



**Dear future desert traveler,**

How wonderful that you're interested in joining our nature immersion journey to the desert of Egypt.

We'd be absolutely delighted if you decide to embark on this beautiful adventure with us.

Below, you'll find a detailed overview of the trip, but if you have any questions, please don't hesitate to get in touch.

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### **A Nature Experience in the Rhythm of the Bedouins**

A 10-day group journey filled with depth, stillness, meditation, and creativity.

#### **Back to Nature**

The Egyptian Sahara, with its vast emptiness and overwhelming silence, has a magical effect on everyone who leaves their footprints in its sand.

During this journey, you'll get a taste of desert life, immerse yourself in its stunning landscapes, and be welcomed into the traditions of the Bedouins — a people who have lived in the Sahara for centuries. They will be our guides on this journey.

You'll follow the rhythm of the desert, led by the Bedouins. Together, we'll explore different areas of the Egyptian desert — on foot, by camel, or by jeep.

You'll travel alongside the locals and sleep under a breathtaking canopy of stars.

We invite you to live in tune with your natural rhythm and draw inspiration from the desert. Each day, you'll have the option to engage in enriching practices such as meditation, solo time, silence, rituals, dance/movement, creative expressions, and nature coaching. These offerings are completely voluntary and are meant to help you deepen your connection with yourself, your essence, and this extraordinary landscape.

Connecting to your essence, your core, your soul — that's what naturally happens in the desert.

Here, you'll encounter no one but nature, the Bedouins, and your group.

Did you know that reconnecting with the purity of nature is one of the shortest paths back to yourself?

Authenticity guaranteed!

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### What will you experience?

- You'll spend a full week immersed in desert life, guided by Bedouin traditions.
- Explore daily life in the Bahariya Oasis and enjoy the warm hospitality of the locals. Wander through palm groves, visit local farmers, help bake traditional bread, soak in hot springs, and experience life among the palm trees.
- Discover the diverse landscapes of the Western Desert — on foot, by camel, and by jeep.
- Through a combination of nature coaching, meditation, and creative practices, you'll feel more deeply connected to the desert's power, and find greater inspiration and inner peace.
- Let the desert surprise you with its wonders and lessons.
- Enjoy fresh, home-cooked meals, traditional tea, and Bedouin music around the campfire.
- Sleep in an eco-resort at the oasis, or under the magnificent desert sky — or in a tent if you prefer.



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### Connection with Nature

This journey allows you to truly feel how the purity of nature and the stillness of the desert bring you back to yourself.

Sleep under the stars, cook on the fire, feel the vastness of the landscape, the deep silence, and the heartfelt hospitality of the local people.

You'll naturally slip into the rhythm of Bedouin life — where there is no room for



stress or urgency.

And our team is always here for you.

There is also plenty of space for deep reflection and stillness:

Enjoy nature in silence, engage in a morning meditation or creative exercise, or simply be.

Participation is always optional — enjoyment comes first. If you'd like some personal coaching, we're here for that too.

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### **Follow your own rhythm**

You're completely free to participate in moments of stillness and depth.

These are tailored to the group's needs and energy.

It's important to us that you can be your full self during this journey. Enjoyment, connection, fun, togetherness — or time alone in silence — everything is welcome.

This is *your* journey.

Unlike many mass tourism packages, this unique trip offers a deep, authentic immersion into Egypt, its people, and its natural wonders.

We invite you to join us in braving the sand, wind, and sun.

Experience days of awe and cool, starry nights in the desert.

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### **Our team**

Our team is the heart of Inside Nature Adventures. With extensive experience and deep passion, we're here to support you on your adventure.

A dedicated and professional local Bedouin team — guides, drivers, and cooks — handles all on-the-ground logistics.

They know the desert intimately and ensure your comfort and safety.

They truly “understand” the rhythm of nature and know exactly how to live and thrive in harmony with it. They adjust the pace of activities based on the needs of the group and the desert itself, so we can be fully present and connected.

**Usha** is a natural health practitioner and nature coach based in Belgium, where she runs a practice for personal, career, and team coaching in nature. During a world trip in 2008, she fell in love with Egypt, the desert, and her partner Ahmed. She lived in Egypt for several years and still feels deeply at home in the Bahariya Oasis or meditating on a crystal-studded rock in the desert. She speaks conversational Arabic and has in-depth knowledge of local customs.

**Ahmed** grew up in Bahariya in a Bedouin family and is deeply rooted in desert life. Over the years, he's gained extensive experience in tourism — as a guide and hotel manager. He holds a social work degree from Cairo, speaks English and Dutch fluently, and has lived in Belgium since 2012.

Ahmed takes great pride in sharing the beauty and simplicity of his homeland with others.



### Where are we going?

The Sahara is the largest desert in the world, stretching across North Africa.

Egypt's Western Desert is unique for its wide variety of landscapes in such a compact region.

One moment, you're among the black mountains of the **Black Desert**; a few hours later, you're in the surreal **White Desert**, with incredible white rock formations.

There are constantly shifting sand dunes shaped by the wind, and dazzling crystals rising straight from the earth.

You may come across a small cluster of palm trees and a refreshing spring after miles of empty land.

The emptiness and silence of the Egyptian Sahara work like magic on everyone who steps into it.

You can read more about the places we visit on our website.

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## Program overview

### Day 1

Arrival at Cairo Airport. Direct transfer to the Bahariya Oasis (4.5-hour drive).

Overnight in a beautiful eco-resort.

### Days 2–3

Relaxed mornings and shared breakfast. Explore the oasis on foot, meet locals, visit farmers and bakers, stroll through palm groves, and visit landmarks like Pyramid Mountain, the Salt Lake, and English Mountain for sunset.

Enjoy hot spring baths under the stars and delicious local meals.

Overnight in the eco-resort.

### Day 4

We leave civilization behind and head into the desert.

Our first stop is the **Black Desert**, with its black lava-covered hills and golden sands.

The Bedouins introduce us to true desert living — setting up camp, cooking on the fire, and sharing their traditions.

Overnight under the stars or in a tent.

### Days 5–7

Wake with the sun and immerse yourself fully in desert life.

One day walking, one day by camel, and one day by jeep — all through stunning desert landscapes including the surreal **White Desert**, vast dunes, **Agabat's** monumental rock

formations, **Crystal Mountain**, and magical springs like **Green Eye**.

Each day includes optional practices for deeper connection and self-reflection.

Evenings by the fire with music and starlight.

Overnight in the desert.

### **Day 8**

We say goodbye to the desert and return to Bahariya Oasis.

Free afternoon, time to relax or explore. We gather for a closing ritual around the fire.

Overnight in the eco-resort.

### **Day 9**

After breakfast, we return to Cairo. In the afternoon, explore the city or visit a local market.

Shared dinner in **Al Azhar Park**.

Overnight in a hotel.

### **Day 10**

Return flight to Belgium/Netherlands.

Optional trip extension available.

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### **Optional Trip Extensions**

Stay longer in Cairo or Bahariya Oasis!

Suggestions include: visiting the pyramids, Egyptian or Coptic museums, Sufi dance/music shows, Al Azhar Mosque and Park, the Citadel, Cairo Tower, or a Felucca ride on the Nile.

Contact us for more details if you're interested.

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### **Costs**

- €1095 p.p. for accommodation, transport & Bedouin support in Egypt
- €895 p.p. for organization, coaching & Inside Nature guidance (incl. VAT for individuals)

**Total: €1990 p.p.**

**Early bird discount:** Book before **June 1, 2025**  
and get **€100 off!**

**Total: €1890 p.p.**



### **Not included:**

- Flights (from €300 return)
- Visa on arrival (€25)

- Single room supplement: €120 total
- Travel/cancellation insurance
- Tips (approx. €50–€70 total)
- Personal expenses and optional excursions/extensions

**Note on tipping:**

It's customary to tip the Bedouins at the end of the trip. Suggested amount: €50–€70 total. They rely heavily on these contributions, which are shared among families. Other service tips are already included.

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**Flights**

- Max group size: 15 participants, minimum: 6
- Book your own flight, but check with us first to confirm the trip is going ahead!
- Direct flights recommended: Egypt Air and Nile Air
- If you choose another airline or stopover, allow at least 1.5 hours for transfers

**Tip:** Offset your CO2 emissions by planting trees in the oasis — let us know if you're interested!

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**Get to know each other**

Once you sign up and pay your deposit, you'll receive an invite to our WhatsApp group for this trip — where you can connect with fellow travelers and receive practical info and updates.

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**Can't Join This Time?**

If the timing doesn't work for you, stay in touch!

Sign up for our [newsletter](#) to hear about future trips and offerings.

You can also organize your own private trip for friends, family, or colleagues — we'd love to help you create your dream desert journey.

We can't wait to meet you in the magical Egyptian desert!

**Warm desert greetings,**



### **The Desert Travel Team**

Usha, Ahmed & the Egyptian Bedouin Team