

BEDOUIN ADVENTURE TREK

AN 8 DAY TREKKING ADVENTURE
IN THE SINAI DESERT



Discover the remarkable culture and traditions of the Sinai Desert with the nomadic Bedouin tribes as your host. Trek deep into the Sinai Desert traveling a stunning route of pristine landscapes of canyons, oasis, dunes and ancient tombs and inscriptions, while absorbing the tranquility and simplicity of desert life. Desert Camping under the stars, tell tales around the campfire and eat freshly prepared traditional meals with lovely fire baked bread and copious amount the Bedouin tea. Follow in the footsteps of Moses to the site said to be where he received the Ten Commandments, at the summit of Mount Sinai and witness the spectacular sunset over the rugged mountain range. Visit the St Catherine's Monastery, 2nd in line to the Vatican for it's library content of manuscripts and icons, and learn a little of the spiritual & historical legend attached to the region. In contrast, you will have plenty of free time in the ambient Red Sea resort of Dahab to dive, shop or relax with a good book and enjoy the sunshine by the hotel pool, the choice is yours!

HIGHLIGHTS

- ★ **Dahab** - Bedouin village on the Red Sea coast with stunning coral reefs and a relaxed bohemian vibe.
- ★ **Insight** into Local Culture of the Sinai Desert
- ★ **Desert Trekking** - up to 6hrs trekking daily with an app total of 110 km covered in the desert over 4 days.
- ★ **Desert Landscapes** - canyons, oasis, valleys, mountain & ancient tombs & inscriptions.
- ★ **Desert Camping** - sleep under the stars and rise with the sun in true desert style.
- ★ **St. Catherine's Monastery and Mount Sinai** - Visit the Monastery and climb Mount Sinai to see the awesome sunset.
- ★ **Sand Boarding** - surf the highest dunes in Sinai.

TRIP FACT FILE



TITLE	Bedouin Adventure Trek
EMBAH CODE	BA-8
DURATION	8 days, 7 nights
START & END DESTINATION	Dahab, Sinai
TRANSFERS	2 way transfer from Sharm El Sheikh airport. All transfers during tour.
LODGINGS	3 nights - Coral Coast Hotel 3 nights - Bedouin camping 1 night - Built camp
MEALS	Hotel: Bed & Breakfast Desert camping: Full board
FOOD & DRINK	Please budget for additional food, drink or refreshments not included in programme (around €100).
GROUP SIZE	Average of 6 persons. (Min: 4 Max: 12)
PEOPLE <small>When local number & mobile phone pre-loaded with all contacts, for tours without tour leader.</small>	EMBAH tour leader & desert guide, local Bedouin crew & camelers.
ACTIVITIES INCLUDED	Mount Hike with Sunrise on Mt Sinai. 4 Days Desert Trekking on foot.
PHYSICAL RATING	★★★★☆
CULTURE SHOCK	★★★★☆

TOUR IMPACT ON LOCAL COMMUNITY

EMBAH is committed to the elements of responsible & sustainable tourism and this tour boast multiple benefits to the local community. While in Desert & Mt Range of St Catherine's, income is distributed between 5 desert dwelling families with a total of 7 families throughout the complete tour. The projects we support in this region are : **Nawamis Desert School** - An initiative developed by a UK charity that was brought about to enable the Bedouin villagers to remain in their desert homes and maintain their traditional way of life and still have their children educated. It also provides a special meeting place where Bedouin tribes can gather and celebrate. **Medicinal and Aromatic Plant Gardens** - a local initiative to preserve Rare medicinal plants unique to the region. Herbs gardens have been created on various plots in land throughout St Catherine's and are also cultivated in greenhouses for preserving

ACCOMMODATION*



CORAL COAST HOTEL ★★☆☆ | Our recommended mid-range option. With 30 en-suite rooms, private beach, restaurant and bar (all set on the shore of the famous dive site, El Garden this idyllic location is perfect for lounging and lies just a few minutes walk from the main bay area of Dahab. All rooms are air conditioned with private balcony and sea view. The In House Dive Center offer great activities and the Wellness concept boasts a host of massage, yoga classes & therapies on site.



TRADITIONAL BEDOUIN CAMPING | EMBAH's nomadic desert camp consists of traditional Bedouin tents, with carpeted areas and mattresses to ensure your comfort whilst sleeping under the stars. A kitchen area is set adjacent to the camp, where freshly prepared meals will be cooked on an open fire. Designated washing and toilet areas are set, and in some cases you can bathe in hot springs or fresh water oases. Our camp locations are picked for favorable weather conditions and stunning scenery.

*Single room Options are available and would be subject to a supplement as tour prices are based on double room sharing. Alternatively your tour leader can arrange for you to be partnered with a fellow traveler. Family and adjoining rooms are available, please contact EMBAH for more information. If mentioned hotel is not available, EMBAH will arrange your accommodation in a similar hotel, to the same standards..

COUNTRY FACT FILE

WHEN TO GO	This trip is available all year round. July & August are the hottest months, great for sea based holidays!
GETTING THERE <i>EMBAH can arrange both private and shared transfers to and from all major international airports and ferry ports.</i>	From abroad: Nearest international airport is Sharm El Sheikh. By ferry: Nuweiba, Taba. From Cairo: Bus(10hr), private transfer(8hr) or domestic flight to Sharm El Sheikh (1hr, Egypt Air).
CLIMATE	Year round sunshine, low humidity & cool breeze. Averages of 20-25°C. Winter nights can be chilly (10°C). During summer months temperatures can reach 45°C!
MONEY	Egyptian Pound (LE). 1 euro = app 7.5le. Cashpoints/ATM's available in Sharm El Sheikh & Dahab.
PEOPLE VIBE	Friendly and welcoming.
DANGERS & ANNOYANCES	Some hustle from street vendors. Women alone fine. No violent crime.
TELEPHONES/ WIFI	Good reception throughout Dahab. Limited to no reception in rural areas. WIFI available in most hotels, restaurants & internet cafes.
LAUNDRY SERVICES	Available throughout Dahab.
TIPPING	Local salaries are pretty low, so a 3 euro per day tip is a good guideline.
LANGUAGE	Arabic. Egyptian dialect.

DAHAB & SINAI



Translating as 'Gold' in Arabic, Dahab is a place of unique beauty, surrounded by world class coral reefs, beautiful beaches, rugged mountains & vast desert landscapes of Sinai. Formerly a Bedouin fishing village, this sleepy town is situated on the southeast coast of the Sinai Peninsula, just an hours transfer from Sharm El Sheikh international Airport. Travellers return time and time again to enjoy the relaxed bohemian vibe and year round sun. Dahab has so much to offer, choose to relax at one the many restaurants & cafe's on the waters front, dive in the fantastic coral reefs, participate in watersports/activities, explore the surrounding landscapes or join one of the many 'Wellness' concepts that are all the rage!

WHAT TO PACK

Travel light, your back will thank you for it!

- ★ loose cotton/linen clothing
- ★ good walking shoes for active days
- ★ sun protection
- ★ mosquito repellent
- ★ swimwear
- ★ day pack for personal items



PRE-TRIP CHECKLIST

- ✓ **Travel Insurance** is compulsory. Your TI details will be needed for the trip registration. Take a copy of your policy with you on your travels.
- ✓ **Passport** needs to be valid over 6 months after the date of arrival into Egypt.
- ✓ **Vaccinations** - at present there is nothing compulsory for travelling to Egypt.
- ✓ **Visa's** to Egypt can be purchased upon arrival at a cost of \$25 for a 30 day tourist visa. Please note that no visa is required for stays of up to 14 days in Sinai.
- ✓ **Travel Advice** - Check out your governments latest travel advise website for current news and advice over Egypt.
- ✓ **Weigh your bag!** Be sure to not go over your airline weight allowance for hold and hand luggage as the excess can sting! Don't forget to allow some extra weight for shopping on your return.

ITINERARY



DAY 1

WELCOME TO EGYPT

Our EMBAH Tour leader will welcome you at Sharm el Sheikh airport and accompany you on the group transfer to Dahab (1hr) and check-in hotel. Group briefing with your tour leader. Free time to explore the area. Overnight in your hotel. Optional dinner in local restaurant (extra charge).

DAY 2



SINAI DESERT

Morning spent at your own leisure. Lunchtime briefing before heading off to St. Catherines Village, Residential Bedouin Camp (1½hrs). We begin our ascent of Mount Sinai (3hrs) enjoying the spectacular views and reaching the mountain summit in time to watch the sunset. Optional camel ride part of the way up (payable locally). Dinner and overnight stay in traditional Bedouin Camp. Total walking today 3½hrs.

DAY 3



ST. CATHERINES MONASTERY & MOUNT MATAMIR

Morning visit to St. Catherines Monastery, the chapel and the burning bush followed by a visit to the Fansina womens craft project. Here you can buy local handmade crafts, and see how they are created by the Bedouin women, from the visitor centre. We transfer on to the Plateau of Nawamis where we will take lunch with the Bedouins. After lunch we meet with the camels and cameleers and begin our camel trek to The Rock of Inscriptions and Pilgrims Valley. We continue to Mount Matamir where we will make our camp for the night. Option to climb Mount Matamir to see the sunset. Total walking today 2hrs, (4hrs if climbing Mount Matamir).

DAY 4

WADI ZARANIG

Leaving Mount Matamir camp we trek to Wadi Zaranig (1½hrs). Lunch on location. After lunch we climb the Mount of Wonder (1hr) to enjoy the views, then make our way back down and transfer to our next campsite at Abu Agiba. Total walking today 4½hrs.

DAY 5



WADI HEDDAIDA & THE FROZEN DINOSAUR

Enjoy a hearty breakfast to prepare for a 4hr trek into Naqb Um Zoltan where we will take lunch. In the afternoon we visit the Frozen Dinosaur with spectacular views of the desert landscape. Overnight camping at Heddaida.

DAY 6



SAND DUNES OF HADDOUDAH

We take a 45 minute walk this morning to the highest sand dune in Sinai at Haddoudah. You can run down the sand dunes or try your hand at sandboarding (optional). At 12 noon we make our way back to Dahab where you will check into your hotel. Afternoon free to relax or enjoy an optional excursion or activity. Overnight in hotel in Dahab.

DAY 7



DAHAB

Today is a free day to relax and enjoy your surroundings or book an optional excursion or activity. Mount your camel for a coastal safari to Ras Abu Galum or relax and unwind with a yoga class on the beach. Optional adventure activities include diving, windsurfing, horse riding, sea kayaking or quad biking. Option to snorkel in the Red Sea in the afternoon at the Southern Oasis.

DAY 8

DEPARTURE

Morning at leisure until your return transfer to Sharm el Sheikh International Airport (1¼hrs) for your flights home.

TOUR EXTENSIONS

ADDITIONAL TOURS & EXTENSIONS TO COMBINE WITH THIS TRIP



BEDOUIN MOUNTAIN DINNER | EVENING

Make the journey with your guide to a local meeting point where you will get to experience the sunset and spend an evening under the stars around the camp fire, eating traditional Bedouin food with a local Bedouin family.



RAS ABU GALUM | 1 DAY

Coastal camel trek to Ras Abu Galum, with its high mountains, wadis, fresh water springs, picturesque sand dunes, and undisturbed coral reef, Ras Abu Galum one of the most beautiful national parks in Egypt!



DISCOVER SCUBA DIVING | 1 DAY

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! For experienced divers we offer PADI



PETRA OVERDAY | 1 DAY

Spend a full day to explore the ancient city of Petra, with a guided tour including the Treasury, and Monastery with lunch on location. Enclosed by towering rocks hidden in the mountain is a lost city.



EILAT DOLPHIN REEF & UNDERWATER OBSERVATORY | 1 DAY

Visit Dolphin Reef, where you can book a swim or dive with the dolphins in their natural environment, enjoy lunch & spend the afternoon at the Underwater Observatory where you can watch the feeding of rays, sharks and turtles, view



WATERSPORTS DAY | 1 DAY

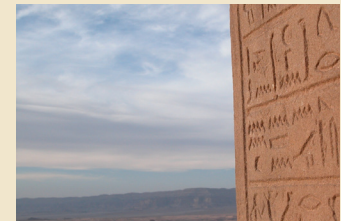
Get involved in the adrenaline filled water activities on offer at Dahab's beautiful Lagoon. Suitable for all abilities, full training and safety equipment will be provided. This great value package includes your choice of 3 activities ensuring that you make the most out of your time on the water!

SIMILAR TOURS



DESERT EXPLORER | 8 DAYS

The Desert explorer not only visits the famous pyramids & museums, but takes you further afield into one of Egypt's most rich National Park regions of the Sahara - The Western Desert. Explore the **Black Desert, White Desert and the stunning Oasis of Bahariya.**



HISTORICAL SINAI | 10 DAYS

The Sinai is abundant in historical reference, from the Pharaoh, Romans, Crusaders, Moses and his Exodus from Egypt to name only a few, who traversed these lands. We explore these regions of remote beauty & ancient energy with nights spent under the stars.



PEAKS OF SINAI | 4 DAYS

Sinai mountain range in St Catherine's is a unique eco system of rock type, herbs, wildlife and waterfalls. This trek also takes you to the highest peak of Gebel Katerine and to the famous Mt Sinai.

WHY EMBAH

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.

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.

TRANSFERS



We can arrange both private and shared transfers to and from all major international airports and ferry ports.

TICKETING



We can arrange international and domestic flights ferries & train tickets, and also couple them with accommodation & activities for discounted rates.

TAILOR MADE & PRIVATE TOURS



Available for all trips! Itineraries can be tailored to suite your time frame. Treking times & distances can also be adapted to your fitness level.

LODGINGS - OUR GRADES SYSTEM

At at EMBAH we put a lot of work into choosing the best option for your budget. All trips are set to our mid-range option - COMFORT. You can choose to upgrade or downgrade your accommodation to whatever suits you, and your budget! Whether you are a seasoned backpacker to more of a 'glamper'!

BUDGET | 2* Hotels & Hostels, clean basic rooms, wifi access in lobby or communal areas.

COMFORT | 3* rating, hand picked hotels with good service & facilities, with a local feel.

SUPERIOR | 3*-4* rating, higher end, more space & facilities, upgraded view etc. Including Boutique options.

COLLECTION | Bespoke accommodations, unique & stylish character, fantastic location & views & high service/quality rating. It can also include Boutique Style Hotels, Including Boutique options.

Solo travellers will be required to pay a supplement as rooms are based on 2pax. Alternatively your tour leader can arrange for you to be partnered with a fellow solo traveller. This is not generally applicable for camping or home stays. **Tailor made & private tours** are available on all trips. Itineraries can also be tailored to suite your time frame. **Family rooms** are available for a supplement. With our *Family Holidays* we especially choose hotels that can support families or connecting rooms (not available in every location).

EMERGENCY CONTACT

EMBAH 24HR HOTLINE: 0201002601312

"on the ground" support | Embah reps - main office in Dahab

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!

Our commitment:

- ★ **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.
- ★ **Involvement in conservation projects** throughout Sinai, including the training of guides in both desert and marine conservation.
- ★ **Introduction of modern facilities** to attract the younger generations in continuing their cultural heritage.
- ★ **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.



BOOKING INFO

BEDOUIN ADVENTURE TREK

One form per person. Please print, fill in and send to EMBAH Safari Tours & Travel: E: info@embah.com, T: +20 100 260 1312 and you will receive:

- ★ Confirmation letter & invoice (for the total amount)*
- ★ Airport meeting details request/joining point details
- ★ Insurance subscription form (for optional sign up to our selected Insurance Company)

SCHEDULE 2016/17		
Bedouin Adventure Trek	APRIL 16	23rd 30th
Bedouin Adventure Trek	JUNE 16	4th 11th
Bedouin Adventure Trek	SEPT 16	23rd 30th
Bedouin Adventure Trek	OCT 16	9th 16th
Bedouin Adventure Trek	NOV 16	18th 25th
Bedouin Adventure Trek	DEC 16	14th 31st

PERSONAL DETAILS	
First name:	Family name:
Date of birth:	Nationality:
Address	Tel:
	Mob:
	Email:

MEDICAL	
Any medical condition:	Medication:
Doctor Cert required:	

PASSPORT DETAILS	
Number:	Issue country:
Issue date:	Expiry date:

HOLIDAY COST: FROM

€395_{pp}*

Cost includes:

- ★ Return airport transfer from Sharm el Sheikh airport
- ★ 3 x nights Hotel BB. Shared Twin
- ★ 4 x nights Desert Camping FB
- ★ English speaking desert guide, all transport, camping, permissions.
- ★ Based on small group of min 4 persons.

Supplements:

Single Standard Room 30 euro
Upgrade Double Superior Room 30 euro
Single Superior Room 40 euro

*What's not included: Personal expenses, telephone fees, various purchases. Activities or visits mentioned as optional in the above program or any others not mentioned. Cancellation insurance and repatriation insurance. Visas. International flights.

INSURANCE

- I am already insured
Please fill in policy details below
- I would like details for EMBAH's preferred insurance company

Insurance company:

Contact:

Policy number:

TERMS & CONDITIONS

Full terms & conditions are available on your official website www.coralcoasthotel.com, all clients are advised to read and knowledge.

Signature: _____ Date: _____

- I declare to have read and understand the above and I accept the terms and conditions. I release the organizers from responsibilities for any incident that could occur during the holiday, service or excursion.