RCGS: ALEXANDRIA TO ASWAN WITH GEORGE KOUROUNIS

Ancient temples and tombs around every bend, unrivalled legacy, and mind-blowing history – make your way through Egypt from top to bottom led by renowned explorer, filmmaker, photographer and RCGS Explorer-in-Residence, George Kourounis. Whether it’s swapping travel and expedition stories from across the globe, learning about Kourounis’ work with National Geographic in the region or providing tips and training on photography techniques this epic adventurer will be there every step of the journey to share his expertise.

The adventure begins in Cairo with a visit to the Pyramids of Giza and the mysterious Great Sphinx; great monuments to the afterlife defy the imagination. Spend a night in Alexandria where you’ll dine of fresh seafood, visit the Library of Alexandria, explore the catacombs, and visit the famed World War II site, El Alamein. Watch the sunrise over the vast desert on your way to Abu Simbel, widely regarded as one of the most impressive temples in the country, before boarding your river cruise ship for a 3-night journey down the Nile. Along the way, you’ll stop at Philae Temple, Aswan High Dam, Kom Ombo, Edfu, ending in Luxor with a trip to the Valley of the Kings.

At a Glance
- 8 nights in 5-star hotels, 3 nights on a cruise boat and 1 night sleeper train
- Travel by private minibus, cruise boat and sleeper train
- Group normally 10 to 20, including RCGS guide plus local leader. Min age 16 yrs
- Countries visited: Egypt

Trip Highlights
- Marvel at the engineering wonders that are the Pyramids of Giza and the Great Sphinx.
- Step back in time at the ancient tombs in the Valley of the Kings.
- Sail through Aswan on a Felucca ride, village to soak up the
- Enjoy a BBQ on the shores of an island in the Nile.
- Spend 3 nights cruising along the Nile on a river cruise
- Discover Egypt’s sites with renowned explorer, filmmaker, photographer and RCGS Explorer-in-Residence, George Kourounis.
Is This Trip for You?

This trip has been graded as Activity Level 1 - Leisurely.
Leisurely graded trips are suitable for all clients with average health and fitness. No experience of any activity involved is necessary.
Some days involve early starts but this allows us to get the most from our time in Egypt and avoid the worst of the heat.
Egypt can be hot, especially during our summer, which can cause discomfort whilst travelling. Care should be taken to keep hydrated. The hottest months tend to be June to September when temperatures can reach as high as 38 to 40°C/100 to 104°F in the south of the country.
The hotels and cruise boat that we use on this trip are of a high standard, providing excellent levels of comfort. The night on the sleeper train is in first-class cabins with shared bathroom facilities.
Please note that the new Egyptian Museum is scheduled to open from October 2020 but that this is subject to change. We will change to the new museum when it is open.
Following a review of all our trips we have categorised this trip as generally not suitable for persons of reduced mobility. However if you are a regular traveller on such trips, please contact customer services to discuss the trip and your personal condition.

Group

There will be a local leader and drivers throughout the trip, along with local guides as needed. This departure will also be joined by a guide from the Royal Canadian Geographical Society.

**Adult min age:** 16  **Min group size:** 10  **Max group size:** 20

### Land Only

**Start City:** Cairo  
**End City:** Luxor

### Land Only Itinerary

<table>
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<tr>
<th>Day</th>
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| **Day 1** | **Start Cairo.**  
Welcome to Cairo! This evening there will be a welcome briefing with your leader and rest of the group.  
**Steigenberger Pyramids Hotel or similar** |
| **Day 2** | **Pyramids and Great Sphinx of Giza.**  
We begin our day with a visit to the Pyramids at Giza. Home to the Great Pyramids of Cheops, Chephren and Mycerinus and the enduring and mysterious Great Sphinx, these great monuments to the afterlife defy the imagination. Only the throng of sightseers, Egyptian and foreign, milling around their huge foundations, keep the |
viewer in the 21st century. The afternoon is free to relax at our hotel, explore Cairo or join an optional excursion to Saqqara, Memphis, and Dahshur.

**Accommodation: Steigenberger Pyramids Hotel or similar**

**Meals included: Breakfast**

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**Day 3**

**Cairo tour.**

After breakfast we enjoy a full day tour of Cairo. We begin with a visit to the Egyptian Museum – home to the world’s largest collection of ancient Egyptian artefacts including the incredible golden riches of Tutankhamun’s tomb. Following this piece of history, we experience modern Cairo with a tour of the El Darb El Ahmar School for Arts and a walk along the bustling El Moaz Street. We also explore Al Azhar mosque which dates back to AD970 and is Cairo’s oldest. The mosque is still frequently visited by locals to this day and we will need to cover up (long sleeves and trousers) to enter - as when entering all mosques. Women will also need to cover their hair with a scarf.

**Accommodation: Steigenberger Pyramids Hotel or similar**

**Meals included: Breakfast**

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**Day 4**

**Transfer to Alexandria, city tour.**

Today we have a journey of 3-4hrs to Alexandria. Founded by Alexander the Great in 331BC, the city was home to the Lighthouse of Alexandria, one of the Seven Wonders of the Ancient World, and it’s Great Library was the largest of its time. Unfortunately, these parts of Egypt’s glorious history did not survive up to modern times but there is still much to see in this Mediterranean port city. Our tour begins with a visit of the city’s catacombs followed by the impressive Qaidbay Fortress and the Bibliotheca Alexandrina – Alexandria’s revival of the Great Library. 

**Accommodation: Hilton Corniche Hotel or similar**

**Meals included: Breakfast**

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**Day 5**

**Visit El Alamein and El Anba Bishoy Monastery; return to Cairo.**

We have an early morning drive to El Alamein, the site of the famed allied victory during World War Two, where we will visit the War Cemetery and Military Museum. More than 80,000 soldiers were killed or wounded in the two battles. It was a decisive win for the Allies with Winston Churchill saying, “Before Alamein we never had a victory. After Alamein we never had a defeat”. After lunch we stop by El Anba Bishoy Monastery on our return to Cairo.

**Accommodation: Steigenberger Pyramids Hotel or similar**

**Meals included: Breakfast, Lunch**

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**Day 6**

**Food tour of Cairo; transfer to sleeper train.**

Today we embark on a tour of Cairo’s best food spots and discover some of the fantastic local cuisine available across the city – highlights are Mulukhiyah (soup), Ful Medames (beans) and Kushari (rice and macaroni). The tour also includes the bazaars of Khan el-Khalili located in the historic centre of Islamic Cairo. This evening we transfer to the railway station and board our sleeper train to Aswan (which takes approximately 12 hours).

**Accommodation: Sleeper train**

**Meals included: Breakfast, Lunch, Dinner**

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**Day 7**

**Arrive Aswan; Nubian tour and Felucca ride.**

Arriving in Aswan during the morning, we spend the rest of the day exploring the Nubian way of life. We begin with a visit to the Nubian Museum, which chronologically charts the history and culture of the people, before enjoying Nubian lunch onboard a felucca while we explore the Nile. In the afternoon we have a tour of the Monastery of St. Simeon by camel and visit the nearby village of Gharb Sohil (please see Responsible Travel section). We finish our day with a barbecue on the shores of an island in the Nile.

**Accommodation: Movenpick Resort Aswan or similar**

**Meals included: Breakfast, Lunch, Dinner**

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**Day 8**

**Optional visit to Abu Simbel; board cruise boat.**

This morning we transfer to our cruise boat and have some time to relax before enjoying lunch on board. For the rest of the day there is the option to explore the Aswan market or attend the Sound and Light Show at Philae Temple.

For those who want to do the optional visit to Abu Simbel, the tour starts at approximately 3.30am when we get picked up from the hotel. A breakfast box is provided. Around 8am we will arrive at the destination, where we are given around three hours to visit the temples. Built by Ramses II, the temples of Abu Simbel rank amongst the most impressive in the country and
Day 9  **Visit Philae Temple and Aswan High Dam; sail to Edfu.**
We begin today with a visit to the Philae Temple and Aswan High Dam. In the 1970s the temple was relocated by UNESCO to Aglika Island after it became evident that the original site of Philae would submerge on completion of the dam. This morning represents a magnificent and enduring testament to both ancient and modern engineering. After lunch we sail to Kom Ombo and visit the temple there before continuing our journey to Edfu which is where we will spend the night.
**Accommodation: M/S Esmeralda or similar**
**Meals included: Breakfast, Lunch, Dinner**

Day 10  **Tour Edfu; sail to Luxor.**
Waking in Edfu, we start our day exploring the city and its temples before sailing further north along the Nile. After crossing the Esna lock we reach our destination, Luxor, where we will have our final dinner on board and hopefully witness a stunning sunset over the river.
**Accommodation: M/S Esmeralda or similar**
**Meals included: Breakfast, Lunch, Dinner**

Day 11  **Disembark in Luxor; explore the Valley of the Kings.**
After breakfast on board we disembark in Luxor and explore the Valley of the Kings. For nearly 500 years this was the site of royal burials and it contains the tombs of over 62 pharaohs, including Tutankhamun, Seti I, Ramses III and IV. One ticket allows us to see three tombs. The ticket usually allows entry into what are regarded as the most impressive tombs, but if you have time a visit to the tomb of Ramses VI is also highly recommended. Visits to tombs are now strictly controlled to halt further deterioration of wall paintings - each tomb is periodically closed for a number of weeks. Afterwards we visit the massive stone statues of the Colossi of Memnon before transferring to our hotel. The rest of the day is free to relax or wander around the streets of Luxor.
**Accommodation: Steigenberger Resort Aechti or similar**
**Meals included: Breakfast**

Day 12  **Luxor tour including Karnak and Luxor temples.**
For our penultimate day we have a half day tour of Luxor’s east bank. Luxor is commonly called the world’s greatest open-air museum and this morning we visit the extraordinary Karnak and Luxor temples which both stand within the modern city. There should also be an opportunity to visit the A.C.E animal hospital to learn about the efforts taken to improve animal welfare in Egypt. After a leisurely afternoon we enjoy our final dinner together at one of this historic city’s restaurants.
**Accommodation: Steigenberger Resort Aechti or similar**
**Meals included: Breakfast**

Day 13  **End Luxor.**
Our trip ends today after breakfast.
**Meals included: Breakfast**
Accommodation

Cruise Boat, Sleeper Train & Hotels
We use comfortable 5 star hotels/resorts on a twin-share basis.

In Cairo we use the Steigenberger Pyramids Hotel which is located close to the Great Pyramids of Giza and the Sphinx. The hotel has lush gardens, two swimming pools and and selection of restaurants and bars.

The Movenpick Resort in Aswan is located on Elephantine Island in the middle of the River Nile. All the rooms offer private balconies or terrace, many with views of the Nile or the surrounding desert. The facilities in the rooms and in the hotel itself are excellent, including a choice of bars and restaurants, a huge swimming pool and all set amid well-maintained gardens.

Cruise boat
We sail the Nile on the M/S Esmeralda or on a similar cruise boat. It offers impressive service and great facilities including a swimming pool, sun deck, gift shop, restaurant and bar. It stretches 72m in length and 12.6m in width, each of the 60 en suite cabins is fully air-conditioned and has a TV and mini bar. Wi-Fi is also available.

Sleeper Train
We use first-class cabins with shared bathroom facilities.

Single rooms are available on request.

Where a single supplement is available, paying for a single will only guarantee a room for single use. It does not necessarily mean a twin or double room will be provided for sole occupancy.

Please note that a member of the group may be allocated a single room by default if the make-up of the group means there isn’t anyone for them to share with. Paying the supplement in advance is the only way to guarantee a single room.

Single supplements cannot be refunded retrospectively.

Food & Transport

Eating & Drinking
All breakfasts, 6 lunches and 5 dinners included.

In the itinerary we state which meals are included on which day. We suggest you allow 100-155 CAD/75-115 USD/60-90 GBP for meals not included. Food in Egypt involves such items as kebabs, chicken, stews, pitta-bread, falafel, beans, aubergine and other vegetables, pickles, salads. Dishes tend to be simple and wholesome and vegetarians can be catered for if they accept that the options may be somewhat limited.

Meals on the cruise are open buffets that include Western and Egyptian dishes.

The Cairo food tour gives us the chance to try a number of Egyptian dishes such Ful Medames (which is a mixture of beans and tehini) and Kushari (a dish made of rice, macaroni and lentils mixed with garlic, tomato, chickpeas and crispy fried onions).

Transportation
Road transport is by private air-conditioned mini/midi-bus and Egypt’s roads are generally good. Travelling is generally restricted to a few hours a day and the mode of transport is varied. As detailed above, during our trip we also use a cruise ship, felucca and train.

Weather & Seasonality

Weather Information
Rain is very rare in all parts of Egypt and most days are sunny and clear. Summer temperatures often reach the high 30’sC/high 80s plusF but this is particularly true for the period between June and September. The winter months can be surprisingly cold, especially on the Nile or at night. The average daytime maximum in Cairo in January is 20°C/68°F, night time minimum is 8°C/46°F. In the summer these temperatures are 35°C/95°F and 22°C/71°F respectively.
Joining Instructions

**Travelling land only: 13 days starting in Cairo and ending in Luxor.**

Your trip normally starts at our accommodation in Cairo in the afternoon of Day 1 of the itinerary. Details of how to reach the start point are provided in the Final Joining Instructions - sent approximately two weeks before departure.

Full joining instructions including local emergency numbers will be sent to you as part of our Final Joining Instructions. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

**Transfers Details**

There will be 1 group arrival transfer on day 1 from Cairo International Airport to the start hotel and 1 group departure on day 13 from the Luxor hotel to Luxor Airport for those who are able to join.

If you would like to enquire about joining both or either of these airport transfers, you must request further details with Exodus at least a month before departure.

If you are not able to take either group transfer, or miss it, you must make your own way to the joining point at your own expense.

Private arrival and departure transfers are also available (extra fee) if requested and pre-booked at least a month before departure.

**Location start:** Cairo  
**Location end:** Luxor

**What to Take**

**Essential Equipment**

- Trousers or long dresses for women (Egypt is a Muslim country and there are times you may be asked to cover up when entering a mosque)
- Warm sweater (November to March) or a light sweater (April to October)
- Warm jacket or fleece (November to March only)
- Long sleeved shirts (for evening and/or sun protection)
- Sunhat
- Daypack/soft holdall
- Water bottle
- Suncream and sunglasses
- Lightweight walking shoes
- Light wet weather top

As advice about luggage allowances for both hand and hold luggage is subject to change, we suggest you check your airline’s website for the latest information prior to your departure.

Please note that if you’re travelling with prescription medication you should carry a medical certificate from your GP confirming that the medication has been prescribed for a medical condition. The UK [Egyptian Embassy website](http://example.com) states that this should be in the form of an official letter from your GP, specifying details of your condition, the quantity of medication you will be carrying and that the medication is for your personal use only. Otherwise, the medication will not be allowed into the country and you may be prosecuted under Egyptian law.

For further information and specific queries, contact your closest Egyptian Embassy.

**Water Included**

Plastic bottles are a big issue in many countries where recycling isn’t yet widely available; they often end up in landfill sites or get burnt, both processes are harmful to the environment and we would like to reduce our impact here. For your trip we provide an alternative to single-use plastic bottles in order to reduce the amount of plastic used. This means that safe drinking water will be available throughout so all you need to do is bring a bottle to re-fill along the way. Please add this to your packing list!
## Practical Information

### Passport

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information below is primarily for UK passport holders, and other nationalities should check with their travel agent or the relevant embassies. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

### Visa

Visas are required by all non-Arab nationalities and currently cost approximately GBP20. It is recommended that you obtain your visa before you travel (although it’s still possible to get a tourist visa on arrival). You can get a visa online at [Visa2Egypt](http://Visa2Egypt) or alternatively, the address of the Egyptian Embassy in London is 2 Lowndes Street, SW1. Tel: 020 7235 9777. Visas are now generally available for same day collection, although this should NOT be relied upon. Opening hours are 09:30 to 12:30 for applications, 14:15 to 16:00 for collection of passports after the visa has been issued. Postal applications direct to the embassy for visas are not recommended as the service takes 15 to 20 days.

If you are obtaining your visa online then please ensure you have a scan of your passport ready. The file size should be small and ideally saved as a JPEG or PDF otherwise you might not be able to load it on the visa application.

You will need to provide your host’s information on the application – please use the following details:

South Sinai Travel  
79 Merghany Street  
Cairo  
Egypt  
Tel: +20 224 18 7310  
[www.southsinai.com](http://www.southsinai.com)  
salwa.ibrahim@southsinai.com

Please note that recently Egyptian officials have requested tourists carry a copy of their passport with them whilst in the country.

Visa regulations can change without notice: please check the current regulations in good time to obtain a visa if one is required.

### Health Notes

Please note that some prescribed medicines available in the UK are considered controlled substances in Egypt and can’t be brought into the country without prior permission from Egypt’s Ministry of Health; if you arrive in Egypt without this permission and the required documentation, the medication will not be allowed into the country and you may be prosecuted under Egyptian law; if you’re travelling with prescription medication you should carry a medical certificate from your GP confirming that the medication has been prescribed for a medical condition.

There are no specific health risks on this trip.

### Vaccinations

There are no mandatory vaccination requirements. Recommended vaccinations are: Tetanus, Typhoid, Hepatitis A. Although not usually advised, other vaccinations to consider include Rabies and Hepatitis B.

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad.

The above information can change at short notice; as we are not qualified to answer all your questions about travel health we strongly recommend you contact your Medical Professional or a Travel Health Clinic at least 8 weeks prior to departure for up-to-date information. Please note: vaccinations that are routinely recommended to residents of the UK, North America or Australasia are not considered to form part of the travel health advice, and you should ensure these are kept up to date where necessary.

For additional information please visit: [https://travelhealthpro.org.uk/countries](https://travelhealthpro.org.uk/countries)

### Insurance - are you adequately covered?

It is a condition of joining any of our holidays that you must be fully insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). On arrival in destination for your trip, you will be asked to present
details to your leader or local representative of your policy.

If you are resident in the UK we strongly recommend the Exodus travel insurance policy, this is specifically designed to cover all activities on your trip. If arranging your own policy please ensure that you are covered for all activities that are part of the trip, optional activities that you intend to take part in and/or on high altitude itineraries, that you are covered up to the maximum altitude of the trip.

Local Time

Egypt’s Timezone: Africa/Cairo EET [GMT +02:00]

Electricity

Egypt’s Electricity: 220 Volts and the standard frequency is 50 Hz. Plug types C & F.

Money

Egypt’s Currency
The national currency of Egypt is the Egyptian Pound (EGP), with an exchange rate at the time of publication of approximately 23.16 to the UK£ and 17.65 to the US$.

ATM Availability
There are ATM machines in many parts of Egypt and you can use Visa, MasterCard using your normal PIN number. Credit cards are accepted in most hotels, restaurants and tourist bazaars. It is also possible to purchase larger items such as carpets with Visa, American Express and some other major cards.

There is no limit to the amount of foreign currency that can be brought into the country, and we do not recommend you to get Egyptian currency prior to departure. Money can be changed at the airport on arrival or at ATM machines. When you leave Egypt it is possible, though not easy, to re-exchange Egyptian Pounds into foreign currency.

It is advisable to use your cash card or bring your personal spending money in cash. Any hard currency (e.g. USD, GBP, Euro etc.) is acceptable at banks in Egypt.

Extra Expenses & Spending Money
Please see Food section for extra food expenses.

Please note that some sites have a ‘camera charge’ which means you will have to pay extra to take pictures - this can be approximately 21 CAD/16 USD/12 GBP for each site.

Optional Excursions
Prices are in USD being the most stable currency used in Egypt to provide the most accurate reflection of the cost but excursions can be paid in any hard currency (e.g. USD, GBP, EUR etc.). The below prices are subject to change.

Cairo:
Sound and light show, Giza USD 35 (requires min. 4-6 clients)
Citadel and Mohamed Ali Mosque USD 30
Coptic Cairo including Coptic Museum USD 40
Entrance fee for Sakkara, Memphis and Dahshour USD 59
Citadel and Mohamed Ali Mosque USD 30
Extra entrance fee for Great Pyramids USD 20
Camel ride (please arrange through leader) USD 12 approx.
Entrance fee for Mummies room at Egyptian Museum USD 11

Aswan:
Abu Simbel flight excursion from 390 USD (available to book locally or in advance through Exodus)
Abu Simbel road excursion from 150 USD (available to book locally or in advance through Exodus)
St. Simone Monastery 35 USD (min 4 clients)
Sound and light show at Philae 35 USD (valid for 4-6 clients)

Luxor:
A.C.E Luxor Animal Hospital (time permitting) FREE
Sound and light show, Karnak Temple 35 USD
Queen Hatshepsut’s temple 15 USD
Entrance for additional tombs on the West Bank approximately 18 USD
Dendarah & Abydos 70-90 USD (valid for 2-4 clients)

When booking and paying for these tours locally a 3% charge will be added for all payments by card and it needs to be arranged in advance.

**Tipping**

‘Baksheesh’ is part of Egyptian life, and small tips are expected by most of the people working in the tourism industry (drivers, hotel staff, railway porters, restaurant staff etc). In order to simplify this process for our clients, Exodus has agreed with our team of tour leaders to recommend a ‘tipping kitty’ for all trips to Egypt. Your tour leader will explain this at the start of the holiday, and will collect the suggested sum from those who wish to participate. Your tour leader will then take care of all the tipping on behalf of the group. While your participation is highly recommended, it is not compulsory. Your leader can provide details of the distribution of the money as required. For groups of 12 or more clients, the contribution is suggested as 88 CAD/65 USD/50 GBP per person. For groups of less than 12 clients, the contribution is suggested as 95 CAD/70 USD/55 GBP per person.

If you feel that your leader has performed well over the course of your trip, you may want to show your appreciation of their services. The sum you choose to give is entirely personal, but as a guide, about 5.50 CAD/4 USD/3 GBP per person per day would be a reasonable. The ‘tipping kitty’ explained above is entirely separate from any contribution to the tour leader.

Tipping your RCGS Quest host is not necessary.

**Responsible Tourism**

At Exodus we believe in the power of Responsible Travel.

Every time we travel, we are part of a global movement that creates jobs, builds more sustainable societies, encourages cultural understanding and safeguards common natural and cultural heritage. To learn more about what Responsible Travel means to Exodus click here...

**Nubian Village**

When the Aswan High Dam was built in the 1960s the rise in water and the creation of Lake Nasser resulted in the displacement of some 120,000 Nubian people. Today they live in towns and villages along the Nile, below the dam. Nubian culture is different that of many Egyptians but, due to the relatively small number of Nubians (across southern Egypt and northern Sudan) it is at risk of disappearing. Visiting a Nubian village can be a fascinating and enriching experience and benefits Nubian people both financially and through encouraging the protection of their culture.

There is one aspect of Nubian culture today which Exodus Travels does not support however, and that is keeping crocodiles as pets in small pits or cages. Nubians have a long tradition of keeping crocodiles in their homes, though today there are only a few which still keep the animals. These crocodiles are eventually released back into the Nile, above the High Dam, but until then, their living conditions are poor.

Whilst we believe that visiting the Nubian Village is, overall, a worthwhile experience both for our clients and for the local Nubian community, Exodus Travels does not support the practice of picking up the animals to have a photo taken, as whilst living within the home they are not domestic and are wild creatures so this can be stressful for the animals.

**A.C.E (Animal Care in Egypt)**

A.C.E. is a charity dedicated to stopping the suffering of animals in the most deprived communities in Luxor by providing free veterinary care and education. There is now a walk-in clinic, a hospital for crucial surgery and 25 stables which allow animals to recover from injury and pressure of working life. This is not just an amazing cause for the animals, but by teaching over 150 children a week, plus owners and veterinary students, communities gain a lot of valuable training. There should be an opportunity to visit the facility on Day 12.

**Exodus Community**

Join the Exodus online community

Don’t forget to visit the Community area on our website. You can view the range of Exodus videos and podcasts, read trip write-ups which have featured in the national media and take advantage of some special deals on travel gear and equipment.

In the Community Travel Forum you’ll find the Departure Lounge where you can discuss your trip with fellow travellers before you depart. When you get back from your holiday remember to upload your images to the relevant trip page on our website. This helps other people see what our holidays are really like and you’ll be entered automatically into our monthly photo competition.

To make full use of the Community you’ll need to join My Exodus. It’s free, registration is simple and easy, so what are you waiting for?
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**Important Information**

**On all guided trips**
Although our leaders are well trained to deal with different capabilities, if they have any concerns about someone’s ability to safely partake in an activity, or their impact on other people’s enjoyment, we authorize them to take necessary action which, in some circumstances, may involve asking someone to miss that activity.

Although rarely enforced, by booking this trip you agree to section 16 of our Booking Conditions which clearly states that our leaders have the authority to do this. In these circumstances we will ensure anyone sitting out is safely provided for and offered alternative options where possible. Refunds will not be provided for activities missed and customers may be liable for additional costs incurred.

**On all trips**
In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call the Exodus office and ask to speak to one of the experts on this itinerary.

In an emergency, please contact us using our 24-hour number at +44 (0) 844 326 7041.

Every time that you travel abroad you should take the time to read the warnings in the [essential information](#) in the brochure.

Full joining instructions including local emergency numbers, and details of how to reach the start point, will be sent to you approximately two to three weeks prior to departure. If you do not receive these at least a week before departure or require them earlier, please contact our office or your travel agent.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure or website, the Trip Notes supersede the brochure and website. All holidays can be subject to unexpected changes; in order to enjoy them you should be prepared to be flexible where necessary. Occasionally, as stated in our brochure, it may not be possible to follow the itinerary as planned. This may be for a variety of reasons - climatic, political, physical or other. In these circumstances we will make the best possible alternative arrangements that maintain the integrity of the original itinerary.

As fuel prices, airport taxes and exchange rates fluctuate, and airlines manage their rates to match demand, it is proving harder than ever to guarantee our Flight Inclusive prices. Although we endeavour to keep our website as accurate as possible, daily fluctuations mean that our Flight Inclusive price may be out of date. For accurate prices we recommend that you contact one of our Travel Experts, or your Travel Agent.

This trip includes time by a lake, river or sea, where there may be opportunities to swim. Swimming results in more tourists deaths than any other activity. All customers should always seek local advice before deciding whether to swim, and are requested to treat the sea with extreme caution if they choose to enter the water. Details on how to keep yourself safe while swimming are shown [here](#).