



SPECTRUM HEALING
LOVE - RESPECT - KINDNESS

Wed.27th May. depart AUS and board your flight toEgypt.

Note(international flights & Visa,Plus Travel insurance arranged by you)

Note: (Please advise your Arrival timing for you Pick up & arrival transfer)

- **Visa can be obtained at Cairo Airport for \$ 25 USD upon arrival**

Thursday: 28th May. Day1. Arrival to Cairo Airport, Egypt

You will be met and assisted at Cairo International Airport and get transferred to your hotel. On the way to your hotel Meet up with your Egyptologist / Tour Manager and spent some time reviewing & enjoying an introductory talk for Egypt plus highlighting the tour itinerary & logistics. Enjoy the rest of the day at your leisure.

Inclusions: Meet & assistance at airport, Airport Transfers

Meals: N/A

Exclusions: Egyptian Visa & International Air-Ticket.

Hotel: Mena House Marriott

Fri.29th May - Day 02: intro session (Egyptian Museum & Sultan Hassan Mosque)

Today we will enjoy a morning intro session with Donna and group members, great chance to set your spiritual path and to get ready for the coming few days. This afternoon we will depart the hotel to enjoy The Egyptian Museum and King Tut collections with its golden mask and coffins. Your guide will take you on an exploration of these fascinating ancient monuments. Before departing the Museum, you will have time to explore some of the displayed artifacts and the royal mummy gallery, later today we will enjoy Islamic Cairo where we will visit the Famous Sultan Hassan Mosque where we will dive into our own personal peace and soul. We will also visit the essential oil palace where you will learn about the 07 sacred oils that were discovered in Sakkara. We will have an opportunity to try and purchase these oils. To conclude the night, we will enjoy a special Egyptian dinner outside of the hotel.

Meals: Breakfast & Egyptian Dinner outside hotel

Inclusion: Egyptian Museum & Mosque

Inclusion: Intro session

Shopping: Essential Oils

Extra: Mummy Room at Museum (15 USD Per Person)

Sat 30th May - Day 3 Cairo (Giza Pyramids & Sakkarra)

Early morning 4.30 Am Depart the hotel, enjoy a private entry (before common tourists enter the area) to the Giza Pyramids, here we will connect with the energies of the Great Pyramid you will feel a sense of a doorway between dimensions opening. Here we will crawl through ancient passages into the deepest corners of our souls. The Great Pyramid is also a representation of the human skull, and therefore the King's Chamber is representing the core centre of the Earth, and therefore representing the core centre of the human brain! So, it is said this Chamber of the Great Pyramids is the Crown Chakra. The Ancient Egyptians believed that it was here that they taught the mystery of the immortality of the soul. It is evident that the knowledge possessed during the times the Pyramids are said to have been built included a complete grasp of astronomy, solar systems, planetary bodies, distances, the procession of the equinoxes and the fixed star groupings, sacred geometry, advanced mathematics, physics, geography. Later on, we will move to the Sphinx "the soul star" pathway to accessing ancient knowledge through meditation and divination. After short break for brunch (9ish), we will move to explore Sakkara enhancing our Throat Chakra, it is aligned with God Thoth the enlightened communicator, the holy scribe and wisdom keeper. This intuitive center associated with the gift of teaching, communication, and cultural knowledge. Sakkara opens the portal to communication, growth, expansion and speaking one's higher personal truth, we will later get back to our Hotel.

Meals: Breakfast Box, Brunch & Dinner at Hotel

Shopping: Carpet School & Papyrus Gallery

Inclusions: Giza Pyramids & Sakarra Pyramid

special feature: Private entry to Giza Pyramids from 5:30 to 8 Am.

Sun.31st May. Day 04: Cai/LXR (Karnack & Luxor temples)

Early morning (**Breakfast Box**) we will drive to Cairo International airport (Domestic Hall) to board your domestic flight to Luxor. Luxor (the fortification) with its vast array of ancient temples and monuments, Luxor is often called the world's greatest open-air museum. Discover the sights of the East bank of the Nile today, upon arrival we will wander among the massive 134 pillars of the Temple of Karnak; this is the Solar Plexus chakra. "The tradition of the ancient world is called The Masters of the Net, an illustration from the temple walls at Karnak, showing Thoth, the Ibis headed God, who stands behind the Egyptian high culture, stretching a cord, to give the extent of spirit moving in to physical space. While the Masters of the Net was one expression of the type of initiation that took place in great spiritual systems, to teach initiates how spiritual forces can be brought in to manifestation in the physical world, this net that is being described is the same thing that we find in modern physics as The Net of Space Time ." The temple of Karnak describes the process of the creation of the manifest universe, the descent of spirit into matter using the Golden Blueprint of Creation. The essence of Karnak temple comes most alive in a small sanctuary dedicated to Sekhmet the lioness goddess of healing and war. We will walk through the seven doors into Sekhmet's temple and experience the magnificent energies of healing and activation that she offers. Donna will work her magic with you in this Temple as it unfolds.

Then later we will check in at our hotel rest and leisure.

At sunset we will visit Luxor temple which is also associated with the Third chakra. The Temple of Luxor describes the structure of the human body, incorporating its energy centers. This is a beautiful temple to walk through at sunset.

Back to the hotel for dinner and rest. Overnight.

Inclusion: Domestic Flight (Cairo / Luxor) economy Class

Inclusion: Karnak & Luxor Temples

Meals: Breakfast, & Dinner

Hotel: Sonesta St. George or Luxor Nile Hilton

Mon. 1st Jun - Day 05: Dandara temple

This Morning after breakfast we will drive north the Nile to Explore The most beautiful temple on the Nile and its sanctuary at Dendarah, dedicated to Hathor, the goddess of love. Naturally, this center corresponds to the heart chakra. Lunchtime we will board our Nile Cruise, the afternoon free at leisure and enjoy Donna's healing session on board.

Today we will have a chance to explore the world of Precious stones Lapis & Turquoise and hundreds of other types with the famous Egyptian Gold cartouches to make your name in Hieroglyphic and silver items by visiting the famous jeweler shop in Luxor .

** at your leisure so you might like to join one of our Optional extra excursions of Luxor City. a Calash Ride (horse drawn carriage) for 90 Minutes around Luxor's rural & local markets. Real experience for photographing People & see real culture.

04 nights await you to relax on a wonderful River Cruise. You will enjoy cruising down the mysterious Nile River; the longest river in the world. This is a great opportunity to kick-back and watch Life on the banks of the Nile going by. Our meals start with lunch, a mixture of delicious local & international dishes served onboard. There are two stops on the way to Aswan; to pass Through the Nile Lock (Esna City) the second for a temple visit Kom-Ombo or Edfu.

Inclusion: Dandara Temple & Healing session

Exclusion: Drinks onboard including water

Extra: Horse & Carriage (20 USD Per Person)

Nile Cruise: Sonesta (Star or Sun Goddess) or Alexander The Great or Movenpick royal Lily

Shopping : semi precious stone , Gold & Silver Items .

Tue. 2nd Jun - Day 06: Luxor W. Bank (Kings' Valley & Hatshpsuit Temple

06.00 After breakfast. we cross the Nile to visit the vast burial city called the Necropolis of Thebes, on the West Bank of the Nile. we will stop at the fabled Colossi of Memnon and the Temple of Hatshepsut (the first female rulers and the suggested princes that rescued Moses from the Nile River), her funerary amazing carved out rock temple and its terraces is worth the early morning start enjoy (Hathor chapel and get connected to the feminine spirit of the temple) . Later we will wander at the Valley of the Kings, step from a sun-drenched landscape into the dark silence of the tombs(3 different tombs.) before departing the West Bank a quick stop at a local stone cutter factory (Alabaster Shop) for watching how the ancient cut and sculpted their monuments and exploring the ancient imitation of antique or replicas with alabaster & basalt plus granite statues. Return back to the boat, a buffet lunch will be served, and we start sailing to Esna. The afternoon can be spent relaxing on the sundeck while watching the varied local life on the river and its banks. Afternoon tea will be served on the sun deck and we will dock overnight in Edfu.

Inclusions: Luxor West Bank Excursions

Meals: Breakfast, Lunch, and Dinner (Drinks Excluded)

Shopping: Alabaster & Granite workshop

Extra Optional: Hot Air Balloon (\$150 - 170 USD)

Wed. 3rd Jun - 07: EDFU / Aswan Overnight

Breakfast on board. Visit the Temple of Horus in Edfu. Sail to Aswan via Kom Ombo city and temple (at the Navel Chakra. This temple is dedicated to two gods, Sobek and Ra Hr Akhty. Sobek is the crocodile god who represents the Lower Self, and the god Ra Hr Akhty — Horus Who Is In the heaven — represents the Higher Self. This temple holds the Atlantean energy. If you are ready for this experience you will detach from the struggles of own higher and lower self, to let go of fear and negativity as we see the struggle between the higher and lower selves depicted on the temple walls) later we will continue sailing till we approach Edfu (still in the area of the Sacral Chakra — we see the struggle of good and bad through the story of Isis, Osiris, Set and Horus. At Edfu temple you will connect with your hidden emotions. We will visit the sanctuary in the rear of the temple - temple of Horus - his energy is still very present). In the evening there will be a Galabeya party, where everyone dresses up in traditional Egyptian costumes for dinner and party games. Late that night the boat will dock in Aswan for a stay of two nights.

N.B. Pls Consider Cruise Itinerary may get changed

Inclusion: Edfu & Kom Ombo Temples

Meals: Breakfast, Lunch, Dinner. (Drinks Excluded)

Thu. 4th Jun - Day 08: ASWAN: Philea Temple & High Dam

Free Morning

Aswan: Land of Gold. it provides shelter and a resting place for migrating birds from Europe, in their winter season migration journey. Aswan is the house of the Nubians is the only pure ancient Egyptian race left. Aswan: Land of Gold plus the house of the Nubians: the only pure ancient Egyptian race left. Aswan is considered the Root Chakra. The main god of Aswan is Khnum, the ram-headed god — the god of creation who sits on the potter's wheel and forms and makes individuals out of clay. When visiting Aswan, many people experience what is described as "a new birth." Upon arrival we will Visit the temples of Philae for Goddess Isis and later we will explore the high Dam.. rest of the evening free at your leisure

The rest of the afternoon is free, or you might like to join an optional extra Nubian Village Tour. Cruise the river in a simple motorboat to a lovely Nubian village. There you will enjoy a wonderful time with villagers who will sing and dance for your entertainment. You can watch the Nile scenery, including nesting migrating birds from Europe. This trip includes a camel ride in the heart of the Sahara Desert, before visiting one of the Nubian Houses and meeting the Family.

Extra: Return Flight to Abu Simble (\$ 200 – \$ 250 USD)

Note: Abu Simble booked before arrival

Inclusion: High Dam & Philae temple tour

Meals: Breakfast, Lunch, Dinner. (Drinks Excluded)

Extras: Nubian Village Tour (approx. \$ 45 - 55 USD per Person)

Fri. 5th Jun. Day 09: Aswan/Old Cataract Hotel

This Morning we will disembark our boat and we will enjoy felucca ride on the Nile then by midday we will check in at the legendry Old Cataract Hotel (one of the top 10 hotels in the world) enjoy the Base chakra as it's soothing energy around the hotel where you will live like kings and queens of spiritual life. Tonight, we will have our special farewell dinner.

Inclusion: Old Cataract hotel

Inclusion: Felucca ride on the Nile

Meals: Breakfast, Old Cataract Farewell Dinner. (Drinks Excluded)

Sat. 6th Jun - Day 10:: Aswan/ Cairo & Healing Session

After breakfast we will board our flight to Cairo from Aswan (**Ms.**) arriving Cairo, upon arrival we check in at our hotel Le Meridian Airport for our

last night. Later today we will end our spiritual experience with farewell session & after that we will explore Islamic Cairo walking through 9th C. street full of life and people plus houses show the glory of the Egyptian art , ending our walking tour in the heart of the great Bazaar (Khan El Khalili), we will have dinner (Paid by you) then we will drive back to the hotel for your last night. Please confirm your departure flights for arranging pick up. As well if you need to extend your stay please refer to your guide.

Inclusion: Aswan / Cairo Flight.

Inclusion: farewell Healing Session.

Hotel: Le Meridian Airport

Meals: Breakfast

Note: (Please advise your departure timing for your final transfer)

Sun 7th Jun - Day 11: Cairo (Home)

After Breakfast you will get transferred to Cairo international airport for boarding your international flight back home (end of our service)

Meals: Breakfast

Exclusion: International flight, Departure Tax.

*** Price is per Person for ultimate Spiritual Egypt 10 Nights/11 Days
Ultimate 05 stars Spiritual Retreat**

Only for (\$ 3595 USD) In twin Double Room.

Single Supplements (\$ 1450 USD)

Cairo hotel: (Marriott Mena House)

Nile Cruise: Sonesta Stars or Sun Goddess or Movenpick Royal Lily.

Luxor: (Sonesta St. George hotel or Hilton Plaza Luxor)

Tour detailed & Price Inclusions:

Cairo:

01. 03 Nights first stay at 5 stars deluxe Hotel on bed & Breakfast Basis (Marriott Mena House)

02. 01 Night at 5 stars deluxe hotel second stay Le Meridian Airport or Fairmont Heliopolis on Bed & Breakfast Basis

Nile Cruise:

04 Nights onboard: (5 stars deluxe Cruise on full board accommodation B, L, D) Sonesta star Goddess or Alexander the Great or Movenpick Royal Lily or Similar (Excluding Drinks)

Luxor: 01 night at hotel on half board Basis (Sonesta St. George or Luxor Hilton or Similar)

Aswan: 01 night at Old Cataract hotel on half board Basis

- A. Domestic Flights (Cairo / Luxor & Aswan/Cairo) economy class
- B. Meals: as mentioned on the itinerary (10 Breakfast, 5 Lunch, 09 Dinner)
- C. Arrival & Departure Transfers plus Meet & Assist at Airports, and all excursions with Air-conditioned tourist Bus.
- D. Entrance Fees to the Above-Mentioned sights.
- E. All excursions as listed on the itinerary.
- F. Qualified expert English Speaking Guide/Egyptologist / tour manager escorting the tour from day 1 to day 11. (From Cairo to Aswan)
- G. Private entry to Giza Pyramids (from 05.30 to 08.00) AM.
- H. Taxes & Police permissions
- I. Farewell dinner at old Cataract hotel
- J. Special visit to Dandara temple.
- K. Felucca trip on the Nile
- L. Daily 2 bottles of water per person.

Price Exclusions:

- Tipping for the whole tour: Please allow \$ 150 USD Per Person) to be collected / paid upon arrival as a kitty and distributed among Porters, Drivers, Reps, Waiters, Nile Cruise, suppliers etc. to
- Extra Meals not listed on the itinerary (average lunch coast 10 – 20 USD per person per meal),
- Drinks along the tour including extra water even on the Cruise.
- Personal Items: Laundry, Phone Calls, Internet, Shopping, personal tipping at restaurants, toilets, Temples ... Etc
- Extra Excursions or anything not list on the itinerary
- International Flights, Egyptian Entry Visa & Departure Tax.
- Travel Insurance

Note: any sudden increase of fuel or Taxes or entrance fees by the government (the prices / additions will be added to the tour price without notifications.

**To book your international flight from Sydney to Cairo
I recommend this amazing lady who is also a member of the Spectrum
Family**

Hayley Powell *Travel Guru at Perfect Travel Group*



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