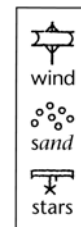


Wind Sand & Stars

Specialists in the Sinai & Desert Environments



Adventure into Silence

7th - 14th October 2012

With guest speaker **Sara Maitland**, author of *A Book of Silence*

In her widely praised *A Book of Silence*, the prize winning author Sara Maitland explores silence, both as a memoir of her own journey into silence and as an important cultural history. This special journey is now being run for the fourth year in response to a continued interest from those seeking a unique and enriching experience, as well as individuals keen to develop further their understanding of silence, both externally and within.

Traditions of the East and West say that silence is found in its purest form in the desert. Our journey is based in a remote and beautiful sandstone area of the South Sinai Desert. Periods of silence are interspersed with time together as a group and with our hosts and long-standing friends, the *Muzeina* Bedouin tribe, whose life is based in one of the few places on earth where “the crashing sound of silence” (from the story of Elijah) can still be found. Wind Sand & Stars are specialists in helping those who have never ventured into this type of environment before, as well as offering unusual opportunities for seasoned travellers. We are delighted that Sara will return to Sinai to lead another non-denominational journey; all are welcome.



"The silence was incredible and we received such a warm welcome from the Bedouin. Your organisation was faultless."

Ven Hugh & Alison Buckingham,
Adventure into Silence 2009

"My week with you in the desert was life-changing and will stay with me forever. A wonderful experience. Thank you."

Maura Carr, Adventure into Silence 2009

"I can't stress enough just how fantastic the whole experience was, I thought Sara did an excellent job in guiding us and pitching her input at just the right level."

Dilip Varma, Adventure into Silence 2010

Itinerary

Day 1: The Journey to Sinai

You will be met on arrival by our Wind Sand & Stars representatives and journey to the desert plateau with Sara Maitland and our Wind Sand & Stars specialist desert leader. *Sleep overnight under the stars*

Day 2: Meet the Sheikh and the Bedu Family

Awake to the glorious desert dawn in the golden sandstone valley surrounded by small mountains and desert hills. A day to adjust to the new environment and meet our Bedouin hosts. There will be an optional short desert walk and an afternoon seminar with Sara before the first opportunity to have time in the silence of the desert. Modern life gives few occasions for total silence and Sara will lead people gently a step at a time into silence and there will always be the option to stay by the fire for tea and company. *Sleep overnight under the stars*

Days 3 - 6: The journey into Silence

There will be a morning seminar with Sara before a period of time to experience the desert silence. Each day there will be an optional excursion on foot with the local Bedu tribe who have worked with Wind Sand & Stars for nearly 20 years, taking in surrounding scenes and features of the desert

including the *Nawamis*, dating from the Bronze Age and believed to be the oldest roofed buildings in the world. The length of time and portion of the day in silence will depend on the needs of the group as the week progresses. Meals will all be arranged by our cook and taken together and bottled drinking water will be provided throughout. Each evening there will be time to gather together again, to talk and think through the experience of silence, before an early end to the evening for overnight silence broken at breakfast. *Sleep each night under the stars*

Day 7: Returning to the modern world with time at the Red Sea

A final morning in the desert before the journey to the Red sea coast. There will be an optional excursion for those who wish to visit the Monastery of St Catherine, departing early and rejoining the group on the coast in the afternoon, where there will be an opportunity for swimming in the Red Sea and an evening in a hotel to start to adjust back into modern living. *Overnight 4* hotel*

Day 8: Depart

A final morning on the coast to relax, if flight times allow, before you depart for the airport.

Costs

Land arrangements	£925
Flight	£350 - £450 per person
Minimum number	10

Cost Includes

- All local transport and accommodation
- Full board (two cooked meals & picnic lunch in the desert, including bottled drinking water)
- Qualified leader and local guides
- Comprehensive travel insurance
- A copy of *A Book of Silence* by Sara Maitland

Cost Excludes

- Egyptian Visa (£20 in advance or US\$15 on arrival, if needed, please see separate note on requirements)
- Gratuities £45 (invoiced)
- Single Supplement £20 per person (invoiced)
- St Catherine's Monastery visit
- Soft drinks and any other personal expenses
- Additional transport and accommodation for separate arrival or onward travel outside the main itinerary

Visa

Please note a visa is NOT required for this itinerary, unless you are travelling elsewhere in Egypt independently, or you do not hold a British or EU passport (please refer to the Egyptian Consulate www.egyptianconsulate.co.uk/Visas.php or call the Wind Sand & Stars office for guidance).

ATOL protection

The air holidays and flights in this brochure are ATOL Protected by the Civil Aviation Authority. Our ATOL number is 5474. For further information, visit the ATOL website at www.atol.org.uk.

BS 8848 compliance

The operating procedures and controls that govern overseas ventures provided by Wind Sand & Stars Limited conform to BS8848 (*Specification for the provision of visits, fieldwork, expeditions and adventurous activities outside the United Kingdom*). ENDORSED BY THE YOUNG EXPLORERS TRUST (declared).

Please note all desert itineraries are subject to change.

