

Journey to the Heart of Ancient Egypt

April 16-May 1, 2011

Imsara and Patricia M Bowers would like you to join us on this magical quest to Egypt on April 16-May 1, 2011. We would like to take this opportunity to share a little of why we have felt the pull to return to this beloved land. Between us, we have traveled 15 times back to this land we call our HOME. Although we are sometimes at a loss to express the full depth and beauty of this land we have always felt such a deep transformation on each and every visit.



Our trip next April of 2011 we will offer a new way of experiencing Egypt by traveling on a private sailing vessel the Afadina. Our Egyptian tour host Mohamed Nazmy has created a “home away from home” and he has expressed this in the following words “I want my guest to not only see Egypt with their eyes but also to see the splendor of Egypt with their hearts”. We have also added an extra delight on our itinerary a visit to the city of Alexandria to visit the exquisite new library. Bibliotheca Alexandrina mission statement would best describe some of those feeling Imsara and I share about Egypt: “A center of excellence in the production and dissemination of knowledge and be a place of dialogue, learning and understanding between cultures and people.” It seeks to aspire to be the World’s Window to become a center for learning, tolerance, and understanding and recapture the spirit of the original ancient library. We have included private visits to unique places such as the King’s Chamber in the Great Pyramid and the Sphinx .

Temple sites and energies of Egypt are vast , powerful and expansive . During our journey we will meditate and contemplate on the actual sites or in a convenient and comfortable place.

Along with our warm and caring hosts in Egypt we taken care of many small details that will make your trip both comfortable and enjoyable!

There are always many other surprise along our journey as we explore this ancient heart of this

sun blessed land. For those of you that awaken

and begin to feel the "Spirit" of the tour ,know together we will manifests many incredible and beautiful experiences for all of us to share.



Although, we and our Egyptian tour company will do our very best to keep to the itinerary below, we only ask that you to be open to the many new and infinite possibilities in Egypt. We find that it is better to be flexible and allow for more surprises and gift along the way...as the Egyptians say.... "Insha'Allah"...God willing.

We look forward to making your adventures in Egypt a happy and joyful trip.

Many blessing

Imsara and Patricia M. Bowers

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ITINERARY:

Day 1. Your gateway city to New York, NY Overnight non-stop flight from JFK, New York on EgyptAir to Cairo

Meals/beverages aboard flight. Dinner/snack/light breakfast

Day 2. Cairo. Welcome home to the beloved land of Kemet (black-land) Upon the morning arrival at Cairo International Airport. You will be greeted at immigration by a tour Quest representatives to help with travel visa, collecting luggage and customs. You will then be escorted to an air-conditioned bus that will start the journey of seeing site along the streets of Cairo, and then arrive at our luxurious...Le Meridian Hotel. After checking in you can take a short-rest in the comfort of your room, explore the hotel, and play in the swimming pool, exchange dollars in Egypt pounds at convenient bank located in our hotel. Late afternoon we will gather in the hotel lobby and walk to a local restaurant for a welcome dinner and enjoy Egyptian food, get acquainted with fellow travelers and go over the tour schedule for the next few days. Early to bed.

(Dinner)

Day 3.Cairo

After a morning coffee and delicious international breakfast in the hotel we will meet in the lobby and then travel by bus the Giza plateau to explore the pyramids and have a private visit with the Sphinx. The Sphinx is known as the guardian of the great mysteries, here we will have time to reflect and mediate around the paws of this incredible enduring monument.

Take a camel ride. Return to the hotel and you can choose to dine in one of the hotel restaurants, take a short walk in the streets around our hotel to get feel for the people and their culture and slowly integrate your time clock to Egyptian time with a short rest. You can enjoy dinner on your own or with a group member in a local or hotel restaurants.

(Breakfast)

Day 4.Cairo

Early breakfast at hotel. A bus ride to Old Kingdom Necropolis of Sakkara to visit the Step Pyramids of Sakkara, the world's oldest

freestanding pyramid. The step pyramid of Sakkara was from the inspiration of Imhotep, the visionary architect of Kings Djoser (Dynasty-III). Imhotep was not only an architect but evidence show he was also a gifted healer as signs of medical treatments have been discovery on bones/mummies found around this site. We will also visit a sound temple as well as the tombs of the nobles to see the vivid symbolic reliefs the depicted life in ancient Egyptian some 4000 years ago. Lunch at an Egyptian restaurant before heading to the Cairo Museum to see the most amazing collection of Egyptian antiquities. You are free to dine/explore night-life of Cairo.

(Breakfast/lunch)

Day 5.Cairo to Aswan

We will check out of our hotel in Cairo for a very early morning flight (40mins.) to Aswan on EgyptAir. Transfer by bus and board our sailing home for the next 8 days aboard the private sailing vessel, the "Afandina". After a delicious lunch we will take an afternoon sail on a Felucca enjoy the sunlight dancing on the Nile, feel her cool breezes and experience the merriment of activities that one could only imagine on the Nile. Enjoy the sunset from the spacious deck and also scrumptious dinner from the kitchen of the Afadina. Sweet dreams on your first night the arms of the Nile.

(Breakfast/lunch/dinner)

Day 6.Aswan

Very early morning (4:30am) for private sunrise meditation at Temple of Philae, here we will pay tribute and celebrate Isis and appreciate the peaceful inner sanctuary in the Holy of Holies. The beautiful island temple of Philae was moved piece by piece to this location when the great dam of Aswan was built. The Aswan Dam not only the changed the waters of the Nile/the increased for growth of agriculture but it displaced the many Nubians that called the banks of the Nile in this area...home. Return to the Afadine for breakfast. You are free to explore city of Aswan, the Nubian Museum or walk through the wonderful open market and find beautiful colourful cotton scarves, wool blankets, the traditional Egyptian galabias and costume jewelry.

(Breakfast/lunch/dinner)

Day 7.Aswan/Kom Ombo/Edfu

We will start to journey on the waters of the Nile early this morning (6am - 4-5 hour sail) to Kom Ombo. You can sit on deck with your

morning coffee or tea and watch the people and activities on the banks of the Nile. We will arrive in Kom Ombo. Here we will visit the temple of two gods... Sobek: the crocodile god of strength, fertility, fortitude and rebirth. Horus: falcon/hawk head, son of Osiris and Isis. Return to the Afandina for lunch then an afternoon 8-9 hour sail to Edfu.

(Breakfast/lunch/dinner)

Day8. Edfu/Esna

We will take a short bus ride to the town of Edfu to one of the most beautifully preserved of new excavations. Here at the Temple of Horus, falcon head god: one may have an opportunity to look at the dualities of life balancing the dark with the light. We return to the Afandina and set sail to Esna. Crossing the Locks of Esna. Gathering circle for a mediation/sharing.

(Breakfast/lunch/dinner)

Day 9.Esna/Luxor

Today you can relax and refresh your body and spirit as this will be a Full day of sailing on the Nile. Morning class of Qi-gong on the sundeck. Take time to read a book/ write a postcard or in your journal then just simple watch the activity on shore from the deck of the Afadina... Feel yourself slipping into the ways of the pharaoh/queens and enjoy the beauty, charm, tranquility of Egypt.

(Breakfast/lunch/dinner)

Day 10.Luxor/Abydos/Dendrah

Today we travel by bus to the temple of Abydos built by the pharaoh Seti I who dedicated this temple to Osiris. The temples of Osiris has sanctuaries dedicated to Seti I, Ptah, Amun, Ra, Harakhte, Osiris, Isis, and Horus. They contain some of the most beautiful and colourful reliefs in Egypt. This temple also rest on top of the "Osirion" where you will see the "Flower of Life" symbol that dates back well over 5000 years. Many people feel that Abydos holds the "Heart of Egypt". Later we will travel to Dendrah to visit the temple of the Hathors, the goddesses of love, joy, dance and laughter. There are exquisite reliefs of Nut ...Goddess of the sky. This site was also the home of the Egyptian horoscope before it was taking by Napoleon to Paris, where it has remained in a very obscure place in the Louver.

(Breakfast/dinner)

Day 11.Luxor/West Bank

Morning at the West Bank of ancient Thebes of the site of the royal tombs of the Pharaohs who built their resting place for their mummified bodies and a glorification of the life they lived. One of the most magnificent funerary tombs we will visit is that of the "only" woman pharaoh Hatshepsut. Return to Afandina for lunch...then you are free to explore and shop in the beautiful city of Luxor...here you will find the best quality of gold and silver jewelry for your signature cartouches and custom fit galabias of the finest Egyptian cotton.

(Breakfast/lunch/dinner)

Day 12.Luxor

Today we visit two of the most magnificent temples: Karnak and Luxor. Karnak temple honours Amun, Mut and Khusu the Theban triad...but there is the most exquisite statue of Sekhmet, the lioness goddess that has been watching/living for more than 3500 years. You will have an opportunity to connect with her fierce compassion. Luxor temple has been called the "Temple of Man" and here you not only walk along the avenues of the sphinxes/rams but see how the different cultures have built both church and mosque alongside the towering Egyptian pillars and obelisks.

(Breakfast/lunch/dinner)

Day13.Luxor/Cairo

Morning flight to Cairo. Upon arrival at Cairo we will stop on our way back to the hotel at the Khan el Khalili Bazaar. All throughout this fun, colourful market you will be able to find last minute gift of wool blankets, cotton/silk scarves, belly-dancing wear, galabais and statues of any of the gods or goddess of Egypt. Check in to our hotel and you are free to explore Cairo for one last night on your own.

(Breakfast/lunch)

Day 14.Cairo/Alexandria

Motor trip to Alexandria, a city energetically known as the delta or the flower of the Nile: founded in 331BC by Alexander the Great and home of Cleopatra VII here we will visit the stunning new library. The Bibliotheca Alexandrina was first the vision of the late Anwar Sadat and was finally championed by Suzanne Mubarak. The library is a center of academic research, planetarium science ,incredible contemporary art, collection of Arabic calligraphy and also holds original engravings , lithographs and maps from the 15th and 19th

century. Later we will enjoy a fabulous seafood lunch on the Mediterranean Sea. After lunch we will visit to the Pompey pillar which is an excavation site and an acropolis between the subterranean remains of a Serapeum, catacombs and multi-level labyrinths. Return to Cairo for overnight.

(Breakfast/lunch)

Day 15. Cairo

Last day in Cairo: we will celebrate our journey with a personal visit to the Great Pyramid of Giza. Here we will have private time in the King's chamber to mediate/share and reflect on your journey. You will see and feel the strength of this incredible structure and be in wonderment of how this was built! FEEL the energy! After our private visit to the great pyramid you will have time to find extra gifts... a visit to perfume shops to purchase essential oils and a visit to a papyrus shop to find Egyptian artwork. Farewell dinner that features a special dance of the Sufi Whirling Dervishes.

(Breakfast/dinner)

Day16.Cairo/New York, NY.

Morning departure for air fights back to JFK, New York, afternoon Arrival.

Meals/beverages aboard flight.

With love,laughter and joy

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