

**OPTIONAL TOURING PACKAGE for the**

**AVAILABLE WITH**



# The 17-NIGHT ASWAN-to-CAIRO CRUISE

3 OPTIONS **3** **5**

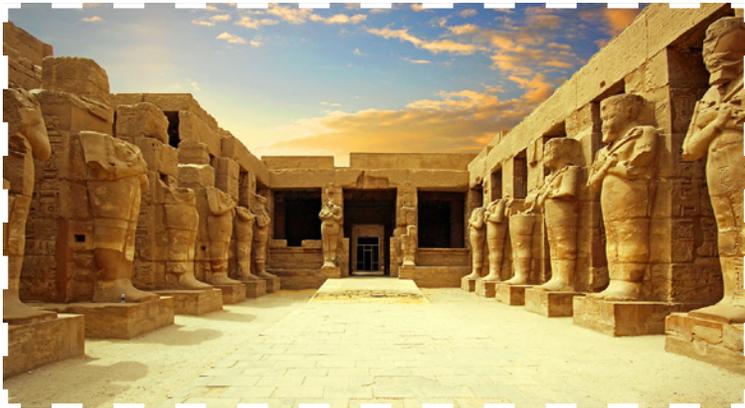


# OPTIONAL TOURING PACKAGE for the 17-NIGHT ASWAN-to-CAIRO CRUISE

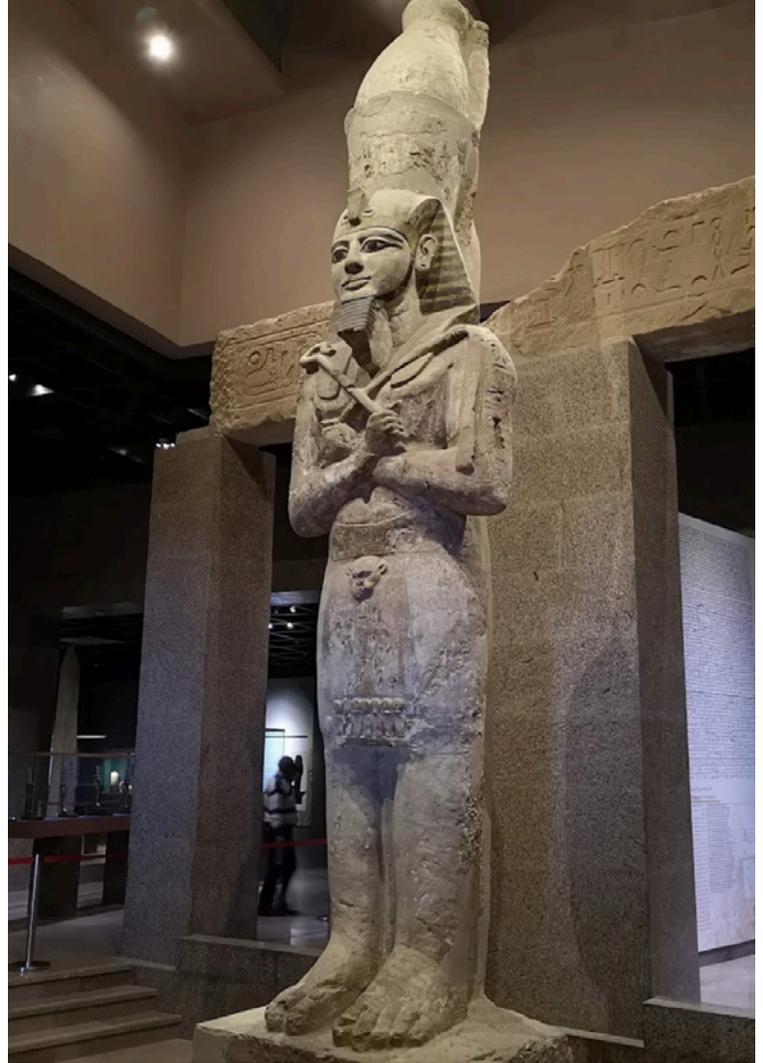
On your cruise from Aswan to Luxor, you will visit the 33 sites referenced below. These site visits, as well as all entrance fees, are included in your optional \$3,850 Tour Package. Five (5) of these sites require “**Special Access**” which we have secured.\*



**PHILAE TEMPLE** — The Temples of Philae on Aswan’s Agilika Island were rescued like Abu Simbel from submersion due to Aswan Dam. Philae is a memory of the region’s worship of Isis, the goddess of magic and maternity, enduring through Greco-Roman times and as a pagan vestige in the Byzantine Empire. Set foot in the temple and experience firsthand the beauty of the buildings and its undetectable relocation adventure.



**KARNAK TEMPLE** — At least 30 Egyptian rulers from ~2,000BCE to ~300BCE built, modified, demolished, and moved parts of Karnak Temple. There’s so much see. Karnak can activate your mind’s eye, too. Armed with Dr. Belmonte’s archaeoastronomy tips, you can picture Karnak’s orientation to the Winter Solstice, to the northern Milky Way, and to the topography around you.

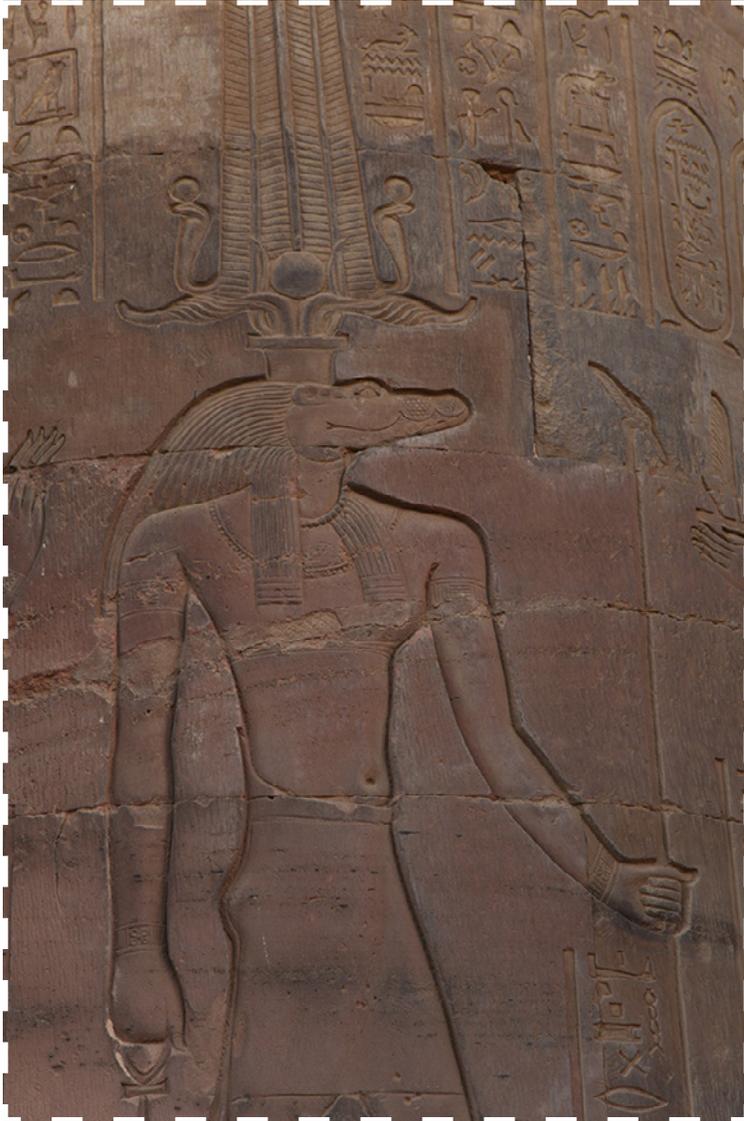


**NUBIAN MUSEUM** — The Nubian Museum presents cultural gems and touchstones from Nubia’s prehistory into the 20th century. The region of Nubia, known in ancient times as Kush, spanned the Egyptian-Sudanese border and was greatly affected — a large swath of its land submerged — when Aswan dam was built. Get to know the history of a mighty empire with a visit paying respects to Egypt’s now vanished neighbor.

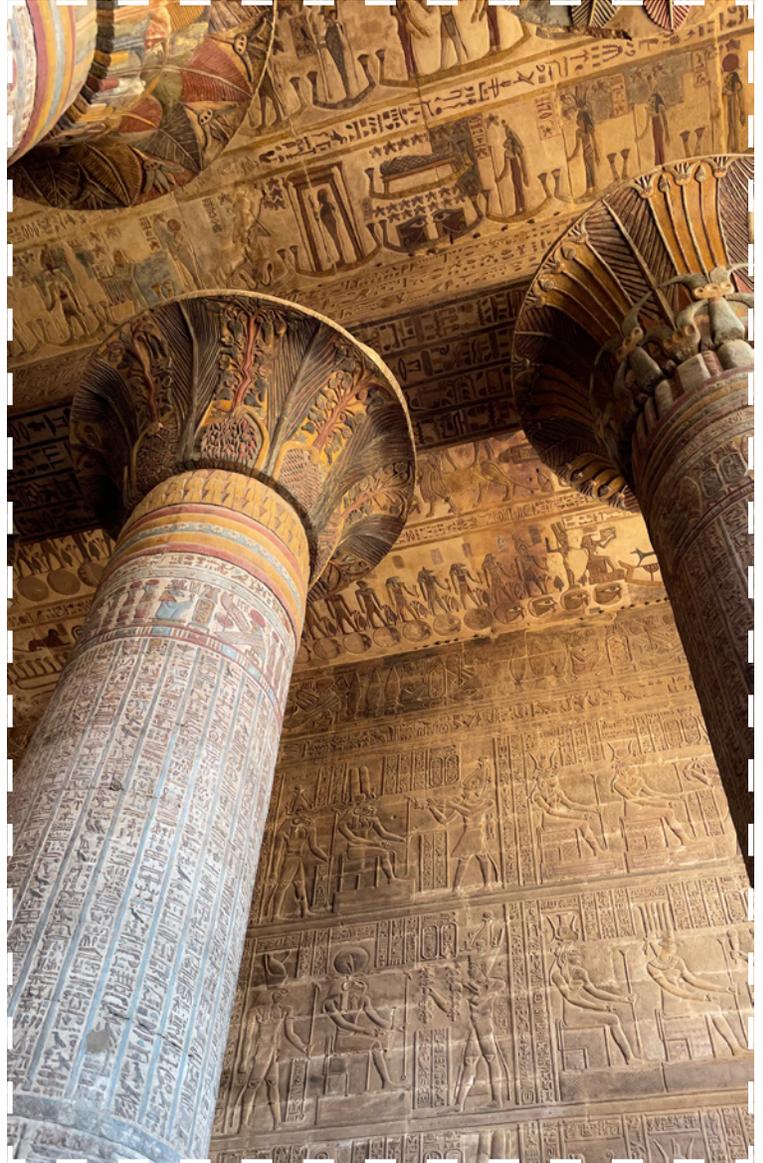
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\*Archaeological sites go under frequent restoration and repair and some may not be available to us when we visit in 2027.

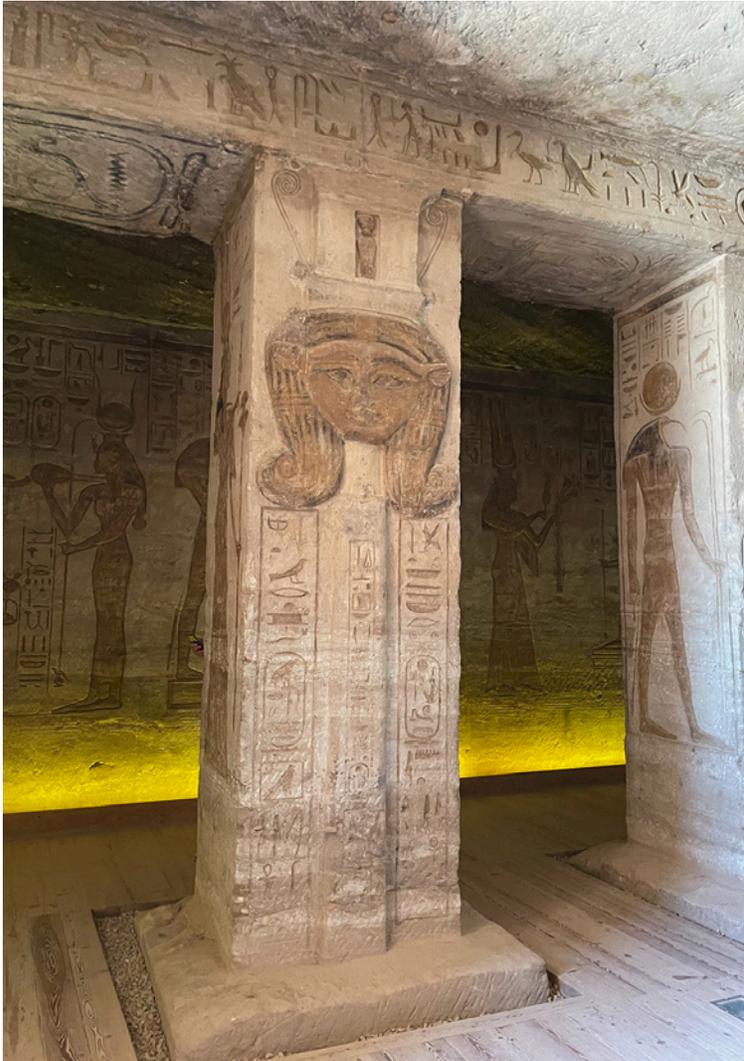


**KOMO OMBO TEMPLE** — The first rule of temples: Location, location, location. Kom Ombo lives in popular media as an elegant Greco-Roman temple set on a high Nile embankment. You'll tune in to its nuances: depictions of the pharaoh boating in a marsh; an astronomical procession on the beams of the hall; and reliefs of (perhaps) early surgical instruments. Come for the photo op and take away glimmerings of early technology.

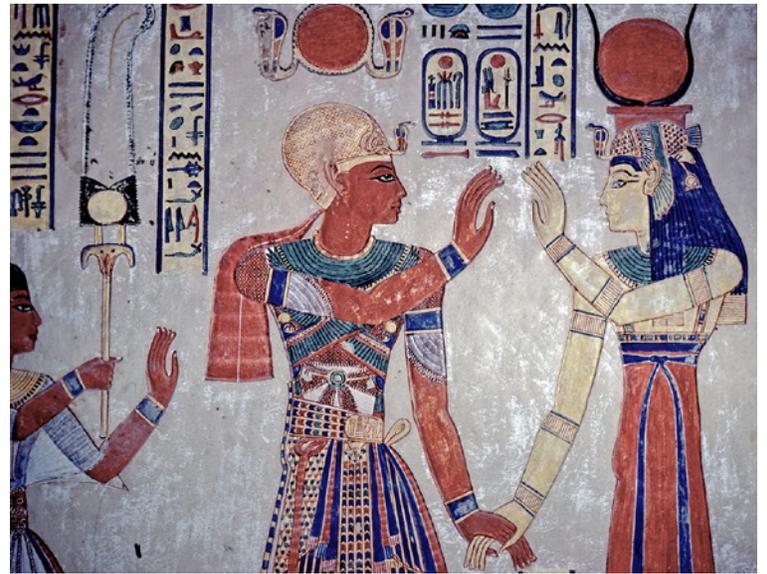


**ESNA TEMPLE** — Venture into the entry hall of the Temple of Khnum, and see the vibrant results of its ongoing restoration. The Temple was decorated during the Roman period circa 100 - 300 AD, which means that you'll be seeing the youngest/most recent body of Egyptian hieroglyphics known. It's the astronomical ceiling that brings us to Esna, with its unparalleled depiction of lunar phases, and a detailed stellar clock.

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**TEMPLE OF NEFERTARI AND HATHOR** — Ramses II built the Temple of Hathor to honor Nefertari (below, left), his favorite wife, the one “for whom the sun shines.” The temple is known for its graceful depictions of Nefertari and Ramses II making offerings to the goddess of love, Hathor (at right).



**TOMB OF NEFERTARI (Special Access Visit)** — We go to “The place of beauty”, Ta-Set-Neferu, to experience the rarely seen Tomb of Nefertari, often considered the most beautiful in Egypt. Its vivid colors and beautiful draftsmanship underpin its artistic appeal; astronomy buffs may find its theme of timelessness and eternity thought-provoking.



**RAMESSEUM** — Designed to remind all who behold it of the greatness of Egypt (and of the modest builder himself), the Ramesseum gives you a picture of the vast wealth of Ramses II. After sizing up the innumerable storehouses, you may be drawn to the astronomical ceiling of the Barque room in the temple, to see civil, religious, and lunar calendars so you sharpen your ancient Egyptian time-telling skills.

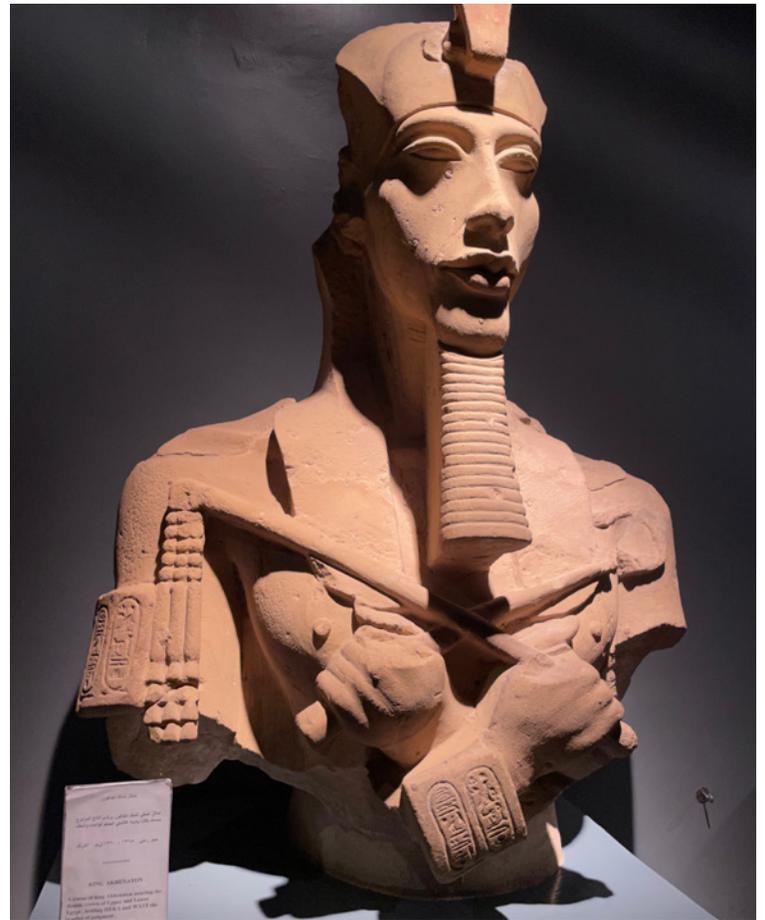
Sites with toothed borders have astronomical interest.



**VALLEY OF KINGS** — Celebrate fulfilled dreams of exploring pharaohs' tombs, satisfied curiosity, and newly inspired avenues of archaeological inquiry once you trek through the renowned Valley of the Kings.



**LUXOR TEMPLE** — Get a concrete sense of the resilience of Egyptian culture at Luxor Temple. Fittingly for a symbol of rejuvenation, it has survived floods and foreign invasions to awe visitors with its ancient precision. We'll visit at dusk for creative photo opportunities.



**LUXOR MUSEUM** — Choice archaeological artifacts await you at the Luxor Museum. In selecting among statues found at Luxor Temple, relics from Tutankhamun's tomb, mummies, and professional tools to display, the Museum's curators focused on quality, not quantity. You'll get a close look at ancient items and a sense of the society-wide focus on the afterlife.

In Egypt accessibility standards are lower than those you are used to at home, particularly in the areas of unpaved surfaces, curbs, stairs, uneven surfaces, and handrails. Regrettably there are no accommodations for people with mobility issues at the sites we visit.

Walking, stair-climbing, steep ramp walking, and standing around for lengthy periods are unavoidable aspects of this tour. These features should not present problems for anyone of normal fitness, but these tours are not suitable for those who walk slowly, need support such as canes, walking sticks, or scooters; or lack stamina. You need to bluntly assess the status of your joints, your sense of balance, and your mobility skills as you contemplate this adventure.

If during the tour, in the judgment of the tour leaders, you are not able to cope and keep pace with the group, you may be asked to opt out of certain visits or to leave the tour altogether. This would be at your own expense.

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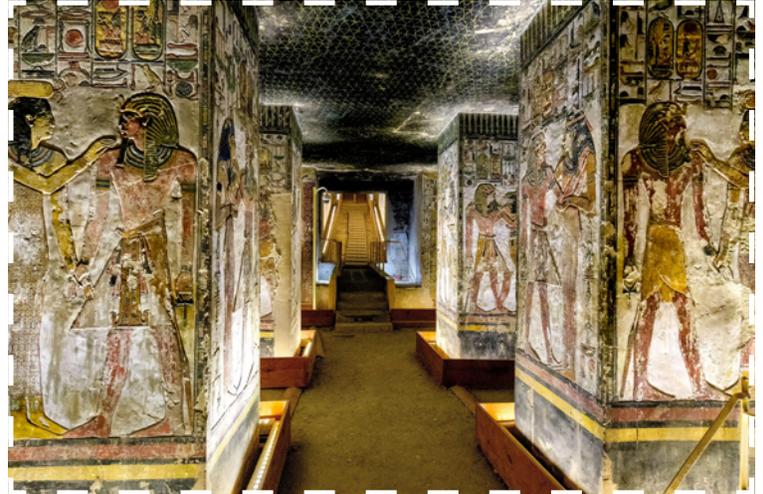
**SKY & TELESCOPE**

**Insight Cruises**  
THE JOURNEY WITHIN

## OPTIONAL TOURING PACKAGE for the 17-NIGHT ASWAN-to-CAIRO CRUISE



**KING TUT TOMB (Special Access Visit)** — Have you glimpsed King Tut's opulent burial goods in a documentary or at a museum? Now you can picture them together with the narrative paintings you see in Tut's burial chamber.



**KING SETI I TOMB (Special Access Visit)** — Seti I's Tomb served as an inspiration for most later Egyptian tomb art. Its indelible celestial diagrams and stellar clocks will enrich your stargazing forever.



**BENI HASSAN (Tombs of Baquet III, Khety, Amenemhet, Khnumhotep)** — Time travel to the Middle Kingdom period of Egyptian history at Beni Hassan where regional governors and military figures were buried. Gain a sense of ancient life in the desert, and see scenes of life in the provinces — hunting, wrestling, weaving, baking, fishing, and wine-making.



**KING RAMSES V & VI TOMBS (Special Access Visit)** — Feast your eyes on two different copies of the Books of Day and Night, paintings of the sky goddess Nut, and the Egyptian astronomy how-to embodied in star clocks. Deepen your feel for the pharaohs' worldview with a visual study of ancient Egyptian "rocket science".

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**DENDERA** — Be overwhelmed (in a good way!) at the intensity of ancient worship of Hathor, the multifaceted goddess of love, fertility, the sky, festivity, and fate. Create a lasting impression of the Zodiacal art of Dendera.



**TEL EL AMARNA** — Today we delve in to Amarna, Pharaoh Akhenaten and Queen Nefertiti's city designed for the worship of the sun disk Aten, center of Akhenaten's new religion. Learn about the distinctive naturalistic style of Amarna art, with a focus on the royal family, not the gods, the depiction of movement, and the use of sunk relief. Walk the streets of Amarna and get a sense of the vision and scope of Akhenaten's bold initiative.



**DEIR EL BAHIRI** — The temple complex of Hatshepsut must be one of the most beautifully situated buildings anywhere. It was known as the "Sublime of the Sublimes" in ancient Egyptian. Explore its structure and you'll get an organic sense that the temple is oriented to the winter solstice and The Temple of Amun (Hatshepsut's claimed father) at Karnak.



**ABU SIMBEL** — Visit one of the most recognizable symbols of Egypt, the Temples of Abu Simbel. Renew your sense of wonder and awe at both the ancient and modern engineering that went into its construction and dramatic relocation. Gain a perspective into Ramses II's human nature when you find an inscription on a main temple buttress: "for the Great Royal Wife Nefertari Meryetmut, for whose sake the (very) sun does shine".

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**DENDERA** — Be overwhelmed (in a good way!) at the intensity of ancient worship of Hathor, the multifaceted goddess of love, fertility, the sky, festivity, and fate. Create a lasting impression of the Zodiacal art of Dendera.



**ABYDOS** — Examine the superb bas reliefs and Cosmology of Nut and walk among some of the earliest astronomically aligned buildings. We hope the ruins of what may be the world's oldest brewery will be accessible on our visit, too.



**ROYAL TOMB OF AKHENATEN** — Akhenaten, one of the most famous of the Pharaohs, ordered: 'Let my tomb be made for me in the eastern mountain.'

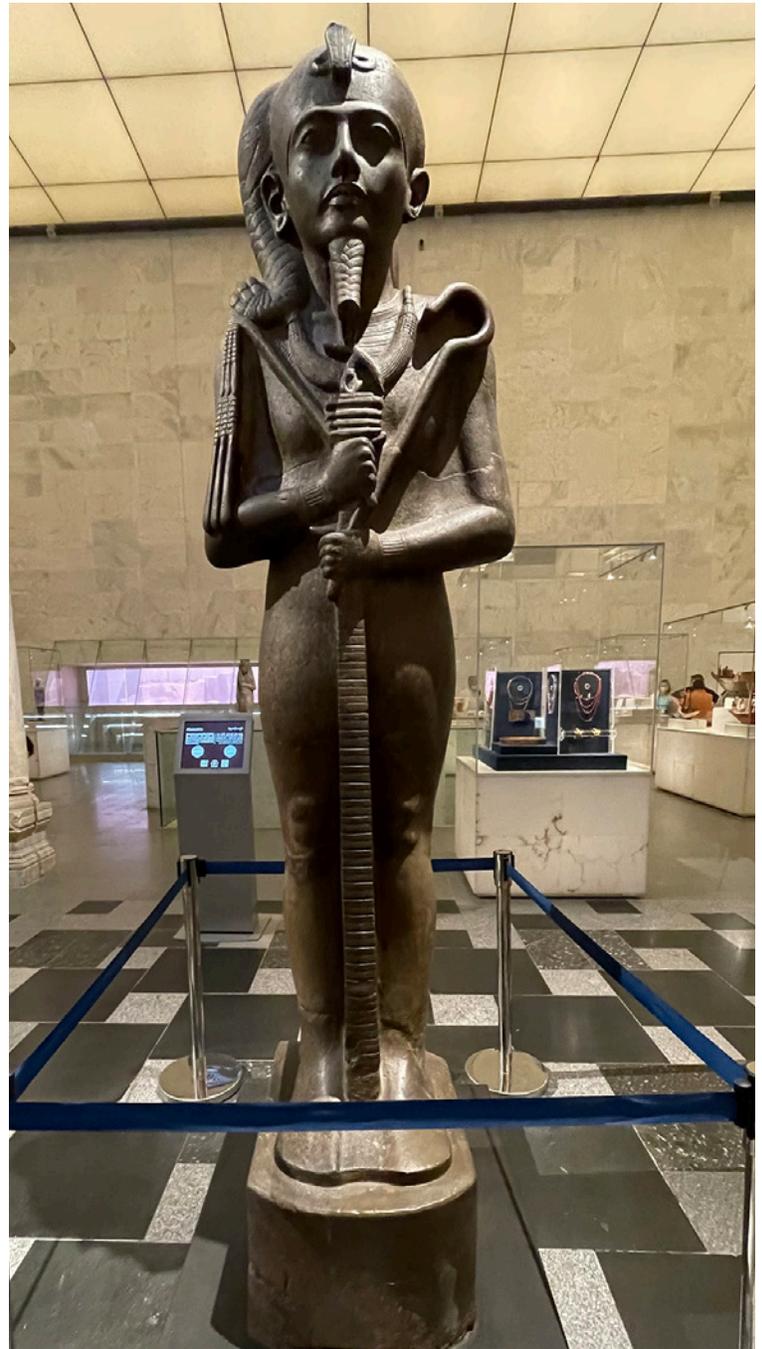
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**TUNA EL GEBEL (Tomb of Petosiris)** — See the god Thoth's many duties documented at Tuna el Gebel. You'll visit the Greco Roman tomb of Petosiris, the chief priest of the god Thoth. This god's responsibilities included maintaining the universe, judging the dead, and overseeing systems of magic, writing, and science. Thoth was symbolized as both a baboon and an ibis, so you'll add animal mummies to your Egypt memories.

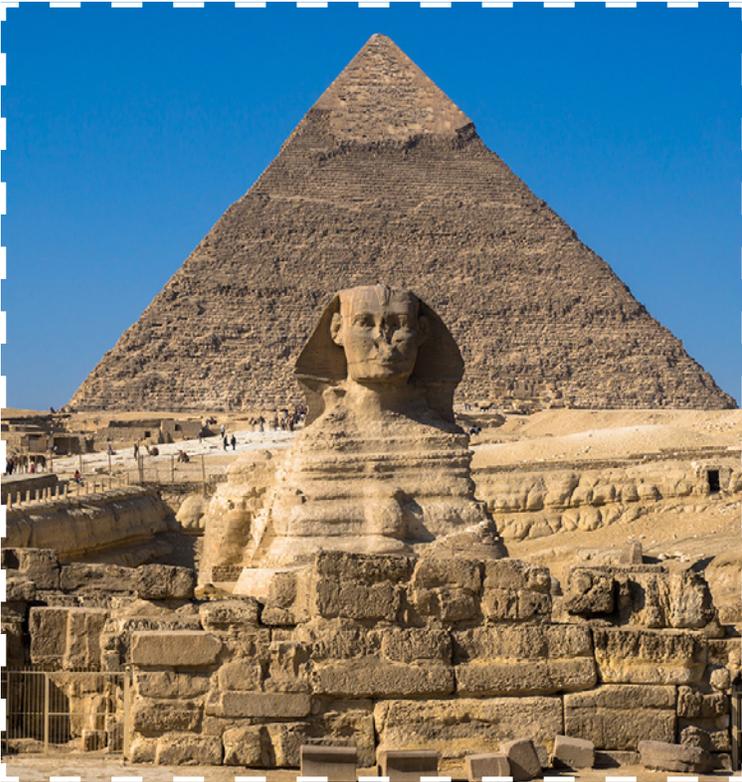


**AMARNA (Royal Tomb, Palace, Temple of Aten, and more)** — Today we delve in to Amarna, Pharaoh Akhenaten and Queen Nefertiti's city designed for the worship of the sun disk Aten, center of Akhenaten's new religion. Learn about the distinctive naturalistic style of Amarna art, with a focus on the royal family, not the gods, the depiction of movement, and the use of sunk relief. Walk the streets of Amarna and get a sense of the vision and scope of Akhenaten's bold initiative.



**NATIONAL MUSEUM OF EGYPTIAN CIVILIZATION** — Get the big picture of the world's oldest civilization at the NMEC. You can use its artifacts to chart the evolution of Egypt's culture through prehistoric, pharaonic, Greco-Roman, Coptic, and Islamic eras. You'll have the opportunity to see the Royal Mummies Hall, resting place of 20 kings and queens of ancient Egypt's New Kingdom.

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**GIZA PYRAMIDS AND SPHINX** — Visit the Great Pyramid and its Old Kingdom royal kin, the only surviving members of the Seven Wonders of the Ancient World. Getting your bearings on the Giza Plateau gives you a sense of the precision (achieved with astronomical skills) with which the Egyptians aligned the Pyramids to the cardinal directions and to symbolic topographic features.



**TOMB OF NAKHT, VALLEY OF THE NOBLES** — Even though not much is known about the 18th Dynasty priest Nakht, his tomb draws visitors with its detailed depictions of offerings and for paintings of fishing and fowling that are both realistic and imbued with symbolism.



**TOMB OF TAWSERT, VALLEY OF THE NOBLES** — Stepping into Tawsert and Setnakt's tomb is stepping on to the stage where rivalries and political feuds played out, religious traditions were ignored, and names and faces were covered over. The highlights of the visit are visual, though Tawsert's tomb has beautiful illustrations from ancient funerary literature and many striking depictions of the gods.

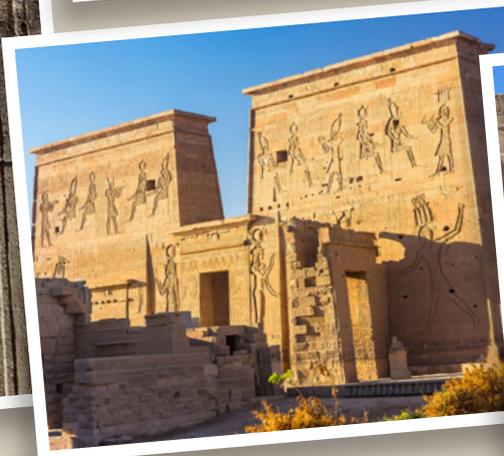
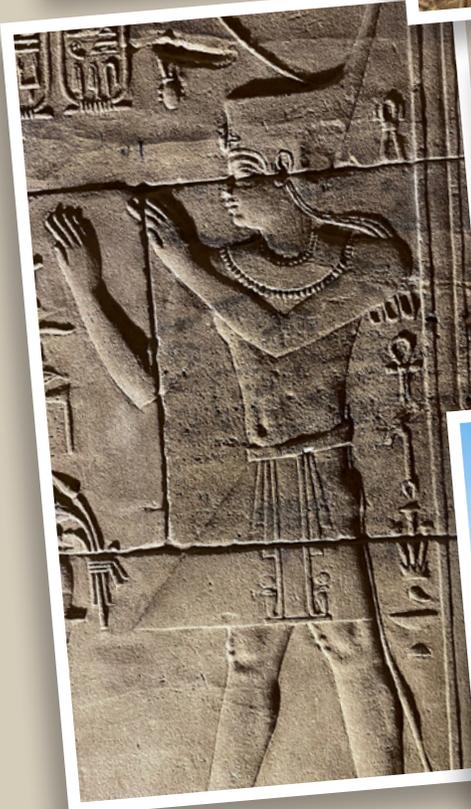
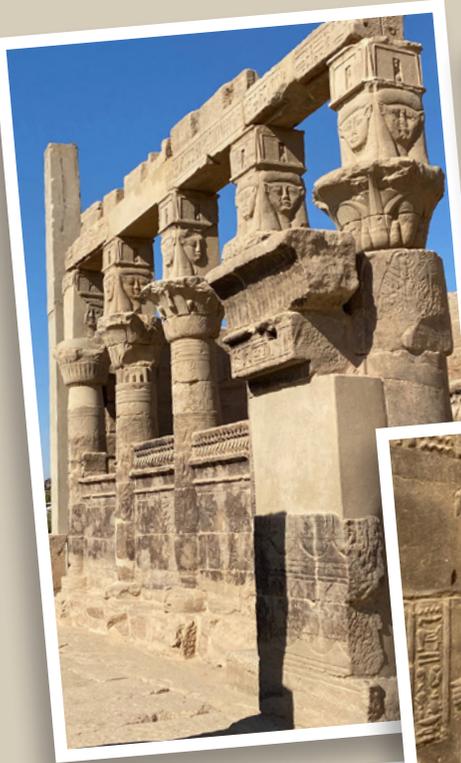


**SAQQARA WITH PYRAMIDS OF DJOSER, UNAS (Special Access Visit), AND TETI; AND MASTABA OF TI (Special Access Visit)** — Visit the ancestor of the Pyramids of Giza — the Step Pyramid complex of Djoser. Venture into the small Pyramid of Unas, and see the earliest known Pyramid Texts, spells guiding the pharaoh to the afterlife. The Pyramid of Teti offers you a written mention of Sirius, Orion, and the Big Dipper, solidifying your proof of the astronomical underpinnings of Giza and Saqqara.

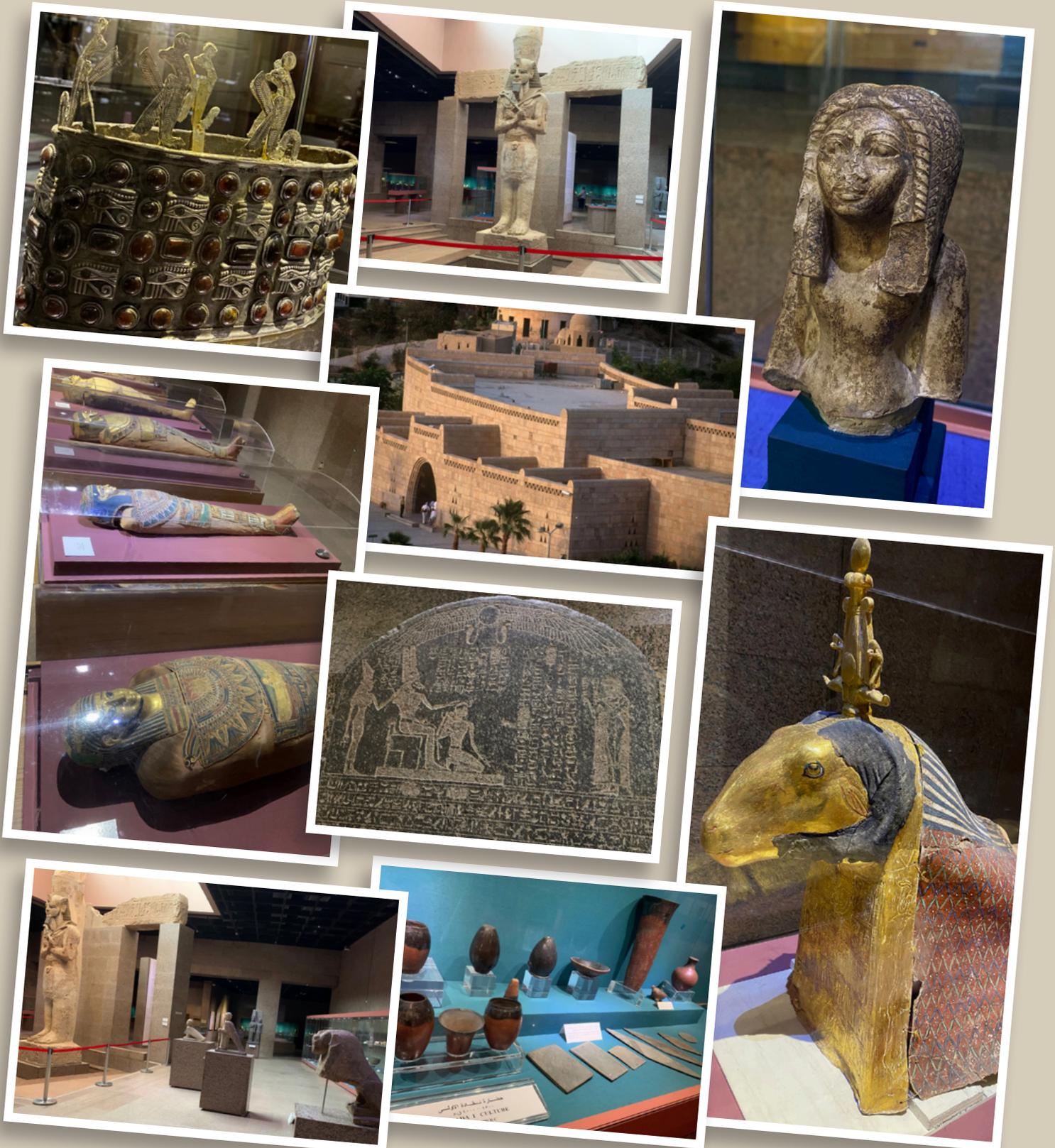


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## PHILAE TEMPLE

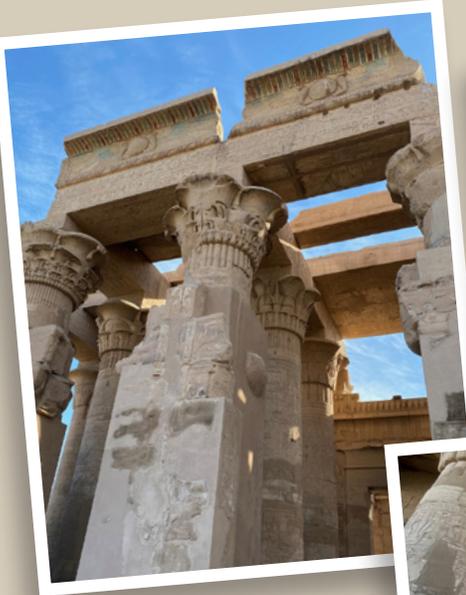


## NUBIAN MUSEUM

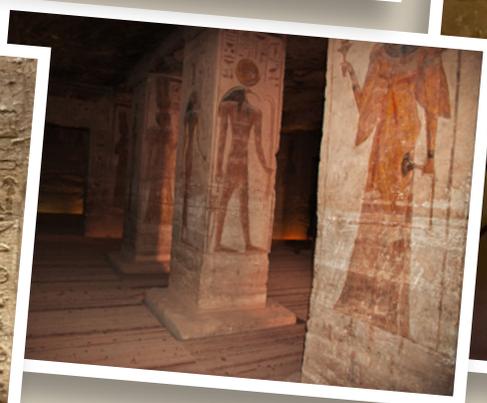


# OPTIONAL TOURING PACKAGE for the 17-NIGHT ASWAN-to-CAIRO CRUISE

## KOM OMBO



# ABU SIMBEL



# OPTIONAL TOURING PACKAGE for the 17-NIGHT ASWAN-to-CAIRO CRUISE

## TOMB OF NEFERTARI (VALLEY OF THE QUEENS)



# ESNA



# OPTIONAL TOURING PACKAGE for the 17-NIGHT ASWAN-to-CAIRO CRUISE

## MEDINAT HABU



# RAMESSEUM



# OPTIONAL TOURING PACKAGE for the 17-NIGHT ASWAN-to-CAIRO CRUISE

## OMBS OF SETI I (VALLEY OF THE KINGS)

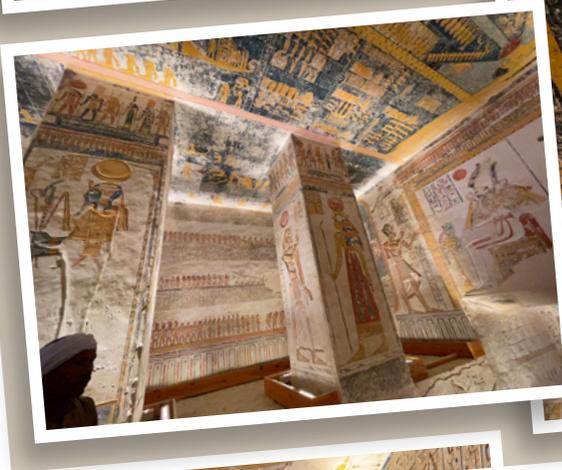


## TOMB OF RAMSES III (VALLEY OF THE KING)

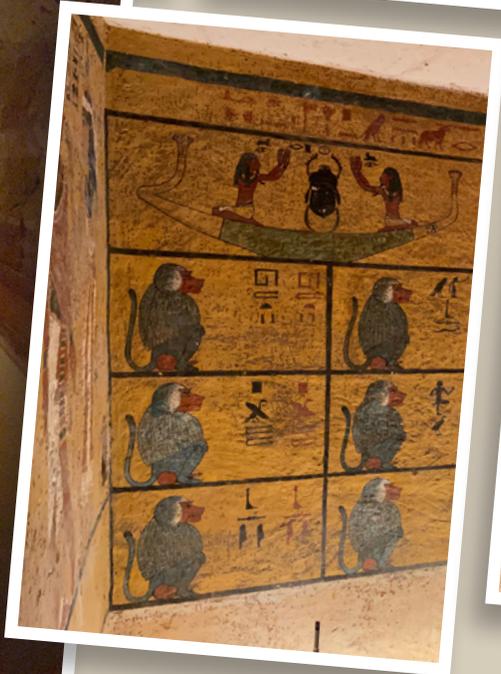


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**TOMB OF RAMESES V/RAMSES VI (VALLEY OF THE KINGS)**



## TOMB OF TUTANKHAMUN (VALLEY OF THE KINGS)

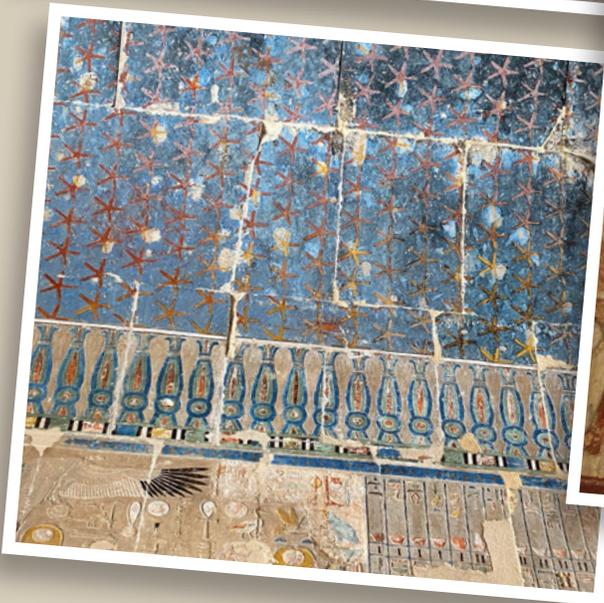


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## TOMB OF TAWSRET (VALLEY OF THE KINGS)



## DEIR EL-BAHARI (TEMPLE OF HATSHEPSUT)



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## KARNAK TEMPLE

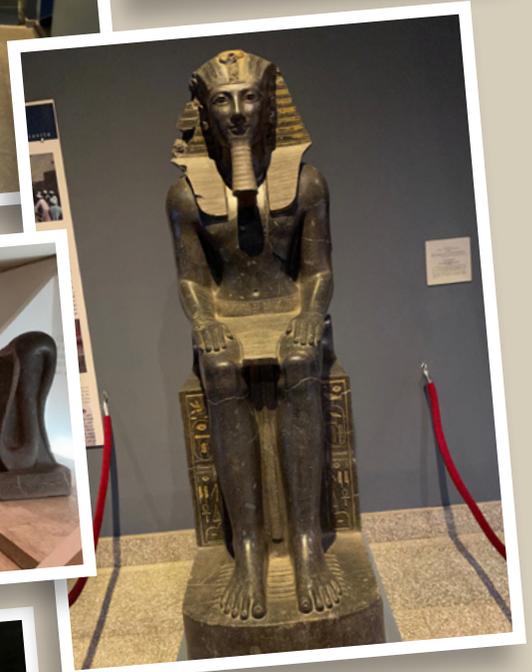
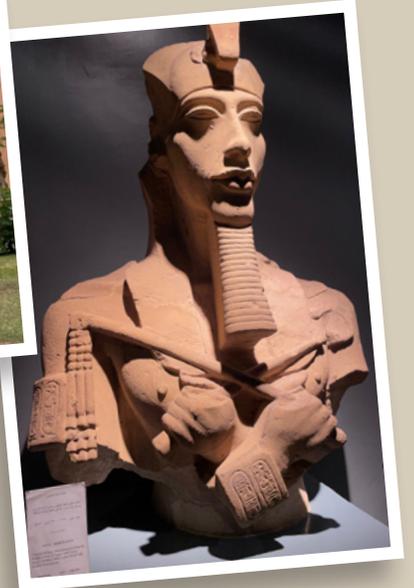


## LUXOR TEMPLE



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## LUXOR MUSEUM

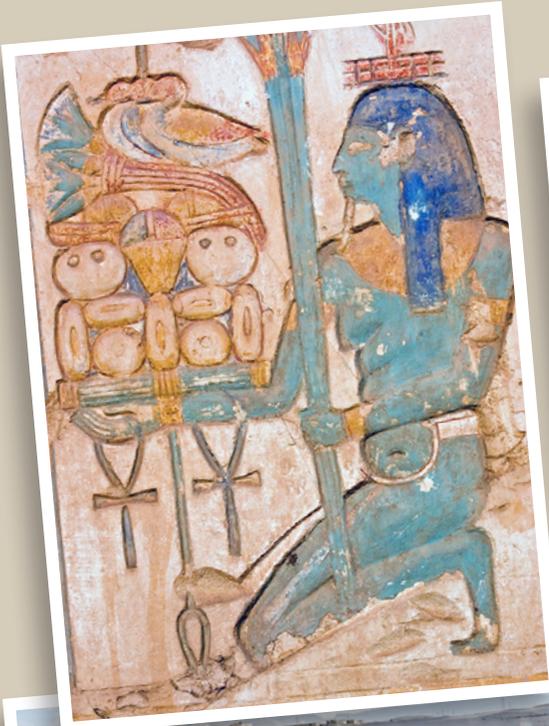


## DENDERA TEMPLE



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## ABYDOS

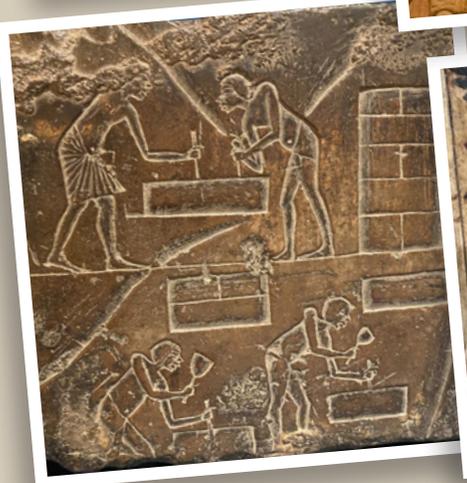
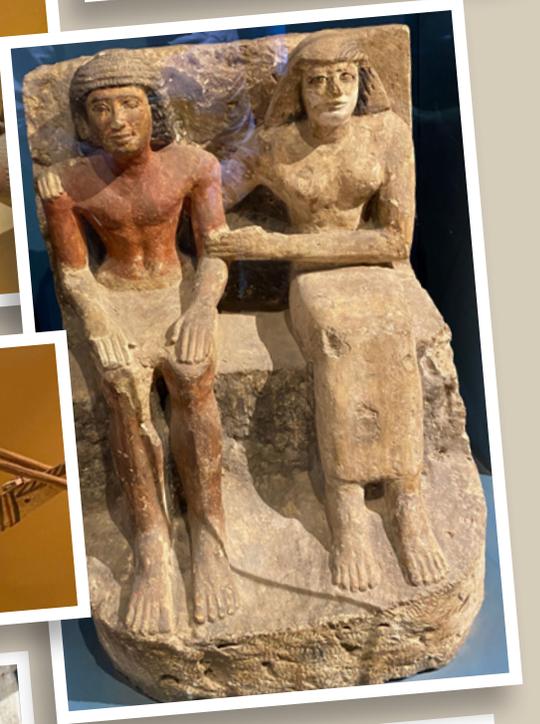


## AMARNA: NORTHERN TOMBS OF THE NOBLES

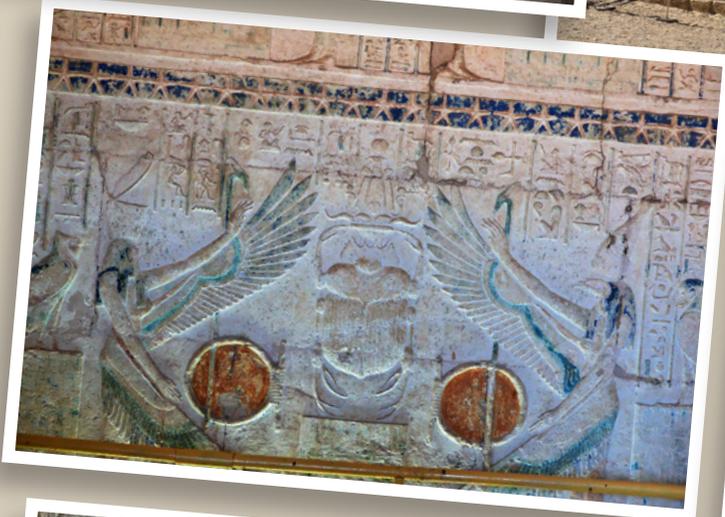


**OPTIONAL TOURING PACKAGE for the 17-NIGHT ASWAN-to-CAIRO CRUISE**

**MALLAWI MUSEUM**

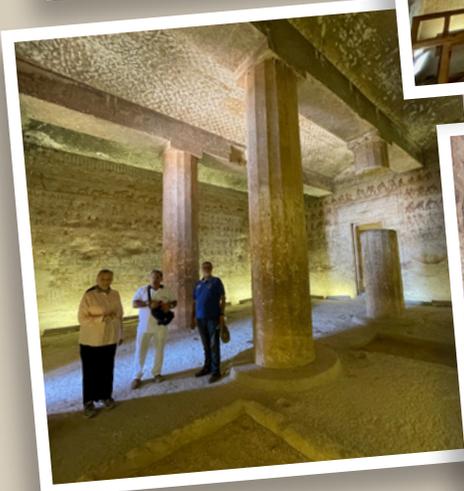
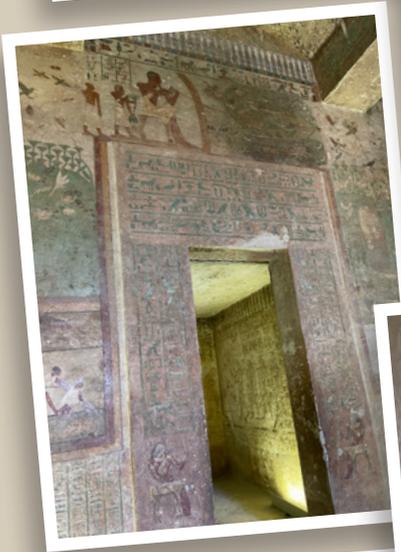


## TOMB OF PETOSIRIS & IBIS MUMMY CATACOMB



# OPTIONAL TOURING PACKAGE for the 17-NIGHT ASWAN-to-CAIRO CRUISE

## BENI HASSAN MIDDLE KINGDOM TOMBS



## PYRAMIDS OF GIZA & THE GREAT SPHINX



# OPTIONAL TOURING PACKAGE for the 17-NIGHT ASWAN-to-CAIRO CRUISE

## STEP PYRAMID OF DJOSER



# MUSEUM OF EGYPTIAN ANTIQUITIES IN TAHRIR SQUARE

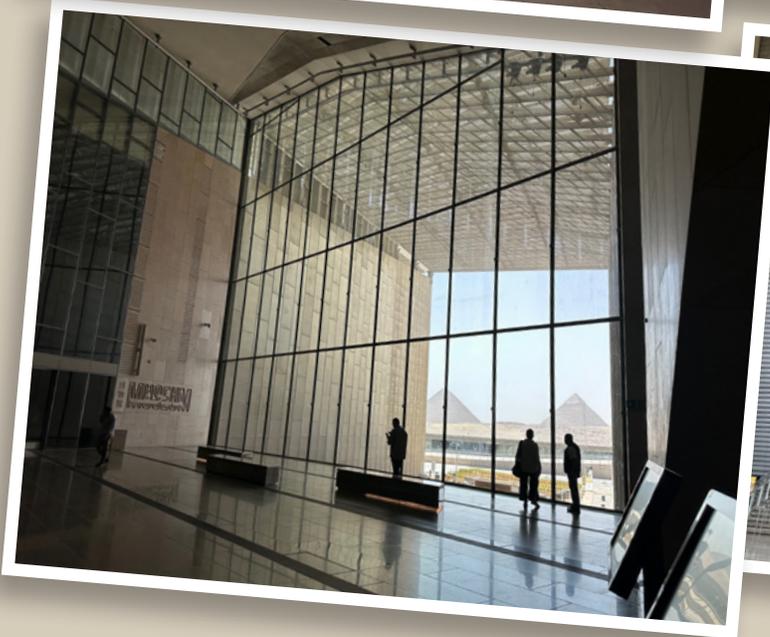


# OPTIONAL TOURING PACKAGE for the 17-NIGHT ASWAN-to-CAIRO CRUISE

## NATIONAL MUSEUM OF EGYPTIAN CIVILIZATION



## GRAND EGYPTIAN MUSEUM IN GIZA



# Health and safety in Egypt regarding Insight Cruises' Egypt TOURING PACKAGES



We have a safety auditing process in place and, as a minimum, request that all of our suppliers comply with local health and safety regulations. In Egypt accessibility standards are lower than those you are used to at home, particularly in the areas of unpaved surfaces, curbs, stairs, uneven surfaces, and handrails. Regrettably there are no accommodations for people with mobility issues at the sites we will visit.



We therefore ask that you take note of the safety and cautionary information provided below.

## Eligibility

You must be in good health, free of infectious illness, and have a level of physical and mental fitness that would not impair other participants' enjoyment by slowing them down or by absorbing disproportionate attention from the tour leaders. Please read 'Fitness', below, and take the self-assessment tests described there; by signing the booking form you are stating that you have understood what we are asking of you and are fit to participate. If you have a medical condition or a disability which may affect your trip or necessitate special arrangements being made for you, please discuss this with us before booking; or, if a condition develops or changes subsequently, as soon as possible before departure. Our Egypt TOURING PACKAGES are not suitable for those who walk slowly, need support such as canes, walking sticks, or scooters, or lack stamina. You need to bluntly assess the status of your joints, your sense of balance, and your mobility skills as you contemplate this adventure.

If during the tour it transpires, in the judgment of the tour leaders, that you are not able to cope, you may be asked to opt out of certain visits or to leave the tour altogether. This would be at your own expense.

## Fitness

With the exception of our museum visits, the land portions of our Egypt tours will be active. Walking, stair-climbing, extensive hill climbing, and standing around for 10-minute periods are unavoidable aspects of tours in Egypt. These features should not present problems for anyone of normal fitness, but these tours are not suitable for those who walk slowly, need support, or lack stamina.

For example, in several of our site visits there is a lot of walking on dirt and/or poorly paved streets. On some paths you may need to scramble over large rocks and very uneven ground. Mostly, fortunately, it is just a case of walking from one place to another – and getting on and off a coach a few times a day.

Secondly, the tours are group events. The presence of even one person who is not fit enough to cope can spoil the experience for everyone else. We therefore ask that everyone wishing to join our Egyptian TOURING PACKAGES take the quick and simple self-assessment fitness tests described below.

If during the tour it transpires that you are not adequately fit, you may be asked by the tour manager to opt out of certain visits, or requested to leave the tour altogether. Each day's visits can vary in their physical demands.

Some of our site visits require walking (for an hour, to and from), through hilly and dry desert, and require a different scale of fitness and agility. Those site visits in Egypt are to be announced shortly.

## Fitness tests

- 1. Chair stands:** Sit in a dining chair, with arms folded and hands on opposite shoulders. Stand up and sit down at six times in thirty seconds.
- 2. Step test:** Mark a wall at a height that is halfway between your knee and your hip bone. Raise each knee in turn to the mark at least 30 times in two minutes.
- 3. Agility test:** Place an object three yards from the edge of a chair, sit, and record the time it takes to stand up, walk to the object and sit back down. You should be able to do this, somewhat easily, in under 10 seconds.

An additional indication of the fitness is that you should be able to walk unaided at a pace of three miles per hour for at least half an hour at a time, and to stand unsupported for at least 20 minutes.

## Booking detail

We reserve the right to refuse to accept a booking without necessarily giving a reason.