

Lake Qarun's Plateaus and Escarpments

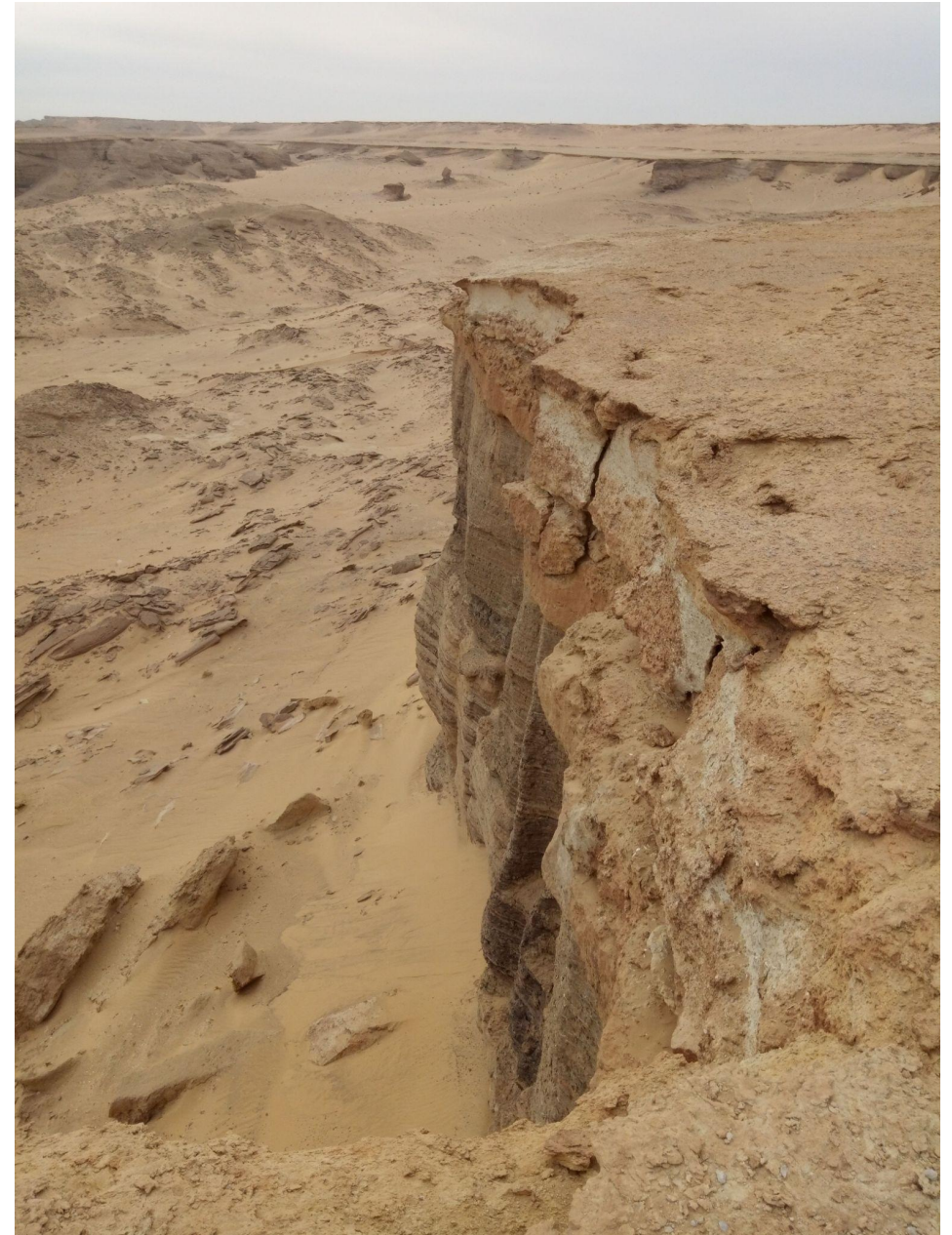
3 DAYS

7 October and 30 December, 2021



Lake Qarun's Plateaus and Escarpments

- We're going on a 3-day hiking trip in the vast plains of Lake Qarun's Protectorate.
- We will have a 4x4 support car that meets us during lunch time and when we camp toward sunset.
- We are going to carry our day backpack in which we have the water, and our snacks, so make sure you pack as light as possible. The sleeping bag shouldn't weight more than 1.8 kg, and the bag shouldn't weigh more than 20 kg.
- We walk in the pace of the slowest participant, and, if necessary, we have enough staff so that the team would split if walking in a group became challenging.
- Our local team are so passionate about their job, they know their place like the back of their hands, and they would be more than delighted to answer all of your questions.



DETAILED ITINERARY

LAKE QARUN'S PLATEAUS AND ESCARPMENTS

Day 1: From Qasr el Sagha to the Fox Valley (Difficulty level: easy)

Meeting points: 6:00 AM at '[UAE Embassy](#)' in Heliopolis | 6:30 AM at [Lebanon Square](#) in Dokki on October 7th and December 30th.

We're heading to Fayoum in the early morning hours. The bus ride should take between 2-2.5 hours with 1 main stop in between. The bus will drop us off at the administrative building of the protectorate. We'll then be trekking to the camp a few hundred meters away and meet over breakfast with your host with whom you'll be spending the rest of your trip.

We then head to Qasr el Sagha, climbing many escarpments along the way, then walk by the edge of the cliffs to reach the Green Mile - a broad green crack with a panoramic view of the valley below.

It's there that we have a light lunch to boost our energy as we hike to the Fox Valley, dotted with many animal tracks along the way.

Before the sun sets, we climb up to Fox Valley's top to reach the Petrified Forest, where we set camp in a nice spot deep inside. Our total hiking distance thus far is 12 km.

A freshly cooked dinner will be served under the stars. All dietary requirements will be taken into consideration.

DETAILED ITINERARY

LAKE QARUN'S PLATEAUS AND ESCARPMENTS

Day 2: Widan El Faras to Jebal Qatrani (Difficulty level: moderate)

Hikers rise up early to have breakfast and leave camp right away, heading straight ahead toward the prominent mountain north of the camping site. We climb a steep “naqb” to the top plateau from the right-hand end of the mountain to reach the Basalt mines.

After a brief walk on the top, we descend to the lower plateaus one by one. We continue walking until we reach Widan el Faras (Horse Ears): a stone formation at the left end of the mountain where we'll have our lunch break. After that, we continue walking across vast desert plains by Jebel Qatrani until we reach the start of a hidden sandy valley whose route is dotted with many standalone reddish-colored mountains.

We then descend a long steep sandy slope - preferably running, for an added jolt of fun - and then reach the Boulder Park where we'll be camping for our last night amidst the sandstone boulders. The total hiking distance for the day is 20 km.

Day 3: Birdwatching at the Lake (Difficulty level: easy)

Hikers wake up early to have a freshly made breakfast at the campsite, before heading to Demieh El Sebaa on the hilltop lying in the South. The ruins used to be an ancient palace and temple on an island back when the lake's level was high. After exploring the ruins, we take off to the lakeshore passing by strange spherical rock formations dubbed “watermelons”. To get there, we also climb a huge sand dune to take in the beauty that is Lake Qarun. The lakeshore is populated with multiple bird species in large numbers. If we're lucky, we can spot flamingoes while we have lunch there, before hiking a little bit more toward the asphalt where our bus will be waiting for us to head back home. The total hiking distance for the day is 14 km.

GENERAL GUIDELINES

Litter and Waste

Litter takes a long time to decompose in the wilderness, especially in a dry, desert environment like Sinai. Plastic bags can take over 10 years, aluminum cans over 85 years, and glass bottles 1000s of years. Please never drop litter on the Trail. Where possible, we will burn waste; at other times, we will carry it off trail.

Water Conservation

Every drop of water is precious in the desert – both its quantity *and* quality. Please treat it as the precious resource it is. First of all, don't waste water, or use it for things that are unnecessary. With designated drinking sources, which we'll pass and perhaps use, it's important to keep them pristine. Don't wash hands or faces, brush teeth in them, etc.

Going to the Toilet

There are only a few spots with designated toilets in any outdoor adventure; even then, they are basic hole-in-the-ground toilets. When you need to go to the toilet, please find a secluded spot – e.g. behind a boulder – at least 100 m from the nearest water source.

Carry a cigarette lighter and burn any toilet paper you use on the spot - it can often burn even if wet, or put it in a sealable plastic bag to carry it out. Please always tell your guide or leader if you are taking a toilet break so they can ensure you don't get separated from the group.

Communication

The network is patchy in most areas. However, in case of any emergency, we'll get in touch with our team in Cairo as well as the Protectorate's administration.

PACKING

THAT'S WHAT OUR CHIEF PACKED & DRAGGED TO REACH THE NORTH POLE

Pack smartly.
Pack efficiently.
Pack responsibly.



PACKING GUIDELINES

Let's pack responsibly. We encourage you to bring the items that would make you feel more comfortable and help you get a good night's sleep, just make sure to follow this guideline:

The Day Backpack:

To ensure we have a comfortable bus ride and a smooth, well-paced hike, we advise you to keep your handy items easily accessible in your day backpack at all times; that includes ID, phone, wallet, snacks, water, spare t-shirt or pants, jacket, etc. We don't want to be stopping and losing time or momentum.

Make sure the hands of your backpack are well padded, and aim for a backpack with a ventilation system in the back as it'll make your hike far more comfortable. Adjustable top and bottom straps allow the weight to be distributed evenly between your shoulder, back, chest, and waist – something your back will thank you for.

If your only bet is the normal Eastpack-style backpack, they will still do the job. Also, we highly recommend carrying a waist pack as they are ideal for our kind of adventures.

The Big Bag:

For any adventure, you don't want to exceed 15 kg in weight.

HARD SUITCASES are **NOT** recommended as they take a big space in the bus– please pack in either big backpacks or gym bags.

Avoid having any items hanging outside of your backpack – like shoes, a hard jacket, or your yoga mat – by bringing an additional small bag to fit them in. It's a challenge to keep small items like these in sight.



Eastpack kind of Bag



One Day Hiking Backpack



Top and Bottom Straps



Back Ventilation System

PACKING LIST

WINTER EDITION

Clothes for the hike:

- Long-sleeved Dri-fit t-shirts
- Short Sleeved Dri-fit T-Shirts
- Dri-fit Leggings
- Shorts
- Hiking pants or normal warm trousers (cotton not recommended)
- Gilet (optional)
- Waterproof breathable jacket (windbreakers work best)
- Sunhat or shemagh or BUFF
- Socks (wool socks or synthetic are recommended)
- Sturdy hiking boots (Optional) and/or shoes (and spare laces)
- Small daypack for the trail
- Waist pack (optional: to keep your snacks handy)

For the evening:

- Warm hat (Optional)
- Hard gloves (Optional, especially for October)
- Warm Jacket (to keep you warm in the campsite)
- Thermals (top and bottom) (No need if you have enough warm layers)

General to bring:

- Comfortable footwear for evening camps (e.g hiking sandals, Crocs, etc.)
- Passport/Egyptian ID card
- Flashlight or headlamp (and spare batteries) always keep it in the daypack you are hiking with
- Mosquito repellent (optional)
- UV rated sunglasses and sun screen
- 3x water bottles @ 1.5 liters each
- Personal snacks – dates, nuts, halawa, chocolate, etc.
- Personal medication - always keep it in the daypack you are hiking with
- Sewing kit (optional)
- Whistle (recommended) – always keep it in the daypack you are hiking with
- Toiletries (soap, toothbrush, toothpaste, wet wipes, etc.)
- Hiking poles (recommended)
- Phone / Camera / Batteries and cables
- Bigger backpack for sleeping gear and all your clothing
- Dry bags or zip-locks to keep your equipment dry and safe in your bags.

PACKING GUIDE WINTER EDITION



Gym Bag



Warm jacket



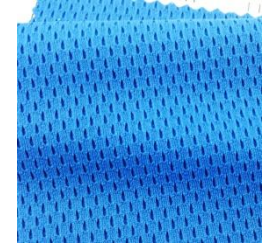
Fleece Gilet



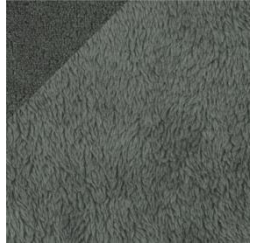
Shorts



Short Sleeved Dri-Fit



Dri-fit Polyester



Fleece Material



Top & Bottom Thermals



Head torch



Warm Gloves



Hiking Boots



Hiking Shoes



Windbreaker Material



Cotton material



NECKERCHIEF SCARF WRISTBAND HEADBAND DIADEM



Water Bottle and CamelBak



Warm Hat



Hiking Pants



Windbreaker Jacket



Long Sleeve Dri-Fit



Dri-Fit Leggings

1 BUFF Headwear

YOUR EQUIPMENT

Your gear is the number one thing you can depend on to stay safe and be comfortable and hassle-free, so always check it before you embark on any adventure. **We advise the following:**

Footwear:

We highly recommend using hiking boots as they guard your ankles from twisting. Good brands are quite reliable and sturdy, and their rubber enhances your stability on rocky terrains, which will improve your performance and make you more confident. Boots also offer you protection from reptiles in case there are any, but this can be compensated by wearing thick socks along with thick pants.

Hiking shoes come second as their only disadvantage is that they don't guard the ankles.

If your only option is to come in your trainers, make sure they are extremely sturdy and don't have a soft bottom as this won't let you enjoy your hike, especially if it's a rocky terrain.

If it's a long hiking trip, bring extra laces, and preferably an extra pair of shoes just in case.

You want your body to breathe while you are on a hike so as to avoid blisters. Sweat and cotton are your enemy, so we recommend you stay away from cotton during your hikes, turning to more efficient materials like synthetic, polyester, and dri-fit.

Socks:

Thick layers will help you avoid blisters, and longer socks provide more comfort. Remember: stay away from cotton.

Tops:

Long sleeves will help you avoid sunburns – a thin layer long-sleeved dri-fit is advisable if the weather is too sunny, and a thick layer if it's cloudy and cold.

A fleece gilet is a big addition as it keeps you warm.

Bottoms:

We recommend dri-fit pants as they can be used as a thermal beneath the hiking pants, or can be used on their own if the weather isn't too cold.

WEATHER AND SLEEPING BAG

Weather:

The weather in Fayoum is fresh during the morning and sometimes it can be hot. We've got to be well prepared for all conditions, the hot weather, the cold weather. The more we approach the date of the trip, the more accurate data we will be able to gather about the weather conditions that we are going to face.

Sleeping bags:

A three season sleeping bag would be suitable for this trip with comfort temperature of 10 degrees. We also recommend using sleeping bag liner or just wearing more warm layers during sleeping for people who'd still feel cold. Sleeping bags can be big, bulky and weighty so get the smallest, lightest model you can.

If you are looking into buying a new sleeping bag, try to find the Thermos brand if you are buying from Egypt. It's available in Alfa Market, HomeWorks (Cairo Festival City), and probably Sports Mall. [Decathlon Online Store](#) is also an excellent option.

SLEEPING ARRANGEMENTS

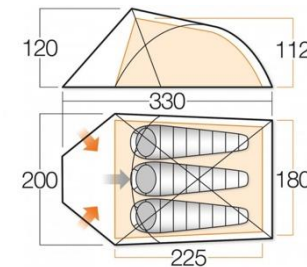
We will be camping in the wilderness. By camping, we also mean that our water resource is minimal, so please expect no showers, and nature's calls are responded to in nature, not through a toilet.

Tents give a sense of privacy and also provide a good barrier against mosquitoes, which may be encountered on some parts of the trail in warmer times.

Most importantly, they provide insulation from the cold and a barrier against rain, which is possible at any time.

Tents are provided upon request.

Our WG tents are designed for this kind of weather; each tent fits three people, but we only accommodate one or two people per tent in order to have enough space to keep our bags inside. Teaming up with another hiker on your trip will help limit what the camels have to carry in the desert, but your personal safety, given Covid-19, concerns us more.



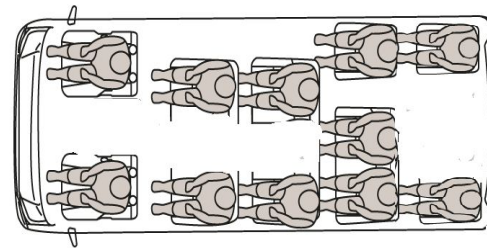
SNACKS

- Snacks are a handy type of food you can treat yourself to while on a hike, on a bus ride, on a kayak, etc.
- Although chocolate might give you a slight rush to begin your hike, it won't last very long as it'll cause your blood sugar to spike as soon as you eat it. Then, according to Precision Nutrition Coach Kelvin Gary, your body spreads out insulin to get the sugar out of your blood and into your tissues, causing your energy levels to crash. Exercise also sends the sugar to your muscles, which might cause a double energy crash, leaving you wanting to go back down the mountain instead of up.
- Ex. **Hershey's Special Dark Chocolate Bar** has a whopping 31 milligrams of cocoa beans, almost as much as a can of Coke!
- Since cramps can be brought on by dehydration, we suggest staying away from caffeine as it tends to dehydrate the body.
- It's ideal to pack **dried fruits, cereal bars, dates, nuts** – all these natural goodies will help maintain your energy at a consistently high level through the activity you are doing.
- We recommend that you either pack your snacks in a zip-lock bag or in a Tupperware container.

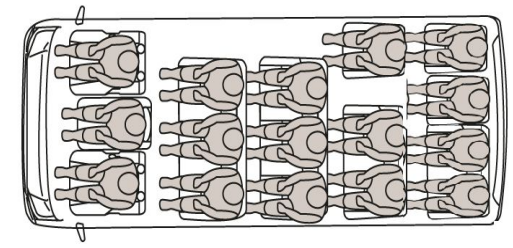


TRANSPORTATION

- We normally outsource minibuses for our rides as they are more maneuverable and more comfortable than the big coaster buses.
- We've established a trust with our drivers and their minibuses over the years; they are all helpful, and will always make sure to meet your preferences.
- Please make sure to communicate any feedback on the spot with your WG adventure leader – your comfort and safety come first.
- The Toyota HiAce (the type of minibuses we use) can seat up to 15 people, but we normally seat only 10 per bus. Covid-19 precautions are taken into consideration.
- In case the trip gets 12 or 13 bookings, we may use only one bus and have the WG team following you in their own private car.



10 Persons Seated

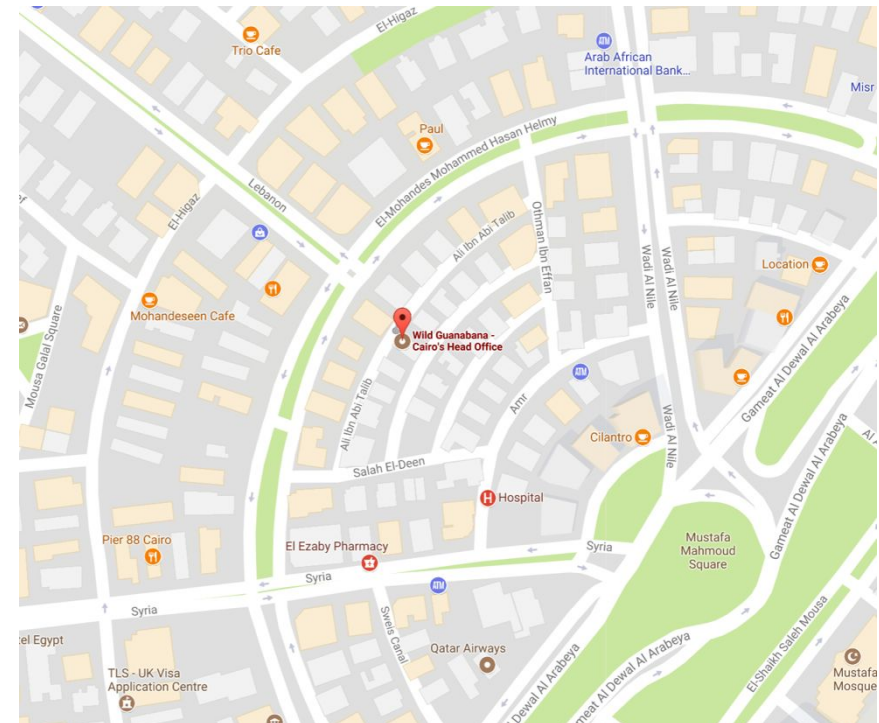


15 Persons Seated

INFO SESSION

- At least one week before the trip, we'll be hosting an info session where you'll get to meet with the WG team who will be leading your adventure.
- This session is intended to answer all your questions, make sure you are well geared up, and to give you the chance to meet with the WG team and your adventure partners, so we would highly appreciate your presence.
- Info sessions tend to take place on Sundays or Mondays for 30-45 minutes, between 6 and 9 PM. This session is held online.
- If you'd like to rent gear or pay in cash at our office, our office is located at 7 Ali Ibn Abi Taleb Street, Mohandiseen. It's off of Syria Street, right behind the Salam International Hospital. You can easily find our location on Google Maps.

We also have another new office in Maadi, at CSA!



BOOK YOUR SPOT

EGP 3,000

Get in touch with the team for more details:

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