



Shamanic Journeys, Ltd.

Egypt Itinerary

October 31st - November 15th, 2008

(Be prepared – Spontaneous changes are part of the fun!)

Day 1, Friday, October 31st - Depart for Cairo:

EgyptAir Flight #986 leaves JFK at 6:30 PM. Overnight on the plane.

Day 2, Saturday, November 1st: Arrive Cairo/Village Dinner

Arrive at Cairo Airport at about 11:25AM local time where we will be met by our Tour Managers. They will assist us through customs and immigration, then transfer us to our luxury accommodations at the Mena House Oberoi hotel. We'll have an opening circle then we will walk to the village for our welcome dinner. Those coming in at other times will be informed of when our meeting will occur based on the actual arrival time of the New York group. (Dinner)

Day 3, Sunday, November 2nd: Sphinx/Camel/Giza Plateau/Meetings/Train

We will begin this day with an amazing sunrise visit to the Giza Plateau. During our first ritual we will pay our respects to the Sphinx, the guardian of the Mysteries. We will return to our hotel for breakfast and relaxation before check out at by 1:00pm. Then, at 2:30 we will meet for orientation where we will introduce you to our guides and staff and answer any questions you may have. We will also begin our talks in preparation for the rites ahead. At the end of the day we make our way to the train station. Our train leaves at 8pm for an overnight journey to Aswan. (Breakfast, Dinner on train)

Day 4, Monday, November 3rd: Aswan/Elephantine Island

In the morning we arrive in Aswan and check into the Aswan Movenpick Hotel. You have some free time to relax and explore. Aswan's name in the past was "Suene" meaning "market place" because it was a main center for the ivory trade. Enjoy our beautiful hotel spa and pool or see what modern day Aswan has to offer and find an exotic cafe for lunch on your own before our afternoon felucca sail to visit Elephantine Island for a special initiation at the temple of Khnum. (Breakfast)

Day 5, Tuesday, November 4th: Isis Temple at Philae

Nicki and Gloria will lead us through a private sunrise meditation and ritual to receive the blessings of Isis at her beautiful island temple at Philae. This isle represents a fusion of three great civilizations – Egyptian, Greek and Roman. The presence of Isis is palpable in the inner sanctum, the Holy of Holies of her temple. We will return to our hotel for breakfast and enjoy the pool or a massage before transferring to our cruise ship for lunch. Lunch and dinner are served on board our Sonesta cruise ship. (Breakfast, Lunch, Dinner)

Day 6, Wednesday, November 5th: Aswan/Nile cruise/Kom Ombo/Edfu

We have a free morning in Aswan before we have lunch on our boat as we sail north. We will gather on deck to share our experience and discuss the mysteries as we sail to Kom Ombo. There, we visit the temple of Sobek the crocodile god of strength, fortitude, fertility and rebirth, and Horus the son of Isis and Osiris. We continue sailing to Edfu, where we will have a special private night visit to the Temple of Horus, one of the most beautifully preserved in Egypt. We spend the night on our cruise ship. (Breakfast, lunch, dinner)

Day 7, Thursday, November 6th: Nile Cruise

Full day sail on the magical Nile to Luxor. This afternoon we will meet on deck or in one of the lounges to bind our circle with sharing and processing of our experiences as we luxuriate on deck enjoying the timeless Nile beauty. Overnight on cruise ship. (Breakfast, lunch, dinner)

Day 8, Friday, November 7th: Dendera/Abydos

In the early hours of the day, we will leave to visit to Dendera where you will visit the exquisite temple dedicated to Hathor, the goddess of love and joy. Here we will experience a ceremony on her rooftop where Hathor priests and priestesses gathered for their celebrations thousands of years ago. We then continue north to the temple at Abydos, dedicated to Osiris. This temple rests next to and above the most ancient Osirion, one of the premier power places on the planet. It includes a more recent temple built by Seti I, which contains the most beautiful bas reliefs of any temple in Egypt. We will overnight at the Sonesta St. George. (Breakfast, lunch)

Day 9, Saturday, November 8th: Tombs of the Pharaohs/West Bank

Luxor lies on the site of Thebes, the capital of Egypt at its height. The West Bank holds the tombs of the pharaohs and queens, and some of the most spectacular funerary temples including Der el Bahari the funerary temple of the female pharaoh Hatchepsut. We will also visit the mortuary temple of Ramses III at

Medinet Habu. This evening is free for you to explore the wonders of Luxor's market. Overnight Sonesta. (Breakfast, lunch, dinner)

Day 10, Sunday, November 9th: Karnak/Sekhmet/St. George/Luxor Temple

Today we will visit one of the largest temple complexes in the world, Karnak. It has been home for more than 3,500 years to the living statue of the lioness goddess, Sekhmet, who will initiate us with her fierce compassion. We will disembark from our cruise ship and check into the lovely St. George hotel for an afternoon at leisure. We will meet in the early evening for a visit to the Luxor Temple. (Breakfast)

Day 11, Monday, November 10th: Luxor /Free day

We will meet in the morning for continuing discussions/lecture with Nicki and Gloria, after which you will enjoy a day of leisure to explore Luxor or to reconnect with or revisit any of the sites your soul is calling you back to. Lunch and dinner are on your own. (Breakfast)

Day 12, Tuesday, November 11th: Luxor-Cairo/ Khan el Khalili

Morning flight to Cairo on EgyptAir #136 at 10:10am arrives in Cairo at 11:20am and transfer to the Mena House. We will have lunch in Cairo at the colorful Khan el Khalili Bazaar where we have an afternoon of fun and shopping on our way to the Mena House. (Breakfast, Dinner)

Day 13, Wednesday, November 12th: Sakkara/Cairo Museum

We will make an early private visit to the step pyramid at Sakaara, the world's oldest freestanding stone structure. This structure was masterminded by Imhotep, the renown vizier and architect to King Djoser (Dynasty III). This magnificent complex includes other Old Kingdom tombs and a temple of sound and healing, and is a perfect place for our spiritual work. We will have a late lunch as we make our way to an after-hours visit of the Egyptian Museum of Cairo. The museum hosts an astounding collection of Egyptian Antiquities and exhibits over 120,000 objects, including 1,700 Artifacts from the tomb of Tutankhamun. Overnight at the Mena House. (Breakfast, lunch)

Day 14, Thursday, November 13th: Great Pyramid/ King's Chamber

This morning will be free to relax or explore. We will gather later in the day before our special after hours private visit in the Great Pyramid with a culminating initiation in the King's chamber. (Breakfast)

Day 15, Friday, November 14th: Free day/Closing Circle

Free day to explore Cairo and Free afternoon to shop, horseback ride, revisit sites or shop before our Farewell dinner and final closing circle. (Breakfast and farewell dinner)

Day 16, Saturday, November 15th: Farewell to Egypt/Final Departure

We depart for New York on Egypt Air flight #985 at 10:10AM, and arrive in JFK at 3:15 PM. (Breakfast)

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