

PADI Learn to Dive - 10 days

go guide

don't leave home without it



A World Of Discovery



The first level of PADI Scuba Certification - your ticket to the underwater world! Five days tuition including academics, skill practice and actual scuba diving in open water and a chance to visit the pyramids of Giza upon arrival in Cairo.

Manual. It is your responsibility to ensure you have purchased a manual prior to course commencement. Available at PADI outlets worldwide or whilst in Dahab. Cost approximately USD\$55-60.

- Tipping - an entirely personal gesture

Day 2 : Pyramids of Giza & Saqqara



Cairo – Dahab. After a good nights rest, enjoy a visit to Egypt's most famous attraction, and probably the world's oldest tourist attractions. You'll need to have your bags packed as you'll be travelling east to Dahab by overnight bus tonight.

Driving beyond Cairo, you'll visit the famous pyramids and lionheaded Sphinx at Giza Plateau. Heading out of Cairo, visit the famous pyramids and lion-headed Sphinx at Giza Plateau. Sole survivors from the ancient Greek-listed Seven Wonders of the World, the pyramids are the planet's oldest tourist attraction. Known as Cheops, Chephren and Mycerinus, the pyramids were already more than 2,000 years old when Herodotus the Greek historian visited them (5th century BC). A highly skilled corps of mathematicians, masons, surveyors and stonecutters did the job of building the Pyramids. About 2.5 million limestone blocks, quarried locally and weighing in excess of 6 million tonnes, were used in the construction of Cheops.

Although there is not much to see inside the pyramids, the experience of climbing through such an ancient structure is an unforgettable if optional experience! If claustrophobia gets the better, do a deal and hire a camel or Arabian horse from one of the many dealers around the site.

There are prized photo opportunities at the Sphinx - the man lion, known in Arabic as Abu-al-Hol (Father of Terror). Carved almost entirely from one huge chunk of limestone left over from the carving of



DETAILED ITINERARY

Day 1 : Cairo

Welcome to Egypt and the start of your dive holiday! Arrival at Cairo, where after you have attended to customs and immigration formalities, you will be met by a representative from On The Go Tours. The prominent sign depicting our company logo easily identifies our representative. Cairo International Airport can appear to be a little chaotic to the uninitiated. This is normal! You will then be transferred to your hotel in central Cairo. Your Egyptian adventure will start from the moment you leave the airport! Dependent upon the hour of your arrival, Cairo traffic can be quite heavy and slow going. Roads can be crowded with cars, trucks, motorbikes, bicycles, donkeys, horses and people. The cacophony of constantly sounding horns has to be heard to be believed. The later it is in the day, the smoother the traffic flow.

For those arriving a day or two earlier than Day One of the tour, one of our staff will be on hand to advise on where best to enjoy your extra time in Cairo in advance of the tour commencing. There are plenty of attractions in Cairo. Our comfortable Cairo pre-tour hotel is centrally located to all attractions including restaurants, shops and city attractions. Day One is designed to be an arrival day, so there are no formal arrangements on this first day.

Overnight - Cairo

WHAT YOU SEE AND WHAT YOU GET

What's Included

- All transfers, including Cairo arrival and departure transfer and transport to dive sites
- Escorted by English speaking tour leader day 2
- Tour of pyramids & Sphinx at Giza Plateau
- 8 nights - 3 star hotels - Cairo & Dahab
- 1 night bus - Cairo - Dahab, 1 day bus - Dahab - Cairo
- Five days full PADI tuition including academics, skill practice and actual scuba diving in open water
- All dive apparatus & dives as part of the chosen course

What's Not Included

- Note: A pre-requisite for completion of the PADI Open Water Dive course is ownership of a PADI Open Water

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the stones for Cheop's pyramid, it is 50 metres long and 22 metres high. The Sphinx is missing its pharaonic, stylised beard. This now sits as a prize exhibit in the British Museum.

Leaving the Pyramids of Giza, you'll continue to ancient Saqqara, the ancient city of the dead. When Memphis was the once the glorious Old Kingdom capital of Egypt, Saqqara was its necropolis. Deceased pharaohs, families and sacred animals were ceremoniously transported from Memphis, the ancient capital, to be interred in one of the myriad tombs, temples or Pyramids at Saqqara. In the 3,000 years between the foundation of Memphis and the end of Greek rule under the Ptolemies, the necropolis grew and grew. In terms of what has been uncovered, archaeologists have barely scraped the surface. There are few archaeological sites in the world that compare with the potential treasures Saqqara holds under its vast sand cover. Zoser's Step Pyramid, constructed by Inhotep, the pharaoh's chief architect in 27BC, was once the largest stone structure ever built-in fact the world's first superstructure in excess of one level. Wander around the fascinating ruins. Beyond Saqqara, you'll be able to make out other pyramids dotted across the desert vista. Returning to Cairo, you'll be transferred to the bus station in time to catch an overnight public bus to Dahab. Journey time approx 12 hours). **Overnight - Bus (B)**

Days 3-8 : Dive Dahab!



Meeting you at the bus station we will transfer you to your hotel. Check-in is usually from around 1400hrs, however if rooms are available, you may be able to check in earlier. Alternatively, the hotel will hold your luggage securely until rooms become available.

Welcome to the deep blue. We'll introduce novices & welcome back experienced divers to the underwater world. Settled originally by the Bedouin, Dahab (which means 'gold' in Arabic) is a small, somewhat unspoiled & almost intimate coastal resort town on the Sinai Peninsula. Just 90km from the more commercialised and glitzy Sharm el-Sheikh and around seven hours drive from Cairo, Dahab has developed from a hippy village to a respected haven with a solid infrastructure for scuba divers, snorkellers and travellers seeking sun, sea and relaxation. Located alongside some of the best reef waters on the Red Sea Coast, Dahab offers mostly shore-diving to around 30 diving-sites for both the beginner and more experienced. You'll be driven along the coast by jeep, to 'gear-up' at water's

edge and commence your dive or practical side of your chosen Learn to Dive course. The après-diving scene in Dahab is very good. With a range of beachside cafes, shops and bars along the waterfront corniche, great windsurfing, swimming and local excursions including camel treks available to Bedouin villages and Mt Sinai climbing, you won't run out of things to do! **Overnight - Dahab**

Day 9 : Dahab - Cairo



Dahab to Cairo – Early this morning, bid farewell to Dahab and travel back to Cairo by public bus, arriving early this afternoon. Enjoy the remains of the day independently shopping and exploring Cairo. **Overnight - Cairo**

Day 10 : Cairo

Cairo. Hotel check out and included onward transfer to airport.(B)

Medical Information

You are advised and it is your responsibility to undergo a full medical examination before booking your diving holiday, and you must do so if you reply in the positive to any of the questions in the PADI questionnaire (as detailed on our website). The subsequent relevant PADI medical statement form (for GP, MD completion) can be obtained by calling On The Go Tours. NOTE: Full cancellation charges as outlined in our booking conditions will apply if you are subsequently advised not to dive.

Safe Diving Practices

Upon booking a dive Dahab program, all clients are required to complete in addition to our Booking Form, the PADI STANDARD SAFE DIVING PRACTICES – STATEMENT OF UNDERSTANDING. This form is available for download on our website and is also mailed upon booking. The original copy of this form and also the PADI MEDICAL STATEMENT (if you replied in the positive to any medical questions) must be returned completed and signed to On The Go Tours (or your appointed travel agent who will then respond by forwarding it to On The Go Tours).

Refresher Dive

If you're certified and haven't dived for 12 months.1 dive - approximately USD \$65. Includes review/tutorial, dive apparatus, air & guide. Note: A refresher dive must be taken if you're a certified diver & haven't dived for 12 months. Please notate this on the booking form.

Just Dive

2 dives per day. All apparatus, air, guide & transport -approximately USD \$65 per day.

Popular Dive Sites

Diving in Dahab is essentially shore-diving. With few exceptions, you'll be driven by jeep along the coast to 'gear-up' at water's edge to start your dive. Dahab offers around 30 dive sites. Some of the best dive sites are located just a few miles north of Dahab and offer easy to relatively easy shore access.

Eel Garden - Popular site for learner divers. Maximum depth is 17m with a sandy bottom. Good also for snorkellers.

The Light House - Located just offshore at the Lighthouse in Dahab Bay, this site features a sloping reef extending north.

The Bells - A cliff dive only for the relatively experienced. A true vertical wall, full of overhangs and fissures, with lots of swim-throughs and cavelets.

Blue Hole - A dive site with the greatest attraction lying not in the blue hole itself, but on the rich sloping coral reef garden on the outer lip of the hole. Entry to the site is through a large lagoon in the reef top! This lagoon is the 'blue hole'. Strict depth limit of 30m, except for those with technical diving certification. Popular spot also for snorkellers.

Canyon - Takes its name from a long, narrow canyon which runs north to south from the shallow reef just offshore to depths of around 50m on the reef slope further out. Access to the site is through a shallow 3m lagoon a little way from the shoreline.

KNOW BEFORE YOU GO

Visas

Visas are required by all visitors to Egypt. Visa forms are available from us. The Embassy of Egypt advises all travellers to procure their visa prior to entry into Egypt. However it still remains possible for nationals of some countries to procure their tourist visa upon arrival at Cairo International Airport.

Please note that in the event of visa refusal at port of entry, on the go cannot be held responsible.

All RSA passport holders must procure their Egyptian visa prior to departure.

When filling in an Egyptian visa form, you will be asked to provide your address in Egypt. For the purposes of this form, please use the following address: 68 Merghany St, Abou Ghaly Building Heliopolis, Cairo. Telephone: +2 02 241821 65

If your holiday incorporates a stay in Jordan, followed by further arrangements in Egypt (ie you travel to Jordan and then return to Egypt) you will need to procure a Multiple Entry Egyptian Tourist Visa that is only available before travelling to Egypt.

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Please note that visa requirements are subject to change. Visa procurement is solely the responsibility of the traveller and not of On The Go Tours.

If travelling with us from Egypt to Jordan via Aqaba Seaport (the Jordanian port of entry if arriving from Egypt) a Jordanian Tourist Visa is obtainable upon arrival, free of charge for UK, EU, AUS, NZ, CAN and USA passport holders. For all other nationalities please check with your local Jordanian Embassy. On departure from Jordan, via land or sea, a 5JD departure tax of is applied to all visitors.

Etiquette

Despite the inevitable ups and downs of travelling abroad, you will generally be shown great hospitality in Egypt. In return, please demonstrate sensitivity and respect for the local customs. Egypt is a Muslim country; so care should be taken to dress respectfully in large cities and towns, for example, when at markets and in public places.

- Ladies should avoid wearing 'clingy, tight or suggestive' attire, and stick to cool, flowing, cottons in busy city areas and markets
- Take care to dress conservatively and ensure that limbs are covered and remove footwear prior to entering a mosque.
- Ex-military style clothing should not be worn
- Ask permission before taking photographs of people.
- Beach attire is fine on board felucca cruises, at beach resorts or touristic areas i.e. at the Pyramids.
- Particular respect should be shown to Muslim women.
- The standard form of greeting is a handshake. Men and women do not kiss at any time as a form of greeting.

Mosques, Religion & Ramadan

90% of the population are Muslim. Others are Coptic Christians or followers of other faiths. All mosques (with the exception of Sayyida Zeinab and Al-Hussein in Cairo) are open to non-Muslims but cannot be visited during prayer times. For Egypt's best mosques, go to Islamic Cairo. Dress conservatively. Ensure limbs are covered and shoes removed when entering any Mosque. Men must refrain from wearing shorts, as must women.

RAMADAN

Ramadan is a month of fasting observed by Muslims throughout the world and adherents of the Muslim faith fast during daylight hours and break their fast with lavish meals and lively celebrations in the evening. Ramadan culminates a month later in a 3 day celebration called Eid al - Fitr. Many shops (excluding those which cater mainly to tourists) and attractions close earlier during Ramadan. As such we will start our tour earlier during this period to make the best use of time, leisure time will be offered in the late afternoon. Note: Traffic is exceptionally heavy during Ramadan, especially toward the time of breaking the fast.. Forthcoming Ramadan dates are as follows, (approximate) - 21 July - 20 August 2012
09 July - 07 August 2013

Many shops (excluding those which cater mainly to tourists) and attractions close earlier during Ramadan, so our itinerary is slightly altered to ensure we visit all itinerary attractions. Non Muslims are not expected to fast over Ramadan, but it is considered impolite to eat food or drink on the street. Ramadan

Trouble Shooting

These things will most likely never happen, but it's good to be prepared if they ever do. Here are a few tips to keep your trip hassle-free. Egypt is no worse than anywhere else when it comes to crime. The biggest problem seems to be petty theft, including pick-pocketing and bag snatching. Minimise your chances of being robbed with these tips:

- Leave valuables in the hotel safe deposit or better still, at home
- Carry your passport on your person or a photocopy as ID
- Carry your bag close to your person rather than over your shoulder
- Travel in a group or pair, especially if you are female
- Don't catch cabs late at night on your own
- Never drink anything offered to you in the street, unless you opened it yourself

Please note On The Go Tours will not be held liable for loss or damage to personal property under any circumstances.

It's not like home

Travel to far - flung corners of the earth involves lifestyles and conditions that are sometimes very different from what you are used to back home. You must come prepared to cope with unusual situations, local inadequacies and unpredictable events as and when they occur. Foreign travel is definitely not suitable for people who expect or demand everything to go exactly as planned. With the greatest respect and in the interest of your ultimate enjoyment you must understand this. Things can and do change in foreign countries.

Climate

Temperatures in Egypt are generally high (25 - 30 degrees) and even hotter in the summer months from May to September, when the sun can be fierce and temperatures soar, so pack light comfortable clothing, sunscreen and a hat.

In Cairo and the Nile Delta region, winter (October to February) can be cooler - so take a jacket, long-sleeved tops and trousers for the cooler evenings. The south remains warm during this time but again, temperatures do drop in the evenings. Rainfall is negligible with the most falling along Egypt's Mediterranean coastline.

Health Requirements

It is recommended that you be vaccinated for Tetanus and Polio, if you haven't had a booster in the last ten years. Food and waterborne diseases are more common, so we recommend vaccinations for typhoid (valid 3 years) and Hepatitis A (validity varies). Vaccination requirements can change so

please check with your local health care provider before travel.

Currency

Egyptian Pounds (EGP or LE). Pounds Sterling, US Dollars and Euros are easily exchanged. You can obtain Egyptian Pounds (LE) at any major bank or your hotel. Exchange rates are subject to fluctuations.

- USD 1 = EGP 6.0
- GBP 1 = EGP 9.3
- AUD 1 = EGP 6.0
- EURO 1 = EGP 7.70

Holiday Money

All funds collected in Egypt for entrance fees or optional excursion that you may wish to undertake are payable in local currency (EGP).

Time

Egypt is two hours ahead of Greenwich Mean Time (GMT)

Essential Packing

- Sleeping bag for the felucca or for camping in the White Desert (if applicable to your tour).
- Lightweight cotton garments.
- Comfortable walking shoes for the Pyramids and Valley of the Kings Pack flip flops/thongs/jandals to wear aboard the Nile felucca or Nile Cruiser
- DEET based mosquito repellent & antihistamine cream
- 2 pin, European electrical adaptor.
- Two spare passport photos & a photocopy of your passport
- A small daypack for your day-to-day needs.
- Sunglasses, hat, sunscreen, swim costume and torch
- Neck pillow, sleeping bag and eye mask, if travelling on the overnight seater train.
- Sleep sheet or sleeping bag if travelling with us to Jordan and staying at our Wadi Rum camp.

If doing a felucca cruise, undertaking the Mt Sinai excursion in Dahab or travelling between November and March, pack warm clothes (i.e. - fleece, jacket, trousers, jeans, hat and scarf) as temperatures plummet at night. Due to sometimes icy conditions at the summit of Mt Sinai, hiking boots and thermal clothing are a sensible consideration if undertaking the optional climb in winter (November - March).

Arrival Transfers

A complimentary airport arrival transfer is included in your tour. Upon arrival at Cairo Airport you will be met by a representative from On The Go Tours either just before immigration or in the baggage hall near the luggage belt of your respective arriving flight. The prominent sign depicting our company logo easily identifies our representative. Please have your tour voucher handy and make it available to our representative. After collecting your luggage you will be escorted to our awaiting transportation.

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If, for any reason you have trouble locating our representative (after waiting 20 minutes in the arrival hall) or your flight to Egypt is delayed, please call or send a text message to the emergency contact number as stated on your tour voucher.

Travelling by overnight train

SEATER TRAIN: On many of our group tours journeying south from Cairo to Aswan and/or Luxor, we utilise the overnight SEATER train service. This style of train offer basic and a modest level of comfort. Seating is reserved in air-conditioned Nefertiti Class or 1st Class Reserved seater wagons. Nefertiti style seats are located within 6 person, semi enclosed cabins. Whilst seats don't recline, the lights can be switched off inside your cabin. While 1st Class Reserved wagons are open, lights can not be turned off though the seats are wide and do recline. It is suggested you bring some ear plugs and also an eye mask for personal comfort. A neck pillow is also good idea, for a little added comfort. Rest rooms (which are very basic in standard) are located at the end of each wagon.

It is possible to upgrade to a sleeper cabin, reservations need to be made PRIOR to departure. Please ask your reservation consultant for more information.

Occasionally, the Nefertiti Class and the 1st Class Reserve train service are cancelled, in which case we would need to revert to a sleeper service at an additional cost to the passenger. You would be advised in Egypt, as although this occurrence is rare, there would be little notice offered.

SLEEPER TRAIN SERVICE, SLEEPER CABIN UPGRADE: On our Jewel of the Nile and Family tours we include the Sleeper Cabin Train as part of your journey. If you book our SLEEPER TRAIN UPGRADE this is also the service that you will be travelling on. Sleeper Train Cabins are equipped with 2 bunk beds with linen provided. Cabins are lockable, A/C and lighting are also controlled from the inside. Each cabin has a washbasin and small towel and western style bathrooms are located at the end of the carriage. Dinner and breakfast (of an average standard) are served throughout the journey.

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