ENCOUNTERS TRAVEL

Your passport to adventure

Temples, Tombs & Pyramids

COUNTRY(IES)	Egypt
TOUR TYPE	Small Group
TRANSPORT	A/C minibus/coach, sleeper train
GROUP SIZE	Min: 2 | Max: 18
DURATION	6 days
STARTS	Cairo, Egypt
ENDS	Cairo, Egypt
MEALS	Breakfasts - 5, Lunches - 0, Dinners - 2

TOUR ROUTE MAP **6 Days**



ROUTE: **Cairo** (Start) → **Aswan** → **Karnak** → **Luxor** → **Cairo** (End)

HIGHLIGHTS

The Pyramids & Sphinx, Antiquities at the Grand Egyptian Museum (GEM), Romantic Philae Temple, Ancient Valley of the Kings, Karnak Temple

Itinerary

DAY 1 Arrive into Cairo, transfer to hotel

Meet the staff at Cairo Airport and receive assistance with the visa process and baggage before travelling to the hotel. The team will help you settle in and explain the next day's arrangements. The remainder of the day is free. A Nile dinner cruise and pyramid Sound and Light show are available locally as optional activities for early arrivals, so neither should be presented as part of the standard included programme.

ACTIVITIES

- **Arrive at Cairo International Airport**
  Arrival at Cairo International Airport with meet & assist for visa and luggage handling.
- **Transfer from Cairo Airport to City Hotel**
  Enjoy a comfortable transfer from Cairo International Airport to your city hotel. Sit back and take in your first

glimpses of Egypt's bustling capital as you travel through its lively streets.

- **Free Time at Cairo**
  Enjoy some leisure time in Cairo to relax, explore local cafés, or take in the city's vibrant streets before continuing your journey.

OVERNIGHT	MEALS	EXTRAS
Cairo hotel	None	Nile dinner cruise in Cairo, Single room supplement (EGSGNA)

DAY 2 Visit the Pyramids & Sphinx in Giza. Grand Egyptian Museum (GEM) Visit. Sleeper Train to Aswan

Your Egyptian 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 speachless. 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 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 holdings 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. 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.

ACTIVITIES

- **Explore the Great Pyramids of Giza**
  Stand in awe before the Great Pyramids of Giza, the last remaining Wonder of the Ancient World. Learn about its construction and the pharaohs who built these monumental tombs that have stood for over 4,000 years.
- **Explore Pyramid of Khafre**
  Discover the Pyramid of Khafre, the second-largest of Giza's trio, easily recognized by the limestone casing still visible near its summit. A striking reminder of Egypt's architectural brilliance.
- **Explore Pyramid of Menkaure**
  Explore the smallest yet most refined of the Giza pyramids, the Pyramid of Menkaure. Its unique proportions and granite base showcase the evolution of pyramid design during Egypt's Old Kingdom.
- **Explore Great Sphinx of Giza**
  Marvel at the enigmatic Great Sphinx, guarding the plateau with its lion's body and human face. This ancient

monument is one of Egypt's most enduring symbols, shrouded in mystery and legend.

- **Explore Grand Egyptian Museum**
  Explore the world-renowned Grand Egyptian Museum (GEM), home to one of the greatest collections of ancient artefacts including the treasures of Tutankhamun. Your visit offers a fascinating glimpse into Egypt's royal past.
- **Transfer to Station and Overnight Train Cairo → Aswan**
  Board the overnight seater train to Aswan from Ramses Station in Cairo. Relax in your private cabin and enjoy the rhythmic journey along the Nile Valley as Egypt's landscapes unfold by night.

OVERNIGHT	MEALS	EXTRAS
Overnight Sleeper Train	Breakfast,Dinner	Internal flights upgrade

DAY 3 Arrive in Aswan and visit Philae Temple. Free afternoon in Aswan

Reach Aswan by sleeper train and continue by boat to Philae Temple for the included guided visit. After returning from the island, there are no further scheduled activities. The remainder of the afternoon is free for independent exploration or rest. Souks and the Corniche are suggested possibilities rather than included visits, so the day should remain clearly divided between the organised temple excursion and the unstructured afternoon.

ACTIVITIES

- **Arrival in Aswan**
  Arrive in the serene riverside city of Aswan, where the Nile flows wide and calm. This laid-back southern gateway to ancient Nubia welcomes you with warm sunshine, friendly locals, and stunning river views.
- **Explore Philae Temple**
  Sail across the Nile to the magnificent Philae Temple, dedicated to the goddess Isis. This beautiful island sanctuary is one of Egypt's most atmospheric sites, with intricate carvings and tranquil surroundings that tell stories of ancient devotion.
- **Free Time in Aswan**
  Spend the morning exploring Aswan at your own pace. Visit the colourful local markets, stroll the Corniche along the Nile, or explore the Nubian Museum to learn about the history and culture of the region.

OVERNIGHT	MEALS
Aswan hotel	Breakfast

DAY 4 Drive to Luxor and visit Karnak Temple

The road journey carries you north to Luxor before time at the hotel to check in and refresh. Later, visit Karnak Temple and explore the Great Hypostyle Hall, obelisks, sanctuaries and hieroglyph-covered walls associated with the worship of Amun-Ra. The temple visit provides the archaeological focus after the day’s travel through the Nile Valley.

ACTIVITIES

- **Explore Karnak Temple**
  Wander through the awe-inspiring Karnak Temple complex, an enormous sanctuary dedicated to Amun-Ra. Its forest of columns, sacred lake, and intricate reliefs capture the grandeur of Egypt's New Kingdom.

OVERNIGHT	MEALS
Luxor hotel	Breakfast

DAY 5 Visits to Valley of the Kings, Temple of Hatchepsut, Colossi of Memnon. Sleeper train to Cairo

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. 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. This evening, we re-join the sleeper train for the overnight journey back to Cairo where our journey will come to an end.

ACTIVITIES

- **Drive from Luxor to West Bank**
  Cross from Luxor's East Bank to the West Bank by road. Enter the desert hills that hide the necropolises of the New Kingdom pharaohs.
- **Tour Luxor's West Bank**
  Explore Luxor's legendary West Bank with visits to the Colossi of Memnon, the Valley of the Kings, and the striking Temple of Queen Hatshepsut. Continue to Medinat Habu, known for its colourful and remarkably preserved hieroglyphics, before heading back to Luxor for a relaxing afternoon.
- **Explore Valley of the Kings**
  Explore the legendary Valley of the Kings, burial site of Egypt's greatest pharaohs, including Tutankhamun. Step inside beautifully painted tombs that reveal stories of the afterlife and royal power.
- **Explore Temple of Hatshepsut**
  Admire the stunning mortuary temple of Queen Hatshepsut, one of ancient Egypt's most remarkable female rulers. Set beneath dramatic cliffs, its elegant terraces celebrate her reign and divine legacy.
- **Explore Colossi of Memnon**
  Marvel at the towering Colossi of Memnon, twin statues of Pharaoh Amenhotep III that have watched over the Theban Necropolis for more than 3,000 years. A breathtaking photo stop amid Luxor's open-air history.
- **Transfer to Station and Overnight Train Luxor → Cairo**
  Board the overnight seater train from Luxor to Cairo and travel in comfort as the rhythmic sound of the rails

carries you north. Enjoy the unique experience of a night on board, with dinner and breakfast served while passing through the timeless Egyptian landscape.

OVERNIGHT	MEALS	EXTRAS
Overnight sleeper train	Breakfast,Dinner	Hot air balloon in Luxor

DAY 6 Arrive back in to Cairo.

Return to Cairo and either take the included transfer to Cairo Airport or remain in the city to extend your stay. Additional nights and optional sightseeing can be arranged separately, with possibilities including Coptic Cairo, the Citadel and Mohamed Ali Mosque, Saqqara, Dahshur and Memphis, or a longer trip to Wadi Rayan and the Valley of the Whales. These extensions are not included automatically, so your final arrangements can be tailored to suit your onward travel plans.

ACTIVITIES

- **Arrival in Cairo**
  Arrive back in Cairo this morning and transfer to your hotel.

OVERNIGHT	MEALS	EXTRAS
N/A	Breakfast	Cairo city tour, Wadi Rayan day trip (Valley of the Whales), Saqqara, Dashour & Memphis, Alexandria day trip

INCLUDED

- 3 nights in 3 & 4-star hotels in Cairo, Aswan & Luxor
- 2 nights onboard the overnight sleeper train - private twin-berth cabins (flight upgrades available)
- Sightseeing tours as detailed in the itinerary
- All transport and transfers in private AC vehicles
- 24-hour airport arrival & departure transfer service
- 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, get a quote here)
- Meals not indicated in the itinerary
- Entrance fees (allow approx. US$124)
- Tipping kitty (allow US$75)
- 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 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$150 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.

Tour Options

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.

Alexandria day trip

Min numbers: 1

Alexandria is about 2.5 hours drive, north of Cairo on the Mediterranean coast of Egypt. This ex colonial city is the second largest in Egypt and our visit will include the Roman amphitheatre with its twelve semi-circular marble tiers, the Catacombs of Kom al-Shoqafa which is the largest Roman cemetery in Alexandria, Pompey's Pillar, Fort Qaitbey (from outside), the famous modern library before returning to Cairo. If time allows you can tour inside Fort Qaitbey and we may also visit the Montazah Palace gardens. Lunch at a seafood restaurant is included. As the tour takes a full day you will either need a late evening flight departure on the last day of the tour to accommodated it, or to

add an extra day to the start or end of your trip.

Prices are based on a minimum of 2 travellers choosing the option. Solo traveller supplements apply. Entrance fees to sites visited are not included (budget approx. USD 28)

Cairo city tour

Min numbers: 1

This half day guided tour of Cairo tour 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.

Saqqara, Dashour & Memphis

Min numbers: 1

This half day guided tour on the outskirts of Cairo tour provides more insight into the history and evolution of pyramid building, and of the Egyptian civilisation. Our tours are based in the area of ancient Memphis, a former capital of Egypt. First we'll visit Saqqara, a huge desert necropolis which was built for the kings and nobles of the Old Kingdom. Here we see Zoser's 'step' pyramid and the adjacent Imhotep museum where we learn more about Memphis and the history of the region. Next we head to Dashour to see one of the next attempts at pyramid building. Dashour's moniker of the 'bent pyramid' shows they still had a bit to learn, but this is a fascinating site and the pyramid still has much of its original limestone cladding. We'll then return you to your hotel.

Prices are based on a minimum of 2 people choosing the option. Entrance fees to the sites visited are not included (budget approx. USD 21). Solo traveller supplements apply.

Extra day in Cairo (5-star) - pre-tour

Min numbers: 1

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

Note: Single room and peak season supplements apply.

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.

Luxor Museum tour

Min numbers: 1

The Luxor Museum has a much smaller collection than the huge Egyptian Museum in Cairo, but the collection is beautifully displayed and includes some very important and impressive specimens. These include a huge red granite head of Amenhotep III, a calcite double statue of the crocodile god Sobek and some items from Tutankhamun's tomb such as boats, sandles and arrows. There are also some items from the periods after the end of Pharaonic Egypt. The museum is normally open in the mornings from 9am-2pm and then in the evenings from 5pm-9pm. Your guide will advise you of current opening times and arrange a guided visit to fit around your other sightseeing.

Prices are based on a minimum of people travelling. Solo traveller supplements apply. Entrance fees to sites visited are not included - please budget approx. USD 9

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 the hotel or Nubian guesthouse accommodation in Aswan instead. You can still do some sailing on the boat in the afternoon and enjoy a meal on board, before getting dropped off and transferred back to your accommodation. Dinner is not included. You then rejoin the rest of the group after they finish on the felucca before continuing with the tour. Single room supplements apply.

Abydos & Dendara

Min numbers: 1

This option arranges a day trip from Luxor to the temples at Abydos and Dendara. These temples are much less visited by tourists than the sites in Luxor, but are hugely impressive and historically important. Dedicated to the Goddess Hathor, Dendara in particular becomes many people's favourite site, and is incredibly well preserved. Nearby Abydos is another fascinating site, and was the cult center of the god of the dead, Osiris. The necropolis here was a pilgrimage and burial site and at least ten temples were originally built here.
As there can be around 6 hours driving in total to get to both temples and back to Luxor, you need a full free day in Luxor to do this option.
Pricing is based on 2 people travelling, including return transport, an Egyptologist guide, and tours of both sites. Solo traveller supplements apply. Entrance fees to sites visited are not included (budget approx. USD 11).

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.

Important Notes

1 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 journeys from Cairo to Aswan (approx. 12 hrs) and Luxor to Cairo (approx. 9 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 these journeys to internal flights.

2 Dates & Prices

We run regular small-group departures on this tour starting approximately every 2 weeks 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.

3 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.

4 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 Arport (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.

---

5 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.

---

6 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.

---

7 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.

8 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, Temples, Tombs & Pyramids, Taste of Egypt, 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 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.

9 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.

---

10 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.

---

11 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.

---

12 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).

---

13 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

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

---

14 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.

---

15 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.

travel aware
gov.uk/travelaware

---

16 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.

---

17 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.

---

18 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 Update from 1st August 2026:

As per the ongoing efforts to enhance visitor services and facilitate entry procedures into Egypt, we are pleased to

announce the launch of a new Digital Visa-on-Arrival System.
The new system replaces the current paper visa sticker with a fully digital process, providing a faster, more efficient, and seamless arrival experience for international travelers.

Pilot Phase:

The pilot phase will start on 1 August 2026 at Cairo International Airport (all arrival terminals) as the first stage of implementation.
During this pilot phase, both the new digital system and the current paper visa system will operate in parallel for a limited period to ensure a smooth transition. The duration of the pilot phase will be announced in due course.
Following the successful completion of the pilot phase, the current paper visa-on-arrival system will be discontinued, and the digital system will become the standard visa-on-arrival process. The rollout to all other Egyptian airports will then take place gradually according to an implementation schedule, which will be shared with you in advance.

- **Key Features of the New System:**
  Travelers may obtain a Visa QR Code instead of the current paper sticker, this will be through: the official online portal (https://apps.visaonarrival.gov.eg/); the dedicated mobile application; or a self-service machine (SSM) located in Cairo International Airport arrival halls.
- After receiving the QR code; on email, or printed from the SSMs, it will be scanned by the passport control officer upon checking in with his/her passport.
- The QR Code may be issued before travel, onboard of a flight, or after arrival to the entry port, either by the traveler or through a travel agency.
- The QR Code will remain valid for up to 48 hours from the time of issuance.
- The total fees will be USD36, comprising: USD30 visa fee; and USD6 issuing and service fee (please note that whilst debit cards are accepted, credit cards are not).
- Once the new system is fully implemented, the current paper visa sticker will no longer be available.
- According to the progress of the Pilot Phase, we will announce the time plan for implementation in the other airports in Egypt.

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.

---

19 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.

---

20 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.

---

21 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.

---

22 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: Dipheria, 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.
