

www.embah.com





ome with us and discover the fascinating land of Sinai and beyond. Translating as 'Gold' in Arabic, Dahab is a place of unique beauty, with world class coral reefs, beautiful beaches, rugged mountains and vast desert landscapes. For culture, travel across Egypt and discover some of the worlds most intriguing ancinent civilisations, or head further afield to neighbouring Jordan and Israel, where more

Our trips are carefully selected to keep groups small, personal and more importantly, give you a taste of real life. So you can wave at the coaches of people passing you by, whilst you travel along side locals, in an open topped jeep with the wind in your hair.

Book with us before you arrive, or last minute if you are feeling spontaneous! Can't find exactly what your looking for? We can tailor make excursions especially for you. Travelling with friends? Take a private group tour for more flexibility! If you are short of time we also offer some fun activities, one day and half day trips for you to choose from. So there's no excuse! Get off the beaten track and join us for a first hand experience of Egypt, Jordan and Israel!

OUR HISTORY

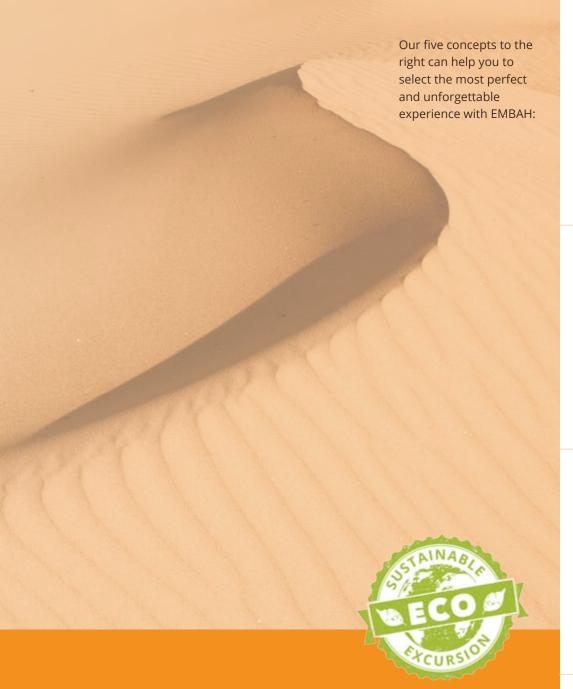
With over 21 years experience in the industry, EMBAH is a family run business, born in 1992 out of the desire to share Sinia's glory with fellow travellers. Our Dahab office is host to our team of qualified EMBAH guides and staff, who are dedicated to providing the best council, flexibility and tailor made services for your holiday.

SUSTAINABLE TOURISM

Over the years we have become one of the most reputable operations in Sinai, having introduced the concept of sustainable travel to the region.

Leave nothing but footprints and contribute to the local community with our selection of 'sustainable excursions', that have been designed following the guidelines of *The Travel Foundation*. This means that your money is distributed fairly between Bedouin families involved in the excursions; men, women and children alike.

See right for our full commitment to sustainable tourism, and get involved in our sustainable travel excursions!



CULTURE

Discover the rich cultures of Egypt, Jordan and Israel, from museums, bustling cities & bazaars, to fascinating temples from this ancient world.

ADVENTURE

By foot, camel or jeep, get off the beaten track and explore the rugged terrain of Sinai and beyond, meet the Bedouin and experience their culture, history and way of life.

ACTIVITIES

From sand boarding desert dunes, to kitesurfing across the wind swept red sea, we have activities to suit every adrenalin fanatic.

OUR COMMITMENT

- **Introduction of modern facilities** | to attract the younger generations in continuing their cultural heritage.
- **Involvement in conservation projects** | throughout Sinai, including the training of guides in both desert and marine conservation.
- Support of projects in remote communities | including land irrigation, tree planting and medical care.
- **Employment of local people** | including guides, drivers & tour leaders, and use of locally owned establishments.
- Introduction of training & career opportunities | that are highly valuable to the area and its people
- **Financial support for Bedouin families** | through trips and excursions, that help to support their traditional way of life.
- **Encouragement of local consumption** | for local shops, and purchase of handicrafts directly from Bedouin women.
- Teaching respect for the environment | for example not leaving rubbish, doing graffiti, or damaging coral reef ecosystems.

SEA

Experience the fantastic underwater world of the red sea, just at your doorstep! Choose from one of our many boat, snorkelling or diving experiences.

WELLNESS

Not feeling so energetic? Indulge yourself in the holistic side of Sinai, with our range of relaxing and recuperating activities or retreats.

Not just Egypt...

WE'VE GONE GLOBAL

Travel top to bottom discovering the rural life of local villages and immerse yourself in the bustling city streets of Hanoi, Saigon and the quaint Hoi An.

DURATION: 13 Days | **COST:** TBC

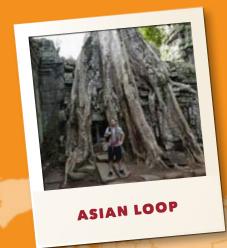
Combine Cambodia, Vietnam & Laos in an epic South Eastern Asia journey. Explore the Wats of Siem Reap, the Pagodas of Laos and the bustle & colour of Vietnam.

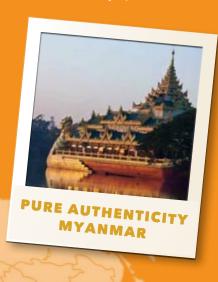
DURATION: 15 Days | **COST:** TBC

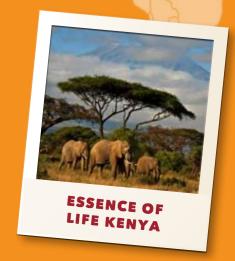
Be amongst the first to discover the new Burma, head off the beaten track and witness a different world full of richness, authenticity & find an innocence in the local people, that will capture your heart.

DURATION: 16 Days | **COST:** TBC







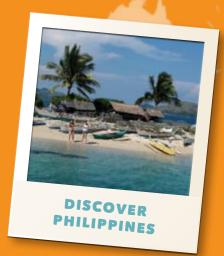


Go in depth in Kenya and spend some days getting to know the local Masai Mari tribe, do the Big 5 wildlife safari from a stunning eco safari lodge. **DURATION:** 15 Days | **COST:** TBC

IRANIAN NOMAD

An amazing cultural experience that will blow your mind. Trek with the Shepard's and stay overnight in their Black Tents to sample the traditional way of life, visit the palaces, necropolis.

DURATION: 15 Days | **COST:** TBC



Idyllic for Family Adventures, Discover Philippines takes you to swimming with whale sharks, pristine beaches and a buzzing nightlife.

DURATION: 10 Days | **COST:** TBC

MADVENTURE

66 A remarkable opportunity to see the desert and an unforgettable experience staying with the Bedouin people. Thank you for showing us this. I will be back for more. Eram, UK

Thank you so much for the rich cultural exchange and learning opportunity. Experiencing the Sinai Desert life was truly mind-opening. We couldn't have asked for a more charming guide!

By foot, camel, jeep, or all three, get off the beaten track and explore the fantastic desert, mountains and coast of Sinai and beyond. Meet the Bedouin and experience their culture, history and way of life.

ake the opportunity to spend a night under the stars in true Bedouin camping fashion, learning about the local people and getting involved in the desert dwelling lifestyle. Visit the surrounding canyons, explore inside to see these natural formations, and discover the pockets of life within the surrounding oasis sites. Trek up Mount Sinai or Mount Matamir to enjoy the stunning panoramic views. Make your way to the Frozen Dinosaur and the Forest of Pillars to see these geological formations or try your hand at sand boarding down the largest dunes of Sinai.

Why not take a high-speed adventure into the desert with one of our specialist drivers, where you will enjoy an adrenalin fuelled ride up and down the sand dunes, stopping at various sites along the way, from the Oasis of Ein Khudra to the Plateau of Nawamis and the Bronze Age Tombs.

Get out of your comfort zone and venture into the unknown and marvel at this harsh



HOW DO I BOOK?

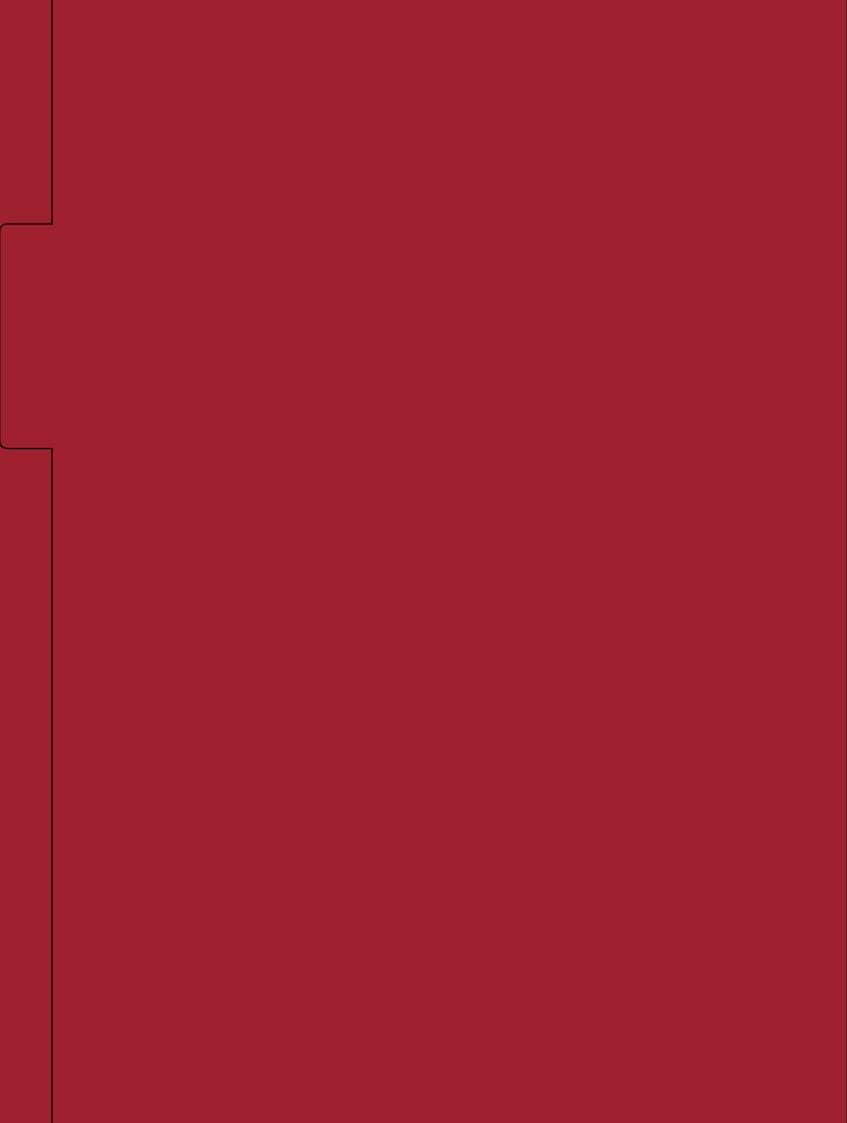
Please visit the hotel reception or office counter. For further information contact EMBAH directly:

T: +20 (0)69 3641 690 E: info@embah.com www.embah.com

- **▼ VALUE FOR MONEY** is our key concern. We ensure you get what you pay for with our carefully selected tours; good service, food & hospitality.
- **GROUP PRICES** are based on 4 people. Discounts for larger groups and children under 12. Supplements may occur for smaller groups.
- **BOOK EARLY** to avoid disappointment. Some trips can face disruption due to outside influences, and can be subject to change last minute.
- **▼ PRIVATE DEPARTURES** available on all tours, which can be tailored to suit your requirements.
- **▼ VISA STATUS** may become invalid with some of our 'City Breaks'. Contact EMBAH for more info.
- **HIKING** conditions can be strenuous. Bring good walking boots. Contact EMBAH for more info on individual trips.
- **▼ SAFETY GUIDELINES** are put in place by our professional instructors and guides for your own safety, EMBAH will not be held responsible if they are not followed.









SUNSET CAMEL TREK & DINNE

AN EVENING DESERT EXCURSION

Enjoy a traditional camel trek to catch the 15:30 Collection from your hotel at an agreed time to make the short sun setting over Sinai. Make the journey with your guide to a local meeting point where you will get to experience the sunset in the desert with the Bedouin tribes people, who will prepare a traditional dinner for you to enjoy under the clear night sky by an open fire.

Alternative option: Traditional Bedouin dinner by jeep instead of camel (€16pp)

- transfer to meet the camels and cameleers.
- **16:30** Begin your sunset trek aboard these endeering creatures, whilst enjoying the sunset as it passes over the expansive desert landscape
- **18:00** Upon arrival to the local Bedouin meeting point, enjoy a traditional dinner, prepared and served next to an open fire.
- **22:00** Return transfer back to your hotel in Dahab.

- Riding a camel
- Traditional Bedouin dinner







RAS ABU GALUM CAMEL SAFAR

A ONE DAY COSTAL CAMEL SAFARI

Ras Abu Galum is a managed resource protected area covering around 400km², that protects coastal and mountain ecosystems that are unique to the Gulf of Aqaba. The coral reef is mostly undisturbed, boasting a high diversity of marine life, and richness in flora & fauna. With its high mountains, wadis, fresh water springs, picturesque sand dunes and 165 plant species (45 of which are unique to the region), Ras Abu Galum one of the most beautiful national parks in Egypt!

Optional extra: Trek to Bir El Ogdah, 2 days (€50 supplement).

- ▼ Snorkelling the pristine reef
- Ras Abu Galum National Park
- Traditional Bedouin lunch

- **08:00** Depart from your hotel for a short transfer to meet the camels and cameleers before embarking on your coastal camel safari.
- **09:00** Venture along the coastline into the National Park of Ras Abu Galum
- **10:30** Explore the pristine waters with a guided snorkelling session. When you're ready to leave the water, a freshly prepared Bedouin lunch awaits you on the coastline.
- **16:30** Begin your camel trek back along the coastline.
- **18:00** Meet your private transfer back to your hotel in Dahab.











JEEP CANYON & OASIS

A ONE DAY OFF-ROAD ADVENTURE

This program is a perfect introduction to the Sinai Desert, leading you from amazing Canyons to the Oasis of Ein Hudra where you will get a genuine insight into the Bedouin way of life. You will experience a mix of off-road 4x4 fun, trekking by foot inside two major canyons in Sinai and visit Mushroom Rock, a great view point for photographers.

HIGHLIGHTS

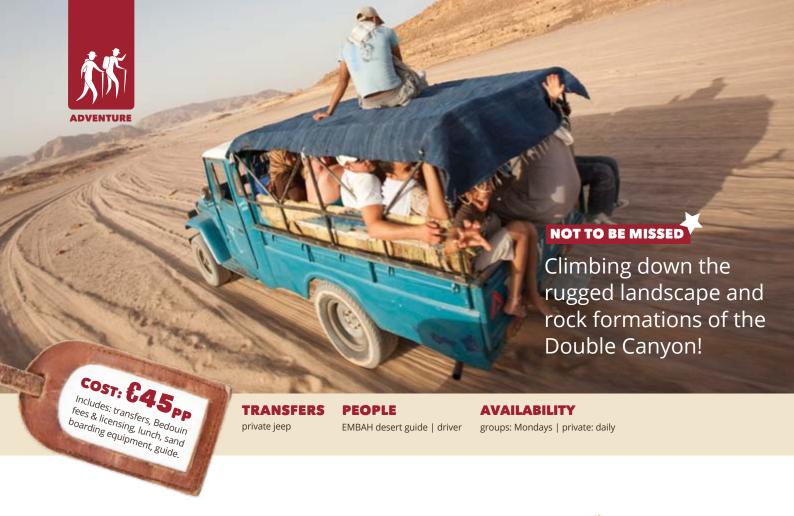
- ♥ White Canyon
- ▼ Narrow Canyon
- Oasis of Ein Hudra
- Mushroom Rock

- **08:30** Pick up from your hotel by 4x4 jeep and head north west to the entrance of the desert at Wadi Gazella.
- Driving off-road, you will reach the top of the White Canyon and descend 10:00 on foot through the white sandy trail to reach the lush Oasis of Ein Hudra.
- **12:00** Explore the fruit gardens and natural water source, while lunch is being freshly prepared and cooked. Enjoy a traditional Bedouin lunch in true desert dwelling style.

Travelling by jeep onto Mushroom Rock, you will then trek 14:00 through the Narrow Canyon with it's naturally sculpted rock formations and return along the same route.

16:00 Head back to your Dahab hotel via Wadi Disco, to return around 17:00.





CRUISE THROUGH SINA

A ONE DAY DESERT JEEP AND HIKING SAFARI

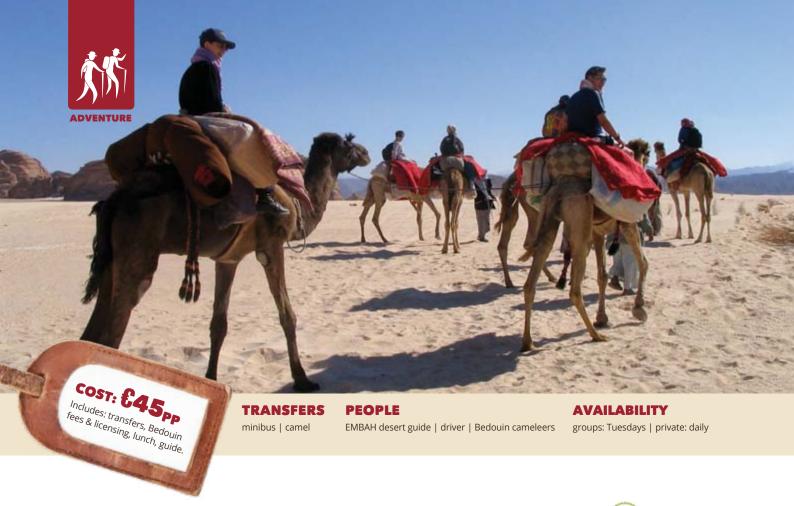
The Double Canyon has been described as 'One of the Wonders of the Natural World', it is certainly one of the most dramatic canyons in South Sinai. This Jeep Adventure takes you off the beaten track and into an area of natural beauty with spectacular views. At Hadoudah; the highest sand dunes in Sinai, you have the option to try out some sandboarding.

- ♣ Double Canyon
- Wadi Arada
- Sandboarding

- **07:30** Pick up from your hotel by 4x4 jeep, you will head north west to the entrance of the desert at Wadi Arada, and contunue off-road to the top of the Double Canyon, the most adventurous of canyons in Sinai.
- **10:00** Here you will descend the canyon by foot, maneuvering past the bolders and sliding down the canyon floor.
- **12:00** At the canyon's end, you will enjoy a freshly prepared lunch on location.
- **14:00** Taking the 4x4 jeeps off-road, drive accross the desert to reach the peak of the highest sanddunes in Sinai; Hadoudah, where you can get your adrenaline going with Sandboarding.







CAMEL CANYON & OASIS

A ONE DAY CAMEL AND HIKING ADVENTURE

A blend of tradition and adventure, adopting ancient methods of travel to explore this diverse landscape. Camels and cameleers have been making this journey for centuries and now you have the chance to join them with your Bedouin guide leading you through this incredible landscape. Meet the locals and learn about their culture and heritage, swapping stories and legends that surround the region. Take the time to learn about your camel, hearing the different commands and watching the different movements that help to navigate these 'ships of the desert'. A great adventure for those who want to get off the beaten track!

HIGHLIGHTS

- White Canyon
- ▼ Narrow Canyon
- Oasis of Ein Hudra
- ▼ The Rock of Inscriptions

- **08:00** Depart from your hotel by minibus to entrance of Wadi Gazella.
- **09:00** Here you will meet your camels and cameleers, and take the 40 minute trek to the top of the White Canyon. Descending the canyon by foot (whilst the camels go on an alternative route over the camel pass) you will reach the lush oasis of Ein Hudra.
- **12:30** Explore the fruit gardens and natural water source at the oasis, while lunch is being freshly prepared and cooked. Enjoy a traditional Bedouin Lunch in true desert dwelling style.
- **14:30** After exploring the oasis, you will begin the trek out of the valley over the camel pass.

16:00 Upon reaching the top, you will pass The Rock of Inscriptions – an ancient notice board used by travellers as far back at the Bronze Age.

17:00 Take a short trek to the meeting point for







NAWAMIS TO MATAMIR®

A ONE DAY CAMEL AND HIKING SAFARI

Ancient regions with stunning backdrops can be found throughout Sinai.
Journeying from the Plateau of Nawamis to Mount Matamir you cross this barren land on a voyage of natural and historical discovery. Learn about ancient beliefs, discovering fact from fiction at the Bronze Age Tombs. Notice along the way the ever changing landscape, vibrant colours bursting from the rock face and the incredible silence of the desert as you enjoy the tranquil pace of the camel.

- Plateau of Nawamis
- Mount Matamir
- Bronze Age Tombs

- **08:00** Depart from your hotel and take your private transfer to meet the camels and cameleers upon the Plateau of Nawamis.
- **10:00** Journey to the Bronze Age Tombs and begin your camel trek across Sinai to Matamir.
- **13:00** Lunch will be served at the foot of the mount to enjoy the beautiful rugged landscape. After which you will begin your trek up Mount Matamir for the panoramic view of the local region and its Wadis.
- **16:00** Begin your final camel trek to the meeting point where your private transfer awaits to return you to your hotel in Dahab for around 18:00.







THE CAMELS PASS®

A TWO DAY CAMEL DESERT SAFARI

This two day camel safari takes you into the heart of the Sinai where you will visit an array of historical and geological wonders. Whilst you learn about the history, separating fact from fiction, you'll meet the Bedouin people who still live in these remote regions. Whether you are a seasoned traveller or a green horn in the desert this tour will transport you into another world filled with tradition and heritage, you'll swap stories around the campfire and sleep under the starry desert sky in traditional Bedouin fashion.

- Bronze Age Tombs
- Mount Matamir
- Sandboarding

- **DAY 1** Depart Dahab 08:00 via private transfer to meet the camels and cameleers. Then you begin the trek to visit the Tombs of Nawamis dated back to the Bronze Age. Trek to the vibrant Mt. Matamir, where lunch will be served, after which you'll have the opportunity to climb the mountain. Dinner will be freshly prepared along with a night Bedouin camping under the stars.
- DAY 2 After breakfast, you'll begin your trek to the desert of El Barga, visiting the Frozen Dinosaur with lunch on location. Trekking to the Dunes of Haddoudah, you will have the opportunity to try sandboarding. The Last part of the trek takes you to a meeting point where your private transfer will be waiting to take you back to Dahab.





BETWEEN DESERT & SEA®

A TWO DAY CAMEL AND JEEP DESERT SAFARI

Experience the Sinai Desert as a modern day Bedouin, combining the traditional ride on a camel with the modern 4x4 desert jeep. Journey to the beautiful National Park of Ras Abu Galum by Camel, and take the chance to snorkel these pristine waters, discovering the hidden treasures of the Red Sea. Sleep under the stars or in the beach huts and wake with the sunrise, in true Desert Style. Head off in 4x4 Jeep along the coastline and into the desert interior to the Oasis of Ein Hudra and the dramatic White Canyon.

HIGHLIGHTS

- Ras Abu Galum National Park
- White Canyon
- Oasis of Ein Khudra
- Mushroom Rock

- DAY 1 Depart Dahab at 08:00 to the Blue Hole and meet the camels for your 1.5hr trek to Ras Abu Galloum. Arrive at camp and enjoy some refreshments. Your guide will show you the snorkel sites and what to look out for. Lunch is cooked and served on the beach. The afternoon can be spent snorkeling or trekking into the nearby mountain. Dinner is cooked on the open fire with an evening spent under the stars.
- **DAY 2** After breakfast, head by 4x4 Jeep along the Northern Coastline and into the desert interior to the top of the White Canyon. Trekking on foot you descend the canyon to the Ein Hudra Oasis. Enjoy lunch there with plenty of time to explore the oasis gardens before heading off road to explore the surround area:

Mushroom Rock & Narrow Canyon if time allows. Return to Dahab for around 18:00.





SINAI UNCOVERED®

A TWO DAY CAMEL AND JEEP DESERT SAFARI

You journey all across Sinai to explore its many hidden treasures. Camel trekking across this ancient land to the many geological wonders tucked away in the mountains. You'll experience the dramatic contrast in environments, from baron canyons to the bountiful Oasis. You'll get to stand atop the highest sand dunes of Sinai before rolling down these great natural formations, combined with the rich history from the Nawamis region, that make this journey a great adventure for anyone who wants to unfold the wonders of Sinai.

- **₩** White Canyon
- Mount Matamir
- Oasis of Ein Khudra
- ♣ Bronze Age Tombs

- **DAY 1** Depart Dahab 08:00 via private transfer to Wadi Gazzala to meet the camels and cameleers. Heading to the White Canyon to trek on foot through the canyon reaching the Oasis of Ein Khudra with lunch on location. You will then make your way to the desert for a night of traditional Bedouin camping under a carpet of stars.
- DAY 2 After breakfast you will travel via 4x4 desert Jeep to the Plateau of Nawamis to visit the Bronze Age Tombs. Then you make your way to Mount Matamir with lunch on location before journeying up the mountain to enjoy the stunning views. Finally, make the journey to the Dunes of Haddoudeh the highest dunes in Sinai, before making your way back to Dahab later that evening.







A THREE DAY JEEP AND CAMEL COMBO

Discover Sinai with our experienced team of desert drivers, camels & cameleers and Bedouin guides who will take you through this ancient land. Discover the hidden Bedouin culture as you meet the locals and sample traditional food next to an open fire under the stars. The variety of natural and historical sites is what makes this trip so very special, not to mention the interaction with the local culture, ensuring you have an adventure that will leave you with lifelong memories.

- Double Canyon
- Frozen Dinosaur
- Mount Matamir
- ₩ White Canyon

- DAY 1 Depart Dahab at 08:30 via land cruiser to the Double Canyon.

 Trekking on foot through the Canyon, you will then drive to the
 Wadi Safra, visiting The Well of Safra, with lunch on location. Stop
 at Wadi el Kera & The Frozen Dinosaur and visit the highest dunes
 within Sinai, before stopping to camp overnight at the foot of Mount
 Matamir.
- DAY 2 Begins with a morning climb up Mount Matamir and then camel trekking to Nawamis and the Bronze Age Tombs, with lunch on location. Later you will trek by camel to the White Canyon and continue on foot to the Oasis of Ein Khudra, for a traditional Bedouin dinner and overnight camping.
- DAY 3 Camel trek from the oasis to Hummidatt, the Narrow Canyon where lunch will be served. Enjoy one last camel trek to Wadi Gazzala, before taking your transfer back to Dahab.







A THREE DAY JEEP SAFARI ACCROSS SINAI

From discovering the ancient history and myths that run throughout Sinai to the off road 4x4 adventures, this three day excursion is full of great sites and new experiences. This rugged landscape holds many hidden treasures; visit The Bronze Age Tombs and Turquoise Mines of Nawamis, whilst meeting the locals along the way. Share stories and learn about the areas history, around the evening campfire. Try your hand at sand boarding at the highest dunes in Sinai or simply enjoy the stunning landscape.

- ♣ Bronze Age Tombs
- ▼ Forest of Pillars
- ▼ The Temple of Isis Hathor
- Turquoise Mines
- Sandboarding

- **DAY 1** Depart Dahab by 08:00 via land cruiser to the Bronze Age Tombs of Nawamis. Next you will head to the Frozen Dinosaur and the highest dunes of Sinai, Haddoudah. Stop for lunch at the Wadi Safra and visit to the Double Canyon (dependant on time). Arrive at El Akdar for a traditional Bedouin dinner & camping.
- **DAY 2** Travel to El Gofa and Wadi Gharaba, then onto to the Forest of Pillars, finishing at Serabit El Khadem for dinner and overnight camping .







WESTERN DESERT SAFAR

A THREE DAY DESERT JEEP AND HIKING ADVENTURE

The Western Desert is a 262,000m₂ area formed of dunes, canyons, oases, mountainous plateaus and valleys, that span the land west of the Nile Valley. With its uncanny rock formations, and strange vast landscape, it looks like a planet of its own! Explore this facinating landscape as you are guided through White Desert, Black Desert and Oasis of Bahareya, and learn about the unique traditions from the Bahareya region whilst meeting the locals. This is an authentic three day journey into the world of the desert traveller, that is sure to leave you with life long memories.

- Oasis of El Hayes
- Hot Springs
- Crystal Mountain
- ♥ White Desert

- **DAY 1** Depart your hotel in Cairo early morning via private transfer to Bahareya (approx 5 hours). Have lunch at the Oasis of Bahareya with the chance to take a dip in the natural hot springs. After lunch you will explore the local village, visiting local lakes and sugarcane fields. Then via 4x4 Jeep make your way to the Dunes of Abu Maadi for a traditional Bedouin dinner and camping.
- **DAY 2** After breakfast you travel west, visiting the Black Mountains. Lunch will be at the Oasis of El Hayes with the option to freshen up in the hot springs. You then drive to the crystal mountain,through the White Desert and reach The New White Desert where camp will be set amongst the Mushroom Rocks.
- DAY 3 After breakfast, trek on foot exploring the landscape and meeting your driver for a 4x4 offroad ride in the dunes, before heading to Bahareya Oasis for lunch at the top of the hill where the English Army House is located. Finally you make your way back to Cairo arriving at your hotel for 20:00.



CULTURE

c...a truly intimate and real experience, we didn't feel like ordinary tourists, but privilaged friends! >> George & Mike, UK

CThank you for a fantastic tour, it was incredible to see the ancient history Egypt living in the modern day. >> Ana. USA

• A great blend of discovery and adventure, thank you EMBAH for making our holiday to Egypt so special! >> Frand & Sylvia, Germany

Discover the rich cultures of Egypt and beyond, from Museums, bustling cities & bazaars, to fascinating temples from this ancient world.

e have a great selection of cultural tours ranging from a single day to 3-4 days excursions. Visit the great 'Giza Pyramids' in Cairo and venture inside the tombs, learn about the techniques used to create these incredible architectural feats and how these unique structures act as a beacon for Egypt and its people to this very day.

Take a journey to Upper Egypt and the ancient 'City of Thebes', visit palaces and temples and see the stunning architecture that is abundant throughout the region. Visit the famous 'Valley of the Kings', walking inside these ancient tombs learning about everything from their previous inhabitants to the incredible excavation process that is continually taking place in the area. Delve further and venture to 'Abu Simbel', the site of the stunning High Dam & the many Nubian Monuments along Lake Nasser.

Just a short sail across the Gulf of Aqaba will take you to the 'Rose City of Petra' where you can explore the desert city on foot or by donkey.

Journey over to 'Bethlehem' and visit the recorded birthplace of Jesus Christ, this biblical region is teaming with historical sites including the sensational 'Dead Sea'. Our cultural tours will highlight these Middle Eastern Countries unique lifestyles



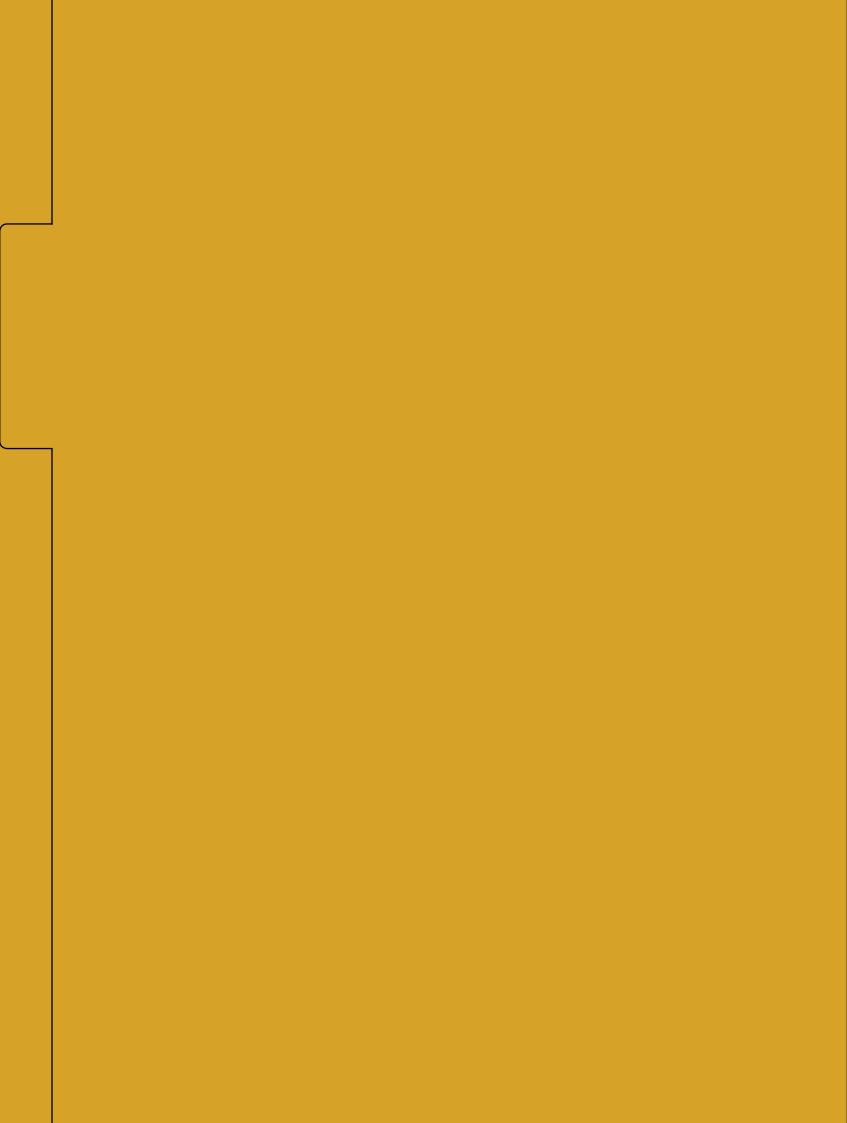
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ST CATHERINE ECO MOUNTAIN

A ONE DAY SUSTAINABLE TOURISM DISCOVERY

St Catherine's Monastery lies just at the base of Mount Sinai and is still a working monastery to this very day. Learn about the myths that surround the mystical monastery, reports of angels and the famous Burning Bush dating back to biblical times. This monastery is not only significant to Christian beliefs but also to the Islamic faith as well as Jewish, whom bestowed their protection upon the monastery. Climb the famous Mount Sinai where it is said that Moses received the "10 Commandments". Enjoy the stunning panoramic view from its peak as you watch the magical sunset over the Sinai Mountains. Optional extra of entering the Museum of Holy Icons.

- St. Catherine Monastery
- Mount Sinai
- Panoramic views
- Support local families

- **07:30** Private transfer from your hotel to St. Catherine's Monastery.
- **09:30** Visit the church, garden and site of the of the Burning Bush within the monastery grounds, before taking a short drive to the visitor centre & the women's project.
- **12:00** Enjoy a delicious lunch served on location from the comfort of your local guides homes.
- **14:00** Begin your trek up Mount Sinai for the fantastic panoramic view and sunset over the Sinai Mountains.









ST CATHERINE ECO DESERT

A ONE DAY SUSTAINABLE TOURISM DISCOVERY

This UNESCO World Heritage Site is one of the world's oldest working Christian Monasteries. Holding scriptures and text of such Biblical significance only the Roman Vatican supersedes. You will get to explore the monastery and take a short drive to the visitor centre with it's informative literature and check out the Handicraft Centre Bedouin tribes-women display a range of hand made goods that demonstrate their heritage and culture. Taking you back in time to the Bronze Age, you will journey to the Plateau of Nawamis. A short camel trek with our Bedouin friends and get a taster for desert experience.

- St. Catherine Monastery
- Plateau of Nawamis
- Bronze Age Tombs
- Support local families

- **07:30** Private transfer from your hotel to St. Catherine's Monastery.
- **09:30** Visit the monastery for a guided tour and the Bedouin Handicraft & National Park Exhibition Centre, to view and purchase items from the local Bedouin tribes.
- **12:00** Enjoy a delicious traditional lunch at a local home in St Catherine's Village.
- **13:00** Journey into the desert to meet your Bedouin hosts, who will take you on a camel trek to the Plateau of Nawamis and the Bronze Age Tombs
- **16:00** Private transfer back to your hotel in Dahab to return around 18:00.









PHARAOHS ADVENTURE

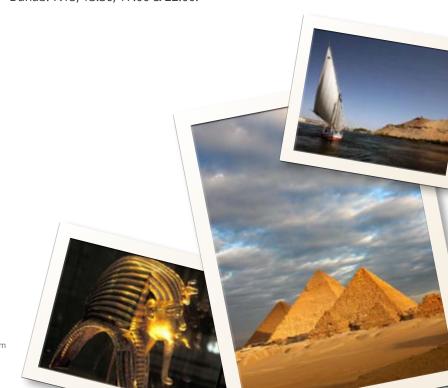
A TWO DAY HISTORICAL DISCOVERY OF CAIRO BY LAND

Visit the largest city in Africa and take a step back in time as you stand before the Great Pyramids of Giza. Take a ride on a camel or an Arabian horse and cart, all awaiting you as you arrive at the pyramids. Learn a little Egyptian History at the Museum of Antiquities and if you fancy it you can visit the mummies! Wander around the city and see up close the Cairene culture and crazy buzz of Cairo.

Optional extra: 3 day Cairo Discovery (€70 supplement).

- Giza Pyramids
- Coptic Cairo
- Sakara Pyramids
- Egyptian Museum
- Free time to explore at your own pace

- DAY 1 Depart Dahab by public bus at 22.00 and arrival in Cairo approximately 7:00. Private transfer to Cataract Hotel in Cairo.
 Guided sight seeing all day selecting from the Great Pyramids of Giza & Museum of Antiquities; Pyramids of Giza; Cairo Museum; Citadel & Hanging Church. In the evening you return to your hotel B&B accommodation. Free evening in Cairo.
- **DAY 2** Free time in Cairo and a choice of return times for trip back to Dahab: 7:15, 13:30, 17:00 & 22:00.







CAIRO OVERDAY

A ONE DAY HISTORICAL DISCOVERY OF CAIRO BY AIR

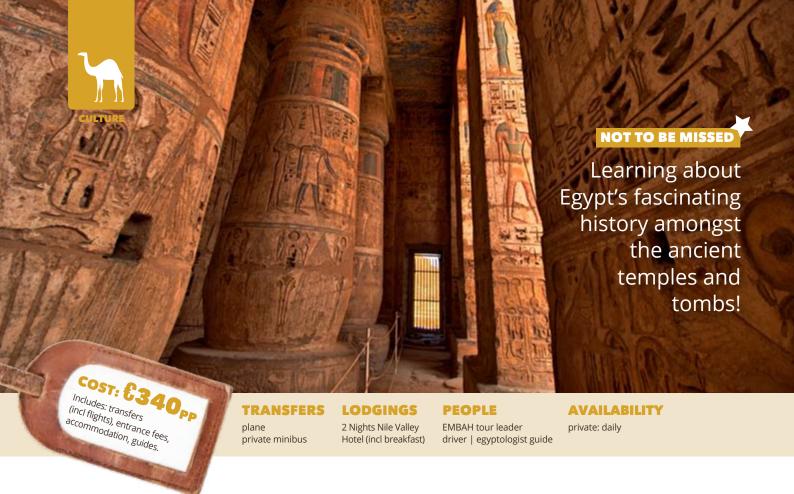
Cairo is a vibrant metropolis, steeped in history. Visit its main attractions and return back to your home in Dahab the same day. See for yourself, the great pyramids of Giza, the largest of which was the most famous of the seven wonders of the world, and held the record for being the tallest man made structure for 3800 years! Visit the Cairo museum and delve into the rich ancient histories of Egypt, and see the treasures found within ancient pharaonic tombs.

- Giza Pyramids
- **¥** Sphinx
- Egyptian Museum

- **05:30** Transfer to Sharm El Sheikh airport for your flight to Cairo.
- **09:30** Arrive in Cairo, meet your guide and visit the Cairo Pyramids and the Sphinx.
- **13:00** Take lunch at a local restaurant.
- **14:00** Visit the world famous Egyptian Museum in Cairo, and do some sightseeing in the area
- **16:00** Visit the Khan El Khalili market to pick up some souvenirs, and try your hand at bartering.
- **18:00** Transfer back to Cairo Airport for your return flight to Sharm El Sheikh, and transfer to your hotel in Dahab for around 22:00.







GREAT CITY OF LUXOR

THREE DAYS AT THE WORLDS GREATEST OPEN AIR MUSEUM

Commonly regarded as the 'World's Greatest Open Air Museum, the ancient city of Thebes is abundant with beautiful Palaces and secret tombs. Renowned for its high social status and luxury, it was a centre for the development of wisdom, art, religion and political supremacy. Visit the Luxor Temple, Hatshepsut's Temple and the famous Valley of the Kings where you can see the final resting place of Tutankhamun. This lost capital of the New Kingdom boasts some of the most beautiful olden palaces in the world! Come and discover ancient Egypt on a journey you'll never forget.

- Valley of The Kings
- Temple of Hatshepsut
- Temple of Luxor
- East Bank & West Bank

- DAY 1 07:00 Transfer from hotel in Dahab to SSH Airport for flight to Luxor.
 An EMBAH representative will greet you at Luxor Airport and take you to the Hotel. Check-in and free time to freshen up.
 13:00 Cross the Nile by water taxi for a guided tour of the East Bank,
 - with it's shops & bazaars and of course the Amazing Karnak Temple.

 19:00 Return to hotel with optional evening activities.
- **DAY 2** 09:00 See the other side of Luxor and explore the West Bank. Visit the Valley of the Kings, valley of the Queens, Nobels & Habu Temples.
 - 19:00 Return to hotel with optional evening activities.
- DAY 3 Free time to explore luxor independently, or have a relax at the hotel pool.
 15:00 Transfer to airport, return flight to SSH airport with private transfer to your hotel in Dahab.





SAIL THE NILE

A FOUR DAY NILE CRUISE FROM ASWAN TO LUXOR

Sailing the Nile in a traditional Dahabeya is the ultimate way to explore the river and the historical monuments scattered along it's banks. Enjoy onboard meals & the comforts of your private cabin. The River Nile was the main mode of transport in ancient Egypt, so all Pharonic landmarks are just a stones throw away from where we land & disembark. Visit visit Edfu Temple by horse carriage, one of the largest and most intact of Egypt's monuments.

HIGHLIGHTS

- Small comfortable Dahabeya Boats.
- Visit the famous ancient landmarks of Ancient Aswan & Luxor.
- Stunning landscapes along the Nile.

- **DAY 1** Morning sightseeing to Philae Temple & High Dam in Aswan & embark the boat and set sail to Esna & Kom Ombo.
- **DAY 2** After breakfast visit the temple at Kom Ombo and to the less frequently visited, Gebel of Silsila, and moore alongside the Speos of Hormheb. If possible dinner will be served in the grounds of the illuminated temple or on the upper deck whilst soaking up the tranquil atmosphere with music to match the mood.
- **DAY 3** Enjoy breakfast at your leisure, visit Edfu Temple by horse carriage, and ride to the bazaar, where you can barter for souvenirs, spices and perfumes. Set sail to an island for a

traditional egyptian dinner served at the Niles edge. Listen to Arabic music and dress in your bespoke Gallabeyah or belly dancing outfit. Set sail to Esna, spending

the night there.

DAY 4 After breakfast, transfer to Luxor to visit the Valley of the kings, Hatshepsut, Memenon Colossi, Karnak' Temple.
Tour ends in Luxor around 17:00.







PETRA OVERDAY

A ONE DAY EXCURSION TO PETRA, JORDAN BY FERRY

Inhabited since prehistoric times, this Nabataean caravan-city, situated between the Red Sea and the Dead Sea, was an important crossroads between Arabia, Egypt and Syria-Phoenicia. Petra is half-built, half-carved into the rock, and is surrounded by mountains riddled with passages and gorges. It is one of the world's most famous archaeological sites, where ancient Eastern traditions blend with Hellenistic architecture. Spend a full day here, with a guided tour including the Treasury, Monastery and the Old City of Petram with lunch included on location at a local restaurant.

- Treasury & Monastery Theatre
- Panoramic views

- **05:00** Depart your hotel in Dahab and transfer to Taba Heights Marina.
- **07:30** Take the ferry from Taba to Aqaba where you will be met and assisted by your guide for your transfer to Petra.
- **10:30** Guided visit of the Old city of Petra with English speaking guide, with lunch taken on location.
- **17:30** Transfer back to Aqaba for the ferry back to Taba Heights Marina.
- **22:00** Arrive back to your hotel in Dahab.







THE JORDAN HIGHWAY

A THREE DAY DISCOVERY OF THE ANCIENT CITY OF PETRA

Petra has been identified as the ancient capital of the Nabataean people and the centre of their caravan trade. Enclosed by towering rocks hidden in the mountain is a lost city. Its previous occupants have left an ancient tale of the rise and fall of this old city. The incredible architecture spreads across this rugged terrain holding the secrets of the cities previous inhabitants, such as the Great Roman Empire and its market place, combined with mountain top monasteries and the renowned Petra Treasury, this excursion is a great for those who want to take a journey of historical discovery.

- Treasury & Monastery Theatre
- Wadi Rum
- Bedouin camping
- Panoramic views

- **DAY 1** Pick up from your hotel in Dahab at 10:30. Transfer to Nuweiba and the ferry across to Aqaba. Private transport to your hotel in Petra. Free time to explore Petra by night.
- **DAY 2** After breakfast, you begin a guided tour of the famous City of Petra. Visiting the Monasteries, Treasury & Theatre amongst the ancient ruins. Later you take a 4x4 land cruiser and explore Wadi Rum, spending an evening camping under the stars.
- **DAY 3** Transfer back to Aqaba and take the ferry back to Nuweiba, with private transfer to your hotel in Dahab.







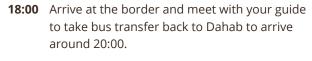
MASADA & THE DEAD SEA

A ONE DAY TRIP TO ISRAEL NATIONAL PARK

Israel is a popular religious country just over the border from Taba, Egypt. Only 30 minutes away lies the tourist resort of Eilat. A 2.5/3 hour drive by road takes you through the Arava Valley to Masada Fortress, steeped in history with beautiful panoramic views over the region. See King Herods Palace, the spa baths and the monastery. One of the must see attractions when visiting Eilat along with a visit to the Dead Sea, the saltiest sea in the world where you can float, have a clay mud bath, relax and take in its natural beauty.

- Masada Fortress
- Cable car ride
- The Dead Sea

- **05:00** Depart your hotel for the 1.5 hour drive to the Taba border crossing. Cross the border where your driver and guide will be waiting to continue on to your first stop of the day, Masada Fortress.
- **11:00** Receive a brief from your guide before taking the Cable car ride to the peak of Masada for the stunning views. Visit King Herods Palace, see the spa baths before making your way back down on foot via the easy route, or by cable car.
- **13:30** Make the short journey to Ein Bokek to spend the afternoon at the Dead Sea. Lunch will be taken at Ein Bokek.
- **16:00** Transfer back to the border for the journey back to your Dahab hotel.









JERUSALEM OVERDAY

A ONE DAY BIBLICAL ADVENTURE TO ISRAEL BY LAND

Journey into one the world's most historically significant locations, taking you to the holy Wailing Wall where religious practices take place all year round. Visiting the recorded birthplace of Jesus Christ and the Church of Holy Sepulchre and the Muslim Dome of the Rock.

- Wailing Wall
- ▼ Bethlehem Church of Holy
- ♣ Dome of the Rock
- ▼ The Dead Sea
- ★ 3 holy quarters of Jerusalem
- Via Dolorosa
- Church of the Nativity

- **12:00** Pick up from your hotel at midnight, via A/C coach transfer to Taba border. Once you have gone through the border you will be greeted by your Israeli guide and drive to Jerusalem via Arava Rd. The scenic drive through the Negev, takes approximately 5 hours and includes one stop.
- **07:00** Stop off at the Dead Sea for a short break with the chance to go for a swim or float in its salty waters (supplement may occur).
- **09:00** Begin your tour of Bethlehem, visiting Church of the Nativity. Continue by bus back into Jerusalem for your full city tour, visiting the 3 Holy quarters, The Wailing Wall, Temple Mount and Dome of the Rock.
- **18:30** Your tour will end and you will make your journey back to the Taba border and join your transfer back to Dahab.



LACTIVITIES

Had a nice day out at Laguna, loads of watersports on offer, thank you EMBAH for organising discounted rates for me and my friends, not bad!

When I finally got the hang of it, windsurfing was great fun, and the instructors were professional, I felt I was in safe hands!

Beautiful and well kept horses, really enjoyed cantering along the coast at laguna, thank you EMBAH.

From sand boarding dunes of the Sinai desert, to kitesurfing across the windy red sea, we have activities to suit every adrenalin fanatic.

ry out one of the many short activities that take place every day in Dahab.

Offering you a wide range of high paced and leisurely activities that will take you all over the surrounding region.

Whether its the thrill of quad biking through the Sinai mountains at high speeds, or riding a horse down the beautiful coastline, we can get you out there anytime that suits you.

Why not give the water sports a try at one of the most famous locations in the world! From wake boarding to kite surfing and windsurfing, available to you all day every day

HOW DO I BOOK?

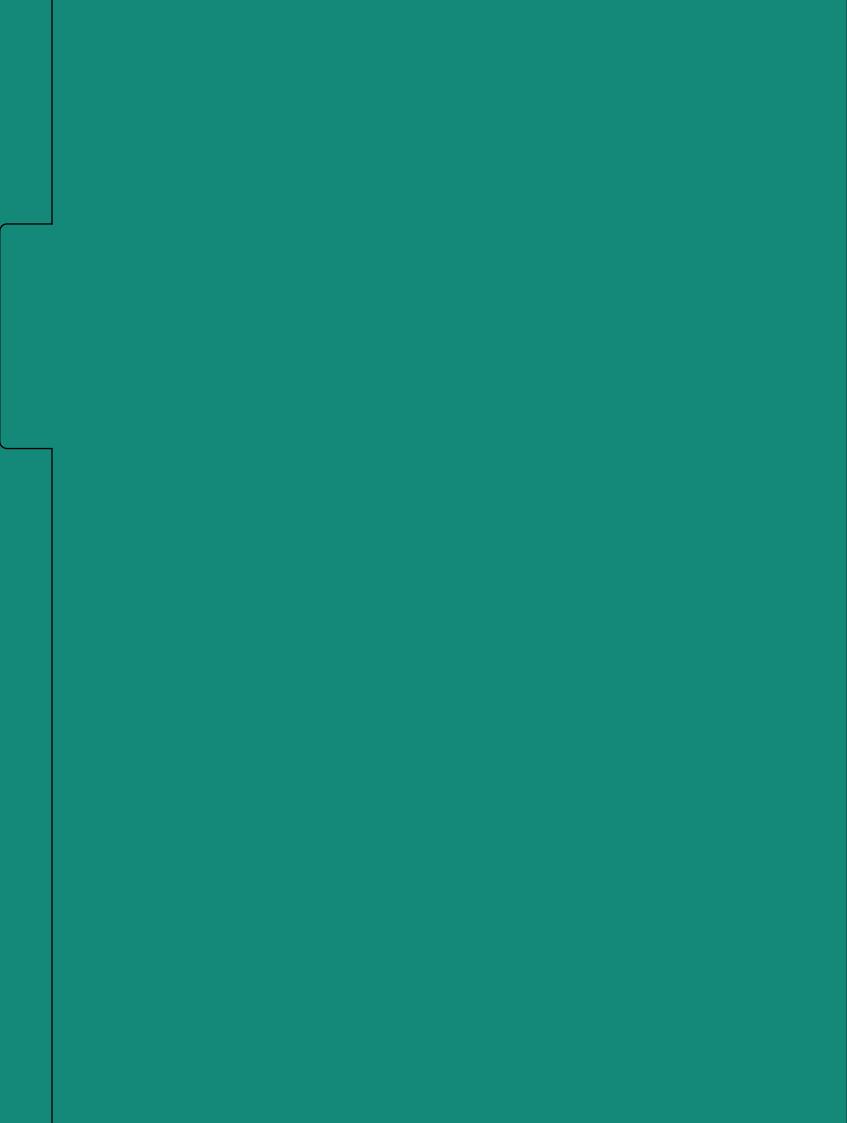
Please visit the **hotel reception** or **office counter**. For further information contact EMBAH directly:

T: +20 (0)69 3641 690 E: info@embah.com www.embah.com

- ➤ VALUE FOR MONEY is our key concern. We ensure you get what you pay for with our carefully selected tours; good service, food & hospitality.
- **★ GROUP PRICES** are based on 4 people. Discounts for larger groups and children under 12. Supplements may occur for smaller groups.
- ★ BOOK EARLY to avoid disappointment. Some trips can face disruption due to outside influences, and can be subject to change last minute.

- ➤ **PRIVATE DEPARTURES** available on all tours, which can be tailored to suit your requirements.
- ★ SAFETY GUIDELINES are put in place by our professional instructors and guides for your own safety, EMBAH will not be held responsible if they are not followed.







HORSE RIDING®

A DAHAB COASTLINE OR INLAND TREK

Explore Dahab by horseback. Suitable for all abilities, whether you're an experienced rider or a novice looking for a different experience, our horse trekking team will take care of you every step of the way. Choose to journey down to Dahab Laguna, where you can enjoy the fresh air and beautiful coastline, or take a trail inland. Whether you want to gallop along the waters edge or take a gentle trot, this is a great way to spend an afternoon.

HIGHLIGHTS

- Beautiful Arabian and Egyptian horses
- Coastal riding

TBC Depart from your hotel at an agreed time to meet with the horses and guides. We recommend mornings or before sunset, and allowing 1-2 hours for a coastal trek!

Receive a brief on horseriding and safety procedures from the equestrian guide, before beginning your trek.







GLASS BOTTOM BOAT

A TWO HOUR UNDERWATER OBSERVATION TRIP

Want to enjoy the fantastic underwater world of The Red Sea without getting wet? Well we have the answer! You can cruise around the beautiful Laguna area to observe the underwater world through the glass bottom of the boat, without stepping a foot in the water. This is a great activity for families with children alike. There is also an option to snorkel on Napolion Reef from the boat.

Optional Extra: Combine this trip with Laguna Watersports and get more value for money.

HIGHLIGHTS

- ▼ Boat cruise
- Marine identification

11:00/15:00 Transfer from your hotel to the Laguna Jetty. Boats leave 12:00 and 15:00 daily. Spend 1.5 hours cruising around local reefs before catching your return transfer to hotel, with an optional extra to go snorkelling at The Napolion Reef which can only be reached by boat.







COASTAL KAYAKING

AN HOURLY EXPLORATION OF DAHAB'S COASTLINE

Explore Dahab's beautiful coastline as you ride the waves and glide above the water kayaking in the Red Sea. Suitable for all abilities you will travel up and down the coastline, enjoying the crystal clear waters below, and with visibility so high you will be able to clearly see the underwater world. Even choose to jump in and explore further with your snorkelling gear aboard, it's all up to you! Optional Extra: One day coastal safari to

NABQ National Park (€60pp)

HIGHLIGHTS

- ▼ Gliding on the waves
- Exploring the Red Sea & its coastline

TBC Upon arrival at the reef you will be greeted and briefed on the kayaking equipment and safety procedures once in the water. Then you begin your coastal adventure, combining technique and balance as you enjoy this tranquil escape up and down the coast.





QUADBIKING

A 2.5 HOUR OFF ROAD ADVENTURE

With its rugged terrain and mountain pathways, quad biking is the perfect way to discover the surrounding region of Dahab. Venture into the mountains as you negotiate the terrain for a thrilling ride off the beaten track. Your local guide can take you through the mountains surrounding Dahab, with its coloured & hidden canyons and oases, or you can take a ride along the coast.

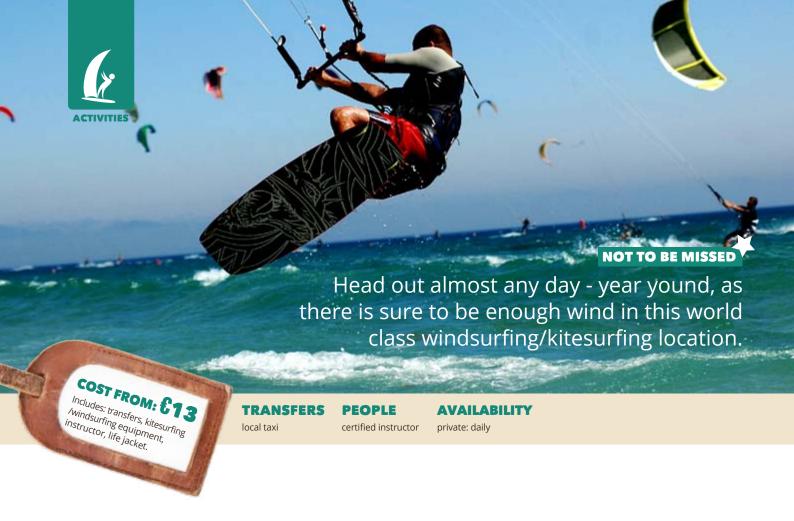
HIGHLIGHTS

- Exploring the Sinai Mountains
- Negotiating the rugged terrain

TBC Collection from you hotel at an agreed time, making the short journey to meet with your quad bikes and guide for your briefing before setting off on your mountain journey, with a stop off for refreshments at one of the many hidden Bedouin mountain cafes. Rides last a minimum of 2 hours.







WATERSPORT LESSONS & COURSES

Try our one of these exhilarating water sports in the Dahab Laguna. Whether you're just getting started with the sport, or working on your loops jumps or turns, sessions & courses can be taylored to your current abilities & goals.

WATER SKI / WAKEBOARDING

Individual session (1/2 hr): €13 / €27

Course (5 sessions): €52 / €81

Beginners course (4 sessions): €117

Beginners course (8 sessions): €220

WINDSURFING

Beginners session (2hrs): €77

KITESURFING

Beginners course (6 sessions): €190 Beginners course (10 sessions): €359







WATERSPORTS DAY

MULTI-ACTIVITY PACKAGE OF 3 ACTIVITIES IN LAGUNA

Spend a leisurely day at Dahab's beautiful Laguna. Enjoy relaxing on the sandy beach or get involved in the adrenaline filled water activities on offer. Suitable for all abilities, full training and safety equipment will be provided. This great value package will ensure that you make the most out of your time on the water!

- Sunbathing on a sandy beach
- Safe calm sea for swimming
- Family friendly
- Dounut/tube Ride
- Banana Boat
- Stand-up pedal board
- Kayakking
- Canoeing
- Glass Bottom Boat
- Catamaran*







SANDBOARDING

HALF DAY SURFING DOWN THE DUNES OF SINAI

Enjoyed since the times of the Ancient Egyptians, and revived in the 1940's, sandboarding is a combination of snowboarding, surfing, and skating, only it's on the sand dunes instead of the wave, snow, or streets. Yet, even if you've never snowboarded, surfed, or skateboarded, you'll pick up sandboarding easily enough with some know-how, determination, and plenty of practice. (Sanboarding can also be added as a supplement to a few of our safari's.)

- ▼ Jeep excursion
- Learn to sandboard
- Panoramic views

- **12:00** Pick up from your hotel, and journey to the biggest dunes in sinai.
- **14:00** Arrive at the dunes for safety briefing and instructions, and enjoy sandboarding down the dunes.
- **17:00** Return transfer to your hotel in Dahab.







ROCK CLIMBING

A FULL DAY CLIMBING IN THE SINAI MOUNTAINS

An adrenalin rush for the adventurous wanting to climb some of the rugged rock faces hidden within the Sinai mountains. Have a go at this both mentally and physically challenging sport, that will test your endurance, agility, balance, and mental control. With qualified instructors and full safety equipment, learn new techniques that engage different muscle groups simultaneously as you scale the rock faces in Wadi Gnai.

HIGHLIGHTS

- ₩ Wadi Gnai
- Leaning new techniques
- Panoramic views

08:00 Depart your hotel in Dahab and head off along the coast to Wadi Gnai.

10:30 Briefing and safety with your instructor before taking a guided climb and tackling the rock faces at Wadi Gnai.

12:00 Lunch on location.

14:00 Further guided climb.

16:00 Return transfer to your hotel in Dahab.







....Swimming with the dolphins at Eilat was an incredible and surprisingly energising experience for both myself and family, thank you EMBAH.

OThank you for a fun day out snorkelling in the red sea! Especially enjoyed identifying all the different species with help of marine guide.

Experience the fantastic underwater world of the red sea! Choose from one of our boat, snorkelling or diving experiences.

e have seafaring adventures throughout the region. Your certified guide will share with you information with you about the different reefs, and what marine life that will be waiting for you in the water, and our glass bottom boat excursions are for those who prefer to stay dry but yet still want to see this beautiful underwater world!

Go on one of our many boating dive trips to fantastic dive sites, all a short sail away from Dahab. If you are not already a qualified diver, you can take a PADI diving course with us, or do a discover scuba experience, in which no previous diving experience is needed.

Snorkel or dive at the blue hole, to see for yourself what this world famous dive site has to offer, or take a day trip to Eilat in Israel, and swim with the dolphins on this invigorating sustainable excursion.

HOW DO I BOOK?

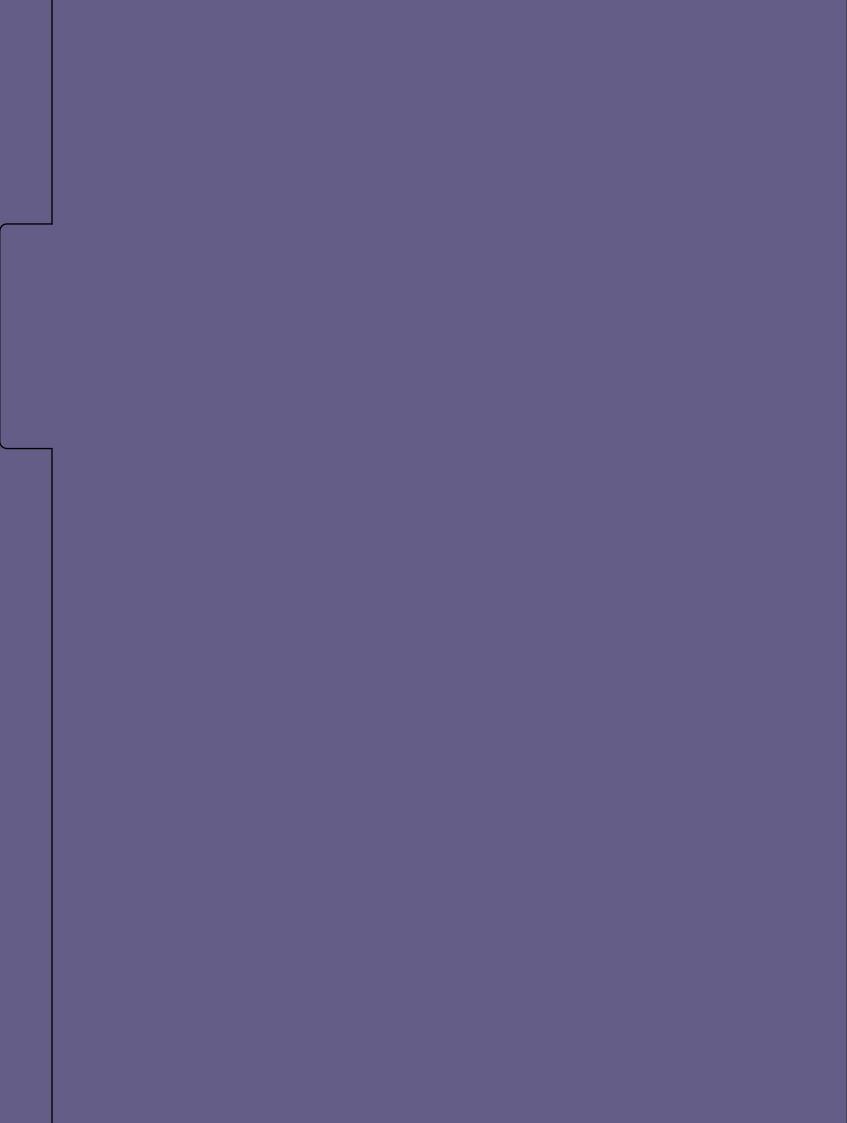
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- ➤ **BOOK EARLY** to avoid disappointment. Some trips can face disruption due to outside influences, and can be subject to change lest minute.

- PRIVATE DEPARTURES available on all tours, which can be tailored to suit your requirements.
- ➤ VISA STATUS may become invalid with some of our 'City Breaks'. Contact EMBAH for more info.
- SAFETY GUIDELINES are put in place by our professional instructors and guides for your own safety, EMBAH will not be held responsible if they are not followed.







SNORKEL THE BLUE HOLE

A HALF DAY UNDERWATER DISCOVERY HOLE

Visit one of the world's most famous diving locations, attracting free divers, scuba divers and snorkeller's from around the globe. Only 20 minutes from Dahab centre this great location is a must for anyone in search of an underwater adventure, with multiple restaurants resting on the waterfront you will be sure to receive a warm welcome and see an abundance of marine life under the clear waters.

- World renowned snorkelling site
- Marine identification
- ▼ Bells Entry Point

- **09:00** Depart from your hotel at an agreed time, via private transfer you will make the short journey up the coastline to the Blue Hole.
- **10:00** Upon arrival you will settle into one of the local restaurants as your guide gives you a briefing on safety procedures regarding entry and exit, and snorkelling procedures. After your discovery of this underwater world you'll break for lunch.
- **12:00** Your private transfer will come to take you back to your Dahab hotel.









A ONE DAY SNORKELLING TRIP TO THE SOUTH COAST

A trip to the southern coastal spots provides the perfect day excursion, boasting pristine waters in a tranquil location. This snorkelling safari is perfect for those who want to venture off peak to discover the 'Gem of the South' and learn about its underwater ecosystems, with the help of your marine guide.

09:00 Take your private jeep to the local site. (departure time is flexible)

10:00 Upon arrival, you will be briefed on the coastal navigation and safety practices of snorkelling.

12:00 Relax and have lunch on location, begin your guided snorkelling session.

16:00 Take return transfer back to your hotel in Dahab.

- Marine identification
- Pristine waters







RAS MOHAMED NATIONAL PARK

A ONE DAY SNORKELLING ADVENTURE

Ras Mohamed National Park occupies one of the world's most extraordinary settings: a slender, dramatically arid peninsula at the southernmost tip of Sinai, rising to a dramatic promontory that looks over some of the most glorious coral reefs you will ever see. For its visitors, most of Ras Mohamed scenery is hidden underwater, in the broad terraced coral reefs that encircle the peninsula. Fire corals and brilliant sea fans are in abundance here, with a magnificent array of reef and pelagic fish with over a thousand species!

- World renowned snorkelling site
- Marine observation
- Mangroves

- **08:00** Depart from your hotel and make the journey via private transfer to Ras Mohammed National Park in Sinai.
- **11:00** Receive a briefing on the surrounding waters before beginning your guided snorkelling session.
- **13:00** A freshly prepared meal will be waiting for you on the beach, all cooked on location on an open fire.
- **14:00** Journey down to visit the Mangrove's and Observation point where your guide will explain the regions unique ecosystem.
- **17:00** Begin your journey back to your hotel in Dahab.







NABQ NATIONAL PARK®

A ONE DAY SNORKELLING DISCOVERY

Spread across 600km², NABQ contains a variety of ecosystems that provide a unique spectrum of nature in the Sinai Peninsula. It boasts one of the largest single Arak Bushes in the Middle East, covering the higher dunes of the Wadi Kid, and hides within it some 143 plant species, a few of which are unique to the region. Whilst the sediment in this water can sometimes disrupt visibility that does not take away from the stunning natural beauty of the park, and the underwater marine life.

- World renowned snorkelling site
- ▼ Bedouin fishing village
- Mangroves
- ★ Schroeder Wreck

- **08:00** Depart from your hotel via private jeep transfer and make your way to NABQ National Park.
- **09:00** Upon arrival and after a brief explanation of the region you will take to the water for a guided snorkelling session along the coral reef.
- **12:00** Lunch will be served on the beach in traditional Bedouin fashion.
- **14:00** Make the journey to the Mangrove's and Maria Schroeder wreck, with more opportunities to snorkel the crystal clear waters.
- **16:00** Later you will begin your journey back passing through the National Park, before retuning back to your hotel in Dahab.







SHARM EL SHEIKH OVERDAY

A ONE DAY WATERSPORTS HAVEN

Enjoy a day trip to the popular Sharm El Sheik. Try out one of the many watersports on offer at Terrazina Beach, or take a wander around the Old Market and try your skills at bartering. A great option to schedule on the last day of your holiday, before departing from Sharm El Sheikh airport.

Optional extra: Sharm El Sheikh 2 day, with overnight accommodation to suit your budget.

- ▼ Beautiful beach
- ★ Great bars & nightlife
- Old market

- **08:00** Collection from your hotel and via minibus transfer you make the journey to Terrazina Beach in Sharm el Sheikh.
- **10:00** Here you will find a range of activities available to you, as well as a large selection of beach bars and restaurants to choose from. Your guide will be with you for assistance throughout the day.
- **16:00** Take a walk into Sharm Old Market for souvenirs.
- **17:00** Meet with your return, to arrive at you Dahab hotel around 18:00.







EILAT DOLPHIN REEF & OBSERVATORY EXPERIENCE

A ONE DAY MARINE LIFE DISCOVERY

Spend a full day in Eilat, with the morning to visit the Dolphin Reef, where you can book a swim or dive with the dolphins in their natural environment. Your afternoon can be spent relaxing, swimming or snorkelling on Dolphin Reef's very own private beach. Visit the Underwater Observatory along Coral Beach where you can watch the feeding of rays, sharks and turtles, view rare fish & corals, or learn about the marine eco systems in the Oceanarium Cinema.

Optional extras: Seascope submarine, glass bottom boat trip or two hours shopping at Ice Mall.

- Swim or dive with dolphins
- Underwater Observatory
- Oceanarium Cinema

- **06:00** Depart your hotel for the Taba border crossing.
- **08:00** Cross the border where your driver and guide will be waiting to meet you for your short drive to Dolphin Reef. If you have booked a swim or dive with the dolphins, you will be briefed and given necessary equipment by your guide before entering the water.
- **12:30** Transfer to the Underwater Observatory along Coral Bay for lunch, and spend your afternoon there.
- **16:00** Meet with your guide and take transfer back to Taba border.
- **17:00** Take transfer from Taba border to your Dahab hotel, to return around 19:00.









PADI COURSES

DISCOVER SCUBA

Have you ever wondered what it's like to breathe underwater? If you want to find out but aren't quite ready to take the plunge into a certification course, Discover Scuba Diving will let you try scuba to see if you like it!

- Learn what wearing scuba equipment feels like and how easy it is to move around underwater while wearing it.
- Find out what it's like to breathe underwater and learn whether you can be comfortable there.
- Learn some basic skills and safety rules that will carry over to your full scuba certification course when you take the next step.

COST: €44pp

OPEN WATER

Get your PADI scuba certification. If you've always wanted to learn how to scuba dive, discover new adventures or simply see the wondrous world beneath the waves, this is where it starts!

- Knowledge Development (online, home study or in a classroom) to understand basic principles of scuba diving.
- Confined Water Dives to learn basic scuba skills.
- Open Water Dives to review your skills and explore!

COST: **6264**pp

ADVANCED

Exploration, Excitement, Experiences. They're what the PADI Advanced Open Water Diver course is all about. Increase your confidence and build your scuba skills to become more comfortable in the water, and get more dives under your belt while continuing to learn under the supervision of your instructor. Choose from 15 types of Adventure Dives to complete your course including:

- Digital underwater photography
- ♣ Deep navigation
- ▼ Night dive
- ▼ Peak performance buoyancy

COST: €187_{PP}





DAILY DIVING EXCURSIONS

BOAT DIVE

Join one of our combined shore and boat diving excursions, giving you the chance to dive every Red Sea world renowned dive site. Our high quality dive boats run north to Ras Abu Galum, south to the forest and turtle haven of Gabr El Bint, and to Sharm's Ras Mohammad & Thistlegorm dive sites.

COST: 688pp

CAMEL DIVE

Let us load up your personal camel and take you on the dive experience of a lifetime. Travel along the coastline to the pristine dive sites beyond Dahab that are only accessible by camel. Our camel dive safaris run for one or two days at the world class dive locations of either Ras Abu Galum or Gabr el Bint.

COST: €77pp

NIGHT DIVE

Come with us on a night dive, a great way to see the underwater world in a whole new light (or lack of it!) After the sun goes down, the reef truly comes alive, as the usual Red Sea suspects drift off to sleep and the creatures of the dark come to life, including crabs, lobsters, and shrimp going about there business.





WELLNESS

The place is soothing for the senses, creative for the mind, vibrant for the body and sacred for the soul.

Thank you EMBAH for a fantastic holistic getaway in the desert, it was a wonderful experience that I will never forget. >>> Natasha, UK

Castle Zaman was absolutely stunning, I loved lazing by the pool and the food was delicious, what a hidden gem!

Not feeling so energetic? Indulge yourself in the holistic side of Sinai, with our range of relaxing and recuperating activities and retreats.

gypt conquers thoughts of ancient treasures & mystique. Rightfully there are regions in Egypt that possess amazing spiritual energy and light, said to be aids to the ancient Pharoahs, Gods & Goddesses. At EMBAH, we have taken these ancient myths and created a variety of wonderful holistic Holidays throughout Egypt, that capture the essence of wellness and the energy of each individual host location.

Serenity and self reflection are the heart of our retreats, absorb the surrounding beauty of Dahab, and discovering the land & people of Sinai. Our programs allow time for self contemplating, to improve your practice and cleanse your body and soul.



HOW DO I BOOK?

Please visit the **hotel reception** or **office counter**. For further information contact EMBAH directly:

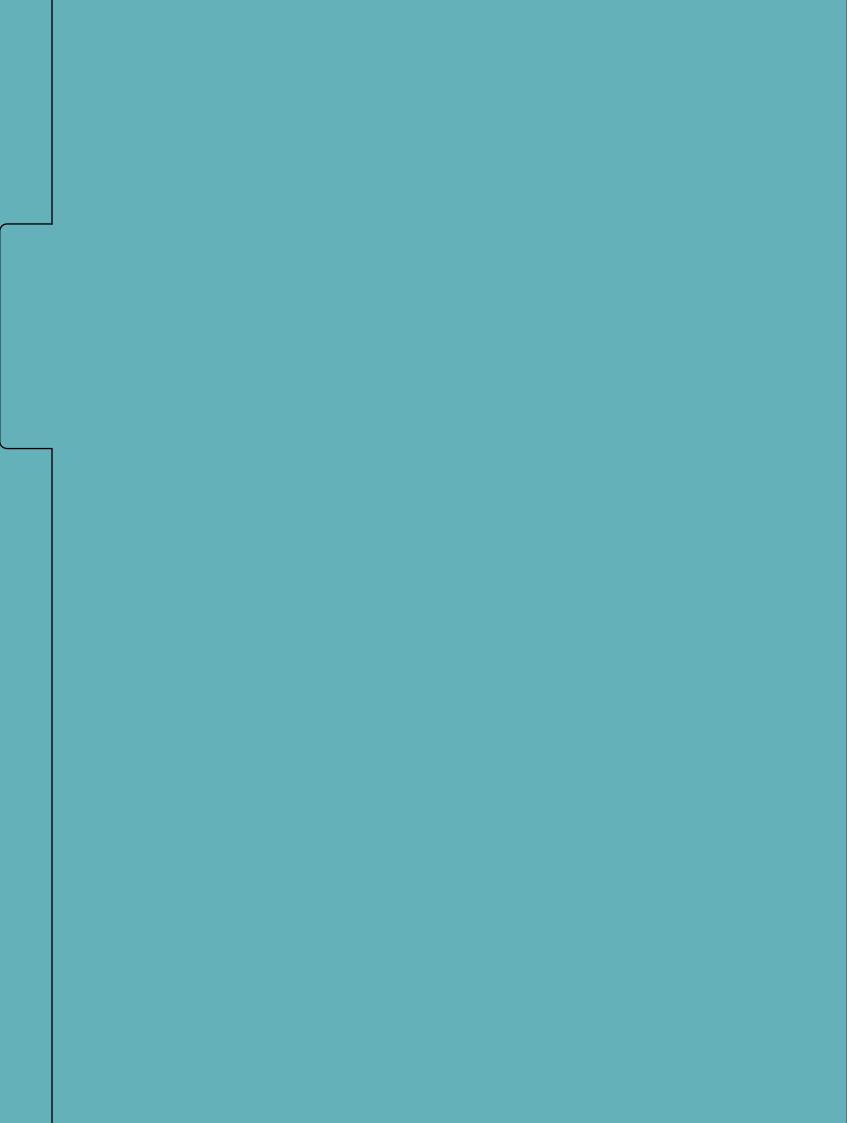
T: +20 (0)69 3641 690 E: info@embah.com www.embah.com

- ★ VALUE FOR MONEY is our key concern. We ensure you get what you pay for with our carefully selected tours; good service, food & hospitality.
- ▼ GROUP PRICES are based on 4 people. Discounts for larger groups. Supplements may occur for smaller groups. (Sharing trips with other groups can reduce your cost per person)
- ➤ BOOK EARLY to avoid disappointment.

 Some trips can face disruption due to outside influences, and can be subject to change lest minute.

- PRIVATE DEPARTURES available on all tours, which can be tailored to suit your requirements.
- ★ SAFETY GUIDELINES are put in place by our professional instructors and guides for your own safety, EMBAH will not be held responsible if they are not followed







CASTLE ZAMAN

A ONE DAY RELAXING RETREAT

Nestled on the cliff top at Nuweiba overlooking the Red Sea is the beautiful and rustic Castle Zaman. Built from natural materials and recycled wood and stones it has been carefully made to create character. It is famous for its slow cooked food, marinaded and cooked for hours to create a banquet fit for a king, the only one of its kind in Egypt. Enjoy a feast whilst watching the sunset in one of the most beautiful locations in Sinai.

- Tranquillity pool
- Snorkelling
- Private beach
- Banquet Feast

- **12:00** Depart your hotel and drive to Castle Zaman via Nuweiba
- **13:30** The Afternoon will be free for you to enjoy the use of the Tranquillity pool overlooking the Red Sea, have a spa treatment, or snorkel the coral reefs on the Castles own Private beach, Sit back and relax and take in the stunning scenery around you.
- **17:00** At sunset you will enjoy a feast of slow cooked meats and fish served with local produce and freshly baked breads.
- **19:00** After dinner you will return back to your hotel in Dahab.







SALAH EL DIN FORTRESS & CASTLE ZAMAN

A ONE DAY SIGHT SEEING AND RELAXATION COMBO

A full day tour visiting Salah el Din fortress on Pharoah's Island in Taba. Steeped in history, located on its own island in the Red Sea surrounded by coral reefs. Spend the afternoon relaxing at the beautiful Castle Zaman on the mountain top for peace and tranquillity, laze around the pool side, and enjoy sunset whilst eating a banquet fit for a king.

08:30 Depart your hotel and drive to Taba to Salah El Din Fortress.

10:00 Transfer by boat to the castle for a guided tour of the castle and you will have free time to explore or snorkle in the crystal clear waters.

14:00 Make the short drive to Nuweiba to stop off at Castle Zaman where you will be free to enjoy the beautiful surroundings, relax in the tranquillity pool or explore this hidden gem.

17:00 Enjoy a banquet feast of slow cooked meats or fish over sunset.

18:00 Make the journey back to your hotel in Dahab.

- Sahal El Din Fortress
- Tranquillity pool
- Snorkelling
- Private beach
- Banquet Feast







YOGA AND RIDE

A HALF DAY HORSEBACK ADVENTURE

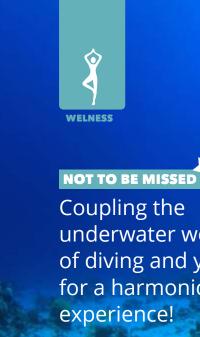
Combine yoga and horse riding for a true zen experience. Like riding, yoga is an ongoing learning process in which both the mind and body are exercised. Practicing yoga can help you become a more effective and sympathetic rider, strengthening your capabilities to better communicate and bond with your horse. Travel to Wadi Biade by horseback, and practice yoga and meditation in this tranquil location.

- Bonding with your horse
- Yoga in the peaceful desert environment

- **11:00** Meet your horses and head via horseback to Wadi Biade. (departure times are flexible)
- **12:00** Arrive at the Wadi, enjoy some refreshments and practice yoga with a qualified instructor.
- **14:00** Mount your horses for the trek back to Dahab.







Coupling the underwater world of diving and yoga for a harmonic



yoga instructor | certified PADI instructor

see EMBAH calendar

YOGA DIVING

A 4 DAY YOGA DIVING COURSE

Yoga creates a strong, flexible body and calms your mind. Combine this with diving, and get the most out of each breath, whether taken above or below sea level! We have two courses available, one for beginners, where no previous diving experience is necessary, The other is for PADI certified divers. Courses are tailored to divers' level and fitness, so that everyone can enjoy this fantastic combination. Includes visualisation and stress management technique to improve underwater relaxation and enjoyment. Slow, gentle skills practice to help boost your confidence without stress.

- Yoga practice
- Dive amoungst red sea coral reefs

- AM Attend morning yoga classes, which teach you to breathe properly and prepare you for the sport element of diving.
- PM Your diving begins and you will take to the water, where the yoga class leaves off. Courses are tailored to your level of diving experience.







DESERT YOGA SAFARI

A 3 DAY DESERT ESCAPE

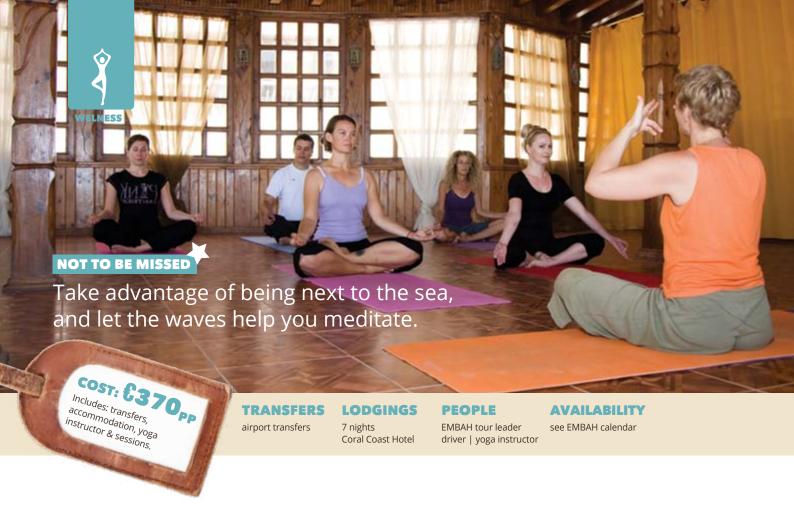
The Sinai Deserts sheer natural beauty and uplifting energy is ideal for Practicing yoga. This retreat is a unique combination of twice daily yoga practice in our rooftop yoga shala by the sea, with 3 days Yoga practice and meditation camping in the natural environment of the the desert plateau. Focus on your mind, body & soul, with some light trekking every day, giving time for inner silence with serene surroundings of plateaus, rolling sand dunes and canyons. Private consultations from the in-house masseuse & therapists are possible at the beginning of your holiday to help plan your week of wellness.

- Experienced instructors
- Tranquillity of desert plateau
- Culture & traditions of the Bedouin
- Daily trekking

- **DAY 1** Depart via minibus to the desert, and trek to the tranquil camp location. Become accustomed to your surroundings, have a sunset class, and enjoy a traditional Bedhouin dinner.
- **DAY 2** Morning and sunset classes, traditional food and optional trekking.
- **DAY 3** Morning yoga class, before trekking back to the minibus for transfer back to your hotel, feeling revitalised and refreshed.







DAHAB YOGA RETREAT

A ONE WEEK HOLISTIC HOLIDAY

Dahab is soothing for the senses, creative for the mind, vibrant for the body and sacred for the soul. Join us for this week long yoga program, with twice daily yoga sessions in a beautiful rooftop yoga shala by the sea. Your experienced teacher will take you through your practice, embracing the basic principles of Yoga, chakra cleansing, breathing and meditation. Take some time out and treat yourself to something so special! Private consultations from the in-house masseuse & therapists are possible at the beginning of your holiday to help plan your week of wellness!

Optional Extra: Spend 3 days yoga practice and meditation in the Sinai desert, with camping. (€120pp supplement)

DAY 1 Arrival & transfer to Hotel in Dahab.

DAY 2 1 x yoga session in Dahab.

DAY 3 2 x yoga sessions in Dahab.

DAY 4 2 x yoga sessions in Dahab

DAY 5 2 x yoga sessions in Dahab

DAY 6 2 x yoga sessions in Dahab

DAY 7 1 x yoga session in Dahab.

DAY 8 Free day until departure transfer.

- All levels
- Experienced instructors
- Yoga by the sea







FOR THE BODY AND MIND

Dahab is the idyllic location for yoga, meditation & alternative therapies, and we are fortunate enough to host venues for daily classes. Each venue has a weekly schedule of classes. Please contact EMBAH for more details and the latest schedules.

YOGA

Join us for yoga classes in our beautiful rooftop yoga shala in Coral Coast Hotel, overlooking the sea. Your experienced teacher will take you through your practise, embracing the basic principles of Yoga, chakra cleansing, breathing and meditation.

COST FROM: **68**PP

MASSAGE

Take some time out and treat yourself to a pampering while on vacation! We have experienced private consultations available to do Thai, Swedish and other massage.

COST FROM: **625**_{PP}

THERAPIES

A range of altenative therapies are on offer, incliding Reiki, and other workshops. On-going, visiting and seasonal therapists are available.

COST FROM: €25_{PP}



