

# EGYPT

Follow in the Footsteps of the Holy Family, Alexander the Great & Ancient Pharaohs

Egypt • October 18–31, 2026

*A collaboration between aktiv planet & the Annunciation Greek Orthodox Church of Rochester*

## aktiv planet travel dispatch

EXPLORE BOLDLY. TRAVEL RESPECTFULLY.

### **Mission Statement**

Our mission is to prepare travelers not just for the journey ahead, but for meaningful, respectful engagement with the cultures, landscapes, and people they encounter. Through each dispatch, we aim to inspire curiosity, deepen understanding, and build a sense of shared adventure — empowering travelers to explore boldly, connect authentically, and move through the world with intention.

# Purpose of an aktiv planet travel dispatch

An aktiv planet travel dispatch aims to:

## 1. Prepare with Purpose

It provides practical information and cultural context so travelers feel confident, informed, and grounded. From packing tips to etiquette guides, the dispatch ensures that everyone arrives not just ready to explore, but ready to connect.

## 2. Deepen Cultural Understanding

Each dispatch highlights the people, history, customs, and unique spirit of the destination. It promotes respectful travel by fostering curiosity and awareness — turning a trip into a meaningful cultural exchange.

## 3. Build Excitement

It builds anticipation and unity among travelers. Through sneak peeks of the itinerary, local phrases, and fun facts, the dispatch fuels that "we're-really-going!" energy and invites travelers to imagine themselves there.

## 4. Strengthen the aktiv planet Community

The dispatch encourages communication and collaboration — travelers are reminded to check shared documents, use the questions section, and stay engaged with the aktiv planet team and each other.

## 5. Deliver in aktiv planet's Voice

Written in a tone that's warm, curious, respectful, and just a little playful, the dispatch reflects aktiv planet's core values: responsible adventure, cultural respect, curiosity, and connection.



# The River Nile: Lifeline of Ancient Egypt



Last month's Travel Dispatch invited us into the quiet heart of Egypt's desert, where early Christian monks sought solitude, faith, and meaning among stark landscapes and ancient stone. Through remote monasteries, historical churches, and the legacy of the Desert Fathers, we explored a chapter of Egypt shaped by contemplation, resilience, and spiritual devotion.

This month, we journey further back—into a time when Egypt was one of the most sophisticated civilizations on Earth.

Long before Christian communities took root in the desert, the Nile sustained a world of gods and goddesses, divine kingship, and architectural ambition on a monumental scale. Temples rose along the riverbanks, while daily life, ritual, and mythology were inseparably tied to the rhythm of the Nile itself. Ancient Egypt was not only a civilization of remarkable engineering and artistry, but one defined by an enduring relationship between land, river, and the afterlife.

As this Travel Dispatch unfolds, our focus follows the Nile—the timeless artery of Egypt—offering a natural gateway into its ancient history.

# The River That Shaped a Civilization



Traveling by river allows us to experience Egypt as it was once known, moving between sacred sites, imperial cities, and enduring monuments, while gaining a deeper understanding of a civilization that continues to shape our imagination. In the time of the pharaohs, the Nile was far more than a river—it was the foundation of Egypt’s existence. Its annual flooding deposited fertile silt along the banks, making life possible in an otherwise arid land and establishing the agricultural cycles that sustained the population. The river enabled the cultivation of staple crops such as wheat and barley, which supported not only local communities but also the wealth and stability of pharaonic dynasties. The Nile shaped Egypt’s calendar, economy, and worldview, reinforcing the belief that order, balance, and renewal were divinely maintained. Boats were the primary means of transport. Cities, temples, and burial grounds were carefully positioned along its course while the river itself became a sacred corridor linking the realms of the living and the dead.

To journey along the Nile today is to follow the same lifeline that supported kings, priests, artisans, and farmers, to pass through the landscapes that inspired myths and deities, and to witness how geography, engineering, and belief fused to create one of history’s most enduring civilizations.

# A Journey Through Pharaohs' Lands: Luxor to Aswan



## Your 4-Night Nile Cruise Itinerary

Our journey begins in Luxor, the heart of ancient Thebes, where pharaohs held court along the Nile. Over four nights, we sail south, combining leisurely river travel with curated excursions to Egypt's most iconic sites.

### Day 1: Luxor

- Karnak Temple: Explore the massive complex of the god Amun.
- Temple of Luxor: Stroll through this striking temple and its preserved colonnades.

### Day 2: West Bank

- Valley of the Kings: Visit tombs of pharaohs.
- Mortuary Temple of Queen Hatshepsut: Elegant terraces carved into desert cliffs.
- Colossi of Memnon: Two massive statues.

### Day 3: Edfu & Kom Ombo

- Temple of Edfu: Well-preserved temple dedicated to Horus.
- Temple of Kom Ombo: Double temple honoring Sobek and Horus the Elder.

### Day 4: Aswan

- Aswan High Dam: Modern marvel reshaping Egypt's landscape.
- Philae Temple: Relocated temple dedicated to Isis.

Excursions and onboard leisure combine with river views and dining for a seamless journey through Egypt's ancient civilizations.



# Glide Through Time in Comfort and Style



## Your Home on the Nile

Our exploration of Ancient Egypt unfolds aboard a brand-new Nile cruise boat, launched in October 2025. Designed to combine **elegance with comfort**, our vessel provides an intimate and refined base from which to experience the Nile and its iconic sites.

You will stay in **deluxe cabins** featuring French balconies, large windows, and private en-suite bathrooms. Every cabin offers a view of the river and maximum comfort. **Suite upgrades** are very limited and available at extra cost—contact aktiv planet to reserve yours!

Onboard amenities include **full-board dining**, with menus highlighting both local and international cuisine, a **pool** and **sun deck** for relaxation, and evening entertainment showcasing cultural performances and onboard activities.

For wellness and leisure, the ship offers a **gym**, as well as **optional sauna and massage** services, allowing travelers to unwind after a day of exploration.

The vessel's **lounge and observation areas** provide panoramic views of the Nile, perfect for watching sunsets or enjoying a quiet moment as the landscape drifts by.



# Nile Cruise: Let's talk About Food & Drinks



## What does “full board” mean?

Full board includes breakfast, lunch, dinner and an afternoon tea time when our excursion schedule allows. Drinks are not included. Please purchase bottled water; tap water is unsafe. Alcohol is available onboard, but Egypt's taxes make imported wines and spirits expensive.

**aktiv planet pro tip:** Ask for local Egyptian beer or wine—it's more affordable and a great way to sample the region.

## What time are meals usually served?

Meals are planned around excursions, with breakfast from 6–8 AM, lunch from noon–2 PM, and dinner from 7–9 PM. Meal times are flexible to fit our adventures.

**aktiv planet pro tip:** If we're on an excursion during a scheduled meal, a lunch box will be provided so you won't miss out.

## What kind of food will we eat?

Expect a mix of Egyptian and international dishes. Egyptian cuisine features gentle, comforting flavors with spicy sauces that are usually served on the side, so you're in control. Let us know about any special dietary needs 60 days before the trip so we can be thoughtful about your experience.

**aktiv planet pro tip:** Try at least one local dish at each meal. Egyptian cuisine is approachable and a great way to connect with the culture.



# Nile Cruise: Onboard Etiquette and Gratuities



## Onboard Etiquette: A Few Friendly Tips

Nile cruises are relaxed and friendly, and a little thoughtfulness ensures everyone can soak in the sights and experiences.

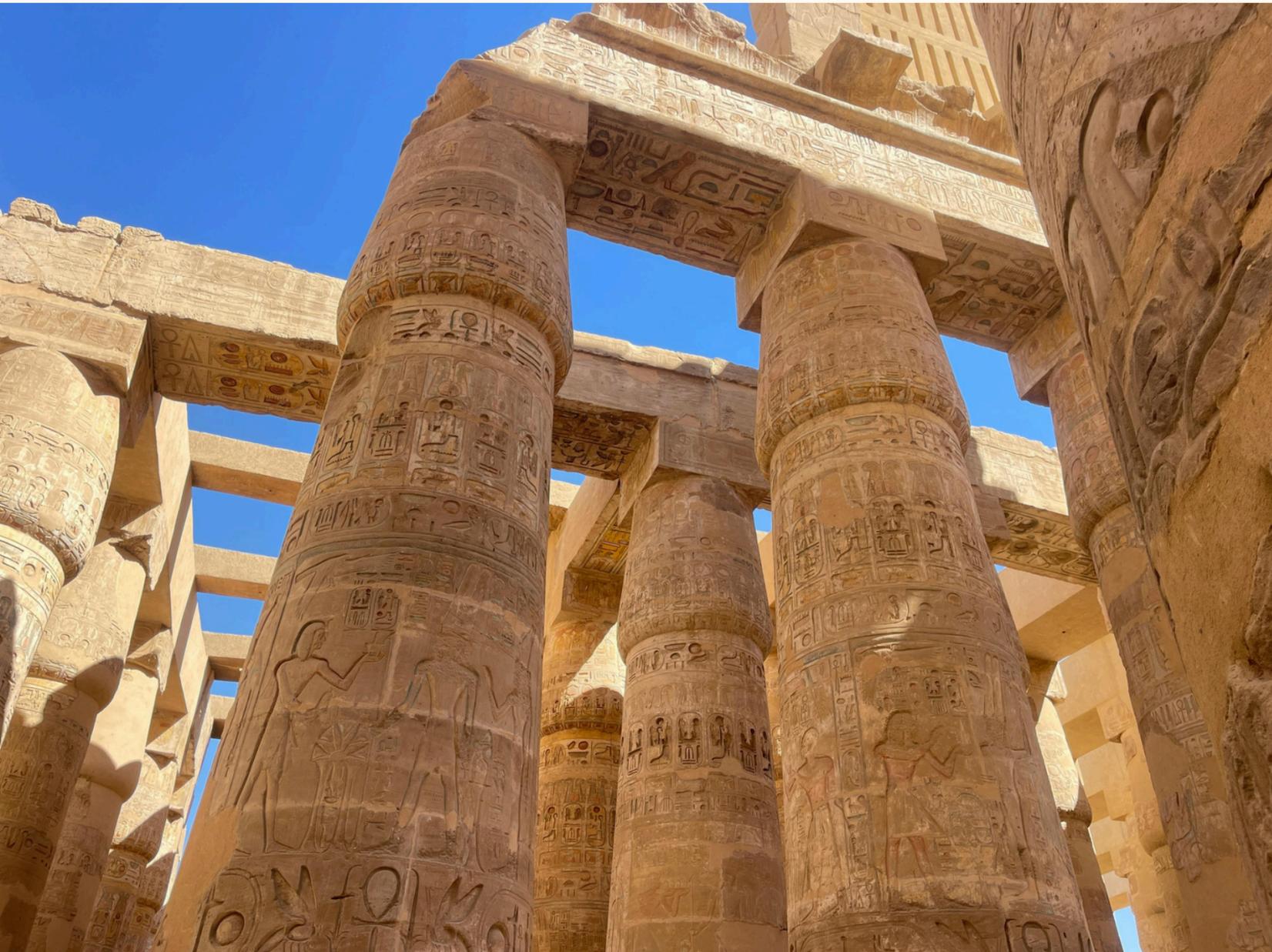
- **Dress comfortably:** Casual attire is perfect during the day for excursions and deck time.
- **Smart-casual for dinner:** Evenings onboard are a chance to dress up a bit—try collared shirts, blouses, lightweight dresses or skirts, tailored pants, or stylish sandals or loafers. A light sweater or shawl is handy for cooler nights.
- **Keep it quiet:** Be mindful of noise in hallways and cabins, especially early mornings and late evenings.
- **Crew Gratuities:** Discreet tipping is appreciated. We suggest that you use US dollars (\$1s, \$5s) or Egyptian Pound notes.
  - Housekeeping: \$2–\$5 USD per day, in envelope in the cabin.
  - Porters: \$1–\$2 USD per bag, directly when handling luggage.
  - Bartenders/Spa Staff: \$1–\$5 USD per interaction/service.
- **Kindness counts:** A simple hello and thank-you go a long way with the crew, as they work hard to make your journey special.
- **Be flexible:** Schedules may shift for various reasons. A patient, open-minded attitude makes for a smoother experience.

**aktiv planet pro tip #1:** Bring slippers for comfort in your cabin.

**aktiv planet pro tip #2:** Mornings and late afternoons are ideal for quiet photos and peaceful Nile views.



# Nile Cruise FAQ: Excursions



## What to Expect & How to Make the Most of Your Excursions

- **Guided tours:** Our guides will lead us through the sites, sharing stories and historical context.
- **Walking and exploring:** Expect to walk on uneven surfaces, climb steps, and spend time outdoors in the sun. Comfortable shoes, sun protection, and a water bottle are essential.
- **Photography opportunities:** There are countless chances for photos, but always ask before photographing locals.
- **Gratuities:** (see previous page)
  - Guides: \$10 USD per person, per day (or per guide session), at the end of an excursion.
- **Curiosity and respect:** Embrace learning about the culture, history, and people you encounter. Listen actively, ask questions politely, and show respect for local customs.
- **Open-mindedness:** Excursions can include experiences very different from home. Bring your sense of adventure and openness.
- **Positive energy:** A friendly smile, willingness to participate, and good humor make excursions more enjoyable for you, your fellow travelers, and guides alike.

***aktiv planet pro tip:*** Take a small notebook to jot down interesting facts and observations from your guides—it's a fun way to remember details and reflect on your journey later.

# Upgrade Your Nile Dream



## For travelers who appreciate space, light, and unbeatable views

Let's talk about the **Suite Life on the Nile**. aktiv planet has managed to secure 4 of the ONLY 6 suites on the entire boat. That's it. Six total and four of them are ours if we want them!

These suites are noticeably larger than the deluxe cabins and feature one king-size bed (no twin setup here), making them perfect for couples or anyone who loves a more open, airy space. Need a little extra lounging room? Travelers in a suite can request the addition of a sofa, turning your cabin into a true floating retreat.

Now let's get to the show-stopper... Each suite has TWO windows and TWO French balconies! Yes—**double the views, double the beauty**. Morning light over the Nile, golden afternoons drifting past palm trees, and sunsets on the water. And if you're anything like Armelle (a proud view-hog), you'll want this because then, there's no fighting over who gets the good side—you both get your own views. No sharing required!

**Upgrade Details:** \$480 per person for our 4-night Nile river journey

Because suites are extremely limited and always in high demand, the hotel director has extended access only until the end of February.

- ☛ If you want a suite, you must **contact us as soon as possible**.
- ☛ Payment must be made with Demos by 28 February 2026.
- ☛ **First come, first served**—no exceptions.

This is one of those upgrades that disappears fast and is impossible to add later. If your heart just skipped a beat reading this... maybe that's your sign.

# What to Pack for Your Egypt Vacation and Nile Cruise



We're all about comfort, practicality, and respect for local culture, while making sure you're ready for excursions, sunny days, and evenings onboard.

## **Clothing:**

- Lightweight, breathable fabrics for daytime excursions.
- Modest attire for temples and religious sites.
- Swimsuit for the plunge pool onboard.
- Smart-casual clothing for dinners on the cruise.
- Light sweater or shawl for cooler evenings.

## **Footwear:**

- Comfortable walking shoes or sneakers; sandals or flip-flops for relaxing onboard; optional slippers for cabin comfort.

## **Sun & Weather Protection:**

- Wide-brimmed hat or cap.
- Sunglasses & sunscreen.

## **Accessories & Essentials:**

- Refillable water bottle.
- Small daypack for excursions.
- Camera or smartphone with extra memory/cards.
- Travel-sized hand sanitizer and personal medication.

## **Optional Items:**

- Small notebook or journal for notes and reflections
- Binoculars (we pass through areas with birds, fish, and sometimes crocodiles along the riverbanks. Some ancient temples, ruins, or carvings are better appreciated from a distance)



# Contact Us



travel. connect. (re)discover.

## EMAIL

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## MORE INFO ABOUT ACTIVITIES

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Let the journey  
transform you.