



Egypt Trip 2022 Information Packet

Egypt Trip – 2022

Peru Alive is offering a trip abroad from October 3rd – 12th, 2022, to the country of Egypt to explore the Temples and Pyramids of the Nile Valley. After, the tour heads east to the Red Sea for two days on the beaches and coral gardens of El-Quseir. This program is a cultural and spiritual experience, introducing travelers to the “cradle of civilization” through ancient architecture and various examples of hieroglyphic art. The people we will encounter are the direct descendants of Egypt’s Pharaonic history who have their own unique identity. The itinerary presents multiple opportunities to learn about the spiritual traditions and practices of early Egyptian people, leading to modern day Muslim society. Each participant can embrace these cultural teachings to the level in which they are comfortable; respect and open mindedness will always guide the learning process. Here is a list of scheduled adventures included in Egypt Trip.

- Explore significant Egyptian archeological sites and ruins, which include the Pyramids of Giza, Isle of Philae and the Temple of Isis, Luxor Temple, Temple Complex of Karnac, Valley of the Kings, Temple of Hatshepsut, Colossi of Memnon, Edfu, and Esna Temple;
- Sightsee in downtown Cairo, the capital of Egypt including the famous Night Souks (markets);
- Travel southbound from Cairo to Aswan on the overnight sleeper train;
- Take an overnight Nile Cruise on a traditional Felucca sail boat;
- Rest and relax for 2 nights at a sea-side resort in El-Quseir;
- Experience traditional Egyptian meals and local cuisine;
- Meet the people of Egypt, building international friendships.

Traveling Costs

This all-inclusive program lasts 10 days and costs **\$2,150**, which includes flights to and from SeaTac Airport in Seattle, WA. In addition are all listed activities in the itinerary, all lodging, most breakfasts and lunches (see Not Included Section), all ground transportation in Egypt, ruin entrance fees, cultural and spiritual lectures, 1 night cruise on the Nile on a Felucca sailing vessel, 2 night beach resort in El Quseir, and licensed tour guides.

Post-Covid International Travel

The tourism industry has certainly changed since the pandemic. Peru Alive has made some trip adjustments to best accommodate unknown future factors of living in a post-pandemic era. If any member is to contract Covid on the trip, they will be personally escorted to a comfortable hotel, close to adequate medical facilities, in order to quarantine and recover. A staff will be assigned to help you through the healing. However, the traveler will assume all additional costs needed to stay safe. Once again, this is the importance of purchasing traveler’s insurance. Currently, Egypt remains Level I: Low Level Risk for Covid-19. At this time, international airlines and airports are requiring masks. The outdoor mask requirement has been lifted. You can follow more safety information and alerts for Egypt at www.travel.state.gov. Be advised, there are some unstable areas on the western border and the Sinai Peninsula. The itinerary is far from these locations. In the worst case scenario that Egypt goes to a Level IV, Do Not Travel Advisory, Peru Alive will make their best attempt to recover as much of your payment as possible but recognize there are some uncertainties these days.

***NO vaccinations or proof of vaccinations is required but highly encouraged.**

***A Covid Action Plan will be implemented to assure the safety of individuals and the group.**

***Traveler’s Insurance Policies can cover unexpected cost associated with unforeseeable events.**

***A medical (-) Covid-19 Test result is required 24 hours before boarding the plane to/from Seattle.**

For more information contact Mick Stemborski
(406) 892-8830, mickstem@hotmail.com



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Deposit and Payments

Contact Mick Stemborski from Peru Alive for an application packet. Return the completed application packet with a payment in full of \$2,150 per person. At this point, Peru Alive will purchase your flights and transportation needs for the trip. The flight total is non-refundable but will be purchased in your name and you will be subject to the airlines refund policy, change fees, and ticket credit options, should you cancel. The remaining balance of \$1000 is 100% refundable before July 15th; 50% refundable before August 15th; 0% refundable before September 1st, 2022. Please make checks or money orders to Peru Alive at 1611 North Fork Rd. Columbia Falls, MT, 59912. ***The only guarantee for a full or partial reimbursement, due to trip cancelation for any reason, is purchasing your own traveler's insurance policy. You can submit this Information Packet to a local travel agency or AAA for a travel insurance quote.*** This is not required but certainly suggested. Travel insurance has many levels of coverage, review your policy closely. All applicants are subject to screening for the safety and well-being of each participant and the group as a whole. Times are still a little uncertain and Peru Alive is making its best attempts to work with the new traveling standards while helping you feel confident in your trip investment.

Traveling Abroad

It is a timely and tedious excursion traveling from Seattle to Egypt but once you arrive, it will all be worth it. There are flight layovers and a 9 hour time-zone difference. Each participant will need a passport. A single-entry, 30-day Visa is required and can be purchased upon entry at the airport for approximately \$25 USD. The law does not require vaccinations, but those decisions are better to be consulted with your family's physician. Egypt requires a valid negative Covid Test results within 24 hours of flight check-in (subject to change, more info will be provided). The group will need to be tested at the end of the trip to board the plane and return to the USA; cost not included. Most people living in the United States have already been immunized against various diseases commonly found in Egypt. Booster shot against tetanus, measles, hepatitis A, typhoid fever, and polio are common recommendations. "Traveler's Flu" and diarrhea are common occurrences with any foreign travel. Antibiotics can greatly improve a possibly miserable situation (like a bus ride). We strongly recommend having your physician prescribe an antibiotic to help. The prescriptions need to be filled in the States prior to departure. It will be fall-time in Egypt but daily highs can be in the 90's to 100's. Nights and mornings rarely get below mid 70's. The mid-day sun can be intensely hot, creating high risk for heat exhaustion and heat stroke. Hydration, covering up, pacing your physical activity, and finding shade when fatigued are wise prevention practices.

Lodging and Meals

The group will be staying in mid-range hotels during the course of the trip. Along the itinerary, there will be Wi-Fi hotspots, hospitals, 24-hour pharmacies, grocery stores, markets, and international phone service when you sign-up through your cell service. All lodging is based on double and triple occupancy rooms. Single hotel occupancy requests will require an additional \$250 fee. Breakfast will be provided every morning before starting our adventures. Full board is included on the overnight Nile Cruise and the Red Sea resort. On days the group is "touring", lunches and dinners are NOT included. Of all the expenses in Egypt, food is the cheapest and sometimes the most exciting; allowing participants to get some free-time and explore on their own. Restaurant breaks and dining recommendations will be made along the way to help. The Mediterranean-African cuisine may not be accommodating to an American palate; but it offers a wide variety of abundant flavors. Just in case, there will be western style restaurants in the more populated areas; Cairo, Aswan, and Luxor.



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Alcohol Policy

Most Egyptians do not drink alcohol in accordance with Islamic traditions. Drinking in public is a taboo, as is public drunkenness. Some beers are served in tourist-orientated establishments but not condoned by the general population. Therefore, out of cultural sensitivity and respect, drinking during this trip is highly discouraged.

Additional Costs Not Included

Additional costs NOT included in the program are transportation to and from SeaTac, Egyptian Visa, bottled water, personal gear expenses, gifts and souvenirs, personal snacks, any medical or emergency needs, Covid Test before the trip and at the end to re-enter the USA, Covid Action Plan expenses, traveler's insurance, hotel and airline upgrades, airline meals, single lodging occupancy, and a total of 5 lunches/dinners during the itinerary. Tips for local guides are not required but are one of the most impactful ways we can directly stimulate economy on a personal level. Please, consider a budget for tipping for the numerous guides, servers, and chauffeurs we will encounter. Of course, the tipping amounts would reflect the quality of service.

How to Get On the Trip

Step 1: Once you receive the application packet, please complete with all the information requested. Enrollment is now open and there are limited seats. All information provided is kept in privacy and is relevant to your safety and well-being while traveling abroad. You can return the application electronically or by mail. Include your payment of \$2,150. Make all checks payable to Peru Alive and mail to Mick Stemborski at 1611 North Fork Rd., Columbia Falls, MT, 59912. Sorry, we do not accept credit cards.

Step 2: Group Flight information, updates, travel tips, gear list, and useful information will be distributed by e-mail to help prepare for the adventure. Group participants will be invited to an informal meet and greet in Kalispell sometime this summer (TBA). This meeting is highly encouraged but NOT mandatory. Soon after, I will meet the entire group for check-in at SeaTac Airport on October 3rd for boarding. Specific flight times will be announced by August.

Final Thoughts

The program requires extensive traveling by plane, train, and van. The lighter the pack, the easier the traveling can be. Please, do not exceed the gear list recommendations unless you have special needs. If you require additional supplies or clothing in Egypt, local merchants sell all goods at extremely low prices compared to the United States. A mild to moderate degree of physical activity is required to participate in the entire itinerary. Please, remember Egypt is a Northern African country. The level of traveler's services, degree of modern infrastructure, time management and local cuisine may not be what Americans are accustomed to. This is all part of the "international experience." All program meals, transports and sleeping accommodations will be above adequate and reflect the cost of the program. Thank You.



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<u>Date</u>	<u>Activity</u>
October 3 Monday	Flight check-in and boarding at SeaTac in Seattle WA. There will be a minimum of 1 international layover (TBA)
October 4 Tuesday	Arrive in Cairo, Egypt in the evening – Pick-up and transport to hotel Jetlag and exhausted – we will get some snacks and try to sleep
October 5 Wednesday	Pyramids of Giza and the great Sphinx - visit the grand museum. At the end of the day, transfer to train station to take overnight train to Aswan
October 6 Thursday	Arrive in Aswan and check-in to hotel – boat to Agilka Island to visit Philae Temple of Isis Visit High Dam in afternoon for Egyptian agricultural lecture – return to hotel
October 7 Friday	Transport to Felucca sailing boat for an overnight cruise on the Nile, north to Kom Ombo Enjoy the peace granted by the river and contemplate the unique scenery - REST
October 8 Saturday	Continue sailing towards Kom Ombo – by van visit Kom Ombo, Edfu, and Esna Temples After tours, transfer to Luxor and check-in to hotel
October 9 Sunday	Excursion in the West Bank to visit Valley of the Kings, Hatshepsut Temple & Clossie of Memnon. East bank to explore Luxor and Karnak Temples – Transport to Al-Quseir beach resort
October 10 Monday	Free day in Al-Quseir resort on the Red Sea to the sun, beaches, and wonderful coral reefs All meals included – scuba and snorkel tours available (not included)
October 11 Tuesday	Transport Day back to Cairo by van – Night Souk (Markets) in evening Last night in Egypt
October 12 Wednesday	Free-time until the group needs to transport to airport – Check-in and boarding There will be a minimum of 1 international layover (TBA) – arrive in SeaTac

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