

# Jordan - Trek to Petra

## 100km to the Dead Sea

Jordan



**360**   
EXPEDITIONS

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# Jordan – Trek to Petra

## 100km to the Dead Sea | Jordan



Join us on a trek through the **deserts of Jordan** to reach the iconic ancient city of **Petra**, one of the **modern Seven Wonders of the World**. We'll follow ancient trails through enchanted country which the nomadic **Bedouin** people and their livestock have travelled for generations.

To get there we'll **trek** over dry wadis and through lush canyons, open sandy desert and rocky **hamada**. You'll encounter hot springs, **Roman remains**, crusader castles, Neolithic houses and green valleys fed by crystal streams. The scenery is absolutely mesmerising with the canyons and gorges coming alive under the changing light and glowing in various shades of red and orange. At night, we camp in Bedouin tents and feast by the campfire as the desert sky opens up to the stars. Entering the incredible city of Petra

is the highlight of the expedition – the ancient capital of the Nabateans, age unknown but 'half as old as time', seems impossibly carved from the rock face. As a special extra we might get the opportunity to visit Petra at night when it is beautifully lit by candlelight.

On our last day we head to the **Dead Sea** to soak our weary feet at our spa resort and relax in the unique buoyancy of the waters.

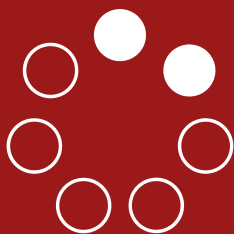
Let your incredibly knowledgeable Bedouin and western guides take care of all the logistics and safety while you immerse yourself into this totally unique desert experience.



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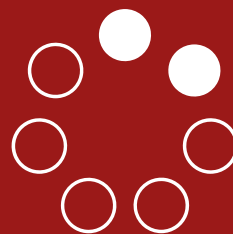
## 100km to the Dead Sea

### Jordan



#### Physical – P2

This trip is challenging and a good solid fitness level is required. There will be prolonged walking over varied terrain and you should be training to comfortably walk for 6 to 8 hours, over undulating terrain, with a few punchy uphill climbs, carrying a pack up to 6kg in weight.



#### Technical – T2

Consider this a trek, although there may be occasion to use hands for short sections of easy scrambling. No previous climbing or trekking experience is necessary.

Please note that the grading system used is a rough guide only.





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### ITINERARY

#### DAY 1 : Depart UK

You will be met on arrival at the airport and transferred to your hotel in Amman for a rest before the adventure starts!

#### DAY 2 : Amman – Mansura

After breakfast, we drive in air-conditioned comfort down the King's Way to Mount Nebo. This 1,000m mountain is a very important Christian site, for it was here, on the edge of a ridge overlooking the Dead Sea, that Moses first caught sight of the Holy Land, having led his people from Sinai. It is said that he also died and was buried here. Mount Nebo offers fantastic views of the Jordan valley and the Dead Sea, with the West Bank city of Jericho usually visible from the summit and Jerusalem apparent on very clear days.

After lunch, we continue driving south via desert highway and have time to stretch our legs at Shoubak Castle. Built in 1115 by the Crusader King Baldwin I, it's been the site of many an attack and siege, with imposing architecture and stunning views – there's a fascinating underground secret passageway too. We arrive at Mansura where our campsite awaits us – we often arrive in the dark and so, though your tents will be set up, it's always worth having your torch to hand!

The drive will take, minus stops and breaks, approximately 4 1/2 hours.

(BLD)

#### DAY 3 : Mansura – Wadi Feinan

Today our trek begins! The route does change slightly from trek to trek depending on the group and the weather, so the distances and itinerary below might be a little different on your trek, but your guide will let you know of the exact plan in situ.

To start, we trek along the Shara mountains. The barren landscape suddenly changes as we enter Wadi Daphna with its hot springs and palm trees. We follow this stunning canyon, from beginning to end, jumping into deep blue pools and scrambling up and down boulders and through slot canyons. You may get wet feet today, and so trekking sandals might be preferred, but your boots will dry overnight if they do get wet!

Late afternoon we emerge in a broad valley passing palms, reeds and oleander bushes that blossom in the spring. The Wadi Feinan gorge has an interesting archaeological landscape and was an area rich in prehistoric activity. During our walk we may see the remains of a late Roman citadel, copper mines, elaborate water systems and settlements with Neolithic houses. Depending on how far we have walked, we may have a short vehicle transfer to our camp in the dunes.

(Trekking approx. 15-18km. Trekking time: 6-8 hrs)

(BLD)

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### ITINERARY

#### DAY 4 : Wadi Feinan – El Forn

Our trek today heads through both the Shara Mountains and Wadi Araba. The wadi resembles a small rocky desert, known locally as a hamada, with scattered Acacia trees offering hints of green and providing some beautiful shady spots.

You'll experience some punchy ups on the hillier parts of the trek today, countered by some longer leisurely climbs, hitting 1,400m at the highest point. The terrain is varied, with chances to scramble as you head up out of the canyon. More challenging than yesterday, today is a fun day to stretch your legs on and your training will come into its own, as it is a hearty day with a good portion of trekking taking you uphill.

From a small Bedouin settlement, we will sometimes barter for a goat and our local Bedouin crew will expertly prepare and barbeque this over an open fire for us tonight.

(This doesn't happen on every trek and, of course, if it does happen, being involved in this is optional – we aim to give everyone as true an experience of the Bedouin lifestyle, but understand that it's not for everyone. Do remember that the goats are free range and have been well looked after, and will be humanely prepared. We also can, and frequently do, fully cater for vegans and vegetarians on this and all of our expeditions, so please do chat to us if you have queries!)

The evening is for relaxing or exploring as you wish, there are several small hilltops to climb for an unforgettable sunset over the desert plains on which we are camping.

(Trekking approx. 15-17km. Trekking time: 5-6 hrs)

(BLD)

#### DAY 5 : El Forn – Gabural Al Waheidat

From our camp high on the plateau we hike downwards into Wadi Feith, a narrow canyon with its year round running stream. We then turn down into Wadi Sahawa, before the trail heads straight up along the ridge-line to our lunch spot at Tabqa Agla. The terrain isn't challenging underfoot, but with limited shade during the first part of today you will appreciate the opportunity to enjoy the breeze and stunning 360 degree views from the ridge.

After lunch, we take a Bedouin trail with beautiful views over Wadi Araba to Gabural Al Waheidat. Tonight's camp is in a spectacular spot on the sand dunes, sheltered but with stunning views.

(Trekking approx. 15km. Trekking time: 5-6 hrs)

(BLD)

#### DAY 6 : Gabural Al Waheidat – Little Petra

We hike down into a fertile valley before ascending an exposed ridge-top. The climb is short but steep and the views from the top are breathtaking. We are more than a kilometre above the desert plains below. After lunch we climb down through a wild valley and past sandstone domes and cliffs to little Petra, giving us our first taste of amazing Nabataean culture. If we have time, we may also visit the Neolithic village of al-Baidah before we reach our camp at El Maisra, near little Petra.

A short road transfer to our campsite is available after our Bedouin crew have made our afternoon tea. Time depending, it's possible to continue the trail for another 2 hours along the gravel road, winding its way through the sandstone domes to our camp. For many, today has proven the most spectacular day. We will stay at a local homestay this evening, often with local musicians coming to join, and we have the option to sleep inside, or outside to enjoy your last night under the Jordanian stars.

(Trekking approx. 17-20km. Trekking time: 8-9 hrs)

(BLD)

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### ITINERARY

#### DAY 7 : **Petra**

Today we continue our trek to Petra. We enter the little Petra reserve and negotiate narrow paths clinging to the side of deep canyons. We have a whole day to enjoy Petra including a half day guided tour of the rose-red city which is one of the New Seven Wonders of the World.

Our guided tour of this unique and unforgettable site will include a walk through the dramatic Siq, the narrow and winding fissure between towering cliffs, which we exit through a tiny cleft to be confronted by the awe-inspiring splendour of the Treasury monument, Petra's most elaborate ruin, hewn into the sandstone rock. Local legend has it that this tomb once stored the gifts of the Queen of Sheba to Solomon. We will explore the royal tombs, a Roman theatre and the colonnaded street, to name but a few of the astounding attractions on view, and we will also walk up or down the 800 steps to view the vast and impressive Monastery (Ed Deir), which enjoys fabulous views over the whole area and a mountain atmosphere.

After lunch, which we will have on site, the afternoon is free to explore one of the most impressive and exciting sites of ancient history anywhere in the world. One option is to walk up to the High Place (Attuf Ridge), once the venue for sacrificial offerings, which gives wonderful views over the Petra Basin and out towards Jebel Harun and Wadi Sabra.

We celebrate the successful conclusion of our trek with an early dinner. If the opportunity is there (depending on the day of the week we visit), we will head back out at about 8pm for a wonderful experience of visiting 'Petra by night', which for many is a really spectacular experience in front of the candlelit Treasury.

(The trek in to Petra is approx. 8km, and then the rest of your distance is exploring Petra itself – the distance from the Monastery to the main gate is 8km in itself! Your total trekking distance will be approx. 20km. Trekking time: 4 hours trekking to and from Petra, then another 4 hours in and around the city – though this does depend on how much you wish to explore!)

(BLD)

#### DAY 8 : **Petra – Dead Sea**

Petra was carved into the Sharah mountains by the industrious Nabataeans, who grew rich through their control of the frankincense trade routes through Arabia. Petra fell into obscurity about a thousand years ago, while its existence, and location, were kept a closely guarded secret by the local Bedouin, until 1812 when the Swiss explorer John Louis Burckhardt tricked his way into the site.

Today you have the opportunity to have a lazy morning re-exploring Petra. It is such a magical place and we're sure that you'll have great time exploring before hitting the souvenir shops or visiting the Petra Museum, a fascinating way to learn about more about the history of Petra.

After lunch, which we don't include today so you really can do what you like, we will transfer from the hotel in Petra to the Dead Sea Spa Resort (a 3 hour transfer) where you will check in to our wonderful hotel before delving into a delicious celebration dinner.

(BD)

#### DAY 9 : **Dead Sea**

Today is all about rest and relaxation in the Dead Sea Spa Resort. Think mud baths, floating on the sea, jacuzzis and luxurious spa treatments if you wish. It's the perfect spot for some time out.

If you wish, you are also free to organise and visit the site of St John the Baptist, and be within 10 feet of Israel, just across the Jordan River. A large taxi is in the region of 70JD (for 8 persons). We'd suggest allowing a few hours for this extra visit and arrange the taxi with the hotel to come and wait with you. Or, if you prefer to spend some time shopping instead, there is a mall within 5 minutes' walk of the hotel where you are able to buy souvenirs at a very reasonable price!

(B)

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### ITINERARY

#### DAY 10 : Return to UK

We will enjoy a buffet breakfast at this stunning hotel, before packing up and heading off for our transfer to the airport, and our return flights home.

(B)



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### KIT LIST

#### Bags & Packs

##### Kit bag

A 90 –120L duffel bag to transport kit. A duffel bag is a strong, soft, weather resistant bag without wheels but with functional straps for carrying. Suitcases and wheeled bags are not suitable

##### Daysack

A small daysack approx. 25–35L capacity. Your day to day pack that you carry with your daily essentials, fitted with shoulder straps and importantly a waist belt

##### Waterproof rucksack cover

To protect rucksack from rain

##### Drybags

Nylon rolltop bags that keep fresh clothing and other important items like passports and iPods dry in the event of a total downpour that seeps into your kitbag. Good for quarantining old socks. Please note that many countries are now banning plastic bags. We would always advise buying re-usable nylon rolltop bags for keeping your kit dry (and sustainability).

##### Small kit bag or light bag

This is for any clothes or luxuries that you want access to at the end of each day, that you don't want to get lost in the depths of your large kit bag. This bag will be packed up inside your large kit bag and will be transferred from camp to camp with you in the jeeps.

#### Sleeping Gear

##### Sleeping Bag 3–4 season

You should get a sleeping bag rated to –5C and choose a sleeping bag that functions within the comfort rating of this temperature. A silk sleeping bag liner will enhance this rating on the coldest nights

##### Sleeping bag liner (sheet sleeping bag)

Silk is best for keeping the bag clean and you a little warmer and is lighter than cotton

##### Sleeping mat

Slim mattresses are provided, and are perfect inside the tents. If you do wish to sleep out under the stars, a small, light roll mat is handy to provide some padding!

#### Headwear

##### Wide brimmed hat

Keeps the sun off exposed areas like ears and the nape of the neck

##### Sunglasses

Worth spending money on good UV filters. Julbo is our preferred supplier

##### Sunblock

Buy the highest SPF you can find as the sun is strong in the desert



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### KIT LIST

#### Lip salve

Buy the highest SPF you can find as the sun is strong in the desert

#### Upper Body

##### Base layer

This is the layer closest to the skin and its principal function is to draw (wick) moisture and sweat away from the skin. Wet or sweaty clothing makes you cold and saps your energy as your body compensates to dry it. For the desert consider loose fitting tops, with long sleeves. There won't be an opportunity to wash them on the trek

##### Mid layer

These are typically lightweight microfleece or similar technology that provide varying degrees of warmth and insulation without being overly bulky or heavy to pack

##### Hard Shell

These jackets (and trousers) are thin, highly waterproof and windproof and worn over all other items of clothing. They are your last line of defence against harsh weather. You'll find these made of Gore-Tex or other proprietary waterproof yet breathable technology. Inexpensive hard shells that aren't breathable will prevent evaporation, making you sweat intensely and are not recommended, particularly for the desert

#### Long sleeved T- shirt x 2

Either wicking long-sleeved t-shirts or a trekking shirt will suffice – you want something lightweight to cover your skin from the sun.

#### Swimsuit

You'll want this for the Dead Sea, and also if you use the swimming pool / spa at the Dead Sea Resort. Do be aware that the Dead Sea mud can stain costumes, so either bring a darker colour, or a second spare dark/old set.

#### Lower Body

##### Trekking trousers

These tend to be polyester so they dry quickly after a shower and weigh little in your pack. Consider perhaps a pair with detachable lower legs as an alternative to shorts

##### Shorts

Light and quick drying rather than heavy canvas

##### Underwear

How many pairs you take is entirely up to you!

#### Feet

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### KIT LIST

#### Walking boots or approach shoes

2-3 season walking boots, waterproof are handy for if we walk through any streams, and we would suggest they have mid to high ankle support. full-leather walking boot will be too heavy, so a fabric boot is much better suited for a desert trek. Your feet will get pretty hot whilst trekking so do try and take this into consideration when considering sizing and do make sure they're well worn in!

#### Trainers

For evening use around the camps and in Petra

#### Trekking socks

You can take a clean pair for each day, or fewer if you wish

#### Sandals

These are optional, but can be really comfy to walk in, and dry quickly if you wade through water. If you do bring, make sure they have a comfy ankle strap, with a good grip.

### Hydration

#### Water bottles / bladder

Water bottles (we would recommend 3L equivalent) or a Camelbak that fits into your daysack

#### Water purification

We use bottled and/or purified water throughout the trek, but it is worth having this to hand should you wish to fill up elsewhere.

### Toiletries

#### Wash kit

Toothbrush, toothpaste etc.

#### Travel towel

Travel towels from the likes of Lifesystems are perfect

#### Wet wipes

Preferably biodegradable, these are great for washing when modern shower facilities become a thing of the past

#### Alcohol gel

A must have for good camp hygiene

#### Insect repellent

#### Toilet paper

Provided on the mountain but a spare in your daysack may be useful if you need to hide behind a rock between camps

#### Nappy sacks or dog poo bags

See above, toilet paper doesn't decompose quickly in the desert



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### KIT LIST

#### Medications

##### Personal first aid kit

The 360 med kits are designed to be used in emergencies and akin to an A&E rather than a pharmacy on expeditions, so please come prepared with useful meds for yourself including painkillers, plus blister plasters, plasters, antiseptic, rehydration sachets and any muscle rubs you wish to use. Check out the FAQs on this for full recommendations!

##### Personal medication

Keep this in your daysack

#### Miscellaneous

##### Head torch

We recommend Petzl head torches. Bring spare batteries. On your first night camping, we do sometimes arrive after dark, so it can be handy to have your torch accessible at the start of the trip.

##### Trekking poles

These do often tend to be a personal preference, but can really help with your stability and can dampen the pressure on the knees coming down hill.

##### Camera

Bring plenty of spare batteries and memory cards

##### Penknife (optional)

##### Sewing kit (optional)

#### Snacks

1 to 2 snack bars per day

##### Marshmallows

For roasting over the campfire at the end of the day. You can't buy marshmallows in Jordan, so don't forget to bring some with you!

##### Solar Charger

These are useful to keep electricals charged but are a luxury rather than a necessity, especially on a reasonably short trek – we recommend Power Traveller.

##### Entertainment

Pack some paperback books, iPod, pack of cards etc as you will have down time at the camps

#### Documentation

##### Passport

Don't forget this! Your passport should have at least 6 months validity. With your passport expiry date at least six months after the final day of travel.

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### KIT LIST

#### Money

We recommend you take at least US\$100–150 (or Jordanian Dinar equivalent) on the trek in small denominations. This will allow for tip money (see FAQs) and any small purchases on the trek. Small denominations are recommended as it may be difficult to obtain change and it will be easier to divide tip money. ATMs are notoriously unreliable in Jordan, so do make sure you have enough prior to arriving in country.

#### Travel insurance

Make sure you bring a copy of your own travel insurance details, along with relevant contact numbers. We have a partnership with True Traveller and would recommend that you contact them when looking for travel insurance for your trip with 360. However, it is vital that you ensure that the insurance cover they offer is suitable for you, taking your personal circumstances (items to be insured, cancellation cover, medical history) into account. Many other insurance providers are available and we do recommend that you shop around to get the best cover for you on the expedition you are undertaking. It is your responsibility to ensure that you have the appropriate insurance for your intended trip, to include, at a minimum, medical evacuation and coverage up to the maximum altitude of this trip.



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### FAQ'S

#### Guides

##### Who will be guiding us?

Our guides are the best in the business. They know the environment you will be trekking through intimately and hold the highest leadership and first aid qualifications to lead groups in remote places. Furthermore they have worked with the local crews for years and established a fantastic working relationship with them. Many speak several languages and they have operated many individual expeditions in the very environment in which you will be trekking to ensure that their enthusiasm never wanes.

We handpick our leaders for their extensive expedition experience, their leadership skills, and for their ability to relate to the local people with whom they work.

Additionally they are supported by our fabulous local Bedouin guides whose knowledge of the local area is quite extraordinary.

##### Where do I meet my guides?

The 360 team will meet you at the airport. We will let you know where and when nearer the time of departure.

#### The Trek

##### What happens during a typical trekking day?

We will be woken up early each morning at around 6:30 am and given a basic but hearty breakfast. After breakfast we will pack up with the help of the Bedouin and 360 Guides and begin the first trek of the day for about 3 hours. A long and early lunch will be taken to avoid trekking during the hottest part of the day. We set off to walk again for another 3 hours or so and then we establish camp late afternoon for dinner and a well-deserved rest. The [itinerary](#) is there to give you a rough idea, but do note this may vary slightly depending on the group and the weather.

##### Do we visit Wadi Rum?

We have recently have taken Wadi Rum out of our itinerary. Wadi Rum has a fascinating history, written about by T.E. Lawrence in his history of the 1917-18 Arab Revolt possibly better known recently as a very popular filming location and it's always been a popular stop. However, after a lot of feedback from our many trekkers it was decided that the 3 – 4 hour drive wasn't warranted for the experience and the preferred plan was to use this time exploring Petra. Sadly due to the commercialisation of Wadi Rum it has simply become like Piccadilly Circus and the reports were that the amazing Jordanian desert trek is far superior to Wadi Rum.



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### FAQ'S

#### Accommodation

##### Where will we be sleeping whilst trekking?

The joy of this expedition is that we encourage you to wild camp. Simply take your mattress and find a spot to sleep under a canopy of stars.

If you're not quite ready for sleeping under the stars, we also have a traditional Bedouin tent. They are big communal handmade cloth tents.

The camps will be set up each day by the support team before you arrive. They are not fixed camps and are set up each day for our specially designed itinerary.

Please note that sleeping in / under the canopy of the Bedouin tent can attract a few extra mozzies and flies.

##### What are the hygiene facilities in the desert?

Washing will be predominantly wet wipe washes! There is sometimes an option of a tent shower and there will always be a tent loo at camp.

##### Will I meet the local Bedouins and have time to watch them cook and spend time with them in the evenings?

Yes, you will have a chance to fully immerse yourself in the Bedouin culture. They are fascinating and friendly people and you will be lucky enough to have a chance to see into their lives first hand.

#### Can I book a single room?

We do have a single supplement available (please see the [inclusions and exclusions](#) for full details on costs).

This includes your first night in Amman, one night in Petra and the last two nights at the Movenpick Hotel at the Dead Sea.

During the trek you will be in shared, open Bedouin tents (or sleeping under the stars if you wish!) – chat to us if you would prefer to have a solo sleeping option on these nights also.

#### Food and Water

##### What is the food like on this trek?

At the hotel we will be served with an open buffet with several kinds of hot dishes, salads and desserts for dinner. During the trek breakfast will include jams, pitta bread, cheese, teas and coffees, orange juice etc. while our lunch boxes will be classically Jordanian with pitta bread and hummus, mineral water etc. Our dinners will be a nightly open buffet with one kind of hot dish (comprised of meat) a soup, four kinds of salads and dessert with tea and coffee served at safari tables around a fire. On an everyday basis there will be a selection including yogurt, cheese, lebeneh, hummas, fruits, vegetables, rice, bread made from cornflour, juice, jam, sweet potato etc.

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### FAQ'S

#### Where does our drinking water come from?

We will be drinking bottled mineral water for the duration of the trip.

#### How often is fresh water available for replenishing during the day?

We have plenty of bottled mineral water that we serve with breakfast and you can take as much as you wish for the trekking sections. At night we put an ample amount of bottled mineral water near the open buffet so there is plenty of access to fresh water.

### Kit

#### What equipment do I need for this trek?

A comprehensive kit list has been written for you. If you have any questions about any of the items on it, please do call the 360 office as we are happy to advise.

#### Do we need to take our own sleeping bags and mats?

You don't need a sleeping mat as you will always have comfortable thick mats available. These will be carried in the jeeps so there is no need to bring your own. There will also be plenty of heavy rugs should you need to bulk the mats out a little for comfort. It is best to bring your own sleeping bag which should have a rating of -5, as it can get oddly chilly at night. This is all very personal and body temperature dependent. A question to ask your self is do you sleep hot or cold!

#### What clothing should I wear on this trek?

You will need to bring trousers, shorts, t-shirts, several pairs of socks, jackets and some good sun protection by way of a hat and sunglasses. Check out the [kit list](#), or call us, for full info! For footwear, you'll need a good pair of well worn in boots to trek in, and a pair of sandals or light trainers to pad around the camps, and later Petra. A lot of people also like to bring lightweight trekking sandals, perfect for combining the heat and walking through the riverbeds.

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### FAQ'S

#### What clothing is suitable for when we come back from the trek?

When in Rome do as the Romans. Shorts and t-shirts are fine to wear during the course of the day, and you'll want a swimsuit at the resort and for the Dead Sea too. Evening wear generally tends to be casual: long trousers and casual shirt are fine for all hotels and restaurants. Jordanians are generally quite conservative in their dress code and are generally well dressed despite their situation in life.

Remember that this is a Muslim country and in religious areas, women ought to cover their shoulders and legs at the very least.

#### How much luggage can I bring?

Fortunately, 4-wheel drives will be taking the strain for this trip but pack no more than you would want to carry yourself: 15kg is the limit.

#### What advice do you have on travel bags?

Duffel bags are ideal for this sort of trip. Whatever bag you go for make sure it is robust and has a large capacity. It is far better having a large capacity bag with extra room (after all air doesn't weigh much) than having a bag too small and finding problems packing your kit. Even having a 100 litre plus duffel bag is not too large.

#### What should I carry inside my daysack?

A daysack is worn at all times during the trek. The content of this is optional but should include: a fleece (if we take a break later in the day when it has cooled down or weather changes), lightweight waterproofs (primarily to act as wind protection), sufficient water for the day, snacks, camera equipment and personal medication, and we'd always recommend having your (head) torch to hand for any times you're getting into camp after dark.

#### How much should my daysack weigh? What size is adequate?

Your day-to-day sack should weigh no more than 3 – 4 kg and a rucksack of around 30L capacity will more than suffice. This rucksack can be filled to the brim with extra stuff when checking in at the airport. It is important that this bag has an adjustable waist belt to transfer the weight of your daily load onto your hips and from here onto your legs so that your strongest muscles do most of the carrying.

### Weather

#### What temperatures should I expect?

Temperature on average will be around 22C by day and 5C at night. Some nights in the desert can feel much colder though, which is why we suggest a sleeping bag that goes to -5°C.



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### FAQ'S

#### Health and Safety

##### **What happens if there is a problem on the trek or if there is an emergency?**

Accidents can happen and anyone undertaking these adventures has to accept there is a degree of risk due to the very nature of the challenge. All our guides are in communication with each other by satellite phone and radio. Our local crew are all experienced in dealing with any problem that will arise. Our guides are either doctors or qualified to the highest standard of wilderness first aid and can handle any emergency with the highest level of competency. We have a four wheel drive vehicle that supports us by carrying the equipment and we are in constant communication with it should more serious problems arise.

##### **What vaccinations do I need for this trek?**

We advise you to check with your GP surgery or a travel clinic on latest advice about vaccinations and to ensure you are up-to-date.

##### **You advocate bringing a small first aid kit. What should it have in it?**

We advocate a little bit of self-help on the trek!

If you have a blister developing, for example, then please stop take off your boot and treat it before it becomes a problem. Your own first aid kit should contain, at a minimum, a basic blister kit, plasters, antiseptic, sun protection, your own personal medication (sometimes your porter might get to camp after you and if he is carrying your medication you may not be able to take it according to the regime you are used to), basic pain relief (paracetamol / aspirin / ibuprofen), a personal course of antibiotics if prone to illness, anti-diarrhoea tablets if you do have a more sensitive stomach etc. Foot powder in your socks every morning is great for preventing blisters. Finally remember mozzie repellent. There can be a few in the evenings. Generally the best approach to take when packing your first aid kit is to include such basic medications as if you would on a family or personal holiday.

Having said that, your 360 expedition leader and/or a member of the local crew does carry a very comprehensive first aid kit which contains a wide range of supplies, and they are fully trained to use whatever is needed for any emergency that may arise.

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### FAQ'S

#### Travel

##### **Do I need to book my own flights to Jordan?**

Unless you've requested otherwise, 360 Expeditions will be booking flights on your behalf. We provide confirmation of flight times and departure terminal approximately eight weeks before your departure date. Please be aware that flight schedules are subject to change. Please ensure that you have checked flight details before setting out for your flight.

#### Insurance

##### **Do I need special travel insurance for the trek?**

You must carry individual travel insurance to take part in the expedition. We cannot take you on the mountain without proof of insurance.

It is your responsibility to ensure that you have the appropriate insurance for your intended trip which should include, at a minimum, medical evacuation and coverage up to the maximum altitude of this trip.

Your insurance details are requested on the booking form, however this can be arranged at a later date. 360 Expeditions will be requesting your insurance details 8 weeks before your departure.

#### Entry into Country

##### **My passport runs out 3 months after the trek, is this going to be OK?**

Your passport should be valid for 6 months after the date the trek starts. If it runs out before you may be refused entry. It is also advisable to have a couple of photocopies of your passport in case of loss.

##### **Do I need a visa for Jordan?**

Although visas are compulsory for individual tourist entry into Jordan for all foreign nationals; as you are travelling as part of a recognised tourist group, this requirement is waived.

#### Training

##### **How can I best train and prepare?**

Personal fitness is important for this trek, and we have included a training programme which should see you at peak fitness! If you are struggling from day one then you will not enjoy the rest of the trip. Physical preparation does not have to be Herculean: concentrate on cardiovascular exercise during the week by taking short runs when time allows and try to spend at least 2 weekends a month going on long walks (a decent six hours or 12 miles) carrying a rucksack of around 5kg in a reasonably hilly environment.

# Jordan – Trek to Petra

## 100km to the Dead Sea | Jordan

### FAQ'S

#### **Not sure what 5kg is? Put 5 one litre bottles of water into your bag!**

This kind of regime will not only prepare your body for carrying minor loads but will harden your body against the big days on the trek itself. In addition it will help you break in your boots and get used to your equipment.

### Finance

#### **How much spending money do we need?**

The amount of money you will need depends on how many items you wish to buy or how much you plan to drink when we are staying in hotels. As a basic rule of thumb £200 (approximately JOD180) should be more than adequate for any post expedition spending.

Jordanian Dinars can be purchased in the UK before travel which may make it easier on arrival as you don't need to change money.

ATMs can often be unreliable in Jordan. You may want to take more money than you think you will need, and change back any excess money on return.

#### **How much do we tip our local crew?**

Our local crew work extremely hard to assure that your expedition runs well. While tipping is not compulsory, it is and always has been very much part of the culture. Regardless of that, once someone sees the hard work the crew provides and realises the small amount of money they get paid in relation to your own wealth, tipping will seem the least you can do to say thank you. As a guide we suggest each trekker tips around £160 (JOD140). The total group tip will then be shared out amongst the whole local team.

Tipping the leader is entirely at your own discretion.

#### **What currency is used in Jordan?**

Jordan uses the Jordanian Dinar (as a loose guide 1.00 GBP = 1.2 JOD). However, you should keep an eye on the changing exchange rates. ATMs are widespread in more urban areas but don't always offer the most favourable rates, and are often unreliable. When receiving local currency, always ask for small bills, as larger bills are hard to change in small towns or for small purchases. The best places to exchange money are normally foreign exchange bureaus, which are fast, have longer hours and often give slightly better rates than banks. Do not accept torn money as it will likely not be accepted.



# Jordan – Trek to Petra

## 100km to the Dead Sea | Jordan

### FAQ'S

#### Electronics

##### Is there mobile phone reception in the desert?

There should be mobile reception at most of our camp sites but this cannot always be guaranteed in the desert.

##### Do we need a travel adapter for the plug sockets in the hotel or are they the same as the UK?

No need to bring travel adapters as Jordan operates on the same system as the UK.

##### How do I avoid getting sand in my camera and phone in the desert?

We're in the desert, there is dust and sand all around us, even in the air, and the last thing you want is for your camera to pack up half way through the trek so you need to take care of it. For things that will stay in your kit bag most of the time like (hopefully) your mobile phone, hermetically sealing food bags or stuff sacs will be fine for the duration of the trek and are cheap to buy. For kit that will come out more often, like a camera, consider small roll-top waterproof bags from OverBoard (English) Ortlieb (German). If you go the whole hog and think about buying a Peli Case or similar, remember these are quite expensive, as well as quite heavy and cumbersome depending upon the size, although very good.

Prevention is better than cure in many cases: take a soft, small cleaning brush or air blaster to dust off your camera at the end of each day, or should you accidentally drop it in the sand. Remember to take great care when wiping or dusting the lens – blow surface dust off first before polishing it otherwise you'll end up scratching the lens. If you're using an SLR, try to avoid changing lenses out in the open, wait until you get out of airborne dust and sand, and keep the lens cap on whenever you're not using it.

# Jordan – Trek to Petra

## 100km to the Dead Sea | Jordan

### FAQ'S

#### General

##### **Will my valuables be safe?**

While we will do everything we can to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches. Your passport and money should be kept on you at all times. As with travel in any foreign country, you need to look after yourself and your possessions and be aware of your surroundings, and this is no different.

##### **Is there mobile reception on the trek?**

There is usually phone reception in each of the camps, though do remember we are in the desert, so signal may be intermittent during the trek. However, we are never far from signal and our leader also carries a satellite phone in the event of an emergency. By the time you're closer to Petra, the signal is much more reliable!



# Jordan - Trek to Petra

100km to the Dead Sea | Jordan





# Jordan – Trek to Petra

## 100km to the Dead Sea | Jordan

### TRAINING PROGRAM

To begin 6 months prior to the expedition where possible.

1. CVS: Cardiovascular exercise which is low impact such as swimming, cycling, cross trainer, rowing.

2. Weekend walk should be done over undulating terrain. Only a light rucksack needs to be carried.

3. For specific exercises it is worth doing static squats and heel raises on a regular basis to improve leg muscles prior to the trip. Static squats are especially useful to help protect the knees. Please remember that it is still important to have a well balanced workout using a variety of muscle groups.

4. It is worth winding down and resting in the week leading up to the trip, doing several light walks to keep things going.

5. When walking going at a pace of a brisk walk with a light sweat and enough to feel breathless is recommended

6. During the program, rather than step up suddenly each month (example, going for 3 one hour walks each week during the weekdays in April to 3 one and half hour walks suddenly in May) it is better to build up gradually each week so there isn't a large transition (example, going for 3 one hour walks during week 1 in April, going for 3 one hour and ten minute walks during week 2 in April, going for 3 one hour and fifteen minute walks during week 3 in April, going for 3 one hour and twenty minute walks during week 4 in April)

6. It is important you seek medical advice prior to starting any training program, especially if you are not used to regular physical exertion

All the best with your training!

#### MONTH 1

##### OPT 1

2 x 30 mins weekday walk  
1 x 1 hour weekend walk  
1 x 10 mins CVS

##### OPT 2

1 x 30 mins weekday walk  
2 x 1 hour weekend walk  
1 x 10 mins CVS

#### MONTH 2

##### OPT 1

2 x 45 mins weekday walk  
1 x 2 hours weekend walk  
2 x 10 mins CVS

##### OPT 2

1 x 45 mins weekday walk  
2 x 2 hours weekend walk  
2 x 10 mins CVS

#### MONTH 3

##### OPT 1

2 x 45 mins weekday walk  
1 x 2 hours weekend walk  
2 x 10 mins CVS

##### OPT 2

1 x 45 mins weekday walk  
2 x 2 hours weekend walk  
2 x 10 mins CVS

#### MONTH 4

##### OPT 1

3 x 1 hour weekday walk  
1 x 4 hours weekend walk  
3 x 15 mins CVS

##### OPT 2

2 x 1 hour weekday walk  
2 x 4 hours weekend walk  
3 x 15 mins CVS

#### MONTH 5

##### OPT 1

3 x 1.5 hours weekday walk  
1 x 5 hours weekend walk  
3 x 20 – 25 mins CVS

##### OPT 2

2 x 1.5 hours weekday walk  
2 x 5 hours weekend walk  
3 x 20 – 25 mins CVS

#### MONTH 6

##### OPT 1

3 x 2 hours weekday walk  
1 x 6 hours weekend walk  
3 x 30 mins CVS

##### OPT 2

2 x 3 hours weekday walk  
2 x 6 hours weekend walk  
3 x 30 mins CVS

# 360<sup>°</sup> EXPEDITIONS



*"Life should not be a journey to the grave with the intention of arriving safely in a pretty & well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out & loudly proclaiming 'Wow! What a Ride!' "*

**Dream it. Plan it. Live it.**

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