

BEFORE YOU GO INFORMATION TO PREPARE YOU FOR THE TRIP

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TRAVEL PRACTICALITIES AND COUNTRY INFORMATION

Visas

You will need a visa to enter Jordan. A single-entry visa (valid for 1 month) can be arranged on arrival at Amman or Aqaba airport. You must have at least 6 months validity on your passport from the date of entry. The cost (at the time of writing) is 40 Jordanian dinars, payable in cash in Dinars. Credit or debit card payments are sometimes accepted but shouldn't be relied upon. Please refer to the Jordanian Embassy website for further information <http://jordanembassy.org.uk>.

Travel insurance

The Different Travel Company will do everything possible to ensure a safe and enjoyable trip, however unexpected things can occur such as delays, medical problems, baggage loss, cancellations, etc. The purchase of travel insurance is mandatory, and you are advised to organise your insurance at the time of booking, so you are covered immediately.

Different Travel is an Unregulated Introducer of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority. You can find out more here: <https://microsite.campbellirvinedirect.com/differenttravel>

Please note: most travel insurance policies will protect you before departure, so it is advised to buy insurance as close to booking as possible as it may protect you against the loss of your non-refundable, non-transferable registration fee if you cancel due to injury, illness etc. Please ensure your policy includes trekking.

Phone and Wi-Fi access

Jordan is served by three main mobile networks: Zain, Orange and Umniah. Coverage is widespread but your access to phone reception will vary depending on your home network, roaming capabilities, contract type and mobile handset. In general, most people should have reception while in the cities and possibly along some of the trek route. Wi-Fi is available in hotels (although it may be very slow and unreliable). Please contact your phone provider to find out details about costs and remember to turn off data roaming on your phone to avoid incurring high data charges.

Electricity

Electricity in Jordan is 220V-240V. A variety of plugs are used including European round two pin plugs and British square three-pin plugs. Please bring the necessary plug adaptor, ideally one which has USB ports so you can charge multiple devices at once. Electricity is only available at the hotels but if access to electricity during the trek is important to you, we recommend bringing a portable power pack (power bank or battery pack) which when fully charged allows you multiple charges of USB-powered devices such as phones. You should buy a power pack with a minimum capacity of 15,000mAh (maximum 20,000mAh due to airline restrictions) which are widely available online.

Money

The currency of Jordan is the Jordanian dinar (JOD). At the time of writing there were approx. 0.84 dinar to the

pound. You will need to bring money for your visa (40 JOD), tips (approx. £45-50), drinks and souvenirs; around £120 should suffice depending on how much you wish to buy.

Accessing cash

You can buy Jordanian Dinars in the UK but exchange rates can vary greatly or you can withdraw cash from ATMs or exchange cash locally. There are many ATMs in Amman and Aqaba if you wish to withdraw cash but some banks block overseas transactions so inform your bank before departure. You may prefer to use a prepaid currency card loaded with Pounds to withdraw cash instead of using a bank card. Please note that your bank may charge for overseas withdrawals and transactions so check before travel. There is no access to ATMs while trekking so please bring enough cash with you for the trek. If you prefer to exchange cash locally, you are recommended to take Pounds Sterling and change it to Dinars. There are bureau de changes in the arrivals area of both Amman and Aqaba airports. Do not bring Scottish, Manx or Channel Islands notes as these will be rejected by local bureau de changes.

Tipping

While tipping is not mandatory, it is recommended and greatly appreciated by the local staff and the trek team. We would recommend allowing around £50-60 in total for tips per trekker.

Photocopies

Remember to photocopy all your documents (insurance details, passport, credit/debit cards etc.) and take a copy with you during the trip, stored separately from the original copies. You should also scan and email these documents to yourself and leave a copy with a trusted family member or friend. If you lose any of your documents you will then have access to a copy with you and online. You may also wish to upload your documents to cloud storage such as Dropbox or Google Drive.

Photography

When taking photographs of the local people, you must ask their permission. Taking a photograph of someone without their permission can cause offence. In contrast, taking photographs of someone you have become friendly with is usually very welcome.

Religion

Islam is the established state religion of Jordan. Almost the entire population is Sunni Muslim.

Language

Arabic is Jordan's official language, spoken by about three-quarters of the population. Some helpful phrases in Arabic include:

Hello	<i>As-salaamu alaykum</i>	Please	<i>Min fadlik</i>
How are you?	<i>kayf halika?</i>	Good morning	<i>sabah alkhayr</i>
I'm fine, thank you	<i>'ana bikhayr shukran</i>	Good evening	<i>masa' alkhayr</i>
Yes	<i>naeam</i>	Good night	<i>tab masawuk</i>
No	<i>Raqm</i>	Goodbye	<i>mae alsalama</i>
Thank you	<i>Shukran</i>	Cheers	<i>fi sihatik</i>

Books

We recommend reading and researching to familiarise yourself with travelling to Jordan. There are many sources of information online and you can find some country-specific tips from travel guides and phrasebooks such as:

Lonely Planet Jordan (July 2018); ISBN: 978-1786575753; £9.59

The Rough Guide to Jordan (November 2019); ISBN: 978-1789194647, £11.19

The more you prepare, the more enjoyable your trip will be.

TREK KNOWLEDGE

Accommodation

You will stay in a hotel with en-suite facilities while in Amman or Aqaba (location dependent on flight schedules), a guesthouse in Wadi Musa and will camp during the trek. You will stay in hotel rooms on a twin or triple-share basis, and there will be two people per tent while camping. Tents and sleeping mats are provided but you must bring a sleeping bag and sleeping bag liner. A dining tent, cutlery and crockery are provided. A single-occupancy hotel room may be possible subject to availability and payment of a single supplement.

Hygiene and toilet facilities

The hotels have en-suite facilities with flushing toilets and hot showers. Toilet paper should always be placed in the bin, not flushed. At camp there will be a toilet tent which offers privacy over a pit in the sand. Please put used toilet paper into a sealable nappy bag or sanitary disposal bag and put into the main trek bin bag. After you have used the toilet, please cover your waste with sand to avoid smells and flies for the next person who visits the toilet tent. You should not rely on shower facilities being available during the trek so please bring a small pack of baby wipes and a bottle of hand sanitizer for personal hygiene.

If you need to use the toilet during the trek day you will need to find a private area off the trail. You must never leave used toilet paper on the ground; this must be packed up into a nappy bag or sanitary disposal bag, pop it in your daypack and dispose of it properly at camp (please bring your own nappy sacks with you). You should bring one to two rolls of toilet paper for your own use.

Altitude

This trek does not take place in an area of high altitude. The highest elevation reached is 1,226m. However, please note some of the paths traverse mountain edges with narrow ledges.

FOOD AND DRINK

Dietary requirements

The majority of special diets, such as vegetarian, vegan, gluten-free, etc, can be catered for if we are notified in advance. Please ensure that you notify us of any dietary requirements at the time of booking or as soon as possible. Please note that we cannot guarantee that food preparation will have taken place in a contamination free environment.

Snacks

We recommend bringing a selection of snacks for energy and a pick-me-up. Most people bring sweets, individually wrapped cake bars, protein bars and dried fruit, but don't forget to bring savoury snacks for when these become sickly! Great savoury snacks include salted nuts, individually wrapped cheese, salted crackers or savoury biscuits etc.

Water

Tap water is not safe to drink in Jordan, even at the hotel. You must not brush your teeth or rinse your mouth with the tap water, only use purified, boiled or bottled water. It is best to avoid ice in drinks. Mineral water is provided during the trek in a big container for the group which you can then decant into your own water bottles, and you must start the day with at least 3 litres of water in your daypack. At breakfast you can also make yourself black coffee or tea. If you have any preferences (e.g. decaff, herbal tea etc.) you should bring your own supply.

Keeping hydrated

During the trek you will need to drink at least 3 litres of water per day to stay hydrated, *plus* any soups or hot drinks served. Electrolyte tablets (e.g. Nuun, High5, PowerBar etc.) are flavoured effervescent tablets which contain salts

and minerals which are naturally lost from your body when you sweat. By adding these tablets to your water, it not only offers flavour to your water but it can help prevent dehydration before it begins. Electrolyte tablets are widely available in outdoors stores and online for around £8 for 12 tablets. You may also wish to bring a small supply of rehydration salts (e.g. Dioralyte) which treat dehydration.

Water bottle

You will need to bring your own bottles to carry at least three litres of water per day. Some people will bring a 2-3 litre CamelBak hydration system (for effortless access to water while you trek) plus a one 1-litre water bottle (e.g. plastic Nalgene or metal Sigg bottle). Some people prefer to bring three 1-litre bottles. The choice is yours. If you're bringing a CamelBak hydration system, a separate 1-litre bottle is essential as it can be used as a backup if your hydration system fails. **Please write your name on all your bottles in marker pen.** Please note that 'own brand' and cheap hydration systems are notorious for splitting, leaking or valves not functioning properly. CamelBak and Platypus are the leader in this market because their products are significantly better quality and more reliable.

KIT TIPS

Discount

When you book you will receive a 12.5% Cotswold Outdoor discount voucher and a 10% Nomad Travel discount voucher for use at their travel clinics.

Clothing

Your clothes should be made of technical fabrics designed to wick sweat away from your body, which keep clothes dry and smelling fresh. Merino wool, nylon, polyester, polypropylene and bamboo fabrics are all effective technical fabrics. Cotton clothes absorb sweat, stay damp and can lead to chafing, discomfort (and get smelly fast!). Technical items can be worn for days without smelling meaning you don't need to buy, or pack, as many items of clothing. Sports, gym or running clothes are usually non-cotton so check what you have already before you go shopping. If you select the right garments you can comfortably wear these for the entire trek.

Remember it gets cold at night and in the mornings so please bring warm layers (e.g. fleece, hoody, insulated jacket) and a hat.

Top clothing tips!

A loose fitting, non-cotton long sleeved shirt will keep you cool better than a short-sleeved t-shirt, as technically covering your skin keeps you in the shade. It also helps to prevent sunburn. A long-sleeved shirt also offers the flexibility to roll sleeves up and down as required. A t-shirt is also fine, but you must be vigilant about applying sunscreen. Shoulders must be covered if you pass through villages. Lightweight non-cotton zip-off/convertible trek trousers are also ideal for the same reason as bringing a non-cotton shirt in that it keeps your skin in the shade; however sports leggings and shorts are fine too. Please note that ladies wearing shorts will need to cover their legs if you pass through any villages.

Jordan dress code

Jordan is a Muslim country, so people dress conservatively and are uncomfortable with lots of skin being on display. You should avoid revealing or tight clothing and aim to keep your legs covered above the knee and keep shoulders and upper arms covered, to be respectful to the local community and avoid causing offence.

Cobber neck cooling wrap

A recommended accessory for the trek is a body cooling neck wrap known as a 'Cobber'. When this neck wrap is submerged in water for 30 minutes the poly-crystals absorb it making them swell and turn cold. You wear it around your neck, and it cools the blood flowing through your carotid arteries and keeps your body temperature down. One 30-minute submersion in water keeps the crystals cool and moist for 3 days before they start to dry out; perfect for your time trekking. They can be purchased for less than £10 from eBay or Amazon.

Footwear

You should bring lightweight, breathable trekking boots with good ankle support and a high-quality flexible sole such as Vibram; walking trainers are unsuitable. If you are buying a new pair of boots, please try on lots of pairs before you buy; don't buy online unless you've tried them on first. Please ensure you buy new boots well in advance of departure, so you have time to break them in properly. You are strongly advised to wear your boots on the plane (or take in your hand baggage) in case there are any problems or delays with your luggage. Comfortable boots are the most difficult item to replace at short notice.

Gaiters

Ankle-length gaiters can be helpful for keeping sand out of boots and reducing the risk of blisters, they are optional for this trip.

Headwear

A hat with a wide brim is essential. An umbrella can also be useful to protect your head from the sun.

Head torch

This is a vital piece of kit. Petzl is one brand which makes good quality headlamps but there are many head torches available from other companies. Please ensure you take an LED torch as ones with bulbs will not be bright enough. Bring your head torch with fresh batteries inside it and take a full set of spare batteries. Do not bring a wind-up head torch as these are unreliable. Keep your head torch in your backpack every day. Please ensure you put fresh batteries in before departure and bring some spare batteries.

Hiking poles

Hiking poles can be very useful on ascents and descents, particularly when carrying a heavy pack on uneven terrain. Poles are also very useful for stability. They are not mandatory but are recommended. You should use them on your training walks to familiarise yourself on how to use them. If you bring hiking poles they must fit inside your suitcase/kitbag for the purposes of the international flight. *Please note security scans in Jordanian airports are very strict and walking poles may be removed from luggage and scanned separately.*

Socks

It is important that the socks you choose are high quality, non-cotton and will not slip down in your boots which causes blisters. Never wear cotton socks which absorb sweat making them damp and more likely to rub against your feet, causing blisters. Socks containing Coolmax (a brand of polyester) or nylon have wicking properties which means that it pulls sweat away from the skin for it to evaporate. Good brands to consider include Bridgedale, Smartwool and Brasher.

Sunglasses

These are important even on overcast days. They must offer a minimum of 100% UV protection, and polarized sunglasses are ideal. Taking a spare pair is recommended.

LUGGAGE

This trip is different to a standard holiday so you will need the following four luggage items:

1. A small daypack

You are responsible for carrying your own daypack containing essentials for each day. We recommend you bring a 25-litre rucksack which **must** have a hip belt and a chest strap. High quality brands to consider when looking for a suitable pack include Osprey, Berghaus and Lowe Alpine (amongst others) and you are strongly advised to visit a reputable store like Cotswold to have your backpack fitted, as they come in a variety of sizes, and some brands offer male and female specific fits.

You can expect to carry your personal first aid kit, sun cream, three litres of water, snacks, toilet paper, wet wipes and phone/camera. It could weigh 6-8kg when packed, so you should make your backpack selection carefully and ensure it fits correctly and is comfortable. You will not have access to your main pack while trekking.

2. A kit bag/holdall

You will need a soft-sided kit bag to hold your trek-specific items such as your sleeping bag, change of clothes, toiletries and so on. Please try to travel light (max 8kg). This can be a holdall, duffle bag or large rucksack and it doesn't matter what size it is as long as all your kit fits inside. A suitcase or holdall with wheels is not suitable. If you wish you can use this bag to hold your checked luggage for the flights; just ensure you bring a small separate bag you can store items in not required for the trek at the hotel while you're trekking.



3. A suitcase (optional)

For the flights, you may be more comfortable packing all your items (including your empty trek kit bag) into a suitcase. This is entirely your choice. If you bring a suitcase, it will be stored at the hotel along with anything not required for the trek (e.g. toiletries, travel clothes, books etc.).

4. You should bring some **combination padlocks** to secure your luggage.

SLEEPING EQUIPMENT

Sleeping bag

The expected night temperature will drop to 0°C or lower so we suggest you bring a sleeping bag with a **comfort rating of -5°C** or lower (not an 'extreme' rating of -5°C). There is a critical difference between the comfort and extreme rating so pay close attention to the labelling of your sleeping bag before you purchase it. The comfort rating is the temperature at which you can expect to sleep comfortably in a relaxed position. The extreme rating is the minimum temperature at you can remain for six hours without *risk of death from hypothermia*. A -5°C extreme rated sleeping bag will not be warm enough for this trek.

Some sleeping bags with a **comfort rating of -5°C or warmer:**

Snugpak Sleeper Zero (£44.95)	Vango Stratos 350 (£45)
Snugpak Sleeper Lite (£44.95)	Women's Vango Nitestar 300W (£37.50)
Snugpak Softie Expansion 3 (£104.95)	Mountain Equipment Women's Starlight III (-7°C comfort) £80
Snugpak Softie 9 Equinox with Snuggy Headrest (£129.95)	...and many more.
Ayacucho Solar 300 (£60)	

Please note: that the temperature guidance is based on historical averages at this time of year and we cannot be held responsible if the weather conditions are different than expected.

Sleeping bag liner

A silk sleeping bag liner is recommended to complement your sleeping bag as it adds an extra layer of insulation to keep you warm if it's cool. If it's too warm you can sleep under your sleeping bag liner with your sleeping bag unzipped. A sleeping bag liner also protects your sleeping bag from dirt, sweat and damage. Silk sleeping bag liners are quite expensive if purchased on the high street, so consider eBay where you can purchase directly from the manufacturers (usually Vietnam or China) at a fraction of the price. Make sure you search for 'pure silk' sleeping bag liners, not 'satin' (which is usually low quality and synthetic).

Sleeping mat

A compressed foam mat is provided. You do not need to bring your own mat.

RESPONSIBLE TRAVEL AND CULTURE

We are environmentally conscious and aim to minimise our impact as much as possible. Key points:

- Never leave toilet paper or litter on the trail.
- Don't dispose of fruit peel, cores or seeds on the ground; although they decompose eventually they are unsightly and may attract animals.
- Turn off lights when not in rooms.
- Minimise your water usage by having short showers.

Begging

Begging is common in Jordan. As part of our responsible tourism policy we strongly advise against giving directly to beggars or offering gifts to children. Gift-giving can lead to individuals pestering other travellers as they believe begging is more profitable than searching for work or attending school. Sweets should not be given to children as dental care is difficult to obtain and tooth decay can lead to long-term health problems.

Etiquette

- Always endeavour to be polite and respectful. If you show respect then it will be reciprocated
- Keep noise to a minimum, especially early in the morning and late at night
- Be respectful to your guides and hosts; don't forget to say please and thank you
- Be considerate of the feelings of other group members.

Shopping/haggling

The markets of Jordan sell a vast array of gifts and souvenirs. Haggling is expected when shopping and the first price is often three or four times higher than the true value of the item; you should engage with the vendor to encourage rapport then only pay what you think is a good price, don't try to get the price as low as possible. Souvenirs can be purchased at the end of the trek around Petra and Little Petra.

FITNESS, HEALTH AND SAFETY

Fitness training

We really recommend starting your training as soon as you have booked your place on the challenge. The best form of training for a trek is get outside and start walking. If you're not a regular walker, start slowly with short distances then as you get more comfortable, increase your mileage and add in more challenging terrain until you can comfortably walk for several consecutive days, for around 8 hours at a time, on hilly terrain while maintaining a comfortable pace without needing to stop more than once an hour for a 5-minute rest.

Hill walking while wearing your hiking boots and carrying a fully packed backpack should feature predominantly in your training, as this will help prepare your body for the terrain and baggage load you will experience during the trek. Other activities which can complement hill walking include running, cycling, gym workouts and boot camps etc.

Developing your core and leg muscle strength is also important so exercises such as squats, lunges, push-ups, planks and crunches will really enhance your training. These exercises can be done at home; no gym needed. You can download a number of free apps, which will help you train and track your progress. E.g. MapMyWalk, C25K (couch to 5k run), MyFitnessPal.

Please note that attempting to complete the trek without any training may make the experience unnecessarily difficult and hinder your experience, and also the experience of your teammates. The local guides, in consultation with your Different travel tour manager, may advise that if you are not fit enough to continue that you leave the trek.

Vaccinations and travel health

Different Travel regrets that we cannot provide medical advice or recommendations. You are advised to seek medical advice at least 8 weeks before travelling to ensure that all appropriate vaccinations are up to date. For general information visit www.fitfortravel.scot.nhs.uk or www.travelhealthpro.org.uk but your GP or travel health professional should be the first stop for a consultation tailored to your medical history. Please note that failure to be adequately vaccinated or take necessary prophylactic medication can invalidate travel insurance policies as it is considered that you have not taken necessary precautions.

First aid kit

You should bring a small first aid kit of essential items which is for your own personal use and keep it in your backpack. Suggested items to include: personal prescription medicine, Compeed blister plasters, painkillers, plasters, antiseptic wipes, anti-histamine tablets, indigestion remedy, Imodium (Loperamide), rehydration sachets, lip balm with SPF, antiseptic cream, zinc oxide tape etc. Please keep the contents to a minimum as you must carry it yourself.

Zinc Oxide tape

This tape is really useful to prevent blisters. When you feel your boots start to rub against your feet, you should stop and remove any debris from your boots and check your feet. If a hot spot is developing (a red, sore area without broken skin) you can apply zinc oxide tape to the area and it will stop (or slow down) a blister developing. If you are too late to prevent the blister then you should clean the area and apply a Compeed blister plaster instead.

Insect repellent

There can be mosquitoes along the trek route as well as spiders so it's worth bringing insect repellent. 50% DEET is the most effective repellent available for use on your skin. Never use 100% DEET on your skin as it is not designed to be used this way. Please also ensure you wear long into socks and long-sleeved tops in the evenings to minimise the chance of bites.

Emergencies and evacuations

In the unlikely event of a serious illness or accident, the local team will ensure you are transferred as swiftly as possible to the nearest hospital. Please ensure your travel insurance covers you for airlifting/emergency evacuations as this can be required to reach casualties on more remote trails in an emergency. You are recommended to bring a credit card during the trip in the event that you need to pay for medical treatment upfront in the event of an emergency.

Safety

Please take common-sense precautions while travelling to ensure your safety and the protection of your belongings. For example: leave flashy jewellery, watches and accessories at home; keep wallets out of sight stowed in a handbag or backpack rather than sticking out of a pocket; don't leave bags unattended at any time; carry cameras in their cases rather than carrying them openly with the camera strap; split cash into different pockets rather than carrying all your money in one place, especially immediately after you have used the ATM; and so on.

Kit List – Petra

The kit you take on your trek can make the difference between being 'just a trek' or a 'memorable trek'. Our kit lists are put together with feedback from our own experiences and that of participants who have taken part in previous trips. items on this list do not take into account your personal preferences based on your previous trekking experiences, individual requirements.

PLEASE NOTE: This list is just a guideline and is not exhaustive or take into account personal preferences.

For information about items on this list please refer to the trip dossier or contact The Different Travel Company on info@different-travel.com

*Please consider eco-friendly or biodegradable options.

ESSENTIAL SUGGESTED OPTIONAL

DOCUMENTS & flight essentials	✓
Passport and Copy	
E-Tickets	
40 JOD in cash for visa	
Travel insurance	
ATM and credit card (s)	
Cash (£ Sterling)	
Pen for immigration forms	
Sunglasses (preferably polarized)	
Mobile phone + charger	
Camera + spare batteries	

LUGGAGE	✓
Suitcase/large holdall	
Daypack (25 – 30 litres)	
Hand Luggage (take note of dimensions from airline)	
Combination padlocks	

Clothing and footwear	✓
Trekking boots: either worn on flight or carried in hand luggage	
Trainers/flip flops for camp	
Lightweight trek trousers	
Non-cotton, technical t-shirts	
Non-cotton long sleeved top/shirt	
Trek socks	
Underwear	
Warm fleece or sweater (for evening and morning)	
Wet weather top	
Sun hat with brim	
Warm hat for night	
Sandals for camp	
Neck cooling 'Cobber' or cooling towel	
Buff (www.buffwear.co.uk)	
Lightweight waterproof	

Health and Hygiene*	✓
Hygiene kit to include: toothbrush and toothpaste, antiperspirant deodorant, wet wipes, shampoo, conditioner, nail brush and nail care kit	
Personal first aid kit to include: prescription medicine, insect repellent, ibuprofen, paracetamol, plasters, blister plasters (e.g. Compeed), Imodium, rehydration salts (Dioralyte), antiseptic cream (e.g. Savlon), Anti-histamine cream/tablets, lip balm with SPF protection, zinc oxide tape, nail scissors/tweezers, muscle rub (e.g. Deep Heat)	
Hairbrush/comb	
Lateral flow tests (min x2)	
Disposable masks	
Feminine care products	

OTHER KIT	✓
Sleeping bag (comfort -5 ° C)	
Sleeping bag liner (cotton/silk)	
Sun block (high SPF)	
Toilet bag: toilet paper, wipes, hand sanitiser, nappy sacks	
2 ltr water hydration system (e.g. Camelbak)	
1 ltr water bottle	
LED head torch + spare batteries	
Adaptor (European 2 round pin)	
Ear plugs	
Casual shoes	
Casual clothing	
Hiking poles – to be stowed in hold luggage for flight	
Energy food/snack bars	
Bags for dirty washing	
Spare glasses/contact lenses	
Video camera + charger	
MP3 player/ipod	
Portable power bank	
Books/packs of cards	
Travel pillow	

TREK TO ANCIENT PETRA



DURATION: 8 Days

DEPART: London airport to Amman, Jordan

Make 2024 a year to remember by joining us on one of the world's best hikes to Petra. On this eight-day challenge, we'll explore Jordan's remote and breath-taking landscape as we hike an ancient Bedouin migration route to the 'Red-Rose City', one of the new Seven Wonders of the World.

This trek will certainly challenge you, covering up to 10 miles a day, over five consecutive days through stunning valleys, arid desert and dramatic sandstone canyons. Growing in reputation as the 'Inca Trail of the Middle East' and voted by National Geographic as one of the world's best hikes, this is a trek to add to your bucket-list and one you'll certainly never forget.

JORDAN is an incredible country of contrasts, renowned for its rich culture, heritage and hospitality. This Arabic country offers everything you could want from a Middle Eastern cultural adventure from ancient history, lifeless seas, bold flavours, spectacular scenery and vast deserts, to a trendy and buzzing capital city, Amman.

PETRA is an unmissable place that gives you a fabulous opportunity to imagine you are living out an Indiana Jones story as you hike to the dramatic 'lost' city. This spectacular sandstone city was the capital of the Nabataean Kingdom, built around 2,300 years ago. The imposing rose-stone palaces are an impressive testament to the power and influence of the Nabataeans, who controlled trade around the area in the 3rd century BC. Suffice to say, no visit to Jordan is complete without a visit to this remarkable ancient city.

DETAILED ITINERARY

DAY 1 (SAT): LONDON TO JORDAN

Fly from London to Jordan and transfer to a nearby hotel for an overnight stay.

DAY 2 (SUN): WADI FEINAN – WADI BARWAS

Transfer to Wadi Feinan for our first day's hike across 'hamada' landscape – dry, rock-strewn desert, with little sand. There are spectacular mountain views and expansive wadis (dry valleys) as well as Byzantine and Nabatean ruins to be seen during today's trek. Tonight, you will set up camp in Wadi Barwas.

Trekking: Approx. 14 Km (8.7 miles) / 6 hours

DAY 3 (MON): WADI BARWAS – RAS EL FEID

Leaving the stony “hamada” desert behind this morning, we hike around the foot of the mountains to reach an ancient Bedouin migration path that ascends steeply across rocks and small boulders, going high into the mountains. This section is challenging and takes around 3 hours, but the reward is amazing views over the stunning Wadi Araba desert. We eventually descend into Wadi el Feid for a well-deserved dip in its cool waters—a perfect place for lunch and a rest. We then walk upstream through dense foliage before reaching a dry river-bed surrounded with colourful sandstone outcrops to reach our camping spot.

Trekking: Approx. 9.5 Km (6 miles) / 6-7 hours

DAY 4 (TUE): RAS EL FEID – SHKARET MSA'ED

This morning we retrace our route along the riverbed and gradually climb up the hills following Bedouin shepherd paths to discover some of the most spectacular scenery in Jordan! The trail continues along the wadi floor and gently climbs up into the pale coloured sandstone hills with incredible views across the surrounding mountains and canyons.

Trekking: Approx. 16 Km (10 miles) / 8 to 9 hours

DAY 5 (WED): SHAKRET MSA'ED – BEIDA – LITTLE PETRA

Along the way today, the scenery changes dramatically from deep wadis to wonderful wide open sandstone hills. The trail passes through agricultural fields and some Bedouin encampments as you enter into the ancient city of Petra. We first pass through Beida and descend into Little Petra to visit this fabulous site for a taster of the main site which we will encounter tomorrow. A short walk then takes us to a permanent campsite, uniquely located in the midst of the sandstone mountains.

Trekking: Approx. 14 Km (8.7 miles) / 5 to 6 hours

DAY 6 (THU): PETRA

Today our trail takes us across open farmland for the first two hours, and then contours around the mountain ridge to enter Petra itself, ‘through the back door’! The views are impressive and after 5 days of hard trekking, the first glimpse of the top of the Monastery is literally jaw-dropping! Our route now takes us into the main site and the heart of Petra, exiting via the Dark Siq to enable us to re-enter the site through the Main Siq, and experience the most famous view of Petra - the Treasury. We then proceed with a full sightseeing tour, including the Facades Street, Urn Tomb, the Theatre, Colonnaded Street, Royal Tombs and Qasr al Bint, before leaving the site and heading to our hotel in nearby Wadi Musa for a comfortable night’s sleep!

Trekking Distance: Approx. 16 Km (10 miles) / 5 to 6 hours to the Treasury + 3 to 4 hours Sightseeing.

DAY 7 (FRI): SIGHTSEEING

Spend the day visiting more highlights of this fascinating country. You will either visit Wadi Rum on a jeep tour to explore further in this spectacular desert including Lawrence of Arabia’s Spring and the natural rock bridge of Jebel Um Fruth, or head north towards the Dead Sea for an opportunity to have a float in the waters! If time allows you will also visit Mount Nebo, where Moses is said to have seen the promised land and the ancient town of Madaba. There may also be an opportunity to extend your trip if you would like to see more of what this incredible country has to offer.

DAY 8 (SAT): JORDAN – LONDON

Transfer to the airport for your flight back to the UK.

WHAT'S INCLUDED

Operated by The Different Travel Company Ltd, ATOL 6706 on behalf of Julia’s House.



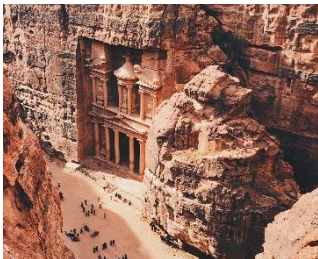
- ✓ Flights from London (including all current airport taxes & airline fuel surcharges)
- ✓ All transfers & transport in Jordan
- ✓ Accommodation in 3 star hotels, lodges and tents on trek
- ✓ ATOL protection
- ✓ All meals & drinking water, including a traditional Jordanian celebratory farewell dinner
- ✓ Local English-speaking guides and full support crew on the trek
- ✓ All entrance fees, conservation fees and permits
- ✓ Different Travel Tour Manager and a dedicated contact at Julia's House, who will join you on the trek and give you one-to-one support all the way
- ✓ An invitation to the hospice where you can meet fellow trekkers and see how the money you raise will make a difference to our families
- ✓ Fundraising support, ideas and tips
- ✓ Free training weekends – again, another fantastic way to meet your fellow trekkers!
- ✓ Regular communications to keep you up to date
- ✓ Huge cheers and support throughout the trek!

WHAT'S EXCLUDED

- ✗ Personal expenses (such as other drinks and souvenirs)
- ✗ Any visas (currently 40 Jordanian Dinars) and vaccinations required
- ✗ Personal travel insurance
- ✗ Optional tips for local guides

Please note the itinerary may be subject to slight changes - we will always do what's best for the group.

CHALLENGE INFORMATION



Who accompanies us?

You will be accompanied throughout the trek by an English-speaking guide and local guides who have an excellent knowledge of the culture and hiking in the region. The guides are first aid trained and will support you throughout your journey. You will also be accompanied by a team of support staff including camping crew and cook, donkey handlers, jeep driver (transporting luggage) and a Different Travel Company UK tour manager. A representative from Julia's House will also join you on the trek - you will be in very safe hands!

How tough is it?

The trek is rated challenging for someone of a good fitness level. You will be trekking for five consecutive days, averaging six hours each day. The terrain is largely rocky, dry and uneven and some paths are along mountain edges and narrow ledges with sheer drops. Although some of the days trekking have a very gentle increase in elevation, some days have very challenging sections with steep uphill and downhill gradients and in some parts may involve scrambling over rocks. Temperatures pose a specific challenge, historically reaching up to 30°C. You must be of a good fitness level before departure to ensure fast recovery each day.

What is the climate like?

Temperatures in November can range from 22°C to 30°C during the day and drop to around 0°C at night. Loose, lightweight, long clothing is both respectful to the local culture and cooler in the heat than having exposed skin. Weather during the trek will be dry but there may be some strong winds. Rain, although very rare, is not impossible. Please note: the temperatures and conditions above are historically accurate but climate change can impact the seasons so you may experience uncharacteristic conditions during the trip which are out of our control. The guides will assess the situation and make decisions to ensure the best enjoyment and safety of the group.

What about transport?

You will be transported by minibus or coach (depending on the group size) and 4WD vehicles.

Where will we stay?

You will stay in a hotel with en-suite facilities while in Amman or Aqaba (location dependent on flight schedules), a guesthouse in Wadi Musa and you will camp in tents during the trek (two to a tent). Foam sleeping mats are provided but you will need to bring a sleeping bag. Toilet facilities during the trek consist of a small toilet 'tent' covering a hole in the ground. There may be very basic shower facilities at camp but this is not guaranteed and water must be used sparingly, so we advise that you don't rely on this and bring a pack of baby wipes. A small bowl of water is provided to wash your hands before meals. Although the accommodation is basic, you'll be rewarded with spectacular views, amazing sunsets and magical nights under the stars!

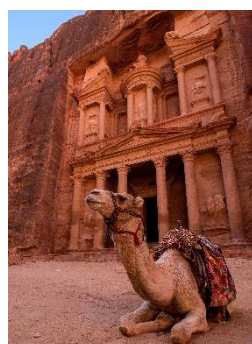
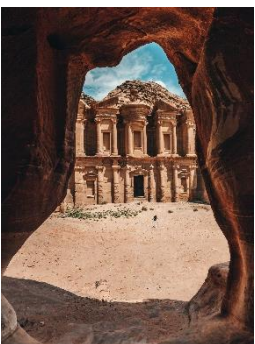
Most accommodation will be twin-share. Please tell us if you know somebody else on the trip that you would like to share with but don't worry if you don't know anyone else in the group, we always pair you up with someone of the same gender and a similar age where possible.

What is the food like?

Your meals during the trek are cooked by a chef who will prepare simple but nutritious dishes. Typical breakfasts may include cheese, eggs, jam, butter, tomatoes, cucumber, fruit, tea and black coffee.

For lunch each day you will prepare your own sandwiches to carry with you and dinner will comprise of dishes such as soup, chicken, rice, vegetarian dishes and salad. Plates, mugs, cutlery and other equipment are provided. While staying in cities meals will be at the hotel or at local restaurants. Please let us know in advance if you have any dietary requirements as we will always do our best to accommodate them. Please bear in mind that being vegetarian is not generally well-understood in this region, so meals may not be as varied as you are used to.

PRACTICAL INFORMATION



Who can take part?

The minimum age is 18 (or 16-17 if accompanied by a parent/guardian). There is no upper age limit. An ideal candidate is someone who is open minded, positive, flexible and enjoys the challenges of the great outdoors.

How should I prepare?

If you do not already regularly exercise you should aim to start training as early as possible. The best training is hill walking, which will prepare you for the type of terrain you will experience trekking to Petra.

Julia's House will offer free training walks in the Wiltshire and Dorset countryside, so you can meet your fellow trekkers and test your fitness levels. Other activities which can complement hill walking include running, cycling, gym workouts, boot camps etc.

What happens with our luggage?

Your luggage will be transported for you by 4WD from one night-stop to the next. Space is limited so we ask that your kit is packed in a soft bag, rucksack or expedition kitbag. You should also bring a small daypack to carry for items needed during the day, including lunch and water as you will not have access to your main luggage until the evening.

Health declaration

We require a medical form to be completed by everyone upon registering, and any pre-existing conditions, medications used and other medical issues must be specified. All your medical details are treated in the strictest confidence.

The information will be securely screened by a qualified medical professional and details provided to your tour manager and local guides so our staff are adequately informed and prepared to support you during the trip. By completing our booking form you are giving consent for us to contact you confidentially with any follow up questions regarding your health.

If you declare any medical conditions you may be asked to provide more information or we may request to contact your GP. In the event that your medical issues at the time of booking represent a concern for your safety and wellbeing, or the safety and wellbeing of others in the group, you may be recommended not to take part. If this happens your booking will not be confirmed and the deposit will be refunded.

We must be informed if any conditions or medication change or if new conditions develop. If necessary confirmation of fitness to travel from your GP or specialist may be required. Please note that we will never unreasonably deny participation on a trip nor contravene the Equality Act 2010.

Health and safety

Your health and safety is our top priority so rest assured that we are taking steps to ensure you not only have a memorable experience, but a safe one too.

We constantly monitor and follow the advice of the British Foreign, Commonwealth and Development Office (FCDO) who provide recommendations and advice to British travellers about travel to a certain destination. Health and safety is our top priority so we will **NEVER** operate a trip in an area where there is clear and present risk to our team members, whether that is due to a health outbreak, political instability, natural disasters or anything else. If travel restrictions either in the UK or Jordan prevent safe travel we will look to either postpone or cancel your trip at no cost to you.

With regards to vaccinations, The Different Travel Company and Julia's House cannot provide specific medical advice or recommendations. We recommend speaking to your GP or travel health professional. You can find general health information and advice on vaccinations here: <http://www.fitfortravel.nhs.uk> and <http://travelhealthpro.org.uk>.

Please note that at the time of travel there may be enhanced safety and security measures in airports, bag drop may take longer, and you may need to provide a certificate of health or proof of vaccination.

We will inform you about any information pertinent to your travel arrangements. If you have any questions or concerns, please get in touch.

TRIP COSTS AND FUNDRAISING

The registration fee is £350, and then...

Option A: Fundraise or donate

Pledge to raise or donate £2,900 to Julia's House

Option B: Self-fund (pay your own trip costs)

Pay £1,900 to cover the cost of your trip and then fundraise as much as possible. We would love you to try and raise at least £1000.

Option C: Flexi (pay part of your trip costs and fundraise the rest)

Pay £1000 towards the trip costs and fundraise a minimum of £1,900 for Julia's House.

80% of your fundraising is due at least 12 weeks before departure and we ask that you raise the remaining 20% by 2nd December 2024.

Trip costs are based on a minimum of 14 participants. There may be a reduction in costs should the final group size be larger.

Pay your registration fee in instalments.

Pay £100 to secure your place on the trek and then pay the rest of your registration fee in instalments – just speak to us and we can arrange this for you.

FUNDRAISING IDEAS

Most people find fundraising is far easier than they first imagined. We will support you every step of the way to ensure you reach and even exceed your target!

Here are some suggestions:

- Ask your friends, family and colleagues to sponsor you through JustGiving: £500
- Five cake sales at work throughout the year: £40 x 5 = £200
- Car boot sales, eBay auctions or sell some stuff on Facebook Marketplace: £400
- Host a couple of dinner parties and charge your friends £10 to come: £200
- Hold a quiz night at your local pub: £250
- Ask your work or local school to hold a non-uniform day: £300
- Ask your local supermarket if you can bag-pack or hold a collection: £300
- Hold a couple of sweepstakes with family, friends and colleagues throughout the year: £150
- Ask local companies to donate prizes for a raffle: £300
- Matched funding through your employer: £300

Total: £2,900

This trek is exclusive to Julia's House fundraisers and offers a great opportunity to explore Petra whilst raising much needed funds for our families. Whether it's your first or fifty-first challenge, we're here to help you along the way. **If you choose to sign up to this challenge, it's really important that you are committed to fundraising or would like to provide a personal donation.**

ATOL Protection

This trip is operated by The Different Travel Company Ltd (ATOL No 6706). This flight-inclusive holiday is financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. Please ask for it and check to ensure that everything you booked (flights, hotels, and other services) is listed on it. Please see our booking conditions for further information or for more information about financial protection and the ATOL Certificate go to www.caa.co.uk.