



SACRED SITES AND SECRET SCIENCE TOUR OF EGYPT

Day One:

On arrival into Cairo please look for the Quest Travel Representative who will be waiting for you airside to assist with your entry visa and transfer. They will assist you through customs and immigration before you are transferred to your 5 star hotel, the Mena House Hotel. This is an incredible hotel, iconic in every sense with loads of character and style. It was once used as a Royal Lodge. There is no better way to start our journey through this mystical land than staying at this incredible property. You can while away the balance of the day as you acclimatize yourself to your new surroundings and soak up the Pyramids of Giza located directly opposite the hotel.

Overnight Mena House Hotel, Cairo

Mena House

Giza

Ph: (202) 337 73 222

Meals: own arrangements

Day Two:

Free day to explore! Overnight Mena House Hotel, Cairo

Mena House

Giza

Ph: (202) 337 73 222

Meals: own arrangements

Day Three:

Today the tour officially begins. It is a free day to explore the surrounding area or to just enjoy the hotel and its facilities. This evening we will have a welcome dinner where you will get to meet the other tour participants and our guide.

Overnight – Mena House Hotel, Cairo

Mena House

Giza

Ph: (202) 337 73 222

Meals: (Welcome Dinner)

Day Four:

Listen closely as you awaken dress and see the sunrise in at the Valley Temple of Chephren. You will hear the incredible sounds of the entire city being called to prayer. Open your door and listen – feel the energy of the spirits. Imagine yourself standing between the paws of the Great Sphinx as you will be doing just that, a little later on in the day! Today we start our tour with a very special private visit to the Giza Plateau. Private time means that there will be nobody else there except our group. You will explore one of the most awesome wonders of the world – The Pyramids of the Giza Plateau. Our guide, who is an encyclopedia of Egyptology, will share his knowledge around various controversial theories surrounding these amazing structures and much more.

In the afternoon we will have a special private visit inside the Great Pyramid with a culminating initiation in the King's Chamber. Here we connect our own life story with the story of those who have come before us and those who will come after as we embrace the opportunity to meditate in the energy of the Kings Chamber.

Overnight Mena House Hotel, Cairo

Mena House

Giza

Ph: (202) 337 73 222

Meals (B)

Day Five:

Today we will visit **Old Cairo** including St Sergi Church where the holy family was hidden while they were in Egypt. We also visit the oldest Synagogue in Cairo and the Al Rafi'e Mosque, which had been commissioned, in an imitation Mamluk style, by the mother of Khedive Ismail, to serve as a grandiose tomb for herself and her descendants. Royals buried here include Ismail, Farouk (Egypt's last king), and the last shah of Iran. Chased out by Ayatollah Khomeini, he sought refuge in Egypt in 1979. When he died the next year, his casket was paraded through Cairo with Egypt's President Sadat and the former President Richard Nixon, leading the cortege.

We will then have time to relax over a traditional Egyptian meal where signature dishes such as "Kousharai" will be served before we head out to spend time exploring one of the most amazing streets in Islamic Cairo.

El-Moez Street is one of the oldest streets in Cairo, approximately one kilometer long (open air museum). It dates back to the Fatimid era and has almost all types of Islamic architecture decorated with Arabic calligraphy. It has recently been renovated and the best time to visit is upon sunset to get the most out of the experience to witness the lighting of the mosques and the skyline. It is breathtaking.

Later in the afternoon we will visit **Khan El Khallili Bazaar**, one of the oldest shopping districts in the world. The Khan el Khalili, is like going back to the time of Ali Baba and Aladdin. Merchants have been trading on this site since at least the 14th century. In 1384 an emir named Al Kahlili built a great Khan here, a three-story hostel intended to accommodate travelling merchants and their wares. Buyers visited the khan for the goods sold in the merchant caravans and then the selling and bartering eventually spread to the streets. You will love wandering the streets where there is everything

conceivable to buy, with lots of teahouse. Do not forget to check out the great stone gateways that date back to the 1500s.

Overnight Mena House, Cairo

Mena House

Giza

Ph: (202) 337 73 222

Meals (B, L)

Day Six:

This morning we travel by luxury bus to Sakkara, where we visit the oldest Pyramid, the Step Pyramid of Djoser, and its temple of sound and healing. Sakkara was masterminded by Imhotep, the High Priest, Vizier and architect to King Djoser during Dynasty III. This magnificent site includes other Old Kingdom tombs, among them those that hold the earliest known hieroglyphs – the Pyramid texts that were the model for the “Egyptian Book of the Dead. “

Free Evening : Overnight Mena House Hotel, Cairo

Mena House

Giza

Ph: (202) 337 73 222

Meals (B, L)

Day Seven:

Today we will visit the Egyptian Museum of Cairo to view the spiritual legacy of priest, kings, queens, scribes and healers. The museum holds an astounding collection of Egyptian antiquities and exhibits over 120,000 artifacts, including those from the tomb of Tutankhamun. Later this evening we will take a short flight to Aswan and on arrival make our way to our hotel.

Overnight Movenpick Aswan Hotel, Aswan

Movenpick Hotel Aswan

Elephantine Island

Aswan

Ph: (202) 97 245 44 55

Meals (B,D)

Day Eight:

This morning we will drive into the Sahara desert to the magnificent temple of Abu Simbel built by Ramses II. It resembles both ancient and modern engineering and is one of the most impressive archaeological sites in all of Egypt. The larger temple celebrates Ramses II, one of Egypt's great Pharaohs and the smaller one celebrates his wife Queen Nefertari. An amazing feat of engineering was achieved as the temples were relocated 180m further inland due to the rising water levels of Lake Nasser.

Overnight: Seti Abu Simbl Hotel, Abu Simbel

Seti Abu Simbel Hotel
Abu Simbel Road
Ph: (202) 97 340 0720
Meals: (B,D)

Day Nine:

This morning we will drive back to Aswan and in the afternoon we will take a felucca ride around **Elephantine Island** soaking up the peaceful and relaxing energy of the Nile as we meander between the small islands covered with palm groves and tropical plants.

In the evening we will head to the Nubian Markets where you will have time to immerse yourself amongst the colours, smells and sounds – pure magic! You might even find a bargain or two! It is great fun bartering with the locals as they go about selling their wares. Nubian drumming and the warmth of the people will capture your senses and your heart.

Nile Cruising - Afandina
Meals (B, L, D)

Day Ten:

In our private sunrise meditation and ritual we return to the source of all, the Great Mother, to receive the blessings of Isis at her beautiful island, the **Temple of Philae**. This isle represents a fusion of three great civilisations – Egyptian, Greek and Roman. The

presence of Isis is palpable in the inner sanctum, the Holy of Holies of her temple.

We will then return to the AFANDINA, and as we enjoy our breakfast we will sail the Nile to **Kom Ombo**, where we visit the only dual temple in Egypt. This dramatic temple poised between the edge of the river and encroaching desert sand was dedicated to two gods – Sobek the crocodile god of strength, fortitude, fertility and rebirth, and Horus the hawk-headed son of Isis and Osiris. The duality of light/dark , yin/yang, conscious/unconscious is apparent in this ancient site. One of the most powerful pieces **in Kom Ombo** is the Seat of Neutrality, which is placed on the exact centerline between the parts of the temple that are dedicated to Horus/Sobek and light/dark. We will dock near **Kom Ombo** for the night.

Nile Cruising - Afandina
Meals (B, L,D)

Day Eleven:

Today as we will sail to **Edfu** take time to enjoy the daily activity that you see along the banks of the Nile as locals embrace the simple ways of life that have been practiced for many years, as far back as biblical times.

In the afternoon we visit **Edfu** and the **Temple of Horus**, one of the most beautifully preserved in Egypt. When you approach the temple complex, you will become aware of its enormous dimensions, with a vast courtyard, a forest of towering columns and high ceilings. The side chambers of the temple of Horus show the complexity of ancient rites. They include a healing chamber, a perfumery and the singers rooms. One chamber, called the House of Life, stored all of the sacred texts used in seasonal and daily rituals. Horus is associated with higher vision and clarity. The eye of Hours greatly relates to his myth and power. The left eye represents the lunar, the moon, the feminine, and the intuitive. The right eye is connected to the solar, the masculine, the action, and the yang energy. Both are necessary for true power to exist. In a private session we will work with balancing the lunar the solar energies inside of us and awaken our intuitive centers to be able to experience a higher perspective.

Nile Cruising: Afandina
Meals (B, L, D)

Day Twelve:

Today we will continue sailing the Nile as we make our way to Esna crossing the Esna Lock. You will have free time to catch up with yourself and to enjoy the delights of sailing the Nile. There will be time to share mystical knowledge, spiritual teachings and healing modalities as we enjoy the space we have on our own private sailing boat. Our host Mohamed, larger than life in personality, is a great source of knowledge having written a book – “The Modern Day Alchemist – from the land of the Pharaohs” and guided many groups over the years.

Nile Cruising: Afandina
Meals (B, L, D)

Day Thirteen:

In the afternoon we visit the magnificent **Karnak Temple**. Karnak is the biggest temple complex in Egypt – and a very special place. It is dedicated to the Gods Amun and Mut. As you enter, you will walk between a row of rams-headed sphinxes, which originally connected Karnak with Luxor Temple which is two miles away. Take some time to visit the sacred lake of Karnak, ask for purification and place your intention in your mind's eye into the lake.

Outside the main halls is a small chapel dedicated to Sekhmet, her consort Ptah and their son Nefertu. Sekhmet is the lioness Goddess of compassion and courage. She is associated with feminine fire and healing through destruction. She is a renowned healer and known for her magic and ability to hunt down an imbalance at its origin. In a potent private initiation we will honour the Goddess and receive the gift of courage to be our authentic selves.

This evening we will pay a night visit to the **Temple of Luxor** and work with the brilliance of the human body. Here we are able to see that this temple is built like a human body – the outer layers represent the feet and as we move deeper into the temple, we move towards the head, where the holy of holies, the inner sanctuary is located. This is a wonderful place to focus on physical healing. As you walk through the body of this temple, notice how your body feels

and re-member radiant health. Awaken the parts of you that are sleeping, activate divinity codes and turn on your inner light.

Nile Cruising: Afandina
Meals (B, L, D)

Day Fourteen:

This morning we head to **Dendera** to visit the exquisite temple dedicated to Hathor, the goddess of abundance, love and joy. The temple is built with a zodiacal ceiling that recalls the origins of Egypt. On the rooftop where Hathor priests and priestesses gathered for their celebrations thousands of years ago, we reconnect to our destinies. We then continue north to the temple at **Abydos**, dedicated to Osiris and housing the nine great beings (The Ennead). This temple rests next to and above the most ancient Osirion, one of the premier power places on the planet. It includes a more recent temple built by Seti I, which contains the most beautiful bas relief of any temple in Egypt.

Nile Cruising: Afandina
Meals (B, L, D)

Day Fifteen:

This morning we make a sunrise pilgrimage to **Deir el Bahari**, a funerary temple of the female pharaoh, Hatshepsut. We also visit the Necropolis of Thebes on the West Bank of the Nile. The **West Bank** is where the **Valley of the Kings** holds the tombs of the pharaohs that are inscribed with sacred transformative texts, including the books of knowing light and dark, the book of what is in the underworld, the book of caverns, and naming and taming the hours of the night. Here are the tombs of Tutankhamun, Ramses III and VII, Seti I, Thutmose III, and many others. We will also visit the **Colossi of Memnon**.

In the afternoon we will take a short flight to Cairo. Upon arrival we will check in to our hotel on the Nile located in the city center of Cairo.

Tonight we will have our farewell dinner and share stories about our amazing journey through the land of the Pharoahs. Coming together as strangers and leaving as friends.

Overnight: Mena House, Cairo

Mena House Hotel Giza

Ph: (202) 337 73 222

Meals (B, D)

Day Sixteen:

Today we will be transferred to the airport to take our homeward bound flight.

Meals: (B)