



TREK TO PETRA

FOR AGE UK PLYMOUTH

EXPLORE. FUNDRAISE.

INFORMATION AND REGISTRATION PACK



www.ageuk.org.uk/plymouth
01752 256020

Registered charity number 281820

TREK TO PETRA 23RD - 30TH NOVEMBER 2024

CHALLENGE : TREK
MAIN ACCOMMODATION : HOTEL , GUEST HOUSE & CAMPING
CHALLENGE FACTOR : HEAT & LONG DAYS TREKKING

This stunning and remote trek takes you on an adventure following an ancient Bedouin migration route to Petra, experiencing some of the most spectacular natural scenery in Jordan along your journey. This trek is voted by National Geographic as one of the world's best hikes and it is growing a reputation as the 'Inca Trail of the Middle East'. We will be covering up to 10 miles a day over 5 consecutive days of walking. Besides the stony desert landscape, there are sections of narrow trail across rocky terrain including some easy scrambling. No previous trekking experience is required although it would be a great advantage, and you must ensure you have done plenty of hill walking training in advance of the trip to prepare yourself for the challenge.



"PETRA" to 70580
to donate £5

Texts will cost the donation amount plus one standard network rate message



ITINERY

DAY 1 : Fly to Jordan

DAY 2 : Wadi Feinan – Wadi Barwas

Transfer to Wadi Feinan for our first day's walk across 'hamada' landscape – dry, rock-strewn desert, with little sand. The terrain is fairly flat all day but there are spectacular mountain views and expansive wadis (dry valleys) as well as Byzantine and Nabatean ruins to be seen. Tonight, you will set up camp in Wadi Barwas.

DAY 3 : Wadi Barwas – Ras el Feid

Leaving the stony hamada desert behind this morning, we walk around the foot of the mountains to reach an ancient Bedouin migration path that ascends steeply across rocks and small boulders, going high into the mountains. This section is very challenging and can be loose underfoot and involve scrambling rocks taking around 4 hours, but the reward is amazing views over the stunning Wadi Araba desert. We eventually descend into Wadi el Feid for a well-deserved dip in its cool waters—a perfect place for lunch and a rest. We then walk upstream through dense foliage before reaching a dry river-bed surrounded with colorful sandstone outcrops to reach our camping spot.

DAY 4 : Ras el Feid – Shkaret Msei'd

This morning we retrace our route along the riverbed and gradually climb up the hills following Bedouin shepherd paths to discover some of the most spectacular scenery in Jordan. This path is particularly challenging, becoming less defined and involving some easy scrambling to pass large boulders and other obstacles. The trail continues along the wadi floor and gently climbs up into the pale coloured sandstone hills with incredible views across the surrounding mountains and canyons until we reach our camp at Shkaret Msei'd.



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Day 5 : Shakret Msei'd – Beida – Little Petra

The scenery changes dramatically today from deep wadis to wonderful wide open sandstone hills that feel almost moonlike. The trail passes agricultural fields and some Bedouin encampments before our trail once again becomes indistinct with some more scrambling. We descend into Little Petra to visit this fabulous site for a taster of the main site which we will encounter tomorrow. A short walk then takes us to a permanent campsite, uniquely located in the midst of the sandstone mountains in Beidha.

Day 6 : Petra

Today our trail takes us across open farmland for the first two hours, and then contours around the mountain ridge to enter Petra itself. The views across to the Araba Desert some 100km away are impressive and after 5 days of hard trekking, the first glimpse of the top of Petra's Monastery is jaw-dropping. Our route takes us into the main site and the heart of Petra, exiting via the Dark Siq to enable us to re-enter the site through the Main Siq, and experience the most famous view of Petra – the Treasury. We then proceed with a full sightseeing tour, including the Facades Street, Urn Tomb, the Theatre, Colonnaded Street, Royal Tombs and Qasr al Bint, before leaving the site and heading to our hotel in nearby Wadi Musa for a comfortable night's sleep in a guesthouse.

DAY 7 : Sightseeing

Spend the day visiting more highlights of this fascinating country. You will either visit Wadi Rum* on a jeep tour to explore this spectacular desert including Lawrence of Arabia's Spring and the natural rock bridge of Jebel Um Fruth or you will head north towards the Dead Sea* for an opportunity to have a float in the waters! If time allows, you will also visit Mount Nebo, where Moses is said to have seen the promised land and the ancient town of Madaba. *N.B. Sightseeing today will depend on flight schedules and is subject to change.

DAY 8: Return to London





MILEAGE

- Day 2 : Approx. 16km**
6 hours
Max. altitude 378m
- Day 4 : Approx. 9.5km**
6-7 hours
Max. altitude 975m
- Day 5 : Approx. 16km**
9-10 hours
Max. altitude: 997m
- Day 6 : Approx. 14km**
5 to 6 hours
Max. altitude: 1,226m
- Day 7 : Approx. 16km**
5-6 hours
Max. altitude: 1,057m

FITNESS LEVELS

A moderate to challenging trip for someone of a good fitness level. You will be trekking for 5 consecutive days, averaging 6 hours each day.

The terrain is largely rocky, dry and uneven. Although some of the days trekking have a very gentle increase in elevation some days have very challenging sections with steep uphill and downhill gradients.

Temperatures pose a specific challenge with temperatures historically reaching up to 30°C.

You must be of a good fitness level before departure, to ensure fast recovery each day.



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WHAT'S INCLUDED

- Return flights from London
- Airport taxes and charges
- All transport in Jordan
- All accommodation (hotel in Aqaba or Amman for two nights, guesthouse in Wadi Musa for one night, camping during trek for four nights)
- Meals
- English-speaking guides and support crew
- Trek permits
- UK Different Travel Tour Manager



WHAT'S EXCLUDED

- Jordan visa (current cost 40 JOD)
- Personal expenses (e.g. drinks, souvenirs, etc.)
- Vaccinations
- Travel insurance
- Tips (approx. £25-£30 per person)
- Trek kit and equipment



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FAQs

Who accompanies us?

You will be accompanied by an English-speaking guide and a local trek guide who have an excellent knowledge of the culture and trekking in the region. The guides are first aid trained and will support you throughout your journey. You will also be accompanied by a team of support staff including cook, donkey handlers, Jeep driver (transporting luggage) and a Different Travel Company UK tour manager.

What is the climate like?

Temperatures in November can range from 22°C to 30°C during the day and drop to around 0°C at night however you must be prepared for variations to this which are out of our control. Loose, lightweight, long clothing is both respectful to the local culture and cooler in the heat than having exposed skin. Weather during the trek will be dry but there may be some strong winds. Rain, although very rare, is not impossible.

What is the food like?

Your meals during the trek are cooked by a chef who will prepare simple but nutritious dishes. Typical breakfasts may include cheese, eggs, jam, butter, tomatoes, cucumber, fruit, tea and black coffee. For lunch each day you will prepare your own sandwiches to carry with you, and dinner will comprise of dishes such as soup, chicken, rice, vegetarian dishes and salad. Plates, mugs, cutlery and other equipment are provided. While staying in cities, meals will be at the hotel or at local restaurants.

Where will we stay?

You will stay in a hotel with en-suite facilities while in Amman or Aqaba (location dependent on flight schedules), a guesthouse in Wadi Musa and you will camp in tents during the trek (two to a tent). Foam sleeping mats are provided but you will need to bring a sleeping bag. Toilet facilities during the trek consist of a small toilet 'tent' covering a hole in the ground. There may be very basic shower facilities at camp but this is not guaranteed and water must be used sparingly, so we advise that you don't rely on this, and bring a pack of baby wipes. A small bowl of water is provided to wash your hands before meals.

What are the bathroom facilities like?

The hotels have en-suite facilities with flushing toilets and hot showers. Toilet paper should always be placed in the bin, not flushed. At camp there will be a toilet tent which offers privacy over a pit in the sand. You should not rely on shower facilities being available during the trek so please bring a small pack of baby wipes and a bottle of hand sanitizer for personal hygiene.

How much does it cost?

All trekkers will need to pay a £345 registration fee
Then either:

- Pay your own tour costs of £1,850 and then fundraise a minimum of £1,500
- Or fundraise for your whole event of £3,350

What documents do I need?

Travel Insurance is compulsory; we strongly suggest that you arrange insurance cover as soon as your booking is confirmed. Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time.

How do I book?

Go online to different-travel.com to book.



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SPONSORSHIP

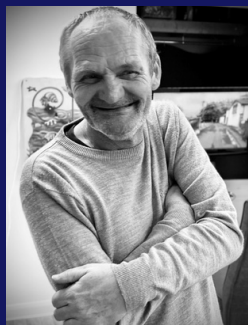


- We'll support you with your fundraising, donations sent via our text service will be added to the team's fundraising total.
- You can be featured on our socials and we'll invite people to donate directly to you via your online donation page.
- You can host a takeover of our monthly quiz, adding around £150 of donations to your sponsorship.
- We can work with you to approach corporate sponsors.

WHY FUNDRAISE FOR AGE UK PLYMOUTH?

Age UK Plymouth exists to care for and work with over 50s, those living with dementia and carers in and around the City of Plymouth to improve their quality of life through promotion of choice, opportunity and independence.

We rely on donations to keep us active in the community. All money raised is spent locally supporting people in Plymouth.



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WILL I MAKE A DIFFERENCE?

ABSOLUTELY. The money donated through these fundraising activities is such an important part of what keeps charities like us going. Unlike grants and money for specific projects, this 'unrestricted funding' allows us to take action on vital work with real urgency. Essentially it enables us to identify a problem or opportunity in the community and immediately start work on addressing it and putting solutions in place. Given the current social and economic climate, for some, the stakes have never been higher.

TARA DALE - HEAD OF FUNDRAISING, AGE UK PLYMOUTH

At a glance...

We're a local charity working in the community to support over 50s, those living with dementia and carers. We are committed to making Plymouth a city where people Love Later Life.

WHAT YOUR FUNDS COULD DO...



£5

Provides simple sports equipment and games, for fun and engaging activities at our Day Centres.



£10

Supports our team in accessing vital funding for people to secure care, heat their homes or buy food.



£50

Helps our teams returning people to safe, independent living at home after a long stay in hospital.



£100

Would support one of our team of Volunteer Befrienders in making 3,360 call a year.



Astor Drive, Mount Gould,
Plymouth, PL4 9RD
Registered charity: 281820

CHALLENGES

To get a sense of the urgency and size of the support that Age UK Plymouth provides consider this:



The City of Plymouth is within the 20% most deprived districts in the country.



In 10 years Plymouth's population of over 65s will increase by 1/3. That's 15,400 people.



One in 14 people over the age of 65 lives with dementia, that increases to 1 in 6 people over 80.



In 2021, 432 people a month called our Information & Advice team for their free help & support.

SOLUTIONS

1

Day Centre & Dementia Day Centre

We operate a day care service offering those aged 50+ an enjoyable and friendly atmosphere to socially engage. We also run a specialist Dementia Day Centre providing meaningful and varied activities and invaluable respite for carers.

2

Help at Home Community Support

From shopping to assisted trips out, laundry to household and garden maintenance our Help at Home team offer a high-quality, flexible service providing vital support that helps people to remain living independently and safely in their own homes.

3

Wellbeing Hub

Our specialist 50+ Wellbeing Hub connects people with free or subsidised events and services. Including Befriending, Veterans activities and exercise classes. Activities at the Hub reduce isolation and promote mental and physical health improving overall well-being.

4

Hospital Discharge Service

This free service provides a vital life line for those leaving hospital by existing solely to support the journey to independence. Our high-quality and flexible short term service is tailored to create a bespoke package tailored to suit an individual's needs.



- ATOL bonded tour operator that specialises in overseas charity challenges and adventure holidays
- Founded in 2005
- First groups supported areas in Sri Lanka and Thailand repair their lives following the Asian Boxing Day tsunami
- Many itineraries are combined with the opportunity for participants to assist at development projects alongside local people

“I loved every moment of the trip; the company, the guides, the challenge (most of the time!), sleeping under the stars, good food.”

“The guides and our group made the experience all the more better.”

RESPONSIBLE TOURISM:

We define Responsible Travel and Tourism as: ‘The use of tourism as a force for good which adds value to, and benefits, the economies, societies and communities we visit, whilst minimising the negative side effects of our tourism to both the destination and the global environment’.

When we travel, we become a guest in the destination and like all good guests we believe it’s right to be respectful and open-minded. Life-enhancing travel is not about seeing a place but experiencing a place, its people, its cultures, food and ways of life.

It is only right that when we, relatively wealthy tourists, enjoy the benefits of tourism we do so responsibly by ensuring that we are not contributing to the exploitation of either people or the environment; that we are participating in ‘fair trade’ practices which benefit those who work so hard to make our trips so great; that we are contributing to the sustainable economic development of the communities who host us; and that we are respectful towards and assist in the maintenance of indigenous cultures.



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