



AMELIA STEWART TRAVEL

*Journeys for the curious*

YOGA ON THE NILE  
with  
Patricia Creola & Amelia Stewart

14<sup>th</sup> – 23<sup>rd</sup> November 2024

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# Itinerary Overview

Day	Location	Accommodation & Room Type	Basis
Days 1 - 4	Luxor	<a href="#">Marsam Guesthouse Luxor</a>	Full Board
Days 4 - 10	On board	Dahabiya Veda 1 (9 cabins, 4 en suite with private terrace )	Full Board

*\*Click on the link for Marsam to see the guesthouse details.  
Marsam and Dahabiya currently have availability*









# INTRODUCTION

Join us on a magical ten day journey of self-discovery and rejuvenation as we sail up the Nile from Luxor to Aswan exploring some of the great treasures of Ancient Egypt en route. This is a voyage designed for those seeking exploration, connection, and fun in a land full of dreams and mysteries.

Our journey starts in Luxor, basing ourselves in the oldest guesthouse on the West Bank of the Nile among ancient pharaonic temples and tombs, overlooking open fields and with a glorious backdrop of mountains. Each day begins with the gentle embrace of sunrise yoga on the roof of the guesthouse - a chance to find solace in your practice and connect with your inner sacred space. Luxor is perhaps the world's greatest open-air museum, and we are well located here to explore the sights.

We continue our journey in a *dahabiya*, (in Arabic literally 'the golden one') - a large comfortable sailing boat of a simple but elegant form with two sails. This traditional form of travel is a gateway to the past, combining the romance of a long-gone era with the comfort and convenience of today. Imagine yoga sessions on the open upper deck, the warmth of the sun and a soft breeze as you stretch and breathe in sync with the flow of the river. We sail for six days, mooring on the banks of the Nile to explore extraordinary temples and tombs, hidden villages, sandstone quarries, and colourful markets.

This journey is not just about the external exploration of captivating lands; it's an inward odyssey alongside like-minded people drawing strength and wisdom from the shared experiences and stories that interweave our connections.



Kemetic (Egyptian) yoga pose





# Detailed Itinerary



Day 1 / Thurs 14<sup>th</sup> Nov Meals incl: -/-/Dinner

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## ARRIVAL INTO CAIRO, ONWARD TO LUXOR



Suggested International Flights:

BA406 Dep LHR T5 09:45 Arrive CAI T2 16:45



Suggested Domestic Flights TBC:

MS66 Dep CAI 18:00 Arrive LXR 19:05

On arrival into Cairo, you will be met and assisted through immigration by one of our team. You will be transferred to the domestic airport to check into your onward flight to Luxor.

On arrival in Luxor, Amelia will be waiting to greet you and take you to your gorgeous little guesthouse on the West Bank of the Nile for three nights. *Transfer time approx. 35 mins* depending on traffic conditions.

Upon arrival, settle in before enjoying supper in the courtyard and a gentle unwinding yoga session in the evening.



Accommodation: Marsam Guesthouse, Luxor





# Detailed Itinerary



Day 2 /Fri 15<sup>th</sup> Nov

## Luxor West Bank– The Valley of the Queens & Hatshepsut

We start the day with a sunrise yoga session on the roof top of our guesthouse. A delicious breakfast to follow before we dive into the wonders of Luxor and our first guided tour to the *Valley of the Queens*. Entrance to the spectacular *Tomb of Queen Nefertari* is included. The sights are well located to the guesthouse, and we return for lunch and an optional siesta before an afternoon's visit to the superb *Temple of Queen Hatshepsut*. Her reign was a period of great prosperity and peace, and she was one of the most prolific builders in Ancient Egypt. Sunset yoga on the rooftop before supper at the guesthouse.



Accommodation: Marsam Guesthouse, Luxor



Day 3 /Sat 16<sup>th</sup> Nov

## Luxor West Bank –The Valley of the Kings & local craft

Sunrise yoga and breakfast before we depart the guesthouse to tour the *Valley of the Kings*. The valley is extensive with many tombs to marvel at and entrance to *The Tomb of Tutankhamun* is included. Once we have had our fill, it's back to the guesthouse for lunch and an optional siesta before heading out to the Colossi of Memnon statues and a little artisan pottery gallery and Egyptian cotton workshop. Time permitting, we can stop in at the Temple of *Medinat Hebu* before returning to the guesthouse for sunset yoga and supper in the courtyard - our last night here.



Accommodation: Marsam Guesthouse, Luxor







# Detailed Itinerary

 Day 4 / Sun 17<sup>th</sup> Nov

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## Luxor East Bank – Esna and on board

Sunrise yoga before breakfast and departure from our guesthouse this morning to drive across the Nile to the East Bank of Luxor where we visit the magnificent *Karnak Temple*. Lunch in the little town of Luxor and time to browse for cotton kaftans and scarves before visiting the magnificent Luxor Temple. We then drive south to the town of Esna to board our private *dahabiya* for the following 6 nights.

*Transfer time 1hr:45 mins.*

Time to settle into our comfortable lodgings and a sunset yoga practice before supper and our first night on the Nile.



Accommodation: *Dahabiya Veda I*

 Day 5 / Mon 18<sup>th</sup> Nov

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## Edfu and the Nile

Yoga on deck to greet the morning before breakfast and sailing onto to *Edfu*, home to a Greco-Roman temple dedicated to the god Horus. We take a horse and carriage to the temple through the busy little streets of Edfu and visit the great temple before returning to the boat for lunch. Time to relax in the afternoon as we sail further up the Nile. There is plenty of space for privacy on board, and you might choose to be on deck bird spotting, sun bathing, painting, reading and watching life go by on the river, or below deck for a quieter space.

We sail to Farwaza island with time to explore the little village, yoga at sunset on deck and another peaceful night under the stars.



Accommodation: *Dahabiya Veda I*





# Detailed Itinerary

 Day 6 / Tues 19<sup>th</sup> Nov

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## Sail & Swim

A morning yoga practice before an optional morning walk and swim. The crew know the best swimming spots in the Nile and I promise there are no crocodiles ☺ This is a day for pottering and peacefulness – there are no big temples to visit, however we might dock where we can walk into the desert and explore a valley lined with boulders with Stone Age inscriptions on them.

All the above is optional and you may choose to stay aboard and relax on the boat for the day. An evening yoga practice before supper on board.



Accommodation: *Dahabiya Veda I*



Day 7 / Wed 20<sup>th</sup> Nov

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## Bassaw - Gebel Silsila – Beshir

A morning yoga practice before we dock to explore the *village of Bassaw* and visit the local fishermen. Island life on the Nile has little changed over the centuries and people continue to live and work as they always have done. It's a wonderful opportunity to experience a paired down and peaceful way of life. We visit the *temple of Horemheb* and walk through the sandstone quarries before sailing to a picturesque riverbank for swimming and lunch. Yoga on board and another lovely night under the stars aboard our boat on the Nile.



Accommodation: *Dahabiya Veda I*





# Detailed Itinerary

 Day 8 / Thurs 21<sup>st</sup> Nov

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## Kom Ombo – Daraw - Herdiab

Following our morning yoga practice, we dock by the wonderful *Temple of Kom Ombo* dedicated to the Crocodile God, Sobek and Haroeris the hawk. The temple is unique in Egypt as a double temple and the hieroglyphics are astonishing. We visit the extraordinary mummified crocodiles in the nearby museum that highlights the important role the creature played in ancient times.

We visit the souk of Daraw and one of the oldest villages on the Nile Herdiab. Yoga, dinner and another night under the stars on board.



Accommodation: *Dahabiya Veda I*



Day 9 / Fri 22<sup>nd</sup> Nov

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## Aswan and Philae Temple

Yoga on board before we disembark and head to the gorgeous *Temple of Philae* that sits on a reservoir in the Aswan lower dam. Philae was said to be one of the burying-places of Osiris and was held in high reverence both by the Egyptians to the north and the Nubians (often referred to as "Ethiopians" in Greek) to the south. We board a small boat to crosser the lower Aswan dam to reach it before lunch in one of the little Nubian restaurants on the lake. Time to explore Aswan before returning to the boat for our last evening together on board.



Accommodation: *Dahabiya Veda I*





# Detailed Itinerary



Day 10/Sat 23<sup>rd</sup> Nov Meals incl: Breakfast only

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## Aswan – Cairo - Depart

Final sunrise yoga this morning before departing the boat to transfer to Aswan airport for the flight back to Cairo. *Transfer time approx. 25mins.*



Suggested Domestic Flight (Economy) TBC  
MS85 Dep ASW 08:15 Arrive CAI 09:45



Suggested International Flights  
BA407 Dep CAI17:50 Arrive LHR 21:1

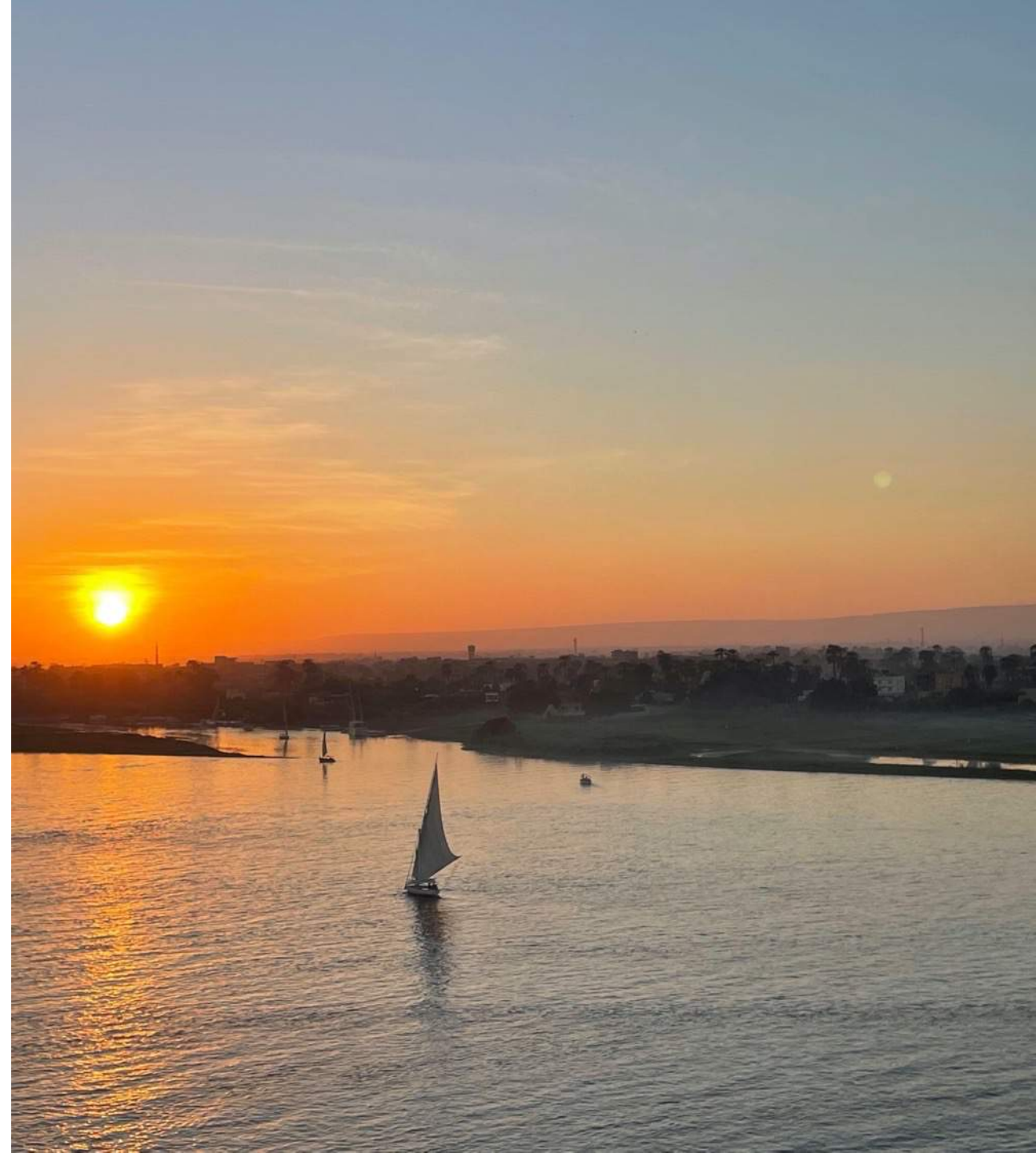
**TOUR ENDS**

### *Note*

For those that want to extend their stay to continue to explore Egypt this can easily be arranged so please let me know your requirements.

### *Note*

The itinerary is subject to minor changes prior to departure museum openings, closures etc.





# Itinerary Cost

£2500 per person (based on 3 available *Twin share land* and *Standard* cabin)

£2900 per person (based on 4 available *Twin share land* and *Suite* cabin)

£3950 per person (based on 2 available *Single land* and *Standard* cabin)

**Please note, in order for this tour to run we have to fill all cabins**

## Includes

- Assistance through customs and immigration formalities at all airports.
- Airport transfers and tours in a comfortable vehicle with a professional driver
- All accommodation based on listed guesthouse in Luxor and private *dababiya*.
- Daily Yoga, Meditation, and group gatherings led by Patricia and Amelia
- All meals (from Dinner Day 1 to Breakfast Day 11)
- Private expert local Egyptologist guide to accompany all tours on land
- Entry into all sights, museums, tombs as described
- *Dababiya* exclusively for the group (Full crew, see p.13 for more details of the boat)
- All tipping for the tour

## Excludes

- International flights (approx. £450 pp economy if booked now)
- Egyptian Visa (approx. \$75 pp - a simple process on arrival)
- Domestic flights x 2 (approx. £100 each flight in economy if booked now)
- Room upgrades on land
- Alcohol and other drinks at meals
- Entry into sights not specified (such as specific tombs etc)
- Additional activities (such as hotel and boat services, additional sightseeing etc)
- Comprehensive Travel Insurance
- PCR tests if required
- Credit card fees (detailed on booking form)







## *Your Dahabiya*

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This beautiful 50-meter dahabiya offers a peaceful organic platform to host our personalised cruise. Recently renovated, the boat is spacious with plenty of areas for privacy and relaxation.

### **Rooms & suites**

- There are 9 rooms with double/Twin beds which can be converted into single beds. Each room has a private bathroom.
- 4 rooms are suites with a nice balcony.

### **Common areas**

- Two air conditioned meeting spaces for up to 50 people.
- 2 decks and 2 masts. The upper deck meeting room with a 360 degree panoramic view.
- 2 restaurants (indoor and outdoor)
- Fully equipped kitchen
- 2 sundecks
- Several places for relaxation, for workshops, yoga and meditation.
- A library with a collection of Egyptian history and mindfulness books

### **Food**

- A delicious mixture of fresh continental and local Egyptian cuisine. Breakfast, lunch and dinner open buffets and afternoon tea with pastries.
- Fresh fruit and fruit juices, tea, coffee and mineral water from sunrise to midnight.
- Water is purified by a sophisticated 3 stages filtration. The kitchen has reverse osmosis setup for fresh fruit and vegetable washing.

### **Wifi**

- High speed access on board.

## Dahabiya Cabins

- There are 5 standard cabins. They each have a panoramic window, a hanging closet, and bedside tables.
- Private bathroom with shower, bathtub and loo.
- Hair dryer and ironing board on request.



## Dahabiya Suite Cabins

- There are 4 cabin suites. They each have a panoramic window, a hanging closet, a desk, and a private outdoor terrace.
- Private bathroom with shower, bathtub and loo.
- Hair dryer and ironing board on request.







## Marsam Guesthouse



Marsam guesthouse is a unique and historic hotel, designed to encourage individual travellers, artists and guests who share a passion for Egyptian culture and history. Sustainable tourism is at the heart of its core.

The inner courtyard is a haven of peace, where guests sit under shady trees overlooking the fields. It's the perfect place to relax, and to enjoy a delicious al fresco meal after a busy day of sightseeing.

There are a total of 36 rooms and the tour is based on entry level 'Traveller' style rooms with shared bathrooms. If you would like a room upgrade please let us know.



# YOUR TOUR LEADER

AMELIA STEWART

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Amelia first journeyed to the Sinai desert in Egypt aged 16, sleeping under the stars, and riding camels through the desert. She has been hooked ever since.

The desert and its peoples became an obsession, and she returned time and again to the region over 10 successive years, training as a guide to take school groups, charities, and expeditions to the Sinai and Western deserts in Egypt before setting up her first travel company: Simoon Travel (simoon means a desert wind in Arabic) specialising in travel to Libya followed by Syria, Algeria and Iran.

Simoon Travel was acquired by Original Travel in 2012 and she continued to travel across the Middle East whilst venturing into the Caucasus, East Africa and far-flung countries along the Silk Road, taking many small groups of intrepid travellers with her. She now runs [Amelia Stewart Travel](#) - a specialist travel company for tailor made, and small group journeys with the discerning traveller in mind. Egypt will always remain a second home and she continues to travel there every year, organising and hosting tours currently with a focus on the Nile Valley. She is a calm, unflappable host with 25 years experience taking tours to Egypt as well as many other destinations.

Amelia has recently qualified as a Vinyasa & Yin yoga teacher and is on hand to help assist Patricia throughout the tour. She can't wait to show you the magic of Egypt!





# YOUR YOGI

## PATRICIA CREOLA

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Patricia's yoga journey began in 2007 over night when a friend took her along to a yoga class. She discovered a deep connection between her own body, mind and soul. Gradually she experienced peace of mind whilst her body got stronger, her anxiety reduced, and chronic headaches and migraines were a memory of the past. Yoga became an anchor when experiencing burnout and in many other situations when stress and anxiety would control her life.

Since then, she has created tools to find resilience, confidence, balance, calm and peace of mind. She has since developed countless programmes to help others with yin yoga, hatha yoga, breath work, holistic treatments, yoga therapy for better sleep, essential oils and coaching, so that they can manage the pressure of their jobs, take back control over their lives, are full of energy, confident and happy with themselves.

Patricia is certified in Sivananda Yoga (studied in India), Himalayan Hatha Yoga, Vinyasa Flow, Yin Yoga, Yoga for Insomnia (all studied in London) as well as Meditation and Yoga Nidra (by ISHTA Yoga New York). Additionally, Patricia is also a certified massage therapist.

In 2023 Patricia has led two successful yoga retreats to Morocco and can't wait to explore the magic of Egypt with you on this special journey.



# Practical Information



## How to Book & Pay

Please complete and return the Booking Form. A 25% deposit per person will be required to secure your tour. This can be paid by bank transfer or credit card/debit card (credit card fees apply) and details are all on the booking form including Terms & Conditions.



## Getting there

British Airways and Egypt Air fly from the UK. If you require help securing your flights, please let me know and I can direct you to a reputable flight centre whom we work with so that you can make your own arrangements. I am happy to book your domestic flights within Egypt for you.



## Accommodation

The Guesthouse listed is a boutique guesthouse, the *dahayiba*, a recently renovated smart boat with 2 decks, and 10 cabins (4 en suite with private terraces and 6 standard cabins with panoramic windows).



## Guides & support

Amelia and Patricia will be accompanying your tour as well as a private professional local guide and driver will accompany you for all sightseeing on land.



## Food & Drink

Meals are full board throughout the tour starting with Dinner on Day 1 and ending with Breakfast on Day 10. Egyptian cuisine is delicious!





# Practical Information



## Insurance

It is vital that you take out adequate travel insurance to cover this trip. [Campbell Irvine](#) are good, as are [Allianz Direct](#)



## Visa requirements

All UK passport holders require a visa to enter Egypt. This is a simple procedure on arrival. Current visa costs are \$25 but expected to rise to \$75 pp in 2024.



## Inoculation requirements

Please check the information on Covid entry restrictions for Egypt through the [GOV.UK website](#). Please ask us for up to date information regarding Covid and entry requirements.



## Weather

Egypt is a year round destination and you should expect plenty of sunshine in November. Day time temperatures on the Nile can be 24 – 28 degrees and 28 + degrees in Aswan. Night time temperatures drop to 12 – 15 degrees.



## Tipping

Egypt has a tipping culture and it's taken very seriously. You will be expected to tip everyone you meet who helps you. This is included in the cost of your tour for sake of ease.











[www.ameliastewarttravel.com](http://www.ameliastewarttravel.com)

