you are certain they are using pure brown henna.

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**Printed on:** Wednesday 10th of June 2026

**Note:** Please [download an up-to-date copy](#) of these tour notes shortly before you travel as itineraries and information does change from time to time.

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