

**TOURING PACKAGE for the OPTIONA**

**AVAILABLE WITH OPTIO**





# L 5-NIGHT LUXOR-to-ASWAN CRUISE

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## TOURING PACKAGE for the OPTIONAL 5-NIGHT LUXOR-to-ASWAN CRUISE

**Join us August 4–8, 2027 for a 5-night Nile River cruise to Aswan aboard Uniworld's ms Tosca.**

Sail “up” the Nile (the Nile is a north-flowing river, so “up” the Nile means traveling south) to Aswan in great comfort. Experiencing the culture, archaeology, communities, and daily rhythms of Upper Egypt. Complete package price is \$6,875 per person for a ~324 sq ft suite. (Price includes all tours, taxes/fees, gratuities, and transfers.)



**ESNA** (both pictures above) — Venture into the entry hall of the Temple of Khnum, and see the vibrant results of its very recent restoration. The Temple was decorated during the Roman period circa 100–300 AD, which means that you'll be seeing some of 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.

**UNIWORLD**  
BOUTIQUE RIVER CRUISES

Sites with toothed borders have astronomical interest.





**EDFU TEMPLE** — It's easy for Edfu to blend in as yet another Egyptian site that checks many boxes: massive, pharaoh smiting the enemy on the facade, halls of columns, lots of side rooms. Dig in to Edfu a bit, and heighten the experience: the hall of twelve columns refers to the Book of the Underworld and the twelve hours of the night; ceilinged halls help you picture the building in use; the carving of "The Stretching of the Cord" unifies Egyptian astronomy and architecture. All this and more will give you a memorable sense of Edfu Temple as a working building, used by humans.



**KOM OMBO TEMPLE** (both pictures above) — 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.

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**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".



**TEMPLE OF QUEEN NEFERTARI —** Ramses II built this temple, dedicated to the Goddess Hathor, for his favorite queen, Nefertari. Inside you'll gain a perspective into Ramses' human nature with, among other things, the inscription on one of the main temple buttresses: "for the Great Royal Wife Nefertari Meryetmut, for whose sake the (very) sun does shine". Ramses II (aka Ramses The Great) is believed to be the Pharaoh who let his Jewish slaves leave Egypt.

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**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.

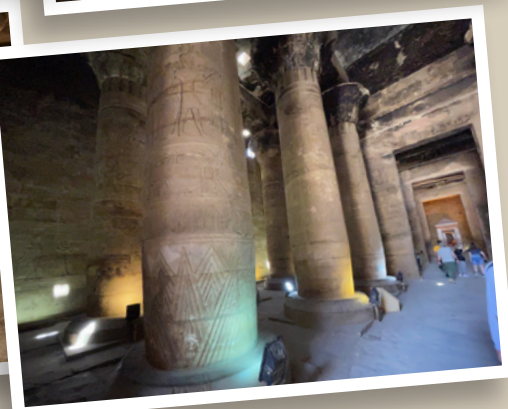


**PHILAE TEMPLE** — The Temples of Philae on Aswan's Agilika Island were rescued like Abu Simbel from submersion due to Aswan Dam. Philae is a memory of the region's worship of Isis, the goddess of magic and maternity, enduring through Greco-Roman times and as a pagan vestige in the Byzantine Empire.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



# TOURING PACKAGE for the OPTIONAL 5-NIGHT LUXOR-to-ASWAN CRUISE

## EDFU





Available with options:

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(continued...)

## ESNA





# TOURING PACKAGE for the OPTIONAL 5-NIGHT LUXOR-TO-ASWAN CRUISE

## KOM OMBO





Available with options:

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## ABU SIMBEL





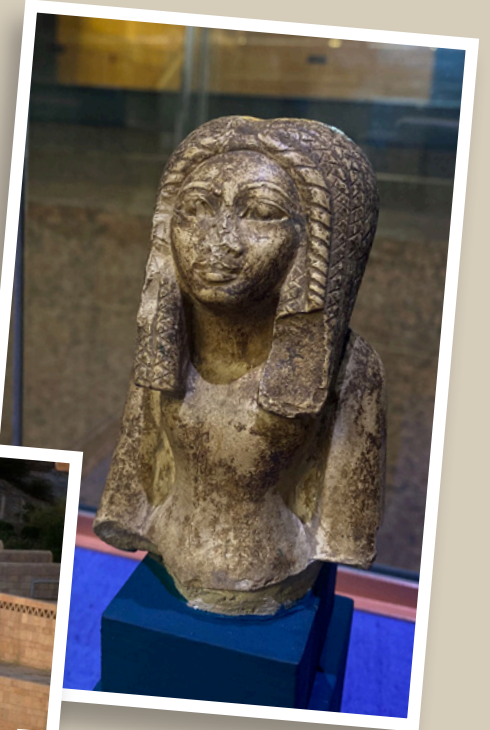
## TOURING PACKAGE for the OPTIONAL 5-NIGHT LUXOR-TO-ASWAN CRUISE

### TEMPLE OF QUEEN NEFERTARI





## NUBIAN MUSEUM





# TOURING PACKAGE for the OPTIONAL 5-NIGHT LUXOR-TO-ASWAN CRUISE

## PHILAE TEMPLE





## LECTURE

### OUR SPEAKER:



**JULIA TROCHE, PH.D.**

Our program is subject to change.

Dr. Troche has confirmed her intent to participate; however, scheduling conflicts may arise. Dr. Troche will deliver four different 60- to 90-minute talks.

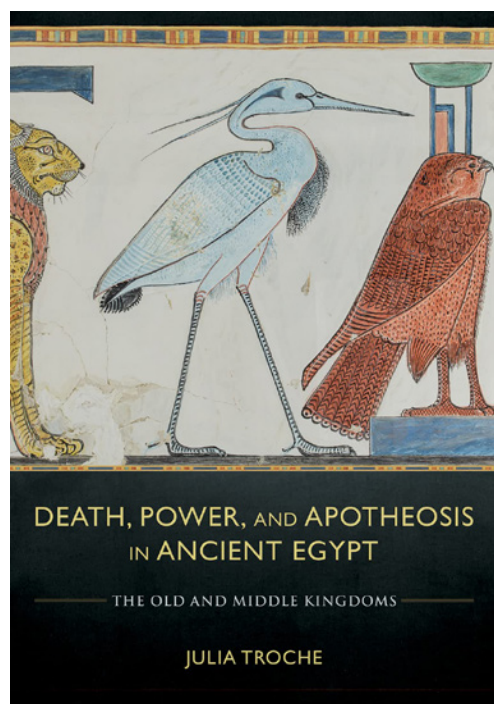
**Dr. Julia Troche** is an Egyptologist and [Associate Professor of History](#) at Missouri State University in Springfield, MO. She holds a B.A. in History from UCLA and a Ph.D. in Egyptology and Assyriology from Brown University. Julia has worked as an archaeologist in Egypt at the sites of Abydos and Karnak Temple, as well as in Petra, Jordan. Her husband who will be accompanying her and popping up in a lecture or two is [Dr. Bryan Brinkman](#), Assistant Professor of Classics and Global Studies. He holds a Ph.D. in Ancient History from Brown University and has published on the Egyptian Greco-Roman era.

Julia is an award-winning educator, being awarded her university's highest teaching award in 2022 followed by the Missouri Governor's Award for Education Excellence. Julia's areas of instruction and research include social history, religion, archaeology, digital humanities, and reception studies of antiquity. She is an active member of her field, sitting on numerous international, national, and regional Boards and committees. Since 2022, she is a membership-elected Governor on the American Research Center in Egypt (ARCE) Board of Governors (a 501c3 non-profit, cultural institution in Egypt). She co-founded both the ARCE, Missouri Chapter (Past President and Vice President, current Director focusing on Finance) and the annual Missouri Egyptological Symposium. Julia enjoys sharing her love of Egypt with everyone she meets and is excited to share her expertise and passion with all on board!

### ONE OF DR. TROCHE'S BOOKS

**FROM AMAZON.COM:** "[Death, Power, and Apotheosis in Ancient Egypt](#) uniquely considers how power was constructed, maintained, and challenged in ancient Egypt through mortuary culture and apotheosis, or how certain dead in ancient Egypt became gods. Rather than focus on the imagined afterlife and its preparation, Julia Troche provides a novel treatment of mortuary culture exploring how the dead were mobilized to negotiate social, religious, and political capital in ancient Egypt before the New Kingdom.

Troche explores the perceived agency of esteemed dead in ancient Egyptian social, political, and religious life during the Old and Middle Kingdoms (c. 2700–1650 BCE) by utilizing a wide range of evidence, from epigraphic and literary sources to visual and material artifacts. As a result, *Death, Power, and Apotheosis in Ancient Egypt* is an important contribution to current scholarship in its collection and presentation of data, the framework it establishes for identifying distinguished and deified dead, and its novel argumentation, which adds to the larger academic conversation about power negotiation and the perceived agency of the dead in ancient Egypt."





## ABOARD the TOSCA for the OPTIONAL 5-NIGHT LUXOR-TO-ASWAN CRUISE



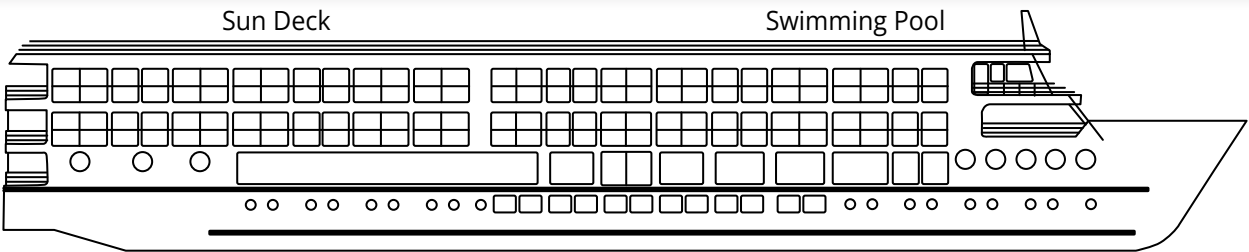
The ms Tosca perfectly captures the warmth and style of Egypt, taking guests on a culturally enriching adventure down the Nile in absolute luxury. This all-suite ship is elegantly designed with wood finishes and cozy public spaces. Comfortable suites are fitted with the finest locally made products – like Egyptian cotton linens, for example. With a maximum capacity of 82 guests and a staff to guest ratio of almost 1:1, a cruise on the Tosca is about as intimate and indulgent as it gets.



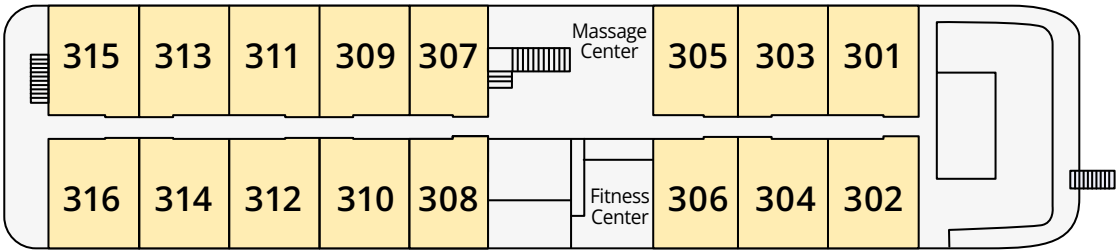
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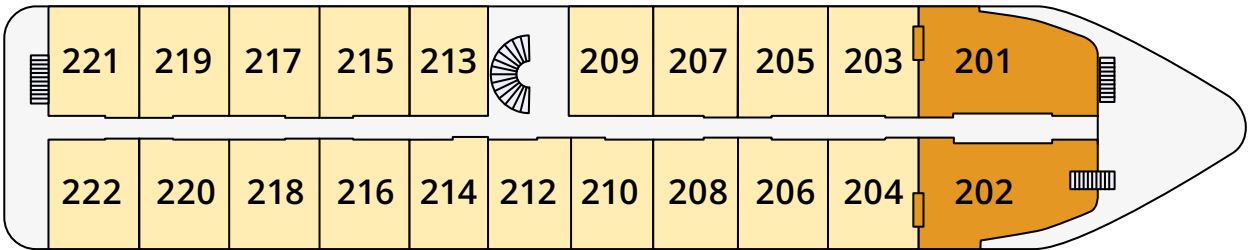




PYRAMID DECK

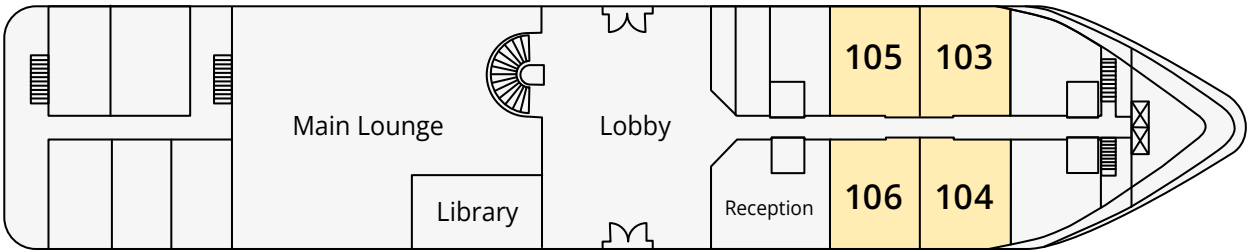


PHARAOH DECK

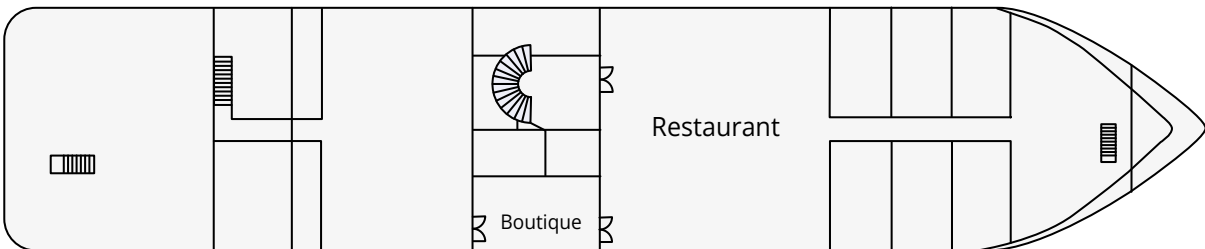


▢ Staterooms 201/203 & 202/204 are available as connecting staterooms

CAIRO DECK



NILE DECK





# ABOARD the TOSCA for the OPTIONAL 5-NIGHT LUXOR-TO-ASWAN CRUISE



**ROYAL SUITE**

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**Insight Cruises**  
THE JOURNEY WITHIN



Available with options: **1** **2** **6** **7** **8** **9**

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# GRAND SUITE



# 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.

## 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.

## Middle Eastern Conflicts

In reference to recent developments between Israel and Gaza, it is imperative to acknowledge that this is not the first time such events have taken place -- and it is possible that they will occur again in the future. Egypt has traditionally played a crucial role in facilitating peace between the two parties. It is also worth pointing out that the distance from the Gaza border to Luxor is 400 miles.

## Tourist Police

The police presence is all over Egypt, but especially in touristic areas. It is not uncommon to see police at almost every intersection in Cairo and other cities and there will be larger numbers of security personnel around certain institutions and important buildings. Nearly all of the police will be equipped with rifles. This might be an unusual sight in your home country, but in Egypt this is normal. It is not a reflection of any additional danger or instability. In fact, most Egyptians are glad to have the police back in the street in such numbers after they were largely absent in the year following the 2011 revolution (read more).

[https://en.wikipedia.org/wiki/Abdel\\_Fattah\\_el-Sisi](https://en.wikipedia.org/wiki/Abdel_Fattah_el-Sisi)

At tourism sites you will find police officers with a special badge on their shoulders that says, "Tourism Police". These officers are designated specifically to make sure that visitors to Egypt are safe and as a convenience to tourists since they speak English. If you have any concerns, do not hesitate to seek out the tourist police. You can be confident that the Egyptian tourist police will ensure your safety throughout your stay.

## Booking detail

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