

CAIRO to CAIRO (8 days) Egypt Express



COUNTRIES VISITED: EGYPT

INCLUDES

- 3 nights accommodation in 3 to 4-star hotels
- 1 night in a Nubian style hotel in Aswan
- 1 night on a felucca sailboat cruise with accompanying support boat with toilet & shower
- 2 nights on the overnight seater train (sleeper train upgrade available)
- All transport and transfers in AC vehicles
- 24-hour airport arrival & departure transfer service
- Services of a specialist Egyptologist tour guides for all sightseeing tours
- Meals as indicated in the itinerary

EXCLUDES

- International flights (available on request)
- Visa fees
- Travel insurance (compulsory)
- Meals not indicated in the itinerary
- Tipping kitty (allow US\$45)

- Entrance fees (budget approx. US\$45)
- Drinks, snacks, guide & driver tips and other personal expenses (e.g. laundry)
- Hotel Gala Dinners (see Tour notes)
- Tour Guide Tips
- Any other items not mentioned above

TRIP ITINERARY

DAYS 1 ARRIVE INTO CAIRO, TRANSFER TO HOTEL

Upon arrival our staff will meet you at the airport, assist you with obtaining your visa and luggage, and then transfer you to your hotel in central Cairo for the start of your trip. They will help you settle in, introduce you to the local area, and explain tomorrow's arrangements. The rest of the day is free. If you arrive early you may like to take an evening dinner cruise on the Nile, or enjoy a spectacular sound and light show at the pyramids (both available to book locally on arrival).

Overnight: Cairo 3-star hotel

DAYS 2 CAIRO, PYRAMIDS & SPHINX AT GIZA. INCLUDED KOSHARY LUNCH. OVERNIGHT TRAIN TO ASWAN

We start our exploration of Egypt with the iconic three great pyramids at Giza, on the outskirts of Cairo. Probably the most recognizable ancient buildings in the world, these three pyramids were built by the Pharaohs Khufu, Khafre and Menkaure around 2500 years BC. Our Egyptologist guide will start your introduction into Egyptian history here with information on how and why pyramids were built and how they fit into the whole ancient Pharaonic story. You'll have the chance to climb down inside one of these pyramids if you wish (and if you're not claustrophobic!).

Our next visit is the majestic Sphinx, which nestles nearby, and was uncovered completely only in the 1920s. After your awe-inspiring visit to the Sphinx, we'll take a well-deserved break to refuel with an included Koshary lunch. Koshary is a beloved Egyptian staple, a hearty and flavorful dish that perfectly embodies the country's culinary heritage. Koshary consists of a bed of fluffy rice and lentils, topped with perfectly cooked macaroni and chickpeas, all brought together with a tangy tomato sauce and a sprinkle of crispy fried onions. It's a symphony of textures and tastes that will leave you feeling satisfied and ready for the next adventure!

After lunch you'll have some free time to visit the Egyptian Museum of antiquities, home to the treasures of ancient Egypt.

This evening we will board the overnight VIP seater train from Cairo to Aswan. For those preferring more comfort, there is the option of upgrading to the sleeper train where you will have a private cabin onboard with airline style meals included.

(Breakfast)

Overnight: Overnight seater train

DAYS 3 ARRIVE IN ASWAN. PHILAE TEMPLE & NUBIAN VILLAGE

After our night onboard the overnight train, we arrive in Aswan where we spend the night in a Nubian village staying in a local guesthouse. The ancient region of Nubia comprised an area around the Nile in parts of present day southern Egypt and northern Sudan. Many descendants of the Nubian people still live around Aswan and during our stay we'll see their colourful houses.

This morning we'll take a boat trip to visit one of Egypt's most beautifully situated temples which was also reclaimed from the rising waters of Lake Nasser. This is the Temple of Philae, which was dedicated to Isis.

After visiting Philae Temple, we'll head south of Aswan to visit one of the Nubian Villages where we'll have

the opportunity to experience the local way of life and visit the local homes of the Nubian people and even spend the night in a local Nubian hotel.

Overnight: Aswan - Nubian style hotel

DAYS 4 ABU SIMBEL OPTION. NILE FELUCCA CRUISE

An option is available this morning to visit the temples built by Ramses II at the amazing UNESCO world heritage site of Abu Simbel. We depart very early with the aim of seeing the rising sun over the temples. If you don't visit Abu Simbel, then this morning is free.

We board our traditional Nile felucca at lunchtime to enjoy an afternoon sailing down the Nile. Floating down the Nile on a felucca is one of Egypt's most enjoyable activities and you'll be able to watch local rural Egyptian life pass you by on the banks of the river as you drift past. Our Nubian crew will sail the boat and entertain you on the way, as well as preparing meals for you. Our separate facilities boat will join with us from time to time during the day and moor up with us at night. This boat has a welcome toilet and showers on board as well as a hygienic kitchen. You sleep on the deck of the boat tonight (mattresses, blankets and mosquito nets provided). This is a fun, but basic experience, and we offer an optional upgrade to spend this night back in the Aswan hotel instead of sleeping on the felucca for those wishing some more comfort. You then rejoin the rest of the group the next morning.

(Breakfast, Dinner)

Overnight: On board felucca

DAYS 5 TO LUXOR VIA EDFU. OPTIONAL LUXOR TEMPLE AT NIGHT

We spend some more time onboard the Felucca this morning whilst enjoying breakfast with the crew, before we bid them a reluctant goodbye and drive north to Luxor, making a stop along the way to visit Edfu Temple. Luxor is the jewel in Egypt's crown with the largest concentrations of ancient ruins in the Nile Valley, if not the world. These are split across both banks of the Nile, with the City of the Dead on the West Bank with many mortuary temples and tombs cut into the rocky mountains, and with the Temples of Luxor and Karnak and their connecting Avenue of Sphinxes the highlights on the East Bank. Later this evening there is an optional tour available to Luxor Temple which is right in the middle of town and beautifully lit up at night. You'll can also head into town to explore some of Luxor's popular outdoor cafes, perhaps enjoying a few games of backgammon and trying a shisha pipe with the locals. We spend the night at a comfortable 4-star hotel with a pool on the banks of the Nile.

(Breakfast)

Overnight: Luxor 4-star hotel

DAYS 6 LUXOR, WEST BANK TOUR. OPTIONAL KARNAK TEMPLE TOUR. TRAIN TO CAIRO

This morning we take a tour to the West Bank of the Nile, where we'll visit the Temple of Queen Hatshepsut, explore several tombs in the Valley of the Kings, learn about the workers who made all this happen in Deir El-Medina (the Valley of the Artisans) and stop to see the huge Colossi of Memnon. Your afternoon is then free to relax in the hotel, or take an optional tour to explore the huge temple complex at Karnak. A spectacular hot air balloon flight over the west bank of the Nile is also available today (expect another early start to catch sunrise as the balloon rises).

This evening we re-join the overnight VIP seater train back to Cairo (there is another opportunity to upgrade to the sleeper train for those looking for more comfort).

(Breakfast)

Overnight: Overnight seater train

DAYS 7 ARRIVE IN CAIRO. OPTIONAL DAY TRIPS AVAILABLE

We arrive back into Cairo this morning and transfer to our hotel. The day is then free to explore Cairo as you choose or you may take an optional tour. These include a city tour in Cairo which visits Coptic Cairo, the Citadel and Mohamed Ali Mosque, or a half day tour to Saqqara, Dashour and Memphis to learn more about the history and evolution of pyramid building. Another full day option further afield includes a trip into the desert outside Cairo to see the World Heritage Site of the Valley of the Whales at Wadi Rayan.

If you haven't chosen to join one of our full day optional tours, in the afternoon there is the option to take a guided walk through the back streets and bazaars in central Cairo. We'll walk through the huge Bab al-Futuh gateway and explore streets dedicated to metalwork, spices, pottery, fabric, jewelery and anything else you can imagine as we gradually enter the more touristy Khan-el-Khalili bazaar. We'll have time for a break to try some tea and a shisha pipe and perhaps enjoy an early dinner of Egypt's unofficial national dish, Kushari before returning to our hotel.

(Breakfast)

Overnight: Cairo 3-star hotel

DAYS 8 CAIRO, OPTIONAL MUSEUM & CITY TOUR. DEPARTURE AIRPORT TRANSFER

Your time is free today for some last minute sightseeing or shopping until we transfer you to the airport for your departure flight. We recommend an afternoon or evening flight so that you can take a tour to visit the incredible Egyptian Museum and more of the city this morning. Extra nights in Cairo are also available if you would like to extend your stay.

(Breakfast)

ESSENTIAL INFORMATION ABOUT YOUR TRIP

ARRIVAL & ACCOMMODATION

Trip Joining Point: Hotel Oasis Pyramids - Cairo

Start Time Day 1: You can arrive into Cairo at any time on day 1 - hotel check-in is from 2pm.

Address: Alexandria Desert Road, Giza, Cairo, Egypt

Website: <https://www.theoasishotelpyramids.com/>

***Please note that the above hotel is subject to change, we will confirm the final tour starting point approximately 2 weeks prior to departure.**

All prices listed are approximate and subject to limited availability.

Room Type	Price	Description
Single	£70.00	Per Room, En-suite
Double/Twin	£100.00	Per Room, En-suite

The trip starts in Cairo on day 1. Day 1 is set aside for arrivals and you can arrive at any time on day 1. The hotel check-in time is from 2pm onwards.

The Oasis Hotel really is, as its name suggests, an oasis in the immense city of Cairo. The hotel is located just a few minutes drive from the Great Pyramids of Giza, and is set within 9 acres of beautiful landscaped gardens. It is one of the few good 4-star rated hotels in Cairo, and we use it on many of our tours with a 'standard' comfort rating.

PRE-TRIP ACCOMMODATION:

You can pre-book accommodation and your included airport transfers through us. We will require your flight number, arrival time, and arrival date so please ensure this information is forwarded to us as soon as you have booked your flight. Please book this service as soon as you have booked your flight and no later than 3 weeks prior to departure. If you have booked through a travel agent, please contact them to request pre-trip accommodation and airport transfers.

Where extra nights are required, your airport transfer is only included on your pre/post-tour day if the extra night is also booked with Oasis Overland.

Double, twin, and triple rooms will be provided subject to availability, where requested. However when not available we may need to book other rooming arrangements, and will fit these as closely as possible to your request. Those travelling solo will be put in shared rooms to reduce the costs to them if this option is available, where a same sex room share cannot be arranged, the single room supplement will be payable.

If you are arriving early in the morning and you would like to check in immediately, you may have to reserve your room for the previous night to ensure direct check in, otherwise you may have to wait until normal check in times (usually 2pm).

AIRPORT TRANSFERS:

Airport Arrival and Departure Transfers are included in the cost of your adventure (provided you request these via the UK office or your account 3 weeks before your departure).

You will be met on your arrival in the immigration area of the airport, before you get to passport control. Our representative will be holding a **OASIS OVERLAND** Travel signboard or have your names displayed. Please look out for them and introduce yourself. They will then assist you with passing through immigration, take you through passport control and to collect your luggage, and then transfer you to your hotel. Emergency assistance telephone numbers will be provided with your voucher, approximately 2 weeks prior to departure.

POST TRIP ACCOMMODATION AND AIRPORT TRANSFERS

Post-trip accommodation can be requested and booked by the Oasis Office before your trip commences, please email info@oasisoverland.co.uk. Airport transfers are included on the final day of your tour or on post-tour days if your accommodation is also booked via Oasis Overland.

FELUCCA SAILBOAT

This tour features an overnight felucca cruise. Feluccas are very basic traditional Nile sailboats and are a fun and relaxing way to travel down the river. You sleep on the deck of the boat (mattresses and some blankets are provided, but we suggest that you bring a sleeping sheet, blanket or light sleeping bag during the winter months of November-February). There are no toilet facilities on board, but you will be joined several times each day and at night by our support boat where a toilet and warm showers will be available. Mosquito nets are provided for use while you are sleeping but you should bring mosquito repellent for the evenings and early mornings. Your Nubian boat crew will cook all your meals while on board and entertain you in the evenings.

FLIGHT INFORMATION

Day 1 in your departure city, is an arrivals day. For your convenience we would advise that you arrive at the latest, on the afternoon of this day, though as no activities are planned for this day, you can arrive at any time. You may wish to allow some extra time to explore your arrival and departure cities.

Departing flights: You can leave Cairo at any time on the final day of your tour.

There are many online flight search engines such as www.skyscanner.net or www.ebookers.co.uk flights can also be booked direct with airline websites or through travel agencies. Please inform us of your flight details through your online account, as airport transfers can be arranged for various trips.

One way ticket: If you intend to travel on a one way ticket to meet up with one of our trips, without possessing an onward flight ticket - we recommend that you have a copy of your payment confirmation/receipt (that you will be sent at time of your balance payment) available at immigration to assist easy entry.

PASSPORTS

Your passport must be valid for at least 6 months AFTER your trip finishes. This is a general requirement for all of the countries we travel to on our trips.

If you have dual nationality you can only use one passport for the entire trip. It is your responsibility to ensure you have all the relevant visas you require.

Please bring 2 photocopies of your passport details to give to your tour leader.

VISAS

Egypt

Passports should be valid for at least six months after your departure from the country. Please do not bring an almost full or almost expired passport. Visa arrangements are the responsibility of the traveller, and requirements are subject to change by the local authorities.

We recommend that you contact your closest Egyptian consulate or embassy for current information for your nationality.

In general official advice is that all nationalities obtain their Egypt visas in advance, as we cannot guarantee that you can get them in the airport or land border. An online e-visa is available through visa2egypt and we recommend obtaining your visa via this method whether arriving in to Egypt by air or land if you are able. Please do not use any other website as there are many scam sites offering Egypt e-visas.

In practice however, many nationalities (including British and European, Australian, New Zealand, USA) can and do obtain their visas on arrival in Cairo airport or most land borders. The process is much quicker and simpler, the cost is currently **US\$25 p/p** and must be paid in hard currency (i.e. GBP, USD or EUR) - you'll be given change in local currency if necessary. There are no forms to fill in and you don't need to bring passport photos. Visas are issued at one of the bank desks in the immigration hall, before you get to passport control. On our small group tours, our representative will have met you by this stage and will assist with the process at Cairo Airport.

Important Note: Due to recent changes in the visa regime for Canadians, a visa on arrival or e-visa will no longer be possible for Canadian Citizens entering Egypt after October 1st 2023. Until further notice Canadian passport holders must obtain a visa prior to arrival, from the nearest Egyptian Consulate.

All African & Indian nationals, and some others, will need to obtain their visas in advance.

For further information on your visa requirements, please either contact us or your local Egyptian embassy/consulate.

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VACCINATIONS AND HEALTH

It is possible that you may require some vaccinations for your trip, depending on the areas that you are visiting. As we are not medically trained, we are unable to give detailed advice on vaccination requirements. We have worked closely with **Nomad Travel Clinics** for many years and they offer Oasis travellers a **10% discount** on vaccinations, anti-malarial drugs, first aid items, clothing and equipment, just enter discount code OASIS1000 at www.nomadtravel.co.uk. Alternatively you can check out the [fit for travel website](#) for more travel health information or consult a reputable travel clinic or your GP for information and advice. We suggest that you allow at least 8 weeks to get all your vaccinations.

Health - To join our trips you should be in good general health. Your medical insurance company must be told if you have any pre-existing medical condition / allergy or if you are on any regular medication, otherwise you may not be covered under your policies for these. Our crew will need to know of any medication or conditions you may have. For general health advice log onto www.nathnac.org/travel/

TRAVEL INSURANCE

It is a compulsory requirement that you have adequate travel insurance before you join any Oasis trip and at the very least are insured for all necessary medical and repatriation costs incurred.

You will be asked to provide the following details if you have not already done so: travel insurance company name, insurance policy number & insurance emergency telephone number. You will also be required to give a copy of your policy with this information to your Tour Leader on arrival with confirmation that the policy duration is sufficient to cover you for the entire duration of your trip. It is also wise to leave a copy of your insurance policy with a friend or relative for safe keeping.

We believe that your safety and holiday enjoyment are very important. It is a mistake to think that "it will never happen to me". It is also very important that you are covered for all the activities that you may wish to undertake while on our trip. It is extremely important that you check the full extent of your cover related to 24 hour Medical Emergency Assistance. In the event of you needing medical treatment you want to know that you have the best cover available to you. Your policy should include adequate Medical Emergency and Repatriation cover as well as Cancellation, Baggage and Personal Liability cover. You need

to be aware of EXACTLY what activities your policy covers you for. Please note that skiing is not usually covered in most insurance policies. Please note also that many of the areas we visit are not as developed as the UK and we have no control over the availability or standard of medical and repatriation services and facilities in the areas we visit and these do not form any part of our contract with you.

You should also note that passenger liability insurance covering vehicles, particularly in Third World countries, may be unavailable or inadequate; it is therefore important that your insurance cover makes sufficient provision for you and your dependents in the event of an accident.

We are happy to refer our UK based travellers to the travel insurance specialists [Campbell Irvine](#) who have a policy suitable for overlanding which covers most of the adventure and sporting activities on our trips.

Please be aware that most travel insurance policies will not cover you if you are visiting areas against government travel advice. If your trip will go through areas like this (for example, some of our Trans Africa routes through West Africa) then you may need to look at an alternative policy for these sections, for example [Battleface](#) or [SafetyWing](#).

For further information, check out the [Travel Insurance](#) section of our website.

IMPORTANT INSURANCE INFORMATION FOR THOSE VISITING ZANZIBAR:

The Zanzibar Government have announced the introduction of a travel insurance policy which will be obligatory for all foreign visitors to the islands, regardless of whether travellers have their own travel insurance in place.

1. The insurance policy is sold by Zanzibar Insurance Corporation.
2. The cost is US\$44 per person.
3. The insurance requirement comes into force on 1st October 2024.
4. The policy must be purchased online at visitzanzibar.go.tz and purchases can be made from 1st September 2024.
5. Payment can be made online by debit or credit card.
6. On completion of the purchase, visitors will receive a QR code. The policy documents will be sent to your registered email address.
7. The policy document and QR code must be presented on in Zanzibar. Entry will be refused without this documentation.

To ensure you have a smooth entry, please ensure the above policy is purchased in advance of your arrival.

MONEY, BUDGETS AND LP

Spending Money

From past trips and travellers feedback £20 to £30 per day per person, should cover costs such as meals not included, soft drinks and beers, email & communications, souvenirs and other general spending. Personal spending habits & budgets differ greatly from person to person. Budget on optional activities separately (see optional excursions page). Please bring cash in Euros / GBP£ / US\$ to exchange once in Egyptian Pounds or use the ATM's in the main cities.

Changing money

Change your money only at banks, hotels, airports or forex bureaus. It is illegal to change money on the street, as these people will normally be opportunistic thieves or undercover police. Your crew will advise you where & when you can change money & with what means. It is also a good idea to have a small CASH emergency fund, to allow for the unexpected.

Credit & Debit Cards

A combination of several types are suggested as not all types are accepted in all places. Visa & Maestro are best, MasterCard has limited access through parts of Morocco, but is generally accepted in ATMs. We recommend that you inform your bank that you will be using your card abroad to avoid it being blocked.

Please see the optional excursions page for activities that can be paid for using a Credit or Debit Card. Commission rates vary between 2 to 5%.

Pre-Paid Travel Currency Cards

These cards are similar to normal Credit and Debit cards but they can be pre loaded with cash before you travel with a set amount allowing you to withdraw this cash using the card at normal ATMs. It is a more secure way to access cash on your trip and easier to use than travellers cheques, but again do not rely on these as your sole means of funds on a trip - (please refer to the ATM section). Several banks and companies now offer these cards, but be sure to look into the rates for withdrawing cash when making your decision.

ATMs

These are available in most major cities along our route and allow you to withdraw local currency only. We discourage you from relying on your ATM card as a primary source of funds in case it is lost/stolen/ swallowed, or the machine isn't working. Besides memorising your PIN, it is also important to be aware of your daily withdrawal limit and bank withdrawal costs.

Tipping

Is usually expected & is a way of life in the region. Sometimes referred to as 'baksheesh' it is often more than a reward for services well done, but as wages are extremely low, it is an accepted means of supplementing an income. To avoid embarrassment and save you money, your guide will operate a tipping kitty and tip everyone from waiters, hotel staff (including cleaners), drivers and local guides on your behalf. **You will be asked for your tipping kitty contribution at the welcome meeting.** The tipping kitty amount for your trip can be found on the front page of your pre-departure information and the trip page on our website.

In the past we have been asked for guidance for the tipping of your Tour Leader (who is not covered by the tipping kitty). While this is always your own personal choice, previous travellers feedback has suggested an approximate amount of £1 to £2 per person per day for the trip. Please remember that tipping and the amount you tip is entirely up to you individually and is always your choice.

ENTRANCE FEES

Our Small Group Egypt tours do not include entrance fees to the tourist sites mentioned in the itinerary. We do however normally include these in prices for Tailor-Made and Escorted tours. Please check the Inclusions and Exclusions section below the tour itinerary for a details about your tour and the amount you may need to budget. This amount is subject to change and will be reconfirmed in Egypt at the start of your tour. A 50% discount for minors or ISIC card holders is often, but not always available.

Your guide will be happy to collect payment for all the entrance fees at the start of the tour, and pay them for you as you go along if you wish. This payment is normally collected in US Dollars cash together with payment for any Tipping Kitty used on the tour, though you may also pay with Egyptian Pounds or other currencies, converted to USD. Local exchange rates are set on a monthly basis and based on local bank rates so may not match the exact rates you may find online on the day.

WHAT TO TAKE

Equipment

Toiletries - Most available to buy on trip

- Sleeping Bag - recommended for trips departing Oct-April when staying
- Soap, shampoo, toothbrush/paste, antibacterial hand wash, lip balm & moisturiser
- Sun block 35 + after sun, hat & sun glasses
- Tampons (can buy in most places)
- Contraception

onboard the Nile Felucca

- Small day-pack or small bag to carry daily items
- Soft rucksack, holdall or suitcase
- Water bottle - for personal use - we recommend Water-to-Go (see below Responsible Travel)

Clothes

- One pair of trainers or boots
- Sandals/flip flops/jandals/thongs
- Underwear/socks
- T shirts/shirts
- Shorts/swimwear
- Jeans/trousers/jog pants/leggings
- Skirt or dress
- Sweat shirt/jumper
- Jacket/fleece & waterproof jacket

Personal Effects

- Camera with protective case, spare batteries, film/memory card
- Torch and spare batteries (head torch is best)
- Travel adaptor plug/charger (for cameras and mobile phone batteries)
- Money belt
- Personal stereo - iPod/MP3 etc
- Towel and/or sarong

Recommended Medical Kit List

- Antiseptic ointment/ Antihistamine cream & tablets
- Nurofen or equivalent pain-killer
- Eye-drops/bath
- Anti-diarrhoea treatment
- A couple of bandages (elasticated &
- Insect repellent containing Deet
- Re-hydration sachets/vitamin tablets
- Assorted plasters
- Some suitable antibiotics as recommended by your doctor for infected cuts or to treat severe dysentery
- We advise you to bring a small personal medical kit for general everyday use, as well as any personal over-the-counter medicines that you may wish to keep with you. Our guides are familiar with the nearest pharmacies, doctors and hospitals throughout the trip if you need to seek medical attention. It will be your own responsibility to carry your medical kit on included excursions and optional activities as some local operators may not have medical kits to hand.

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- Medication for personal allergies/ asthma etc

PHOTOGRAPHY AND ELECTRICAL EQUIPMENT

Cameras (incl. Digital & Video Cameras) - An easy to use 'point and press' will get you some good photos. For memorable shots, it may be worthwhile investing in an SLR camera, but be sure to get some practice in before the trip! Most towns and cities have internet cafes where you can download onto CD/ internet sites - but don't rely on it.

Photography - Be aware of your surroundings when taking photographs and filming. Some locations will be sensitive or have local laws banning photography. For example it is usually forbidden to use cameras at borders or around government buildings, military installations, bridges and airports or to take photos of local officials. If you do take photos or film where it is not permitted you may find yourself being questioned by irate officials who may decide to confiscate your camera or instruct you to delete all the images/footage on your device. If in doubt ask for permission, or if there is no-one to ask use some common sense.

Drones - As the use of drones becomes more common, countries throughout the world are gradually updating their laws and restrictions on usage. The specific regulations will vary from one country to another, so do check the UK Foreign and Commonwealth Office advice for the latest information. As with cameras, use your common sense if you do use a drone and avoid operation in sensitive areas. If you plan to bring a drone on your trip with us please contact us first to ensure there will be a suitable place to store it while on your trip.

Electrical charging & power supply - It may be difficult to find a power source for charging at times, so a spare battery is a must. Log onto www.whatplug.net for information regarding the different electrical plugs and voltage used in each country.

CONTACTING HOME

The internet and WiFi are available in many towns / cities you will visit. Do bear in mind that the connections can be unreliable and will not always be as fast as you are used to at home. If a lot of people try to use the internet at the same time the speed will be slower still, especially if trying to make Skype calls or upload photos / videos. During periods of the trip where we are wild camping, internet will be less common.

Some travellers choose to take an unlocked mobile phone with them and buy local SIM cards or E-Sim in each country, allowing them to use mobile data. If you particularly want or need regular internet access this may be a good option. Telephone calls can be expensive usually £1 to £5 for a three minute call.

Online Diaries - A great variety of free "travel blogs" are now available online, they are a good way of keeping relatives and friend up to date with what you are doing and a good place to upload photos, collecting messages as well as keeping a record for yourself.

RESPONSIBLE TRAVEL

Before you go

- Remove unnecessary packaging before you go - waste disposal facilities are often stretched or non existent in the places we visit. To avoid unnecessary pollution of local water supplies take environmentally friendly toiletries with you.
- Why not invest in a wind-up or solar-powered torch or media player before you travel or at least rechargeable batteries.
- Learn some of the local language and read up on the local history/culture before you go. You'll get so

much more out of your trip.

- Why not pack some pens/pencils exercise books in your rucksack and they can be donated to a local school or project while you're away. You can also purchase these items cheaply, locally which will help local businesses.
- Take a sturdy water bottle with you from home that you can re-use throughout your trip. We carry large quantities of purified water with us on our Expedition vehicles and it is much better for the environment if you drink this, rather than purchase bottled water along the way. (It also saves you money).
- **Water-to-Go:** Oasis Overland have partnered with Water-to-Go to help reduce the number of plastic water bottles consumed during a trip. Water-to-Go is a filtration system that eliminates over 99.9% of all microbiological contaminants including viruses, bacteria, chemicals and heavy metals from any non-salt water source. [Click here](#) and enter the code OASIS25 to purchase your Water-to-Go products at 25% discount.

While you're travelling

From experience gained in running trips, we have developed our own practical and manageable environmental policy which all of our crew practice on the trips we operate, and they will share this information with you at the start of your trip. We welcome your input on this, plus any new ideas you may have, to improve our existing procedures. As a guide here's a few tips to bear in mind.

- Don't waste water. It is a scarce resource in many of the places our trips visit. On all our Ultimate and Overland Expeditions we carry large quantities of purified water with us. We encourage you to refill your own water bottles from this supply, rather than purchase bottled water along the way-much more environmentally friendly and saves you money!
- Never buy endangered species or endangered habitat products. Apart from the fact of it being illegal it also encourages the trade to continue.
- Look after and preserve the areas we visit. Be careful about stepping on coral reefs or trekking on undesignated tracks.
- Buy locally made crafts and products helping to support the local economy.
- Don't feel when bargaining that you have to get the cheapest price possible just for the sake of it. Pay what the item is worth to you & don't worry about what someone else has paid.
- Try the local food and drinks - this will help to support local farmers and food sellers. Sitting in a local cafe is also a great way to meet local people.
- Dispose of litter appropriately on your trip. This includes cigarette butts. Not only does litter look unsightly it can be lethal to wildlife.
- Where any toilet facilities exist, however unsavoury they might seem to you, they should be used. Where they do not, always bury your waste and make sure it is never near, (at least 30m) a water source.
- When game viewing do not encourage your guides to get too close to the wildlife so that their natural behaviour is impeded.
- Respect local customs, traditions and beliefs of the people in the different regions that you travel through.
- Do not take photos of people, ritual events or special places unless you have asked first. Dress appropriately according to local codes and show respect around religious festivals.
- Recycling is almost non-existent in many of the areas and countries we visit - we do the best we can with limited resources & space on our vehicles.
- For books dedicated to travelling more responsibly & ethically see: www.tourismconcern.org.uk

SECURITY

The UK Foreign, Commonwealth and Development Office (FCDO) offer country-specific advice, regarding not only security but also entry regulations, local laws and customs and health. We strongly recommend all travellers visit the FCDO website, or the equivalent in their home country, to familiarise themselves with local conditions and issues in the countries they plan to visit before committing to a trip with us. You can view their website [here](#).

If you have any questions at all about the safety or security of your trip, please do not hesitate to contact us and we will be happy to discuss your trip in more detail.

In cities - All major cities have their share of petty crime (just like our cities) and sensible precautions need to be taken. Wearing expensive looking jewellery or watches and carrying cameras will draw unnecessary attention to you. Leave valuables such as passports and excess money in your hotel safe (we recommend carrying a copy of your passport details page at all times). You may find a simple money belt is more discreet than a bag. Always be aware of your surroundings and when approached by people you do not know, use your common sense. At night in cities it's best to use a taxi, rather than walking around the streets, single women in particular need to be careful and we would suggest that it is safer to be in a group.

Oasis does not take responsibility for clients' personal items and we advise you to not take items of value that are not essential for the journey.

WHAT TO EXPECT

LIFE ON THE ROAD

You will be travelling within a group size ranging from 2-18 people, so come with an open mind and ready to make new friends! You will be accompanied on your adventure with an experienced Local English speaking Egyptologist guide. They are knowledgeable and passionate about the history and culture of Egypt.

Accommodation & Transport

Transport is by overnight seater train (sleeper train upgrade available), minivan and Felucca sailboat. We use good quality 3 and 4-star level hotels, all with air-conditioned en-suite bathrooms. On some tours we also use a Nubian guesthouse in Aswan which is full of character and has a great location by the Nile.

Vegetarians / Vegans / Coeliac / Gluten & Lactose intolerance

Our Tour Guides will always do their best to cater for any dietary requirement or intolerance whenever possible. However we don't cater for fussy eaters. It must be remembered that the variety of dishes available may not be the same as available to meat eaters. If there is anything in particular you require in your diet or because of an allergy or would miss from home, it would be best to bring these with you. Remember that when eating out in local restaurants & hotels sometimes being vegetarian or food allergies / intolerances are still not widely known about or understood by many local people. i.e. Vegetarians or Vegans will often be offered fish or chicken in error. Most large towns and cities, or areas used to tourists, will often have more choice but please be aware that it will probably not be as varied as you are used to when eating out at home.

Ramadan

Ramadan is the holy Islamic month during which Muslims fast during the day and is based on Lunar months. No food or liquid is allowed to pass a person's lips during daylight hours. Tourists are not expected to fast during this time, but are expected to show respect, by not eating on the streets or in public view etc. Be aware some shops and historical sites may adjust opening times, but this should not significantly affect our itinerary. Hotels and western style pubs we use normally continue to sell alcohol during Ramadan, but general availability may be limited.

People in some regions are generally conservative, especially about matters concerning sex and women. Muslim countries simply are not the place to make a feminist statement. Attitudes range from fairly liberal to fairly conservative in some of the small towns we may pass through. If you are not prepared to fit in with the social code of the area you may be harassed.

Optional Excursions are paid for on the day and organised during your trip, so you can decide whilst

travelling which activity you may want to do. Prices listed are only a guide and may be dependant on fluctuating exchange rates and minimum numbers. Please see below for more details.

Notes downloaded on: 28-03-2025

