Egypt Adventure – Itinerary

*Valid for departures before 31 December  
Date Last Updated:  
File Location:*

# Introduction

Thank you for choosing Sojourn Adventure Travel... we hope that you enjoy exploring the world as much as we do.

Revel in a taste of Egypt's history, beauty and colour on this short but action-packed trip along the longest river in the world. Cruise the Nile on a felucca, discover the largest and most impressive pharaonic temples, chat and dine with interesting locals and live it up in this country of deserts, bazaars, monuments and good old-fashioned adventures.

# Trip Map



# Itinerary

## Days 1-2 Cairo

Salaam Aleikum. Welcome to Egypt!

You can arrive at any time on day 1 as there are no activities planned until the important welcome meeting at 4pm. Look for a note in the hotel lobby as to where this important meeting will take place. If you are going to be late, please leave a message with the hotel reception.

At the group meeting we will be collecting your insurance details and next of kin information, so please ensure you have all details on hand to provide to your leader.

After the meeting, there is the option of joining your fellow travellers for dinner.

If your flight is scheduled to arrive late, we recommend that you consider booking a night's accommodation prior to the trip so you can ensure you are able to attend the important group meeting.

Check-in time at our joining point hotel is after 2pm. Early check-in is not guaranteed, however if you arrive early, luggage storage is available. Speak to the hotel reception on arrival.

Our first night is spent in a hotel.

Following the meeting, we head out to Khan al-Khalili to check out the madness and colour of this famous bazaar.

Wonderfully chaotic, crowded, and always colourful, Cairo is a fascinating mixture of modern city and ancient wonders. If you arrive early there are plenty of things to see and do. Take a walk along the Corniche or travel along the river by felucca. If the crowds and the noise of the city are too much, catch the metro into the oldest part of the city, the Coptic Christian sector. With its narrow cobbled streets and ancient churches, it is a haven of peace and quiet.

On day 2 we travel out to Giza to visit the unsurpassed pyramids and Sphinx. We will aim to get away early to avoid the heat and crowds for the experience. We make a stunning approach to the Pyramids across the surrounding dunes by camel allowing stunning panoramic views of this iconic sight. After our fun with the camels your local guide will take you through the amazing history of the area.

We will have some time to explore the Pyramids up close: Pyramid of Khufu (The Great Pyramid of Cheops), Pyramid of Khafre (Chephren) and the Pyramid of Menkaure (Mycerinus)- the smallest. From a distance Khafre's pyramid looks larger than Khufu's, but this illusion is due to the structure being built on higher ground. When they were built they were covered in white limestone- they would have been gleaming but now most of the casing stones have been removed but you can still see some on the apex of Khafre's pyramid.

If you wish to enter the inside of a Pyramid ask your Group Leader to assist. Entrance is not included although there is time to do so. Please note that the inside thoroughfares of the Pyramids are very small and very warm, so those suffering from claustrophobia should not attempt.

The statue of the Great Sphinx still retains the mysteries which have puzzled scholars, tourists and scientists for thousands of years. It is made from an outcrop of stone left behind from the quarrying for the Great Pyramid, it has been buried by desert sands, excavated and repaired many times. The body of the Sphinx is almost 60m long and 20m high. It was known as 'Abu Hol' or Father of Terror to the Arabic people. We don't know who first built the statue- this is one of the mysteries of the colossal monument.

Please note that you will be required to walk around the complex of the Pyramids. It can be very hot in the summer months so be prepared for some hot and sweaty walking with little relief. Don't forget to take some water with you.

After the pyramids there will be a break for lunch and a chance to try some of the local specialities for those who are hungry. We then head back to the city centre to visit the Egyptian Museum. With thousands of exhibits, it's easy to lose yourself in the many corridors - but don't miss the Tutankhamun rooms, where the famous golden death mask of King Tut and his gilded sarcophagi are displayed. The afternoon is free to continue exploring the city.

This evening, we board an overnight sleeper train to Aswan. Please ensure you return to the hotel with plenty of time to spare before departure for our train. Your leader will designate a meeting time and we will travel together to Giza Station in the early evening.

For your comfort we travel aboard a sleeper train with fold out beds (as opposed to a seater train) to Aswan (approx. 13 hrs). This is a very comfortable air conditioned, 2 berth cabin. All bedding is provided on board by the porter. Western style toilets are located in each carriage. In rare circumstances you may be paired with a group member of the opposite sex in your cabin dependant on the group configuration. On other occasions you might have the opportunity to share with a local person of the same sex, again determined on the group configuration. Included dinner and breakfast are served on board. If you are a vegetarian you may want to purchase something extra beforehand to supplement your meal as only a single type of meal is served for dinner which always includes meat.

## Days 3-5 Aswan/Nile Felucca

The Nile, Elephantine Island and white-sailed feluccas: welcome to Aswan. This Nubian city is Egypt's southern gateway to Africa and an important market town - take time here to check out one of the country's best bazaars.

After settling in we head out to enjoy the spectacular scenery around Aswan where the Sahara meets the Nile. We take a motor boat ride to a nearby beach where you can climb a sand dune for a rewarding view. Later in the afternoon we take a walk around the magical Elephantine Island for our first taste of Nubian life and visit a nearby village where we join a local family for dinner and an unforgettable insight into the life and culture of the local people.

On day 4 you have the option to travel to the temples of Abu Simbel. Hire a minivan with other group members who are also interested. This can be organised from Aswan. The ride is 3 hours each way with a very early departure from Aswan at approximately 4AM.

Please note that Abu Simbel is an optional activity. Your group leader will not be travelling with you on this visit. The entrance fee is paid on arrival to the site, and if you wish a local guide can be hired on arrival.

For those that don't wish to travel to Abu Simbel a visit to nearby Philae Temple is highly recommended. Dedicated to the goddess Isis, Philae was painstakingly moved and reassembled after the construction of Aswan High Dam flooded its original island location.

Nights 3 & 4 we stay in a hotel and on day 5 we board feluccas to spend the day out on the river and then a night under the stars. Our Nubian sailing crew provides all the meals, which are hearty and delicious.

A felucca is a traditional wooden sail boat with broad canvas sails. The boat has a canopy that offers shade and protection from the elements; however there is no cabin or enclosed section. Please note that conditions are basic during our felucca trip but if you are prepared to rough it a bit you are sure to have the adventure of a lifetime. We sleep outside, on the deck of the felucca on mattresses. While blankets are provided, a sleeping sheet is recommended. During the colder months (October to March) it can get very cold at night (as low as 5 degrees) so a sleeping bag is recommended for this period. Unfortunately there is no sleeping bag hire available.

There are no toilets on-board our Nile felucca, but while sailing we will stop at the groups requests on the riverbank for toilet stops with nature. For your convenience at the completion of the days sailing we will assemble a western style toilet and tent close by on the riverbank. Any assistance from the group building the toilet tent is always much appreciated.

Please note that we may need to make slight alterations to our Nile itinerary throughout the year, depending on winds and currents. As the felucca is a sailing craft without any outboard engine, if there is no wind - we will not travel very far.

Nonetheless watching the sun setting across the Nile in the evening is a sight you will remember. This is the absolute highlight of the trip for many of our travellers.

## Days 6-7 Luxor

We say goodbye to our felucca and the crew before transferring by road to Luxor (approx. 3.5 hrs).

Situated on the banks of the Nile, Luxor was once the ancient Egyptian capital of Thebes. From the spectacular temple complex of Karnak to the unbelievable paintings and hieroglyphs in the tombs of the Valley of the Kings, this open-air museum is full of wonderfully preserved reminders of the Pharaohs.

We start our West Bank tour early on day 7 transferring to the west bank of the Nile to the Colossi of Memnon - two 17 metres high statues on the West Bank. Carved from granite blocks they represent the Pharaoh Amenhotep III.

We then hop onto donkeys (in the winter months only of October - May) for a ride of a different kind through the nearby local villages and fields such as sugar cane (approx. 30 mins). We dismount our donkeys and continue on to the spectacular royal burial site of the Valley of the Kings to visit 3 of the most interesting tombs. Here your group leader will explain the history and legends of these remarkable people.

Please note that a visit to King Tutankhamen's tomb is not included in our visit, but can be arranged as an option with advance notice. Ask your Group Leader if you are interested for details.

After our fun in the Valley of the Kings we are invited to a local family's home for lunch to try some tasty traditional home cooking.

The rest of the afternoon of Day 7 is free before we catch an overnight sleeper train back to Cairo. Options for this afternoon would be to visit the Luxor Museum, the Luxor Temple or the Mummification Museum. You can hire a bicycle to ride out into the surrounding countryside. For a more upscale option perhaps check out the Winter Palace, a lovely 5-star historical building with wonderful views over the Nile - a great place for a refreshing cocktail.

## Day 8 Cairo

Returning to Cairo early in the morning on our overnight train, there is time for a farewell breakfast and a chance to reflect on the wonders we have seen.

You are free to depart at any time on day 8, but please arrange for departing flights after 3pm in case of any travel delays on the overnight train and bad traffic hindering your taxi or transfer.

# Included Activities

This is a list of included activities on this trip. All other activities are optional and at your own expense. For a list of optional activities and sightseeing available on this trip, see the optional activities section below. If you choose not to participate in the included activities on this itinerary, the cost will not be refunded.

* Khan al-Khalili bazaar visit
* Pyramids and Sphinx
* Camel ride at the Pyramids
* Egyptian Museum
* Aswan boat tour
* Nubian village visit and meal
* Overnight Felucca sailing trip
* Donkey ride (seasonal - not in Summer)
* Colossi of Memnon
* Valley of the Kings (3 tombs)
* Home cooked traditional meal with local family in Luxor
* Karnak Temple
* ACE (Animal Care Egypt) Sojourn Adventure Travel Foundation Project (if time)
* Comfortable overnight sleeper train (both directions- Cairo to Aswan & Luxor to Cairo)

# Optional Activities

We list the following optional activities for your information. This is not an exhaustive list and should be used as a guide only.

They are not necessarily endorsed or recommended by Sojourn Adventure Travel nor included in price of this trip. If you do any of them, you do so at your own risk and it must be clearly understood that your participation is your own decision and does not form part of your contract with Sojourn Adventure Travel.

These optional activities listed are suggestions about what is possible to do in each location. It may not be possible to do all activities listed in the time that you have. We recommend you do some planning in advance to decide what you most want to do in each location. Please note that the below prices are the entrance fees only and do not include transport fees to and from the sites or local guides unless indicated.

## Cairo

* Citadel – EGP50
* Coptic Museum (Cairo) - EGP50
* Islamic Art Museum (Cairo) - EGP40
* Cairo Tower (Cairo) - EGP65
* Antiquities Museum Mummies Hall (Cairo) - EGP100
* Sufi dance performance at Khan al-Khalili (subject to performance scheduling) - free

## Giza Pyramids

* Entrance to the Great Pyramid of Cheops - EGP100
* Entrance to the 2nd Pyramid of Khafre - EGP30
* Solar Boat Museum - EGP50
* Pyramids Sound and Light Show - EGP75
* Pyramid of Saqqara – 60EGP

## Aswan

* Abu Simbel Temple Entrance - EGP90
* Abu Simbel transport by bus - EGP120
* Abu Simbel flight - from USD150 (book with www.egyptair.com)
* Philae Temple - EGP50 (+ EGP10 for boat)
* Philae Temple Sound and Light Show - EGP75
* Monastery of St. Simeon - EGP25
* Nubian Museum - EGP50
* Tombs of Nobles - EGP30
* Unfinished Obelisk - EGP30
* Kalabsha Temple - EGP35

## Luxor East Bank sights

* Karnak Temple Sound and Light Show - EGP100
* Luxor Temple - EGP50
* Luxor Museum – EGP80
* Mummification Museum - EGP50
* Hot Air Balloon - USD110
* Bicycle hire - EGP10

## Luxor West Bank Sights

* Tomb of Tutankhamun (KV54) (Luxor) - EGP100
* Hatshepsut Temple - EGP30
* Medinat Habu Temple - EGP30
* Ramasseum Temple - EGP30
* Valley of the Queens- EGP35
* Tombs of the Nobles – EGP30

## Shopping

There are many opportunities to purchase souvenirs and handicrafts while on this trip. Popular purchases include: gold and silver jewellery, perfume and Pyrex perfume bottles, essential oils, papyrus art, alabaster statues and silver including cartouches (hieroglyphics).

While we do not make arrangements for specific shopping excursions due to our passengers feedback, there may be opportunities where your local guides can offer services if you are particularly interested. Please note it is customary for local guides (not Sojourn Adventure Travel Group Leaders) to accept commission from the factory or shop in exchange for their service.

You are under no obligation to purchase anything from local guides and we do encourage you to enjoy shopping in the markets to compare prices and quality.

Please note that in Egypt, silver is a common souvenir in the form of jewellery and other items. The silver in Egypt is generally stamped with '800' meaning that it is 80% silver and 20% other metal. This is a reduced quality to the silver you may be more familiar with which is '925'- higher quality.

## Hot Air Ballooning in Luxor

There is a possibility of an optional Balloon Flight on the West Bank of the Nile in Luxor. There are many companies who offer flights. While we can arrange the balloon experience with our preferred operator, who has provided good and safe service in the past, we must advise that you are free to choose your own balloon flight operator if you have specific safety concerns. Please note this is an optional activity so any balloon flight is taken at your own risk.

You may notice other local agents around Luxor selling balloon flights at varying prices. You are free to choose your own options. Balloon rides organised through our preferred operators are sold at a fixed rate throughout the season. Ask your Group Leader to assist on arrival to Luxor.

Generally the activity is advertised as a flight over the Valley of the Kings. No matter what any agent says, this cannot be guaranteed as the flight is entirely dependent on the direction of the wind. From our experience very few flights actually go over the Valley of the Kings and instead fly close to Hatshepsut and the Colossi of Memnon. While you may have booked a 'sunrise' balloon flight, please be aware that this does not always eventuate in time for the sunrise due to logistical reasons and weather conditions.

# Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping, participating in optional activities and tipping. Please also remember the following specific recommendations when planning your trip.

# Tipping

Tipping - known as 'baksheesh' in the Middle East is an entrenched feature of the tourism industry. If you are satisfied with the services provided a tip - though not compulsory - is appropriate and always appreciated. While it may not be customary to you, it is of great significance to the people who will take care of you during your travels.

We recommend that any group tips are collected in a envelope and handed directly to the intended recipient as a collective 'thank-you' by the group. The below amounts are suggested figures in USD for ease of calculating budgets, but should always be offered in local currency.

**Restaurants:** Local markets and basic restaurants - leave the loose change. More up-market restaurants we suggest 5% to 10% of your bill.

**Local guides:** Throughout your trip you may at times have a local guide in addition to your leader. We suggest US$1-2 per person per day for local guides.

**Drivers:** You may have a range of private drivers on your trip. Some may be with you for a short journey while others may be with you for several days. We would suggest a higher tip for those more involved with the group however US$1-2 per person per day is generally appropriate.

**Public toilet attendants:** When using public toilets there will most likely be an attendant that will expect a tip. 20-50 cents is appropriate.

**Felucca Captains:** If you are travelling in Upper Egypt many of our itineraries spend a night on a felucca. US$1-2 per person per day for felucca captains is appropriate.

**Desert Camp hosts:** If you have a night camping included on your itinerary US$2-3 is appropriate for the camp hosts.

**Your Group Leader:** You may also consider tipping your leader for outstanding service throughout your trip. The amount is entirely a personal preference; however as a guideline US$2 per person, per day can be used. Of course you are free to tip more or less as you see fit, depending on your perception of service quality and the length of your trip. Remember, a tip is not compulsory and should only be given when you receive excellent service.

# Meals

While travelling with us you will experience the vast array of wonderful food available in the world. Your group leader will be able to suggest favourite restaurants during your trip. On our camping trips we often cook the region's specialties so you don't miss out. To give you the maximum flexibility in deciding where, what and with whom to eat generally not all meals are included in the trip price. This also gives you more budgeting flexibility. As a rule our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Please check the 'meal inclusions' section of these notes for details of meals included.

Allow USD $145 for meals not included.

## Meal Inclusions

4 Breakfasts, 2 Lunches, 4 Dinners

Breakfast is generally a very simple affair and typically consists of bread, jam & tea/coffee & on occasions tomato, cucumber, & juice (or similar).

# Transport

* Overnight sleeper train
* private bus
* motor boat
* felucca
* taxi
* camel
* donkey

# Group Leader

All Sojourn Adventure Travel group trips are accompanied by one of our group leaders or our local partners' group leaders. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. Sojourn Adventure Travel endeavours to provide the services of an experienced leader however, due to the seasonality of travel, rare situations may arise where your leader is new to a particular region or training other group leaders. Your leader will provide information on the places you are travelling through, offer suggestions for things to do and see and recommend local eating venues. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects.

At Sojourn Adventure Travel we aim to support local guides who have specialised knowledge of the regions we visit - and who better to hear it from than the locals themselves? If you were interested in delving deeper into the local culture then your leader can recommend a local guide service in the most of the main destinations of your trip.

# Emergency Contact

In the case of a genuine crisis or emergency, Sojourn Adventure Travel's local Cairo-based ground representative for the Middle East can be reached on Tel: +2 019 681 3333. For all other enquiries please contact our Reservations department which is open 24 hours, 6 days per week. For further contact details please use the following page: http://www.Sojourn Adventure Travel.com/contact/.

# Emergency Funds

Please also make sure you have access to an additional USD$400, to be used when unforeseen incidents or circumstances outside our control (eg. a natural disaster, civil unrest or an epidemic) necessitate a change to our planned route.

# Visas

Please note that visas are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going. We keep the following information up to date as much as possible, but rules do change. It is important that you check for yourself.

Most nationalities require a visa to enter as a tourist into Egypt. Visas are easily attainable on arrival at Cairo airport for most nationalities for USD$15 to be paid in cash, but please check with your travel agent or embassy before departure. On arrival to Cairo airport you buy your visa at any of the banks before proceeding to immigration. You will be given a stamp that you then need to put into your passport yourself. A single entry visa is valid for three months from date of issue and entitles the bearer to one month in Egypt. Multiple entry visas are not available at the airport or any border crossings.

# Local Dress

When packing be aware that dress standards are conservative and you should dress accordingly. To respect the local culture and for your own comfort, we strongly recommend modest clothing. As a guideline, shoulders and knees at the minimum (and everything in between including midriff and cleavage) should be covered at all times. Wearing shorts and singlet tops is not appropriate and may well restrict your entry into sites of a religious nature, family homes, and will limit your local interaction opportunities in general. Loose, lightweight, long clothing (3/4 trousers that come to the calf is fine) is both respectful and cool in the predominantly warm climate.

# Money Exchange

The most convenient and cheapest way to acquire money is via an Automated Teller Machine (ATM) which are plentiful throughout all the main cities. Check with your bank for information on ATM international fees.

When leaving home don't forget your PIN and make sure you know the telephone number for cancelling your card if it is stolen. Keep this in a safe place. When using your debit card, check your receipts and keep them to compare against your statement when you get home.

We recommend that you carry some foreign currency cash for when ATMs cannot be accessed, have broken down or run out of cash. There are few problems changing money at the many banks and currency exchange facilities. Cash in USD, EURO & GBP are easiest to exchange.

Occasionally banks will allow cash advances on your credit card, but it is not recommended to rely on this.

While some banks and 5 star hotels will change Travellers' Cheques the process is time consuming and commissions can be high (up to 10%) and it can be difficult to change on weekends and public holidays. The easiest cheques to change are Thomas Cook or American Express in USD, EUR or GBP. Traveller's cheques are not recommended in the Middle East.

The currency of Egypt is Egyptian Pounds (EGP). It is easy to get money when you arrive at the airport by money exchange or from the ATM.

# Issues on Your Trip

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip it is imperative that you discuss this with your group leader or our local partner straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader/local partner may not be able to resolve a situation to your satisfaction - if this is the case please ask the leader if you may speak to their direct manager.

You may also choose to provide details in your online feedback which we ask you to complete within 30 days of the end of your trip but we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

# Health

All Sojourn Adventure Travellers need to be in good physical health in order to participate fully in the group travel experience. If in the opinion of our group leader or company representative any traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, Sojourn Adventure Travel reserves the right to exclude them from all or part of a trip without refund. We therefore ask that you read the itinerary in these trip notes thoroughly and then realistically self-assess your physical ability to complete the trip as described. Please consult with your doctor if you have any doubts.

There are no specific health requirements for this trip. However, you should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a First Aid kit as well as any personal medical requirements (including a spare pair of glasses) as they may not easily be obtained while on tour.

**Drinking water**

As a rule we recommend you do not drink tap water, even in hotels, as it contains much higher levels of different minerals than the water you may have at home. For local people this is not a problem as their bodies are used to this and can cope, but for travellers from places other continents drinking the tap water can result in illness. Generally this is not serious, an upset stomach being the only symptom, but it is enough to spoil a day or two of your holiday. Bottled water is widely available. Water consumption should be about 3 litres a day (this should be easy for most!) Rehydration salts, motion sickness tablets, and diarrhoea blockers are available from many pharmacies.

# Safety

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, air tickets, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Your leader will accompany you on all included activities however during your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your group leader will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Sojourn Adventure Travel itinerary, and Sojourn Adventure Travel makes no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Please also note that your group leader has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns.

We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how well it is being implemented in the field.

### Fire Precautions & balconies

Please be aware that local laws governing tourism facilities in the Middle East & North Africa may differ from those in your home country and not all the accommodation which we use has a fire exit, fire extinguishers or smoke alarms. Not all balconies measure up to standard dimensions.

### Seat belts

Please be aware that local laws governing transportation safety may differ from those in the western world or from your home country and not all the transport which we use provides seat belts.

### Petty theft and personal safety

Although we feel that the Middle East & North Africa is a very safe region to travel in, please be aware that there is always the risk of pick-pocketing and petty theft, particularly in the more touristy cities. We recommend that you exercise caution when walking alone at night and encourage you to walk in pairs or groups. Simple measures like carrying your day pack on your front, not hanging your bag over the back of your chair and wearing a money belt will reduce any chance that your valuables should go missing.

### Traffic conditions and driving on opposite sides of the road

Traffic will no doubt be more chaotic than you are used to at home. Traffic rules are not always adhered to and the traffic can tend to move very fast. Be aware and alert! Depending on where you come from please note that drivers in this part of the world may drive on the opposite side of the road from what you are used to. Look both ways before crossing any road.

### Water safety

Please take care when taking part in any activities in the ocean, river or open water where waves and currents can be unpredictable. It is expected that anyone taking part in water activities is able to swim and has experience in open water. All swimmers should seek local advice before entering the water.

# Travel Insurance

Travel insurance is compulsory for all our trips. We require that, at a minimum, you are covered for medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects.

When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance and the insurance company's 24 hour emergency contact number has been seen by your leader.

If you have credit card insurance your tour leader will require details of the participating insurer/underwriter, the level of coverage, policy number and emergency contact telephone number rather than the Bank's name and credit card details. Please contact your bank for these details prior to arriving in-country.

# Your Fellow Travellers

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part.

Please note that due to privacy reasons we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

# Single Travellers

Our group trips are designed for shared accommodation and do not involve a compulsory single supplement. Single travellers share with people of the same gender for the duration of the trip, in accommodation ranging from twin to multi-share. Please note some of our itineraries have accommodation booked on a mixed gender share basis - where applicable this will be specified in our Trip Notes. On a selection of our Comfort and Original style trips you have the option to pay a single supplement to ensure that you will have your own room (where available). Please refer to the important notes if this trip has a single supplement and any accommodation on the trip that the single supplement will not apply to. Please note that this only applies to accommodation during the tour, pre- and post-trip accommodation will be booked on a single room basis.

# Itinerary Disclaimer

The itinerary attached is correct at time of printing. Please note occasionally our itineraries are updated during the year to incorporate improvements stemming from past travellers' comments and our own research. Our brochure is usually released in November each year. As such the information given in this itinerary may be slightly different to that in the brochure. It is VERY IMPORTANT that you print and review a final copy of your Trip Notes a couple of days prior to travel, in case there have been changes that affect your plans. For the latest updated trip notes please visit our website: **www.Sojourn Adventure Travel.com**