



An inner and outer adventure in Jordan



### In a nutshell

- Tour Madaba, the Moasic City, and lunch with a family
- Hike and sail the “ships of the desert” in Wadi Rum
- Snorkel or Dive the vibrant reefs in the Red Sea at Aqaba
- Adventure inward with yoga & mediation near Petra
- Hike and explore Petra via “the back door”
- Participate in a Zikra Initiative project with the Ghor Al Mazra community

*Jordan from a different perspective!*

### Program facts

Duration:	6 days – 5 nights
Trip style:	Active & Spiritual
Locations:	Madaba – Wadi Rum – Aqaba – Petra – Ghor al Mazra Community
Category:	Standard – Basic (in the desert)
Passengers:	4 – 12 pax.
Departure:	10 May 2017
Difficulty:	Moderate (3)
Google map:	<a href="#">Click here</a>



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## Itinerary

**NOTE:** You must arrive at Queen Alia International Airport (AMM) on **May 9** and transfer to **Madaba, Jordan**. We recommend staying at the [Delilah Hotel](#), our meeting place on Day 1, May 10. This hotel is 21.7 km from AMM (~28 minutes).

### Day 1- May 10 – Madaba to Wadi Rum

Our trip begins today at 9:00am at the Delilah Hotel in Madaba, Jordan. From here, we begin a walking tour through the “City of Mosaics,” the most famous being a mosaic map of the Promised Land in the Christian Orthodox Church of St. George. Around noon, we meet with a family for lunch to taste the local cuisine and learn a bit about their customs. After lunch, we depart for Wadi Rum in southern Jordan. Known as “The Valley of the Moon,” it is the largest wadi in Jordan with spectacular rock formations, red sand dunes, old Nabatean inscriptions and beautiful valleys. Upon arrival in the village, we set sail on the “ships of the desert,” continuing the journey to our Bedouin camp by camel.

**Activity:** Easy active walk through Madaba & camel ride in Wadi Rum

### Day 2- May 11 – Hiking in Wadi Rum and Snorkeling or Diving in Aqaba

We spend the morning exploring Wadi Rum on foot. Our hiking route takes us through the desert dotted with massive mountains to rock bridges, ancient petroglyphs, and red sand dunes. After lunch, we depart Wadi Rum and drive to Jordan’s only coastal town, Aqaba. The South Beach area is a 12km-long stretch of beach and shallow bays protected by the colorful coral reefs for which the Red Sea is known. There is time for snorkeling or diving this afternoon. Later, a traditional Aqawabi dinner is served. Overnight stay at a boutique hotel located in South Beach.

**Hiking Activity:** Moderate to Vigorous – the heat may make the hike feel more challenging as well as the mull sand. There will be a support jeep for those who need a rest. Approx. 10 kilometers (6 miles) hiking.

**Diving/Snorkeling Activity:** Moderate – Diving/snorkeling may give you the feeling you’re weightless but the intensity of this activity is comparable to a good run.





### Day 3 – May 12 – Aqaba – City tour & Snorkeling or Diving

Aqaba has a cozy atmosphere that invites casual strolls to the local market or relaxing at one of the restaurants to enjoy delicious Arabic cuisine. Our guide will take us on a tour of town. We shop for Arabic spices and try some good Knafeh, a cheese pastry soaked in sweet syrup, typical in regions belonging to the former Ottoman Empire.

After lunch, we have the option to snorkel or dive again. The Red Sea, with its clear water and vibrant coral and fish, deserves its reputation as one of the world's premier marine destinations. Close to shore, we can swim, snorkel, or dive amongst small schools of brightly-colored anthias, endemic butterfly fish, Moorish idols, clownfish, lion fish, angelfish, and a host of invertebrates.



This evening we embark on sunset cruise including dinner on the waters of the Red Sea.

**Diving/Snorkeling Activity:** Moderate – Diving/ snorkeling may give you the feeling you're weightless but the intensity of this activity is comparable to a good run.



### Day 4 – May 13 – Aqaba to Little Petra – Yoga and Meditation

After breakfast, we depart Aqaba and head to Siq al-Barid, often referred to as Little Petra. With its carved facades and short, high gorge, it hints to the grandeur of Petra. After lunch, we head to a nearby stable for a Horse Healing Meditation. Horses are highly intuitive and compassionate animals and when we allow ourselves to connect with them, they can reflect our true soul. After a short introduction to equine assisted meditation, the horses' personalities and safety in the paddock, we begin our mindful Meet the Herd session and the Horse Healing meditation.

In the evening, we continue our inward journey outside with a sunset yoga session. After dinner, we enjoy a talking circle around a campfire at our Bedouin camp nearby Little Petra.

**Activity:** Yoga and meditation (easy active)



### Day 5 – May 14 – Exploring Petra

We begin the day with an outdoor yoga session to quiet the mind and center our awareness at the heart. Not far from camp, we begin our hike to Petra “via the back door.” This route avoids the main entrance and the tourist crowds. Petra, also called the Rose Red City of the Nabataeans, is a UNESCO world heritage site and more than 2000 years old. The Nabateans were nomads, who became prosperous by trading in spices and incense. Our guide leads us on very scenic walk into Wadi Musa ending with a breathtaking view of the magnificent Monastery. This section of trail through Petra is part of the Jordan Trail, the long-distance hiking route that begins at Umm Qais in the far north and ends at the Red Sea in Aqaba. We continue exploring Petra on our own to find the Treasury, the iconic monument of Petra, as well as a Roman Theater, Royal Tombs, a Roman colonnaded street and Byzantine churches. Tonight, we enjoy dinner with a local family in Petra before returning to our Bedouin camp.

**Activity:** Yoga and hiking. You can easily walk 10+ kilometers (6+ miles) today. Wear comfortable shoes and drink a lot of water.

### Day 6 – May 15 – Petra – Zikra Initiative - Dead Sea

Our final morning together starts with a yoga session and, after breakfast, we depart Petra and head north to participate in a project associated with the Zikra Initiative. The Ghor Al Mazra community welcomes us to an agricultural workshop. We help in the fields, learn what it takes to grow food in this environment, and then cook with the crops we collected. After lunch, we continue to our final stop, the Kempinski Hotel Ishtar Dead Sea, the location of AdventureNEXT.

### Weather

Temperatures in Jordan can be hot and with little rain. The average temperature in May is 21°C/70°F, with highs reaching 34°C/93°F in Aqaba and near the Dead Sea and lows around 14°C /57°C at night in the desert. The high temperatures may feel hotter in the sun all day. While the chance of rain is slight in May, it is still important to be prepared with a proper rain and wind proof jacket. Layering is important for protection from the sun and



# Packing List

## Luggage:

- Medium to large duffle or rolling soft-sided luggage
- Luggage lock
- Packing cubes/stuff sacks/dry bags
- Day pack – 15-25 liters
  - Garbage bag to line pack

## Clothing:

- Casual, loose-fitting clothing/shoes for travel and city wear (lightweight, easily washable)
- Light rain/windproof jacket
- Mid-weight fleece/softshell
- T-shirts, quick drying
- Long sleeve shirt with collar
- Hiking pants (zip-off legs to shorts)
- Underwear/sports bra (quick drying)
- Sleepwear
- Warm hat (for chilly evenings in the desert)
- Thin buff/neck scarf
- Swimwear

## Footwear:

- Hiking shoes
- Hiking socks, synthetic or wool
- Water sandals or shoes

## Assorted Personal Items:

- Water bottles - 1 liter/1 quart x2-4 (2-4 liters total) and/or hydration bladder
- Dry bag to keep electronics & other essentials dry
- Headlamp with spare batteries
- Sunblock and lip balm with SPF
- Sun hat
- Sunglasses
- Sarong
- Personal hygiene items (toothpaste, toothbrush, hand sanitizer, lightweight travel towel, etc.)
- Personal first aid kit, medications, blister prevention/treatment kit
- Women: Tampons – difficult to obtain in rural areas
- Toilet Kit: Toilet paper, Ziplock bags (at least one for clean TP, one for dirty TP), wet wipes, hand sanitizer (You must pack out all toilet paper of out the wilderness.)
- Insect repellent
- Travel alarm clock
- Eye shade/ear plugs
- Camera/memory cards/battery
- Charging not possible at Bedouin camp
- Yoga mat (optional; Bedouin mat provided)

## Don't forget!

- Passport that's valid for at least 6 months after entering Jordan.
- Travel/Medical/Evacuation insurance
- Air tickets
- Health requirements arranged
- Money - cash/debit cards/credit cards

**Trip Price:**

Below prices are per person and based on a single room:

	In JOD:	In USD
4 pax	1000	1410
5 pax	921	1299
6 pax	870	1227
7 pax	830	1170
8 pax	835	1177
9 pax	809	1141
10 pax	789	1112
11 pax	773	1090
12 pax	759	1070

**Including:**

- All transfers as described in the program (4-7 people minivan / 8-12 in coaster)
- English speaking guide and local Bedouin guides in Wadi Rum and Petra
- Entry tickets to Petra and Wadi Rum
- 2-nights hotel Aqaba, 2 nights Bedouin camp Wadi Rum, 2 nights Bedouin camp Petra in single rooms or Bedouin tents.
- 1 equine horse coaching session & 3 yoga sessions
- All meals
- Lunch with local family in Madaba and dinner with family in Petra
- Camel ride & hike in Wadi Rum
- Dive or snorkeling in Aqaba
- Sunset cruise with dinner in Aqaba
- Hike in Petra
- Rural activity in the Zikra Initiative
- Water and snacks throughout the days
- Travel app with itinerary and extra information

**Excluding:**

- Flights
- Visa for Jordan
- Personal expenses & travel insurance

**Payment options & cancellation policy:**

Payments can be done by international bank-transfer or by credit card (credit card will cost a surcharge). Cancellation policy per our [General Terms](#)