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THE DESTINATION IS JUST THE BEGINNING

EGYPT & JORDAN
Wonders of the World

October 16 - 29, 2020

EGYPT & JORDAN

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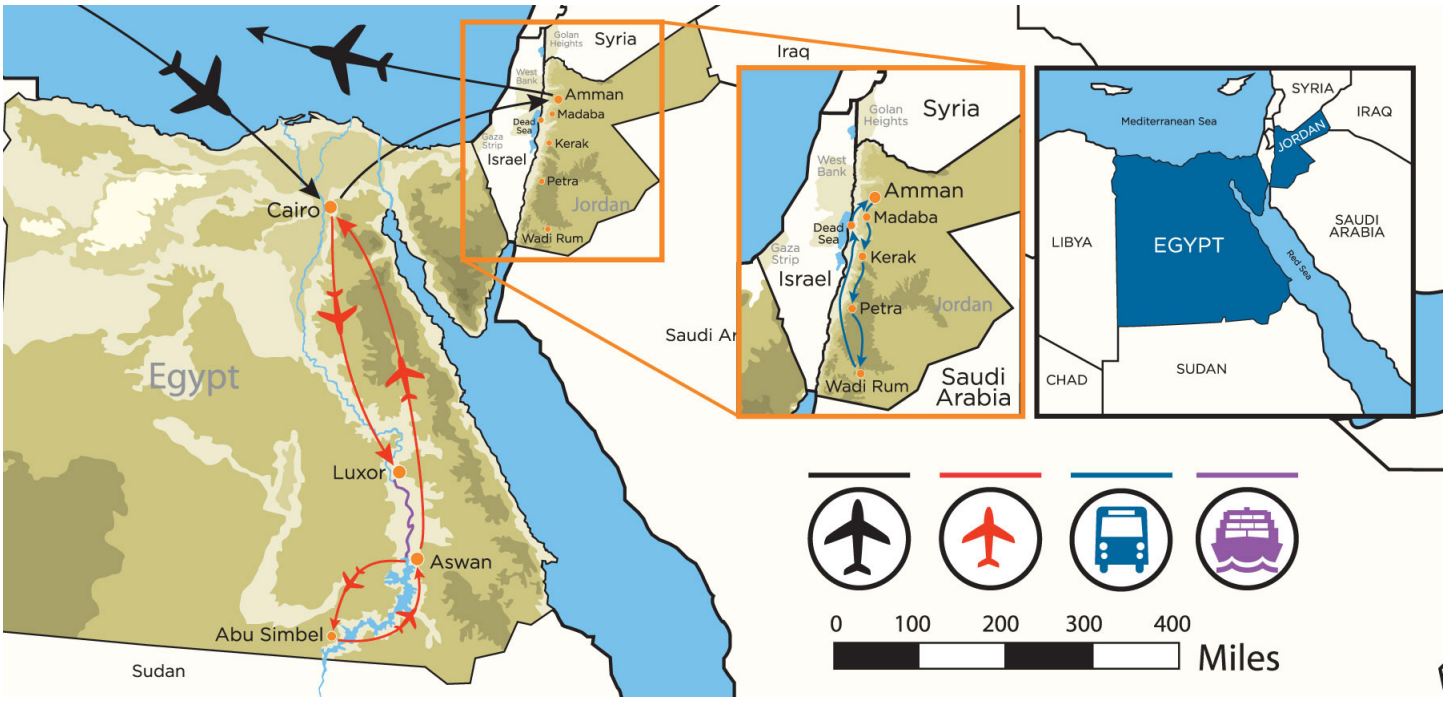
TRIP HIGHLIGHTS

- Cruise the Nile River for three days then sail on a 'felucca'
- Visit the Giza Pyramids and famous Sphinx of Egypt
- Tour the historic sites of Petra, Jordan
- Relax with a spa treatment at a Dead Sea resort

TRIP ROUTE



EGYPT & JORDAN
Wonders of the World

October 16 - 29, 2020

QUICK VIEW ITINERARY

Day 1: arrive in Cairo, welcome dinner
Day 2: explore the Great Pyramids of Giza, visit the Sphinx
Day 3: fly to Luxor, visit the Valley of the Kings, cruise the Nile
Day 4: visit the Temple of Karnak, cruise to Esna, explore the Temple of Khnum
Day 5: explore the Temples of Horus and Kom Ombo, Egyptian cooking lesson
Day 6: visit the Philae Temple and granite quarries, ride a traditional sailboat
Day 7: flight to Abu Simbel to explore the temples, fly to Cairo
Day 8: fly to Amman, day to explore on your own
Day 9: city tour of Amman, explore Jerash
Day 10: visit Mount Nebo and Madaba, transfer to Petra
Day 11: full day exploration in Petra, dinner at the Petra Kitchen
Day 12: spend the day exploring Wadi Rum, drive to the Dead Sea
Day 13: day on your own at the Dead Sea, farewell dinner
Day 14: depart Jordan

TRIP PRICE

Main Trip: $7,990

Optional Single Accommodations: $1,800

Internal Air: $450

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EGYPT & JORDAN

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your adventure in depth

DAY 1

Friday
10/16/20

Arrive in Cairo

Egypt is one of the most intoxicating destinations in the world, unequaled in its prodigious contributions to world culture. Jordan's cultural treasures shine as early examples of human ingenuity. From hieroglyphs and temples to the ruins of Petra, walk with wonder among artifacts created by two of the world's oldest societies, from 2,500 BC to Year One.

Pick-up and Transfer — You will be met at the Cairo Airport and transferred to your hotel.

Welcome Dinner — Enjoy a lively welcome dinner as you get to know your fellow travelers this evening. Share stories and learn about why each woman in your trip is excited to explore Egypt and Jordan!

Accommodations

Marriott Mena House

Meals Included

dinner

EGYPT & JORDAN

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DAY 2

Saturday
10/17/20

Cairo

Bustling Cairo is Egypt's capital city and its cultural heart. Backdropped by the ancient Pyramids of Giza, this forward-looking city comfortably rubs shoulders with past civilizations. Through a wide variety of sightseeing highlights and interactive cultural activities, you'll step back in time to explore incredible ancient wonders.

The Grand Egyptian Museum — Visit the Grand Egyptian Museum, also known as the Giza Museum, is home to artifacts of ancient Egypt. Explore the museum to learn about the history of the area.

Great Pyramids of Giza — Visit the Great Pyramids of Giza, the only present-day survivors of the Seven Wonders of the Ancient World, built over 4,500 years ago. These giant tombs were built to house the mummies of the Pharaohs Khufu, Khafre, and Menkaure. Khufu's is the largest, made out of more than two million blocks.

Lunch — Enjoy lunch at your hotel, complete with views of the pyramids.

The Sphinx — No trip to Egypt is complete without a ride on a "ship of the desert". Hop on a camel and ride across the sands of Giza to visit the Sphinx. The enigmatic Sphinx sits nearby the pyramids. It has the body of a lion and the face of a man wearing a royal head cloth. About a thousand years after the Sphinx was built, it was covered in sand, until a young prince had a dream in which the Sphinx told him if he cleared the sand away, he would become Pharaoh.

Dinner — Enjoy dinner on your own this evening.

Accommodations
Marriott Mena House

Meals Included
breakfast, lunch

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DAY 3

Sunday
10/18/20

Cairo to the Nile River

Once the Pharaohs' capital at the height of their power from the 16th - 11th centuries B.C., Luxor sits on the east bank of the Nile River, on the site of ancient Thebes. Today's city surrounds two huge surviving ancient monuments: graceful Luxor Temple and Karnak Temple. The royal tombs of the Valley of the Kings and the Valley of the Queens are on the river's west bank.

Fly to Luxor — Transfer to the airport for your short flight from Cairo to Luxor.

Board the Boat — Board the Sanctuary Sun Boat IV, your home for the next four nights on the Nile. Settle into your cabin.

Temple of Luxor — Explore the striking and graceful Temple of Luxor, which is dedicated to the God Amun. Your guide will explain the details of the temple. Enjoy lunch on the boat.

Valley of the Kings — Visit the West Bank of Luxor to explore the Valley of the Kings, a vast City of the Dead where magnificent tombs were carved into the desert rocks, decorated richly, and filled with treasures for the afterlife by generations of Pharaohs. You'll have the chance to visit at least one tomb in the Valley of the Queens, as well as the Temple of Queen Hatshepsut.

Rising out of the desert plain in a series of terraces, the Temple of Queen Hatshepsut (Ancient Egypt's only female Pharaoh) merges with the sheer limestone cliffs that surround it, as if nature herself had built this extraordinary monument.

Colossi of Memnon — On the way back to the river Nile, the road passes by the famed Colossi of Memnon, known in Ancient Greek times for their haunting voices at dawn. This is a great photo stop.

Accommodations
Sanctuary Sun Boat IV

Meals Included
breakfast, lunch, dinner

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DAY 4

Monday
10/19/20

The Nile River

Egyptian hieroglyphics were the formal writing system of Ancient Egypt and date back over 5,200 years. There were over 1,000 distinct symbols, called glyphs, which were generally read right to left, but on the walls of temples and tombs they appear in columns, with no spaces or punctuation. They were written on the walls of the Pharaoh's tomb to help him get to the afterlife.

Visit the Temple of Karnak

Start your day on the East Bank by visiting the Temple of Karnak, built over a period of more than a thousand years by generations of Pharaohs. The great "Hypostyle Hall" is an incredible forest of giant pillars, covering an area larger than the whole of Notre Dame Cathedral.

Cruise to Esna

Relax on board as you cruise along the Nile. Enjoy a swim in the pool, or just watch the scenery as you pass by the banks. Have lunch on the way.

Temple of Khnum

Later today, your Egyptologist will guide you around the Greco-Roman Temple of Khnum at Esna. The beautifully preserved Great Hypostyle Hall was built during the reign of the Roman Emperor Claudius. It was excavated from the silt that had accumulated through centuries of annual Nile floods and is about nine meters below present day street level.

Afternoon and Evening

Enjoy afternoon tea on board as you cruise to Edfu. Have a delicious dinner on board this evening.

Accommodations
Sanctuary Sun Boat IV

Meals Included
breakfast, lunch, dinner

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DAY 5

Tuesday
10/20/20

The Nile River

Tell Edfu is a monument full of Egyptian history and archaeological interest. Enough of the settlement has been preserved to gain information from as far back as the Predynastic Period. The remains of the settlement, or "tell," provides an insight into the development of Edfu as a provincial town from the end of the Old Kingdom until the Byzantine period. The oldest part of the town can be dated to the late Old Kingdom.

Explore the Temple of Horus	Visit the largest and most completely preserved ancient temple in Egypt, the extraordinary Temple of Horus, the falcon god. It is the second largest temple in Egypt after Karnak, and was built between 305 and 30 B.C. Depictions of New Year's celebrations can still be seen on the walls along the staircases.
Lunch	Enjoy lunch on board as you cruise to Kom Ombo.
Temple of Kom Ombo	Visit the Temple of Kom Ombo, a lovely Greco-Roman temple uniquely double-dedicated to Haroeris, the sun god, and Sobek, the crocodile god. Here the ancient pharaohs kept a chamber of mummified crocodiles. The temple stands at a bend in the Nile where in ancient times sacred crocodiles basked in the sun on the riverbank.
Egyptian Cooking Lesson	Take an Egyptian cooking class on board while the boat cruises to Aswan. You'll learn to make three authentic dishes.
Egyptian Night	Tonight's dinner on board will be an "Egyptian Night" costume party for all guests, with a chance to dress up in traditional Egyptian "galabeyyas." Dinner will be a lavish buffet of Egyptian specialties, followed by traditional music and dancing for everyone.

Accommodations
Sanctuary Sun Boat IV

Meals Included
breakfast, lunch, dinner

EGYPT & JORDAN

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DAY 6

Wednesday
10/21/20

The Nile River

Located 81 miles south of Luxor, Aswan has a distinctively different feel. There is a mix of Arabic and African cultures, making it a very interesting place to visit. The influence of Egypt's southern neighbor, Sudan, can be felt here. The markets are lined with colorful pyramids of spices, perfumes, scarves, and baskets.

Morning at Leisure
Enjoy a morning to relax on the boat. Take a dip, read a book on the deck, or sip coffee and enjoy the view!

Philae Temple
Visit the romantic and majestic Philae Temple on the Island of Agilka. Philae Temple was dismantled and reassembled (on Agilika Island about 550 meters from its original home on Philae Island) in the wake of the High Dam. The temple, dedicated to the goddess Isis, is in a beautiful setting which has been landscaped to match its original site.

Visit the Granite Quarries
Head to the granite quarries where the pink-colored granite used in building pyramids and temples in ancient Egypt came from. The quarries still hold a huge unfinished obelisk that the guides can use to give a lesson in the methods used by ancient engineers to create the monuments you have viewed.

Felucca Ride
If the weather cooperates, take a felucca (a typical Egyptian sailboat) around Elephantine Island, Lord Kitchener's Botanical Gardens, and the Agha Khan Mausoleum.

Celebration Dinner
Celebrate your last evening on the boat with a gala dinner, complete with white-gloved waiters serving gourmet cuisine. Enjoy a folkloric and Dervish show after dinner.

Accommodations
Sanctuary Sun Boat IV

Meals Included
breakfast, lunch, dinner

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DAY 7

Thursday
10/22/20

The Nile River to Cairo

The largest city in the Muslim world, the Arab world, and all of Africa, Cairo is a busy mega-city with an enormous cultural influence and the strongest economy in the Middle East. Not only is it the home of al-Azhar University, the second-oldest higher learning institution on earth, it is also the regional headquarters of many international businesses, media, and organizations.

Temples of Abu Simbel

Transfer to the Aswan airport for a short flight to the magnificent temples of Abu Simbel. Carved directly into the face of a cliff, Ramses II Temple is guarded by four enormous 65-foot figures of the pharaoh and depicts his most celebrated triumphs in battle. Nearby is the graceful Temple of Hathor, dedicated to the cow-headed goddess of love and built in honor of Ramses' favorite wife, Queen Nefertari. An international rescue effort from 1966-68 saved the temples from the rising waters of the Nile caused by the building of the great Aswan Dam. UNESCO organized the campaign, with the temples being cut into blocks, raised piece-by-piece, and reassembled in a new position higher up the hillside. However, even with modern technology, the engineers were unable to duplicate the efforts of the ancient Egyptians. The temple was originally built so the sun's rays would penetrate deep into the temple to illuminate the Holy of Holies on the morning of Ramses II name day. In repositioning the temple, the modern day engineers missed this event by one day.

Fly to Cairo

Fly back to Cairo and enjoy lunch on your own.

Khan El Khalili Bazaar

Enjoy an evening visit to the Khan El-Khalili Bazaar, reputed to be the largest bazaar in the Middle East. Originally founded as a watering stop for caravans in the 14th century, the bazaar has now grown to vast proportions. Wander through the labyrinth of narrow streets, stopping to look in workshops and stalls that sell everything from woodwork, glassware, and leather goods to perfumes, fabrics, and Pharaonic curiosities. Remember to bargain hard!

Accommodations
Heliopolis Towers

Meals Included
breakfast

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DAY 8
Friday
10/23/20

Cairo to Amman

Fly to Jordan today. This sovereign Arab nation is perfectly located at the crossroads between Asia, Africa, and Europe. Jordan has a very diverse range of ecosystems from the fertile valley of the Jordan River in the northwest to the vast and Martian-like plains of the eastern desert. It is also known for its ancient tradition of hospitality on the legendary King's Highway. This friendly trend has lasted through modern times as the Jordanian people love welcoming travelers from all over the world!

Fly from Cairo to Amman
Transfer to the airport in Cairo and board your flight to Amman, Jordan.

Transfer to Your Hotel
When you arrive in Amman, you will be met and transferred to your hotel. Explore the area around your hotel this afternoon, and enjoy lunch and dinner on your own.

Accommodations
Grand Hyatt
Amman Hotel

Meals Included
breakfast

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DAY 9

Saturday
10/24/20

Amman

While there are many theories to where the city name Amman came from, the most widely accepted is from the 13th century BC. It is believed that the name is derived from the Ammonites who named it "Rabbath Ammon" meaning "King's Quarters." Since then, the "Rabbath" has been dropped and "Ammon" westernized to "Amman," leaving the modern city name we know today. There was a short period of time when the city was renamed by the occupying Macedonian ruler to "Philadelphia!"

City Tour Take a city tour of Amman that includes the Citadel, the Archaeological Museum, the Roman Theater, the Folklore Museum, and then a walk downtown through the bazaars and the Gold Market. High above the city, at the ancient Citadel, study the traces of Amman's many lives: the regal columns of a Roman temple in silhouette against the sky; the elegant capitals of a Byzantine church; endlessly inventive carvings in the Umayyad Palace; fascinating displays in the Archaeological Museum; and digs and ruins everywhere you step. At the foot of the Citadel is the Roman Theater, a deep-sided bowl carved into the hill and still used for cultural events.

Jerash Drive to Jerash, where you will have lunch in a local restaurant. After lunch, take some time to explore Jerash. Second only to Petra in tourist appeal, the ancient Roman city of Jerash is an archaeological masterpiece, and remarkable for its long chain of human occupation. Here at a well-watered site framed by the hills of Gilead, remains from Neolithic times have been found, as well as ruins from other civilizations: Greek, Roman, Byzantine, and Umayyad. Today, it is acknowledged as one of the best-preserved province cities of the Roman Empire.

Dinner Head back to Amman and have dinner on your own this evening.

Accommodations

Grand Hyatt
Amman Hotel

Meals Included

breakfast, lunch

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DAY 10
Sunday
10/25/20

Amman to Petra

When most people think of the Middle East, they think desert. Jordan is a prime example of how untrue this generalization is. The variations in natural settings in such a small country are truly spellbinding. Up in the northwest are the fertile low valleys of the Jordan River, where there is vast farmland as well as access to the saltiest body of water on earth, the Dead Sea. In the south are the vast deserts of the Badia Region. Between the two lie the mountain highlands of Jordan where you find the most abundant vegetation amongst mountains and plateaus.

Mount Nebo — Mount Nebo is the mountain where Moses was allowed to see the Holy Land and not allowed to enter it. Nowadays the mountain is a memorial site, where you can find the "Church of Moses" which was built by the first Christians. Enjoy a great view over Jordan, the Dead Sea, and Israel. When the weather is clear, you should even be able to see Jerusalem, which is about 35 miles away.

Madaba — Travel to Madaba, known as the City of Mosaics. The main attraction is a vivid, 6th century mosaic map showing Jerusalem and other holy sites. With two million pieces of colored stone and measuring 25x25 meters in its original state (most of which can still be seen today), the map depicts hills, valleys, villages, and towns as far away as the Nile Delta.

Lunch — Enjoy lunch at a local restaurant.

Crusader's Castle of Kerak — Kerak is famous for its crusader fortress, complete with underground galleries, rooms, secret passages, and thick defensive walls pierced by narrow arrow slits where crusader archers held out bravely, but in vain, for over 100 years. It was the crusaders who made Kerak famous. The fortress was built in 1142, when Kerak was made the capital of the province because it was situated on the king's highway, where it could control all traffic from north and south.

Transfer to Petra — Drive to Petra this afternoon.

Accommodations
Movenpick Resort Petra

Meals Included
breakfast, lunch, dinner

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DAY 11
Monday
10/26/20

Petra

In 1812, a Swiss scholar and explorer rediscovered the hidden and secretive ancient oasis of Petra. Before then, the city made of stone had long been forgotten and abandoned to western world. Disguised as a Bedouin, Johann Ludwig Burkhardt rediscovered the great majesty and beauty of the stone city. This UNESCO World Heritage Site is an unrivaled marvel as one of the 7 New Wonders of the World.

Petra

Start the morning with a walk or an optional horse ride from the main gate of Petra to the entrance of the old city. At the entrance, head along the "Siq" on foot until you reach the rose-red city.

The ancient city of Petra was carved from solid red sandstone in the 3rd century BC. In this era, Petra was a fortress, carved out of craggy rocks, in an area that was virtually inaccessible. It was the capital of the Nabataens, a nomadic Arabian tribe who ruled the Trans-Jordan area in pre-Roman times and derived their great wealth and power from the passing trade caravans.

Lunch

Enjoy lunch inside Petra with your group.

Dinner at Petra Kitchen

Enjoy a cooking class complete with dinner this evening. Like any home kitchen, The Petra Kitchen is a relaxed, informal atmosphere where you will gather to prepare an evening meal, working alongside local women under the supervision of an experienced chef. Get an inside glimpse of the secrets behind the famous regional cuisine of the Levant as you learn to create local dishes.

Great care has been taken to make the Kitchen a truly Jordanian experience, right down to the furnishings (crafted in Jordan), the tableware (produced by the Iraq al Amir Women's Co-operative), and the aprons and table linens (hand-embroidered by the Jordan River Foundation).

Accommodations
Movenpick Resort Petra

Meals Included
breakfast, lunch, dinner

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DAY 12

Tuesday
10/27/20

Petra to the Dead Sea

Otherwise known as Valley of the Moon, the landscape of Wadi Rum with its immensity, color, and awe-inspiring shapes creates an almost supernatural atmosphere. Wadi Rum was the setting for the film 'Lawrence of Arabia' and the actual location where T.E. Lawrence set his camp; he named his book 'The Seven Pillars of Wisdom' after the seven natural columns varying in height located en route to Wadi Rum.

Wadi Rum — Bedouin camps are evident in the Wadi, and are still home to a number of Bedouin families who welcome visitors with the hospitality and generosity that Bedouins are so famous for. Explore the desert with a 4x4 driven by a local Bedouin for two hours. Enjoy lunch under a Bedouin tent.

Drive to Petra — After exploring Wadi Rum, drive to the Dead Sea and check into your hotel. Relax this evening and enjoy dinner on your own.

Accommodations

Kempinski Hotel Ishtar Dead Sea

Meals Included

breakfast, lunch

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DAY 13

Wednesday
10/28/20

Dead Sea

Since the days of Herod the Great, people have flocked to the Dead Sea (400 meters below sea level) in search of its curative secrets. Due to high annual temperatures, low humidity, and high atmospheric pressure, the air is extremely oxygenated. The high content of oxygen and magnesium in the air make breathing a lot easier. With the highest content of minerals and salts in the world, the Dead Sea water possesses anti-inflammatory properties, and the dark mud found on its shores has been used for therapeutic purposes for more than 2,000 years.

Day On Your Own Enjoy a free day to explore the area. Take advantage of the pools, make an appointment at the spa, or just relax today.

Farewell Dinner Have a farewell dinner with your new AdventureWomen friends. Reminisce over all of the memories you have made and celebrate the end of an amazing journey through this truly spectacular country.

Accommodations

Kempinski Hotel Ishtar Dead Sea

Meals Included

breakfast, dinner

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DAY 14

Thursday
10/29/20

Dead Sea and Depart

Enjoy one last morning in Jordan before heading home.

Transfer to the Airport Say goodbye to your new AdventureWomen friends as you transfer to the airport for your flights home.

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

Meals Included
breakfast

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Accommodation Details

Marriott Mena House

The Mena House is one of the most unique hotels in Cairo, with its own rich and colorful history. Surrounded by 40 acres of verdant green gardens, this palatial hotel is located in the shadows of the Great Pyramids of Giza in Cairo.

Sanctuary Sun Boat IV

Furnished in a contemporary style with an art deco influence, the modern fittings and cutting edge technology on board the boutique Sanctuary Sun Boat IV are combined with sophisticated public areas with luxurious teak flooring for an elegant finish. Each spacious en suite room features air conditioning, a mini bar, and LCD television with satellite. All cabins have Nile views and are fully air-conditioned with individual control.

Heliopolis Towers

Heliopolis Towers offers a convenient location close to the Cairo International Airport. Heliopolis is a tree lined suburb of Cairo that is home to Egypt's Diplomatic and Presidential offices.

Grand Hyatt Amman Hotel

Conveniently located in the heart of the business and diplomatic district of Jabal Amman, the Grand Hyatt offers luxurious rooms as well as restaurants, bars, clubs, swimming pools, and even a shopping mall.

Movenpick Resort Petra

The Movenpick is located directly at the entrance to the historic Jordanian city of Petra. This resort features a combination of natural stone, handcrafted wood, and Middle Eastern fabrics and textures.

Kempinski Hotel Ishtar Dead Sea

Your hotel is situated on the edge of the famous salt lake (the Dead Sea), and provides uninterrupted views across the vast sea towards the West Bank. It also has the largest spa in the Middle East, and you may want to spend part, or all of your free day there! Enter a world of natural and architectural brilliance, where you will be swept into an oasis of comfort and serenity with a Babylonian-inspired theme. Carved in natural stones and offering enchanting sea-view balconies, all of the rooms are delicately styled with contemporary fittings and luxurious amenities.

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Included/Not Included

Included:

- All hotel accommodations throughout the trip
- All meals as listed in the itinerary
- All ground transportation
- Fully-guided sightseeing as indicated in the itinerary
- English-speaking Egyptologist guide in Egypt
- English-speaking guides throughout the trip
- Drinking water in vehicles
- Gratuities for baggage handling
- One AdventureWomen Ambassador

Not Included:

- International airfare
- Domestic airfare
- Optional activities as listed in the itinerary
- Meals not specified in the itinerary
- Alcoholic beverages
- Fees for passports, visas, or immunizations
- Cost of hospitalization or evacuation
- Items of a personal nature
- Gratuities for head guide and drivers

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is this trip right for me?

the important stuff

how do I get there?

pack your bags!

the fine print

Activity Level:

Moderate Active High Energy Challenging

We rate this trip as Moderate. Our Moderate adventures exercise your mind more than your body and are designed for women who prefer a leisurely, less rigorous experience. For example, you could walk up to 2 miles per day through cities and villages, stand in museums for a few hours, relax on a boat, or view wildlife from a vehicle. Please note that this is a general description of what you might encounter; for specific details about your trip, please consult the itinerary.

We recommend training before your trip (with your doctor's permission!) to make the most of your adventure. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you with this itinerary in mind. Best of all, AdventureWomen guests get a 25% discount with the code FITWOMEN. Learn more at: https://fitfortrips.com/partners/adventure-women/

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

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The deposit for this trip is $800, and is nonrefundable and nontransferable. Once you book, you will need to fill out and return to AdventureWomen:

- ☐ Information Form
- ☐ Booking Conditions Form
- ☐ Copy of Flight Information
- ☐ Copy of Issuing Page of Passport (Photo Page)

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before July 18, 2020. A maximum of $1,500 per person can be put on a credit card, which includes your deposit.

Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates with at least two blank facing pages. If you do not have a passport, please apply now!

US Citizens need a visa to enter Egypt. You can get this upon arrival for a US$25 fee. AdventureWomen will get your visa for entry into Jordan.

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Health Considerations:

Make an appointment with a travel clinic. There are no immunization requirements for travel to Egypt or Jordan, however your local travel clinic may have recommendations for you based on your age, health, and past vaccination history.

For more health information, go to www.cdc.gov/travel and navigate to the pages about Egypt and Jordan.

Money:

US Dollars are accepted in most places in Egypt and are accepted in Jordan. Credit cards are accepted at major hotels and restaurants, but it is best to carry cash for smaller places. If you'd like to shop at Egyptian markets, we recommend exchanging some money for Egyptian Pounds.

Suggested Gratuities:

- We will provide suggested gratuities for this trip closer to departure.

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Arrive: Arrive in Cairo, Egypt (CAI) on October 16, 2020 before 2:00pm.

Depart: Depart Amman, Jordan (AMM) on October 29, 2020. There will be one group transfer provided for the majority of the group's departing flights. Additional transfers can be arranged at extra cost.

We are happy to help you make your flight and travel arrangements. Please contact us at:

(800) 804-8686 or (617) 544-9393
email: info@adventurewomen.com

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

Note: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last-minute registrants, we must release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

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As you get ready to pack for your adventure, have a look at The AdventureWomen Store at www.theadventurewomenstore.com - we have picked out our favorite travel clothes and outdoor gear to help make packing easy for you. You can also see our recommendations for this trip on the AdventureWomen Pinterest page.

Egypt and Jordan have a uniformly dry climate year round. In October, daytime temperatures usually are in the mid-80s, cooling off to the mid-60s at night. Egypt and Jordan are conservative countries. Please be sure to cover your shoulders when sightseeing, and when visiting religious sites, you will also need to cover your knees. You may want to bring one or two nicer outfits for dinners.

Clothing and Gear:

- ☐ Duffel bag or small suitcase
- ☐ Daypack
- ☐ 2-3 short sleeve shirts (quick dry recommended)
- ☐ 2-3 long sleeve shirts (quick dry recommended)
- ☐ 1 medium weight fleece sweater/jacket for cool evenings
- ☐ 1-2 pairs of pants
- ☐ 1-2 pairs of shorts (at least 1 pair must cover knees)
- ☐ 1-2 sets of nicer clothes for dinner (skirts should be knee-length or longer)
- ☐ 1 bathing suit
- ☐ Waterproof jacket
- ☐ Hat for sun protection
- ☐ 5-7 pairs underwear
- ☐ 5-7 pairs of socks
- ☐ Comfortable walking shoes
- ☐ Sandals

AdventureWomen Essentials:

- ☐ Travel documents (passport, airline tickets, money)
- ☐ 2-3 spare passport photos (in case of lost passport)
- ☐ Write down/print out travel insurance number
- ☐ Locks for your suitcase/duffel bag
- ☐ Travel alarm clock with spare batteries
- ☐ Headlamp or small flashlight with spare batteries
- ☐ Binoculars (optional; 8x40/42 models are excellent choices; center focus models are easiest)
- ☐ Digital camera, memory cards, battery charger
- ☐ Power adapters/power bank
- ☐ Sunglasses, case, and strap
- ☐ Spare glasses, contact lenses, cleaner, saline, etc.
- ☐ Money belt or neck pouch
- ☐ Your AdventureWomen water bottle

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Essentials Continued:

- ☐ Sunscreen and lip balm with SPF
- ☐ Mosquito repellent
- ☐ Hand wipes/hand sanitizer
- ☐ Toothbrush/toothpaste
- ☐ Soap, shampoo, and conditioner
- ☐ Small packet of tissues
- ☐ Tampons and panty liners (avoid plastic applicators)
- ☐ Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at www.earplugstore.com
- ☐ Assortment of stuff sacks and Ziploc bags
- ☐ 1-2 bandanas/Buff
- ☐ Reading material/journal and pens

Personal First Aid Kit:

- ☐ Prescription medicine you usually take (in original containers)
- ☐ Personal epi pen (if you need one, don't forget to pack it!)
- ☐ Bandages, Gauze, Ace bandage, blister prevention
- ☐ Antiseptic wipes/spray
- ☐ Antibiotic ointment
- ☐ Cotton-tipped applicators
- ☐ Oral rehydration tablets/packets
- ☐ Antidiarrheal medication
- ☐ Mild laxative
- ☐ Antacid
- ☐ Cold remedies
- ☐ Ibuprofen/acetaminophen
- ☐ Eye drops
- ☐ Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

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Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one actively participates, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to experience an active, out of the ordinary vacation, and meet new friends. Most of all, we want our trips to be fun!

In this spirit, the successful adventure traveler should be a good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. Being on time is important, and contributes to the congeniality, success and well-being of both individuals and the group!