



## 8 days cycle trip Nile Valley Aswan - Luxor

You cycle out of Aswan in northern direction. On your right the river Nile. And agricultural grounds where farmers are working the same way as in the old pharaoh times. A cow pushing a water wheel, white ibises between the plants. Donkeys carrying their freight to the village, accompanied by children. Women dressed in black, on their way to the market. It is still early in the morning, the sun is shining, the recall of the imam sounds over the fields; it is time to pray. A boy on a camel greets you friendly. On the left, behind the villages, starts the desert.

*A small impression of this unique cycle trip. You will experience village life; the pleasant, hospitable atmosphere. You will visit a camel market and the pharaoh temples along the route: the double temple near Kom Ombo, the temple dedicated to Horus near Edfu. In Luxor you will visit the world famous Valley of the Kings.*



*You will spend the night a few times in a boat on the Nile and the other nights in hotels, in Aswan and Luxor. Day 3-5 full board; meals are served in the felucca, which is also keeping your luggage. The other days on b&b basis. English speaking guidance is present during the whole trip and a professional guide (Egyptologist) at the sites.*



TRAVEL PROGRAM		Total distance 240 km	km	Nights
Day 1	Arrival at Aswan airport. Transfer to guesthouse Bet el Kerem (b&b) in the Nubian village Nagh el Kuba on the West bank of the river Nile.		-	Aswan guesthouse
Day 2	Today we will cycle to the Isis temple on the island Philae (partly by boat). On the way back we pass by the "High Dam"; the dam that created Lake Nasser, and we visit the Unfinished Obelisk. In the evening dinner with a Nubian family in the village.		50 km	Aswan (Westbank)
Day 3	Early in the morning we leave by bike from Aswan to Daraw over the West bank. We stay the night near Daraw.		35 km	Boat on the Nile (Bamban)
Day 4	In Daraw we visit the large camel market in the morning ( <i>only on Sundays</i> ) which is located on the route between Sudan and Egypt. Afterwards we continue our trip to Kom Ombo, where a unique double temple is located, dedicated to both the falcon god Horus and the crocodile god Sobek. After visiting the temple we cycle to the village of Faris.		37 km	Boat on the Nile (Faris)
Day 5	The trip continues from Faris to Edfu (temple from the Old Kingdom, dedicated to Horus)		55 km	
Day 6	From Edfu to Esna (temple of the god Khnum). From Esna by train to our final destination Luxor.		53 km	Hotel Luxor
Day 7	Visit to the world famous Valley of the Kings by bicycle.		10 km	Hotel Luxor
Day 8	In the morning occasion to visit the temple of Karnak, the Luxor temple, the Luxor museum etc. In the afternoon transfer from the hotel to the airport for the flight back home.		-	



## 15 days cycle trip Nile Valley Aswan - Luxor

Day 1	Arrival in Luxor airport. Assistance on the airport and transfer to your hotel (b&b) on the West bank.
day 2 <b>10 KM</b>	Excursions with a guide to the World famous temples in the Valley of the Kings; by bike. Night in the hotel on the West bank.
Day 3 <b>20 KM</b>	Round trip Luxor; via the West bank by ferry boat to the other side of the Nile. Along the East bank to the impressive temple of Karnak, which we visit with a guide. Afterwards over the bridge back to the hotel on the West bank. Night in the hotel.
Day 4	In the morning transfer to the railway station for the train journey to Aswan (3,5 hours). After arriving in Aswan, transfer to the Nubian village Nagh el Kuba on the West bank. In the evening welcome diner in guesthouse Bet el Kerem. We well spend the nights in the guesthouse (b&b) untill day 8.
Day 5	In the morning we leave by camel to the desert. The camel trip, with beautiful views, leads to the Mausoleum of the Agha Khan, to the belvedere Kubbet al Hawwa, to the ruins of the centuries old Monastery of Saint Simeon and to the Tombs of the Nobles, which we will visit. Afterwards we continue our way along the Nile to the Nubian village Gharb Sehel, where we enjoy a lunch. Back to the guesthouse by motor boat.
Day 6 <b>60 KM</b>	"Tour d' Aswan": cycle trip starting in the village Nagh el Kuba, along the West bank to the modern suspension bridge which connects West Aswan with Aswan centre on the East bank. Over the bridge and along the Corniche (Nile boulevard) to the Old Dam, which brings us back to the West bank and via the asphalt road through the desert back to the village.
Day 7 <b>50 KM</b>	We cycle today to the Isis temple on the island Philae (partly by boat). On the way back we pass by the "High Dam"; the dam that created Lake Nasser, and we visit the Unfinished Obelisk. You can choose to stay in Aswan if you like and go back to the village on your own occasion.
Day 8	No program. You might e.g. visit the Nubian museum, the market in Aswan, or go to a swimming pool of one of the hotels in town). Optional we can also organize a day trip to the world famous Ramses temples in Abu Simbel.
Day 9 - day 13 <b>180 KM; about 35 KM PER DAY</b>	In the morning we leave by bike to Daraw. We spend the night near Daraw, and visit the camel market the next morning ( <i>only on Sundays</i> ). Afterwards we continue our trip to Kom Ombo, where we visit the "double temple", dedicated to both the falcon god Horus and the crocodile god Sobek. Afterwards we cycle to the village of Faris. From Faris to Edfu (temple from the Old Kingdom, dedicated to Horus). From Edfu to Esna (temple of Khnum). We spend the nights in the boat which accompanies us, for the luggage and the meals during the cycling trip.
Day 14	We take the train from Esna to reach our final destination Luxor. There is enough time left to visit e.g. the Luxor temple, do some last shopping's, visit the market etc. We spend the night in a hotel in Luxor (b&b).
Day 15 <b>320 KM total distance</b>	Transfer from the hotel to the airport for the flight back home.
<b>© Experience Nubia</b>	



### Cycling in Nubia: experiencing a different Egypt!

Imaging this cycle trip: you are cycling in Upper Egypt in northern direction. On the right you view the river Nile, and green agricultural areas where the farmers are still working the same way as in pharaoh times. A cow pushing a water wheel, white ibises between the plants and donkeys, accompanied by children, bringing their freight to the village. Women dressed in black, going to the market. It's early in the morning, the sun is shining comfortable, the recall of the imam sounds over the fields; it is time to pray. A young boy on a camel greets you friendly. On your left, behind the village, start the desert.

You can make this trip in Nubia, in the Nile Valley; between Aswan and Luxor. You will experience the village life, the hospitable population who loves to invite you for a cup of tea. The pleasant environment; small groceries, women carrying their shopping on their head, men in white gallabyias, in relaxed conversation and a lot of kids playing. Pickups serving as public transport, camels and donkeys along the way.

Underway you will visit a camel market and the pharaoh temples along the route: the unique double temple near Kom Ombo, the temple of Horus near Edfu and in Luxor you will visit the temples and tombs in the Valley of the Kings.

If possible you will stay the night in comfortable private houses along the route, otherwise in the felucca, which sails near the cyclists for the luggage and the meals on the Nile. The last night you will stay in a hotel in Luxor. There will be English speaking guidance during the trip.

**The Nubians** - the primary people of the Nile between Aswan and Khartoum - are seemingly unrelated to other Nilotic or desert tribes of the same region, where they have lived as long as anyone can establish. In ancient times, when the region was known as Kush (covering parts of modern-day Egypt and Sudan), the pharaohs used the Nubians as mercenaries and traders - roles in which they are often depicted in tomb and temple art. Almost all of the XXV Dynasty ("Ethiopian" or "Kushite") pharaohs were of Nubian birth, and some claim that Cleopatra (or Kiliu baba tarati - "Beautiful Woman") was a Nubian born near Wadi Halfa.

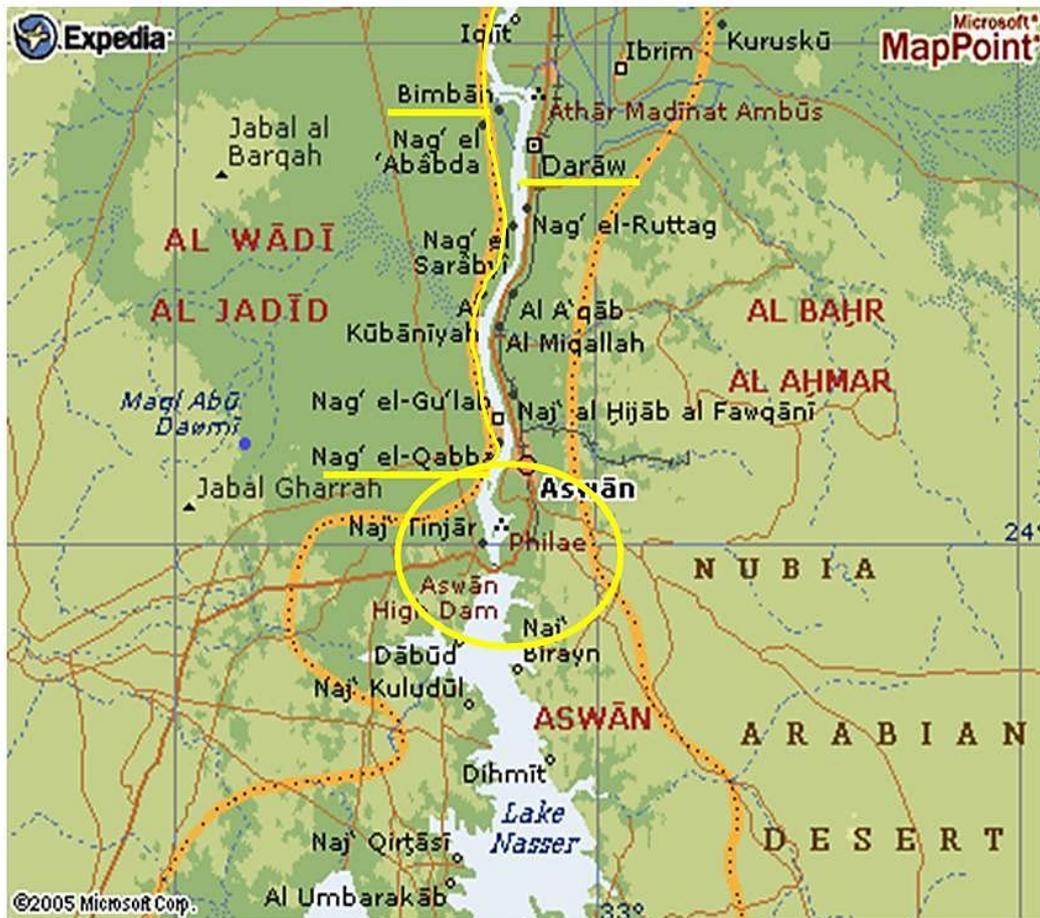
**Traditional Nubian life** centred around villages of extended families, each with its own compound of domed houses. The people made a livelihood farming the verges of the river, planting date palms, corn and durra melons, as well as fishing and transporting trade goods. Socially and spiritually, the Nile formed the basis of their existence. The whole village celebrated births, weddings and circumcision ceremonies with Nile rituals and, despite converting first to Christianity and then to Islam, they retained a belief in water spirits, petitioning them for favours. They also brewed beer and date wine. This way of life - which had existed pretty much unchanged for five millennia - was shattered by the Aswan Dams. The first dam, built in 1902 and successively raised, forced the Nubians to move onto higher, unfertile ground: unable to subsist on agriculture, many of the men folk left for Cairo and the cities, sending back remittances to keep the villages going. With construction of the High Dam, the Nubians' traditional homeland was entirely submerged, displacing the entire 800,000-strong community. Around half of them moved north, settling around Aswan and Kom Ombo, where the government provided homes and assistance with agriculture and irrigation. The rest were repatriated to Sudan, where many ended up in the Kassala/New Halfa area, a thousand miles to the south.

In Egypt, the Nubian community has done well. Many have taken advantage of higher education and business opportunities, making their mark in government, commerce and tourism (85 percent of Nubian males in Aswan earn their living from tourism). Others from the first wave of emigration continue to provide the backbone of Cairo's janitors and servants; Nubians as a whole have always been noted for their honesty and reliability. Remarkably, the community has maintained its cultural identity, with the resettled villages (which took their old names) acting as guardians of tradition.

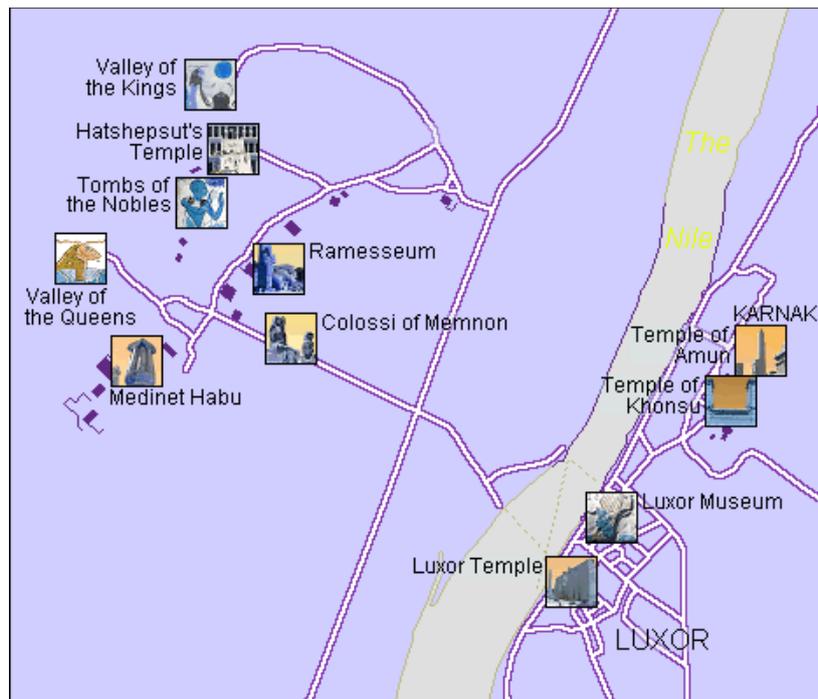
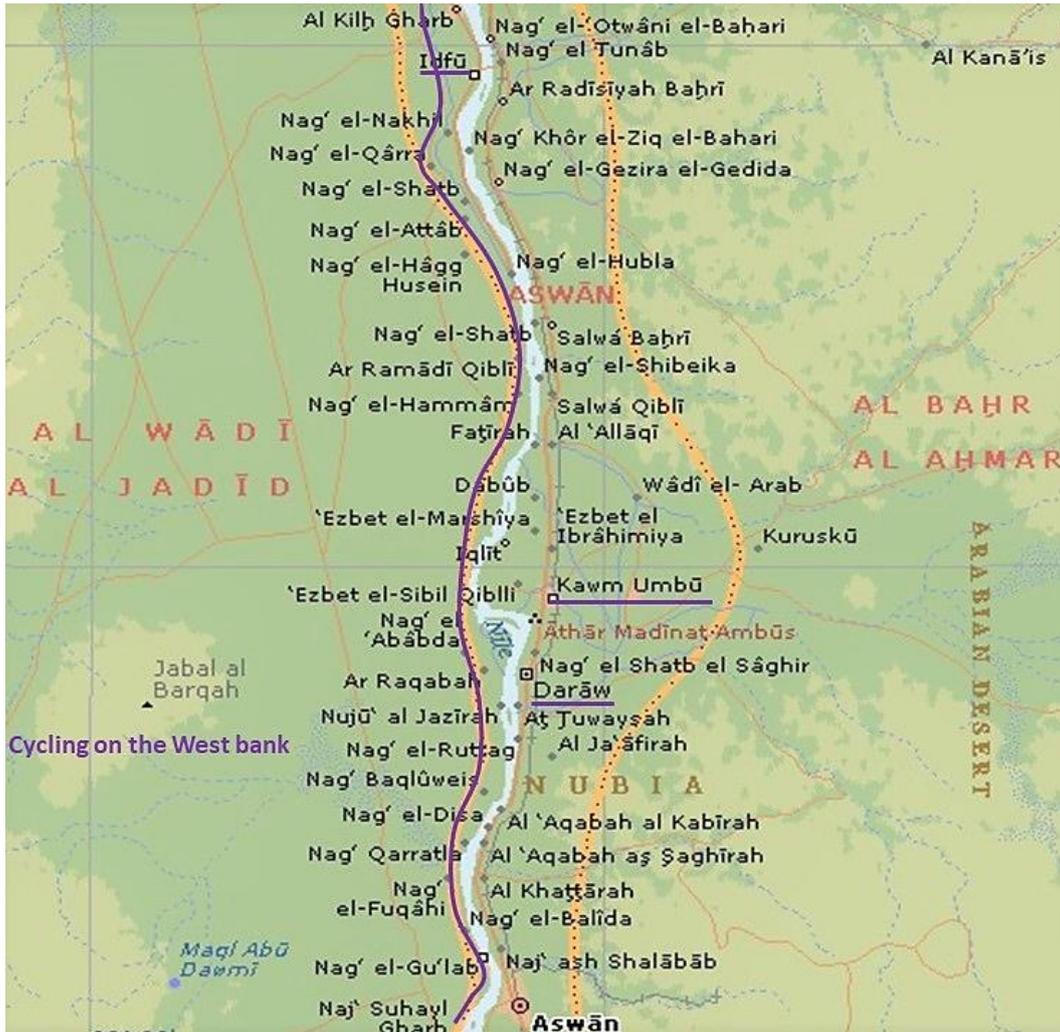


**Aswan** is - beside Cairo and Luxor - the smallest of the three major tourist cities based on the Nile. Being the closest of the three to Africa, it has a large population of Nubian people, mostly resettled from their homeland in the area flooded by Lake Nasser. Aswan is the home of many Granite Quarries from which most of the Obelisks seen in Luxor were sourced from. Aswan was **the gateway to Africa**, and many raiding parties began their travel south from Aswan.

Aswan, Egypt's sunniest southern city and ancient frontier town located about 81 miles south of Luxor, has a distinctively African atmosphere. Small enough to walk around and graced with the most beautiful setting on the Nile, the pace of life is slow and relaxing. Days can be spent strolling up and down the broad Corniche watching the sailboats etch the sky with their tall masts or sitting in floating restaurants listening to Nubian music and eating freshly caught fish. In Aswan the Nile is at its most beautiful, flowing through amber desert and granite rocks, round emerald islands covered in palm groves and tropical plants. Explore the souk, full of the scent and colour of spices, perfumes, scarves and baskets. View the spectacular sunsets from one of the floating restaurants. Aswan has been a favourite winter resort since the beginning of the nineteenth century, and it's still a perfect place to get away from it all.



Cycling from Aswan in northern direction



Archaeological sights in Luxor