

Adventure 1 – Combine the Soul of Egypt Tour with the Sphinx Festival Musical Heart (18 Days) US\$2500*

Includes all accomm, sightseeing as per itinerary * & most meals.

NB there is a \$150 discount for doing both the Sphinx Fest and the Tour

Adventure 2- Soul Of Egypt Tour Only (14 Days) US\$1750

Includes all accommodation, all sightseeing and most meals.

Adventure 3 – Musical Heart Only* (5 Days) US \$750

See full program <http://www.ketisharif.com/MusicalHeartEgypt.html>

*Sightseeing excursions in Cairo are not included in the price. This is because many have seen these sights on previous trips & may not wish to participate. For the Cairo Sightseeing Menu and prices please see below.

Cairo Sightseeing Menu

(Applies only to Adventures 1 & 3. Soul of Egypt Tour participants who aren't participating in the Sphinx Festival Musical Heart at all, all your sightseeing is included in the price of your tour)

Nov 5. Egyptian Museum US\$45

Nov 6. Citadel/Mohamed Ali & Sultan Hassan Mosques US\$45

Nov 8 Cabaret (after Gala Cruise) US\$50

Nov 9. Pyramids (Camel Riding & Photo Op on the Giza Plateaux, AIR Meditation, Lunch, The Sphinx, The Pyramids) US\$95

Nov 9. (Evening) Navigating Khan El Khalili US\$20

Nov 10. (Evening) Tanoura Folkloric Show US\$35

Nov 10. (Evening) Footsteps of Saladin – Discovering El Muiz St. Includes Dinner US\$35

Nov 11. The Ghawazee's Revenge – Walking Tour from Mohamad Ali St to Bab Zuweyla US\$20

Nile Cruise Dinner/Dance Show (Any night) US\$55

The Complete Cairo Sightseeing Package Discount Rate US\$245 (\$50 savings) not including the Cabaret Night Nov 8 and any Nile Cruise Dinner Dance Shows.

All prices include transport and guiding, some include maps and other resources. Sightseeing excursions depart from the Flamenco Hotel. If staying elsewhere please be sure to be at the Flamenco at least 30minutes before departure time.

Musical Heart Of Egypt and the 'Essential' Soul Of Egypt Tour

20 hours live music and workshops for a powerful immersion into live Egyptian music. Enjoy workshops with the talented and experienced musicians, who have played for Keti's groups and cultural festivals for over 10 years. You will develop musical aptitude, improve your interpretive dance skills, and improvise with more freedom, confidence and ease. Participants have a chance to perform with the live ensemble, to their favourite piece of classical Egyptian music!

Workshops integrate elements of somatic dance practice to deepen your connection to live music in a safe space for your dance development. During the times not spent dancing, see essential Cairo on several fascinating sightseeing adventures.

Then embark on an Upper Egyptian adventure taking in breathtaking beautiful Aswan and the archaeological wonderland of Luxor. We see all the amazing historic sites, cruise the Nile, take more dance lessons and take time to mindfully reflect on our dance and life journey through guided mindfulness meditations at 4 powerful locations along the Nile that embody AIR, WATER, EARTH and FIRE in turn.

NB We highly suggest arriving in Cairo a day or two before the first day of activities to allow your jet lag to pass. We are happy to arrange your extra nights at the hotel.

B= Breakfast L= Lunch D= Dinner M = Light Mezze



Day 1. Sun November 4th B/M

Free Morning

Musical Heart Of Egypt Session 1 –
Traditional Saiidi Music

(3pm Registration for participants)

4-6pm Traditional Saiidi music with guest
teacher and performer Nesrin

7-8pm Saiidi Mizmar and Rababa band.

Light Mezze provided.

Day 2. Mon November 5th B/M

8 – 12am The Museum (Optional)

The Egyptian Museum boasts one of the finest collections in the world. It has on display so many artefacts that, if you allowed one minute for each item it would take 9 months to see the 140 000 exhibits. Highlights for many are the splendid treasures of Tutankamun or gazing into the mummified face of Ramses II.

Musical Heart Session 2 - Baladi Music & Rhythms

1-3pm Live Percussion – Egyptian Rhythms with Cairo
dancer and performer Vanessa.

4-6pm Improvising to Live Baladi Music

7-8pm Participant Performances with live band (Baladi) . Light Mezze provided.





Day 3. Tue Nov 6 th B/M

Citadel & Mohamed Ali Mosque and Sultan Hassan Mosque (Optional)

Today we are swept back to the time of the crusades when we visit Saladin's medieval fortress complex know as the Citadel. In particular we will be awestruck by the grandeur and scale of the Citadel's main mosque; that of Mohamad Ali. The panoramic colonade from the top of the citadel wall will give you one of the very best views in Cairo. We then visit the haunting Mamluk mosque of Sultan Hassan nestled in the shadows of the Citadel. It possesses a potent atmosphere and breathtaking architecture.

Musical Heart Of Egypt Session 3 - Classical Music with Lyrics

1-3pm Abdel Halim Hafez Songs with guest singer

4-6pm Om Kolthoum Songs with guest vocalist Noura

7-8pm Participant Performances with live band (Raqs Sharqi). Light Mezze provided.



Day 4. Wed Nov 7th B

Free Morning

Musical Heart Of Egypt Day 4 Maqamat & Classical Compositions

1-3pm Musical Maqamat - core Maqams (scales)

4-6pm Improvising to Classical Raqs Sharqi Music

7pm Zaar night - Traditional Trance Music. Tucked away in a converted home on a dark corner Downtown is the Makan Centre where one of the most intriguing and unforgettable performances of your trip will take place. The Zaar is a ritual that traditionally facilitates cathartic release of what ails you. While not the actual ritual, the experience is moving and magical.

Day 5. Thu Nov 8th B/D (Day 1 SoE Tour)

Free Morning (a sleep in will be a good idea for those wanting to go on to a cabaret after the Gala or perhaps a nap after the session with Farida).

Musical Heart Of Egypt Session 5 Farida Fahmy Seminar, Gala Night on Nile

1-3pm Discussion for teachers with guest Farida Fahmy

7-11pm Gala Cruise, Night on Nile - Boat Cruise
Participants may choose to continue to Haram St or other venues for dance shows!





Day 6. Fri Nov 9th B/L (Day 2 SoE Tour Only)

Pyramids day out. (Optional)

This morning (not too early) we prepare for our visit to the Pyramids and for a photoshoot like no other! As the golden sun shines over the Giza Plateaux, our Camels will take us out into the desert, where, standing atop the dunes we will have the most magnificent backdrop on earth; the Pyramids of Egypt themselves! Bring an elegant dress or Galabeya for the occasion.

First up though, to allow the haze to rise, we head to the Giza Plateau with the opportunity to get up close and personal with the three main Pyramids. Those brave enough; have the option of actually entering one of these ancient marvels and journeying to its burial chamber! The first of our Elemental Meditations, AIR, is scheduled to take place here, overlooking the Pyramids. (Optional) "Navigating Khan El Khallil" complete with guided tour, your personal maps (including toilets, ATMs, and good food) and introductions at Margaret's favourite shopping precincts (where to go for jewellery, fabrics, embellishments, shisha, costumes, perfumes, and more), boutiques, amenities and cafes.

Day 7. Sat Nov 10 B/D (Day 3. SoE Tour Only)

TEACHERS DAY with Ketí (only for A-Z Teachers) or Free Morning.

5 or 6pm Tanoura Show (Optional)

Night Walking Tour El Muizz Street with late dinner included. (Optional)

After we take in the renowned Tanoura Folkloric Show, we head deep into the Khan in search of El Muizz Street. In Medieval times Cairo only covered several square kilometres and was completely surrounded by a wall. The only way in or out was through ornate gateways many of which still stand. Traversing the very centre of the city from one wall to the other was the main street, Sharia El Muizz. Tonight we discover this street still remains and to walk along it is as close to time travel as you can get with many of the breathtaking medieval mosques, fountains and buildings still gracing both sides of the street. We may be lucky enough to strike a cafe with live music tucked away deep in the alleyways here (Dinner Included).



Day 8. Sun Nov 11 th B/D (Day 4. SoE Tour Only)

11*am Walking Tour Mohamed Ali St to the Khan.

(Optional) A walking tour starting at Cairo's traditional hub of musical instrument makers and players, Mohammed Ali Street where you can source professional quality drums, zills, riqs, neys and more. We walk the back streets seeing the 'real' Egypt until we reach the Tent Makers Alley which has been the site of decorative hand stitched tent

making for hundreds of years. Here you can watch the sewers at work and purchase some of the most beautiful and intricate appliqué work you will find anywhere in the world (at bargain prices!). This is where the locals shop! If the tower guardian is on duty we can also climb up the Mamluk towers of Bab Zuwela, one of the famous medieval gates of the original city, where we get an amazing view over old Cairo. We return to the hotel to collect our bags for the night sleeper train to Aswan.



Day 9. Mon Nov 12 th B (Day 5)

Philae Temple of Isis

We arrive in beautiful and picturesque Aswan, Egypt's southernmost city and the gateway to Africa. You will be amazed (and somewhat relieved!) at the relaxed and peaceful ambience of Aswan after the hustle and bustle of Cairo. Aswan, also known as the Jewel of the Nile, has a decidedly African feel. Since the Aswan Dam caused the homelands of the Nubian people to be submerged, they

have made Egypt's southern cities their new home and have given Aswan its relaxed and happy go lucky ambience. From ancient times right up to the 19th century Aswan has been the destination of caravans trading exotic goods from all over Africa, Egypt and India such as ivory, gold, spices, slaves, incense, skins and feathers. Its markets are still alive with activity, colour and unusual wares for sale. It is easy to imagine the trains of camels and elephants laden with their precious cargo in bygone days.

After we arrive, we travel to the boat landing of Shellal and set out across Lake Nasser to Aglika Island where Philae Temple; the Temple of Isis awaits us. This beautifully feminine temple marks the site of the very last activities of the Ancient Egyptian religion. The great mother goddess, Isis was worshipped here well into the Christian era. In the shade of the temple, we can have morning tea looking out over the water and marvelling at the difference between here and the bustle of Cairo!

Day 10. Tue Nov 13 B/D (Day 6)

Abu Simbel (Optional) or Free time. Free Afternoon.

Today some of the group might like to join the optional excursion to the Temples of Ramses II at Abu Simbel (you'll have to be up at the crack of dawn but you'll be home just after lunch).

Its a free day for everyone else.

We could possibly organise a full Nubian dance lesson after lunch with the teachers from the Cultural Palace (if in town) or there is so much more to do in Aswan (check out the Optional Adventure Menu!)



Day 11. Wed Nov 14 B/D (Day 7)

Nubian Village. Today we cross the Nile to the opposite bank where we discover one of the local Nubian villages. There we are welcomed into the home of a Nubian family and have lunch in their traditional home. We will borrow the Gerger, the traditional Nubian dresses and scarves to wear for the day (you can buy yours from the villagers if you want to keep it) Bring your coin-belt and drums because there will be music, singing, dancing today!

While we are enjoying basking in the spirit of the Nubian people, we will have a mini-lesson in their exuberant style. Their energy, musicality and sense of humour all influence this gorgeous dance style as does their African heritage.



The second of our Element Meditations, EARTH, is scheduled during this time in the Nubian Village. For those with the energy, the famous Aswan Souq awaits your shopping pleasure tonight which overflows with tempting textiles and aromatic spices. You may like to buy a special Galabeya for our hafla on the Nile banks or a simple Egyptian cotton outfit for lounging about the felucca when we take sail on the river tomorrow.

Day 12. Thu Nov 15 B/L/D (Day 8)

Felucca Retreat. It is now time to say goodbye to Aswan for a day and totally surrender ourselves to the Nile. The Felucca Retreat will be a complete change of pace to that since our arrival in Egypt and perfectly timed to allow us to recover from the sensory overload of souks, spices, sightseeing and shopping!

As we sail north toward the Mediterranean, our internal rhythms will slowly become one with the river. The sounds of the wind in the sails, the bird calls and farmers at work on the banks will truly transport you to a bygone era as the last trappings of the western world melt away. This time on the Nile will stay in our minds a lifetime as we soak up the life of the river; meet the people who depend upon it and immerse ourselves in its timelessness. We sail past villages, farms, dunes and other craft on route - just as the ancients would have thousands of years ago!



We have our meals cooked by our talented crew and we eat on board our felucca whilst entertained by local Nubians who dance, sing and play traditional instruments. For our night on the river we enjoy a bonfire and Hafla on the banks of the Nile! We will have the chance to dance under the stars to traditional Nubian drumming and singing. Dress in your new Galabeyas and any other treasures you have come by. The third of our Element Meditations, WATER, is scheduled during the Felucca

Retreat. We sleep on board our felucca, snuggled in our sleeping bags, under the Egyptian star-laden sky.

Day 13. Fri Nov 16 B/L/D (Day 9)

Today we have swapped traditional for modern! We wave a sad goodbye to our sweet Felucca crew and board a Nile Cruiser to take us the rest of the way to Luxor in a little luxury! We spend our second night on the river aboard the cruiser with a promise of a Nubian show after dinner.



Day 14. Sat Nov 17 B/L/D (Day 10)

A wonderful day of relaxation aboard the cruise. The boat will take us right to the temples of Horus (Edfu) and Sobek (Kom Ombo) during the day and you might like to join the optional excursions to see them!



When we awake today we will find ourselves in Luxor, the site of ancient Egypt's New Kingdom capital, Thebes, and home to an overwhelming number of major archaeological splendours. It is in Luxor we feel closest to Ancients as the days of their lives come vividly and powerfully into focus here. We arise early this morning to cross the river to the West Bank of Luxor to visit the most famous and mysterious cemetery in the world; the Valley of the Kings. We will enter three of the most beautiful and haunting tombs here as we explore this stark and desolate valley. We also visit Medinat Habu Temple with its incredible colours, or Hatshepsut's breathtaking terraced temple which has a divinely

romantic back story and we visit the Workers' Village – the ruins of a whole ancient village still in situ complete with its own underground tombs which, although smaller than those in the Valley of the Kings, are absolutely gorgeous and possibly more atmospheric than those in the Valley of the Kings. It will be an overwhelming adventure this morning so the afternoon is free to rest or continue to explore at your own relaxed pace.

Tonight we head out to the best Sound and Light Show on offer in Egypt at the wonderful Karnak Temple; the largest religious precinct any where in the world to this day. This is home to Ramses II's Forest of Pillars, and to see it by night is the ultimate Ancient Egyptian temple experience.



Day 16. Nov 19 th B/D (Day 12)

Today we have a wonderful day and night planned on the West Bank of Luxor! We will stay in a local flat, enjoy cooking lessons, dance lessons, live music, a donkey ride, live music, a delectable Egyptian banquet and a Party night! For the dancers and amongst us, we have planned today a session with Keyria Maazin (optional as non-dancers may not want the lesson), the last remaining dancer of the original Banat Maazin Ghawazee family. This is truly a brush with history and an opportunity most oriental dancers can only dream of. The final of our Element Meditations, FIRE, is also scheduled to take place today.

Day 17. Nov 20 th B/D (Day 13)

Dendara Temple. We awake early to a truly unforgettable day – our visit to the temple of dance, music, love and celebration; the temple of the goddess Hathor! We head north of Luxor to reach Dendera; the site where, for millennia, the goddess Hathor herself has been honoured. On this site today stands her incredibly beautiful temple. Although the colours have long since faded, although her once perfect delicate features no longer smile down at us from atop massive pillars, Hathor still whispers This is the very site of worshipping Hathor for millennia. She is the goddess of joy, beauty, revelry, and sensual arts. Much of the existing temple was primarily built in the Greco-Roman era but this sacred site has housed shrines and temples to Hathor since the dawn of Egyptian civilisation. Here we can gaze upon one of the worlds first depictions of the Zodiac and dip our fingers in the waters of an original ancient well said to have magical properties to this day. We will be home soon after lunch and we have purposely left some free time here for those wanting the option of returning to Karnak Temple by day to explore it more extensively. Night train to Cairo



Day 18. Nov 21 th B (Day 14)

We arrive back in Cairo for tying up loose ends and the continuation homeward journeys or onward journey to Dahab on the Red Sea. Transfers to hotels and airports are included at your request.

Details of 3-Day Dahab trip to come. Three days of Paradise where Arabian and Bedouin Culture meets beach culture. The Red Sea reef now, sadly, outshines the Great Barrier Reef so those who love snorkelling this is the ultimate experience for you.

COMBINED PRICE for Sphinx Festival Musical Heart and Soul Of Egypt Tour.

(FOR SOUL OF EGYPT TOUR ONLY PRICE, ITINERARY AND TERMS AND CONDITIONS SEE BELOW)

\$US2500 (18 Days) See 'Cairo Sightseeing Menu' above for costs of Cairo excursions. Please Note that we cover all your hotel costs at the Flamenco Hotel. You do not have to book and pay for the Flamenco Hotel separately as do those who are only doing the Sphinx Fest and not the tour.

To book your STRICTLY LIMITED PLACE please contact Margaret (details below) for your deposit instructions and booking form.

Contact Magharita Galal. - Mobile 0422 832765 Email souldance7@optusnet.com.au magharita@souldance.com.au

Terms and Conditions:

Included

- *Extensive pre-tour orientation and information sharing.
- *Beautifully illustrated Guided Journal/Diary (for those booked by Oct 4th)
- *All accommodation
- *Egyptian/English speaking local guide (Egyptologist)
- *Tour Leader available to assist you 24/7
- *All entrance fees and excursions in Aswan and Luxor as per itinerary.
- *Airport/Hotel transfers.
- *All transportation on listed excursions and between cities in Egypt.
- *Most meals as indicated in the itinerary (we can allow for special dietary requirements)

Not Included

- *Sightseeing in Cairo (to allow flexibility for those who have been to Cairo before)
- *Meals and transport costs during your free time or optional activities
- *Passport and Visa costs
- *Extra Hotel nights before or after the tour (allow US50/person/night)
- *Tips during free time and room service & housekeeping in hotels.
- *Transport, guide and entrance expenses of optional sightseeing, excursions, dinners, shows
- *Travel Insurance (compulsory). If interested in possible Quad Bike Safari (Dahab) or Hot Air Ballooning (Luxor) or Scuba Diving (Dahab) or similar please take out appropriate Travel Insurance.
- *International Airfares to/from Egypt.
- *Any Dance/Drumming extra lessons (instruction/studio hire/transport)

Itinerary Changes

Egypt is notorious for being unpredictable. Itinerary timing or activities may change slightly in accordance with availability or matters beyond the tour operator's control. Should any activities planned not be able to proceed, the tour operators will replace the activity with a comparable one to the best of their ability within time and cost constraints.

Hotels

Hotels for this tour are chosen based on a balance of price, comfort and convenience and range between 3 and 5 stars. For example, some hotels in Cairo are lovely but not worth the extra two hours sitting in Cairo traffic to reach them. We also choose our hotels assuming that you would rather spend your dollar exploring Egypt than exploring your hotel.

Tipping

It is recommended that the group establish a "tipping kitty" of \$US45 each to avoid the inconvenience of tipping individually during group outings (drivers, porters at terminals and stations, camel drivers, temple guardians, etc). Please Note; the Tour Guides and boat crews are tipped separately from this tipping kitty. Please allow approx. \$US 45 for the Egyptian Tour Guide and \$US 20 for the Cruise and Felucca Crews (10 each). These are not included in the tour price to allow you to tip more or less according to your satisfaction.

Flights

International Flights are not included in the tour price as some travellers fly in and out at different times and as part of other ongoing journeys. This also allows participants to independently source cheaper flights and also to accrue/use any frequent traveller points. We are happy to advise on air travel and recommend flights should you need help. NB Air fares are reportedly currently at a 20 year low; return flights Brisbane to Cairo can currently be sourced as low as \$AU1500 for indirect routes.

** It is highly recommended that you plan to arrive in Cairo with enough time to recover from your jetlag before the first day of your tour. Should you arrive a day or two before the tour we can arrange the extra hotel booking for you, and you will still be met at the Cairo airport by our representatives. The hotel is in an extremely lovely and interesting area (Zamalek) ;- good for relaxing before the activities start.

Your \$US500 Deposit will secure your place. The tour balance does not have to be finalised until Oct 4, a month before we leave. Contact Margaret (details blow) for payment instructions. In the case of a participant withdrawing from the tour after monies have been paid, monies will be refunded to the participant as follows;-

Deposit: Non-Refundable (\$US500)

29 - 16 days before arrival date 35% cancellation fee

15 - 08 days before arrival date 50% cancellation fee

07 days before arrival date 100% cancellation fee

During the tour – 100% cancellation fee.

Should the tour be cancelled by the tour operators, all monies including the deposit, will be refunded to the participant. For cancellation policy of the Sphinx Festival please contact Keti Sharif. Please contact Margaret Cunningham for more information and testimonials the many happy customers who have travelled to Egypt (and Turkey) with Magharita Galal.

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