

### **What is included?**

- \* 6 nights accommodation in four and five star hotels and 7 nights on board the 5 star Dahabeya – “Afandina”
- \* Transfers on arrival and departure
- \* Taxes and gratuities for all hotels
- \* Baggage handling and transportation by private vehicle
- \* Flights from Cairo – Aswan and Luxor – Cairo
- \* Egyptologist – Walid El Batouty as our main guide for the full duration plus the owner of the Afandina, Yacht, Mohamed Nazmy, a spiritual guide and author
- \* Entrance fees to all sites visited
- \* Daily buffet Breakfast at hotels
- \* Full board while staying on the “Afandina” Yacht – Breakfast, lunch and dinner
- \* PRIVATE visit between the Paws of the Sphinx
- \* PRIVATE visit inside the Great Pyramid for initiation
- \* PRIVATE visit to the Philea Temple
- \* Entry Visa into Egypt

### **What is not included?**

- \* International Airfares and taxes
- \* Meals not noted and incidentals such as drinks and snacks
- \* Insurance (Compulsory ... please talk to a lifestyle journeys representative re the options available.
- \* Optional gratuities for guides – a certain amount has been included however if you wish you can also gift a further tip at the end of the trip.
- \* Please note if there is an increase in the entrance fees and or domestic airline tickets prior to full payment this will be passed on and the additional amount will be collected.

### **What mode of transport is provided?**

We will be travelling by a local airline between Cairo and Aswan and Luxor back to Cairo. The remainder of the time we will be transported in a private air-conditioned coach. Four seven of the nights we will be staying on board the Dahabeya (a private house boat).

**Minimum number of passengers required to go ahead: 6**

**Maximum number of passengers we take on this Sacred sites and secret science tour: 18**

### **What should I allow for a daily budget to cover additional expenses?**

For half of the trip you will need to budget for lunch and dinner at the hotels that we stay at. We recommend approximately USD 50.00 per day for this. I would then add an additional USD 20-40 per day for any incidentals or those times when you might eat out somewhere more expensive. If you budget USD 100.00 per day you will be well covered. Then it is just your spending money for any artifacts you might like to collect along the way!

**What is a typical day like?**

Each day will vary depending on what part of Egypt we are in. The days when we are visiting the Sacred Sites can be long as we do rise early. It is important to do this so as we can avoid the heat of the midday sun and the crowds. Most days will be spent sightseeing and then we will be back to our hotel or Dahabeya to rejuvenate and rest. Cruising the Nile is very relaxing. We will arrive back in the late afternoon most days and there will be free time each day. We will have ample time to stop for lunch and shopping as well. The day will be broken up with these activities.

**Is Tipping compulsory or optional and if so what is the recommended amount to tip?**

For ease of travel the majority of tipping has been included in your per person total cost. This will cover tips for the guides, cruise staff, hotels, guards, drivers and restaurants. If you feel at the end of the tour that you might like to offer a little something extra you are more than welcome to do so.

**Can a single traveller be matched with a travelling companion?**

We will endeavor to match those tour participants who wish to share a room however this is subject to availability. If there is no match possible the single supplement will need to be collected.

**What standard of accommodation can we expect?**

We will be staying in a variety of hotels ranging from 4-5 star. Hotels like the Mena House, which was once a palace with so much character to the likes of the Semiramis Intercontinental, a modern 5 star hotel with a wonderful selection of facilities. The Dahabeya – “Afandina” is a private houseboat that accommodates up to 18 passengers. There is a selection of twin and single cabins with private facilities. There is a common area where you will dine together out under the stars – open air and enclosed space is available.

**What meals are included?**

Full Board (Breakfast, lunch and Dinner) is included while we are on board the Afandina – 7 nights. The remainder of the time a buffet breakfast will be included daily. You will need to budget for lunch and dinner for approximately six days. There is a wonderful selection of food available at the hotels and also on board the Afandina – you will not go hungry!

Please see above under the “How much should I budget category” the amount recommended for additional food costs.

**What will the weather be like?**

In Cairo the temperatures will range from a low of 12 celsius to a high of 22 celsius in March. A low of 15 celsius to a high of 27 celsius. In Luxor a low of 14 celsius to a high of 31 celsius in March and a low of 15 celsius to a high of 34 celsius in April.

**What is the recommended fitness level required?**

A general level of fitness is required. We will be spending quite some hours at sites where the temperatures could be hot especially during the middle of the

day (that is why we do leave in the early hours of the morning – to avoid the heat and also the crowds). The walking is on flat land with an occasional short climb.

**What sort of spiritual preparation is required for this Sacred Sites and Secret Science Tour?**

We suggest you establish or strengthen your daily meditation practice leading up to the journey. Most important is to be open to the new teachings, embracing and honouring this pilgrimage as very precious time you have given your soul for greater learning and remembering.

You might want to emphasise a higher proportion of vegetables and lighter eating to help you physically clear your system during these weeks. Set your intention with your higher self as to what you wish to achieve out of the pilgrimage for both spiritual and personal growth.

**What is the average age of a tour participant?**

The tour is open to all ages however the average age varies between 35 – 60 years of age.

**Pre and Post Tour Arrangements:** Lifestyle Journeys would be happy to make recommendations and assist regarding your pre and post travel opportunities. We can guide you with our own personal and professional experience.

JORDAN – As you are so close there may be a number of clients who would like to extend their travel through to Jordan. We can arrange a visit to Petra, a night out under the stars Bedouin style along with a jeep ride across the famous Wadi Rum Desert and plenty more. Please contact a Lifestyle Journeys representative who can discuss these options in more detail with you.

**What do you need to pack?**

This information will be provided on booking your space on our tour.