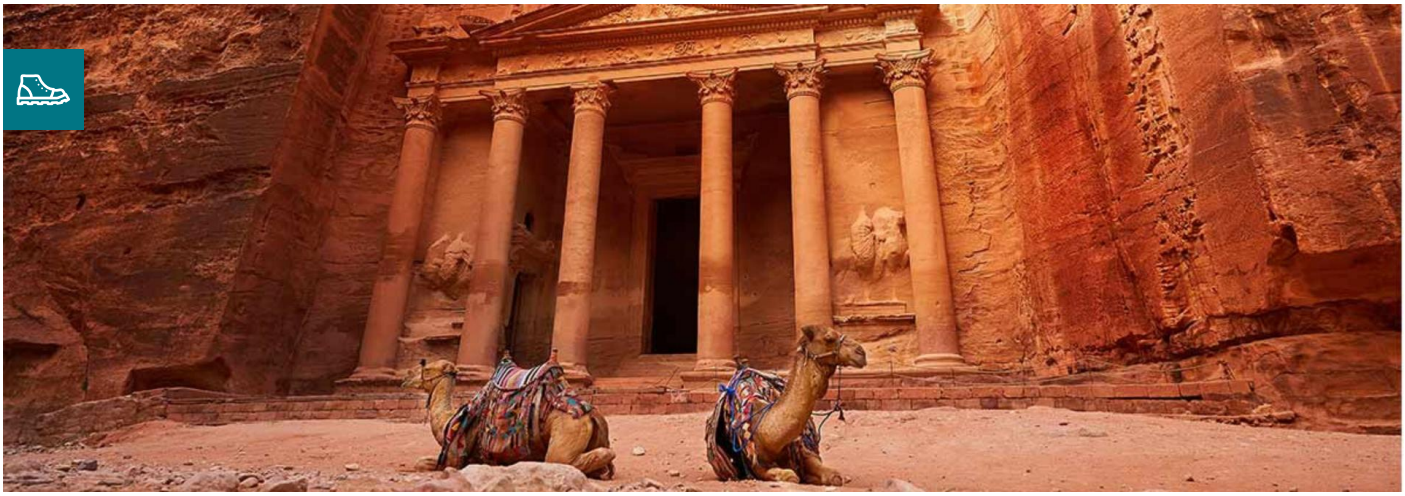
CH>RITY
CH>LLENGE

TRIP NOTES

BELIEVE ACHIEVE INSPIRE

TREK TO PETRA JORDAN

Sat 07 May - Sat 14 May 2022



In aid of your choice of charity

07 May - 14 May 2022

8 DAYS | JORDAN | CHALLENGING

This new challenge offers a chance to trek through some of the most exhilarating and rugged landscapes in Jordan. You will walk through deep, dramatic gorges and canyons shaped by the elements as well as crossing high ridges on routes once known only to the local Bedouin.

From Dana Nature Reserve, the path along the edge of the desert is surprisingly rich in flora and fauna. The high cliffs are home to Ibex and many species of birds, and the deep valley floor supports a variety of plants. The trail crosses the desert through wide dry river beds leading back into the mountains to climb up and over high passes.

The highlight of the challenge will be the entry into ancient city of Petra where you'll cross a high plateau and be treated to the sight of the Monastery of Petra gradually coming into view before you twist and turn your way through the Siq into this spectacular ancient Nabatean city. This tough and enchanting challenge is the perfect introduction to magical Jordan!

- 5 day trek along a breathtaking section of the Jordan Trail
- Experience floating in the iconic Dead Sea
- Visit one of the New 7 Wonders of the World
- Discover the ancient 'rose city' of Petra, a UNESCO world heritage site
- Witness a blanket of stars as you camp Bedouin-style in the desert

YOUR CHALLENGE DAY BY DAY

DAY 1 *Sat 07 May*

-

Depart UK

Your fundraising and training are about to pay off, the big day has finally arrived! Wave goodbye to family and friends, before you board your flight to Jordan. On arrival you will experience the heat of the Middle East and transfer to your hotel in Amman. (D on Flight)

Overnight: Hotel

DAY 2 *Sun 08 May*

-

Acclimatisation, city tour, Mt Nebo and campsite

Today you will explore some of the sights of Amman before the start of your challenge. Take in the Roman theatre and citadel followed by a short journey to Mount Nebo, of Old Testament biblical fame, before your last activity of the day; a visit to the Dead Sea. After a spot of relaxation time, you will be transferred to your first camp to prepare for the start of your trek. (B, L, D)

Overnight: Camping

DAY 3 *Mon 09 May*

-

Trek Wadi Feynan to Wadi Barwas (15km, approx. 6 hours)

The first day of your trek beckons and starts by trekking across the dusty, gravel strewn desert (hamada) enjoying far-reaching views across the expansive Wadi Araba desert. There are dry river beds (Wadis) breaking up the relatively flat route to cross along the way. From the outset, keep your eyes peeled for interesting sites such as a Roman pool, watermill and aqueducts as well as an array of desert birds throughout the journey. (B,L,D)

Overnight: Camping

DAY 4 *Tue 10 May*

-

Trek Wadi Barwas to Ras El Feid (10km, approx. 7 hours)

Leaving the flat terrain of the desert behind, your second day begins by heading to Abu Sakakin where the ground elevation increases, and the true ascent commences. From here the gentle incline becomes ever steeper as you traverse undulating sections before joining a twisting goat-herders track up a narrow scenic valley. Eventually you'll emerge to find yourself on top of the mountains, your efforts rewarded by spectacular, wide open views of the Wadi Araba as you push up through a beautiful but challenging section to reach the summit! Take in the panoramic vista and rest before commencing the descent on a rocky track all the way to the river valley below, after which a final level walk through Skakakin Canyon brings you into camp to rest your weary legs for the night. (B,L,D)

Overnight: Camping

DAY 5 *Wed 11 May*

-

Trek Ras El Feid to Shkart Msei'd (16km, approx. 9 hours)

Returning through Skakakin Canyon to a different goat-herders track with several steady ascents and descents along the way, the route snakes gradually upwards into the sand-cloaked mountains. The path becomes more challenging and you'll need to make use of helpful hand and footholds as you climb stopping occasionally to take in the terrific scenery. After a stop to admire the mountainous surroundings, below you'll see the next weaving trail that leads to your destination. Finally, you follow the trail as it runs along the wadi floor before eventually climbing gently into the sand-stone mountains to your next campsite of Shkart Msei'd. (B,L,D)

Overnight: Camping

DAY 6 *Thu 12 May*

-

Trek Shkart Msei'd to Beidha (Little Petra) (14km, approx. 6 hours)

Leaving Shkart Msei'd camp, you'll notice a distinct change in your surroundings, from wadis and mountains to an almost lunar-like landscape. This morning is easy walking on smooth rock underfoot, through wide walkways and passages wider than the previous days. Evidence of the mysterious Nabatean people will become apparent when dugout steps emerge as you move along the route. Later, passing through a series of disused Bedouin camps, the trail climbs up through the mountain range whose passages give it a labyrinthine feel and requires a little sure-footed scrambling. Once at the top, take a breath and drink in the sandstone landscape before descending into Beidha to camp for the evening. (B,L,D)

Overnight: Camping

DAY 7 *Fri 13 May*

-

Explore 'Little Petra', the Ad Deir Monastery & Classical Petra (16 km, approx. 8 hours)

Start your day exploring the historic 'Little Petra' just a short walk from the campsite. This offers an exciting taste of the wonders to come later in the day, finishing with the evocative Neolithic village of Beidha, an ancient settlement in Wadi. Setting off from 'Little Petra' you'll cross timeless farmland that proffers breath-taking views across the mountains to the distant Araba desert before the track changes to a rockier terrain and begins to rise boasting stunning desert vistas. Your five days' trekking are rewarded with the first glimpse of the Monastery, culminating in your arrival to the magnificent Treasury in the city of Petra! After the elation of completing the challenge sinks in, you will enjoy a full tour of Petra itself. (B, L, D)

Overnight: Hotel

DAY 8 *Sat 14 May*

-

Return to UK

Today you will be transferred from Petra to the airport (3 hrs approx.). Say goodbye to Jordan and reminisce about the adventures of your challenge on the return flight to the UK. (B)

NB

B = Breakfast, L = Lunch, D = Dinner

The itinerary is there as a guide and may change due to unusual weather patterns, wildlife movements, the strength of the group, and so on. We will do our very best to keep to the set itinerary; however, we cannot be held responsible for any last-minute changes that might occur. In all such circumstances, your expedition leader will have the final say.

HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.
The costs below are per person.

SELF FUNDER

-

Pay a registration fee of £325.00 when you book
Then a balance of £1519.00 (10 weeks before your challenge)
Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

-

Registration fee of £325.00 when you book
Raise a minimum of £3100.00 for your charity.

FLEXI

-

Registration fee of £325.00 when you book
Then £325.00 towards challenge costs (10 weeks before your challenge)
Raise a minimum of £2435.00 for your charity.

WHAT'S INCLUDED

Before you go

-

- Members only benefits and discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Runners Needs, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.
- Risk assessment and emergency management planning
- Public liability insurance
- Fundraising advice
- 16 and 20 week trek/bike training schedule
- Access to training weekends (optional and at additional expense)
- Access to your own password protected account including support materials and training schedules
- Fitness training notes

On your challenge

-

- Full back-up support including first-aid qualified staff and first-aid supplies
- Entrance fees to national parks or other places of interest visited on the itinerary
- Drinking water on challenge days
- Three meals a day (unless otherwise stated in the itinerary)
- International flights to and from the UK (including all known UK air taxes, and fuel surcharges, at the time of costing)
- A Charity Challenge T-Shirt
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects
- A donation to a community project in one of the countries in which we operate

WHAT'S NOT INCLUDED

Before you go

-

- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Travel to and from the UK airport of departure
- Visa
- Vaccinations (please check Trip Notes for requirements)

On your challenge

-

- Tips
- Departure Tax (if applicable)

THE DETAILS

Fundraising deadlines	You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 12 weeks before departure (by 12/02/2022), and the remaining 20% within 4 weeks of completing the challenge (by 11/06/2022). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.
Prices include all known air taxes	We include ALL known air taxes (including fuel) at the time of costing. Many companies do not include air taxes at all, and clients are therefore hit with a surcharge of three or four hundreds of pounds just before departure. Our aim is to provide you with transparent pricing and clear instructions as to what is included in our prices and if applicable what isn't.
Typical group size	The typical group size is 13 - 29 participants
Small group supplement	The costs and sponsorship levels on our website are based on a minimum of 13 participants. We can run this trip with 10-12 people, but there will be a small group supplement of £95. This is payable by you if you book as a Self Funder or your charity under the Minimum Sponsorship or Flexi payment option if you have raised the necessary minimum fundraising target. For Self Funders, we will notify you 12 weeks before departure if this is necessary, and it will be added to your final balance of challenge costs invoice.
Optional extras	Single room supplements* Travel insurance Business class upgrades* Extensions at end of trip* (*subject to availability)

Travel insurance	Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. Charity Challenge has chosen to partner with specialist travel insurance providers Campbell Irvine (for UK residents) and Rise & Shield* (for non-UK residents). Both companies can arrange cover for an extensive number of activities, such as high-altitude trekking and cycling events, which include emergency medical treatment and repatriation expenses. Please note that Charity Challenge is not able to advise on matters relating to individual travel insurance policies and does not accept any liability for policy matters or claims. Full details including costs may be found at https://www.campbellirvine.com/charitychallenge and https://riseandshield.com/partners/charity-challenge/ * Rise and Shield do not provide cover to Cuba.

Level of difficulty

The Trek to Petra Challenge is graded as Challenging. This is the perfect challenge will test someone who is relatively fit and has a spirit of adventure. You may have had some previous experience, but this is not necessary as long as the correct training is undertaken and a good level of fitness achieved pre-departure.

You can tell your supporters that on your Trek to Petra Challenge you will be:

- Trekking an average of 6-9 hours per day
- Trekking in high temperatures 30°C approx
- The maximum altitude reached is 1100 metres above sea level
- Trekking through and camping in remote areas where facilities are basic

Typical day

During the trekking days you rise early and prepare to leave camp after breakfast, then trek carrying only daypacks for 6 to 9 hours, stopping for lunch en route. You will have plenty of time to stop and view the remarkable scenery. The trek zone is remote. The evenings are spent in beautifully located camps situated among sandstone outcrops shaped by wind and sand and under the twinkling stars.

Safety

Charity Challenge considers the safety of all of its participants and staff to be a top priority, and as such we have set up one of the most thorough safety management systems in the industry. Our Challenge Safe brand formalises our ethos when it comes to safety and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the activity itself. Your welfare is paramount!

In terms of your Trek to Petra Challenge, there are a couple of important points that you should be aware of:

- Trekking in the heat of Jordan is a significant challenge in itself, so make sure you are well hydrated throughout.
- There is one day of acclimatisation to the new surroundings built into this itinerary
- You will be trekking in hot conditions in the day and sleeping in much cooler conditions at night.
- The terrain can be quite rough rocky and sandy so please make sure that you have suitable boots, not trainers, and make sure that you are comfortable walking on loose sand and rocky terrain.
- You will be trekking through, and camping in, remote areas where facilities are basic

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism, and work closely with bodies such as the International Porter Protection Group and Climate Care to ensure that our challenges benefit the local environments and communities in which they take place. We ensure that all rubbish is disposed of responsibly, and following local guidelines on cultural and environmental protection and respect, we aim to limit our impact on the natural environment. In addition to taking these practical steps to ensure that our challenges are sustainable, we also make a contribution each year to a number of local community projects, so as to give something back directly to the communities that we visit. Since 2000 we have donated almost £200,000 to such projects, supporting a range of initiatives, including schooling for children in Africa, shelter for street children in Brazil, and Orang-utan conservation in Indonesia. We recommend that any gifts brought over for children are given to the UK challenge leader and distributed

where needed by them and our local Ground Agent. If you wish to do more, you should consider buying drinks, postcards and souvenirs from the local vendors. For many, it is their sole source of income. For more information, please visit our Responsible Tourism pages, where you will be able to view a list of the projects that we currently support.

On your Trek to Petra Trek, we commit to the following:

Wherever possible using local leaders and support staff:

- Your challenge leader for your Trek to Petra Trek will be a local, well trained and knowledgeable professional leader. All our leaders for this challenge are either native from or long-term residents of Jordan. This will ensure that you not only will have a much higher level of engagement with the local culture, but also knowledge of the environment, local ways of living, history and experiences from the locals.
- During your trek you may pass through local communities. We support these communities by asking our ground handlers to employ support staff from them. For example, the local chefs will be providing you with delicious meal after your hard day of trekking. Not only does this ensure that the money is going straight back into the community, but it also means you can learn so much more from them about their culture and lives and therefore support local sustainable businesses.
- The support of our local staff does not stop after your challenge has finished. Our ground handler provides annual training on safety, group management, environmental protection management, and First Aid. This continued support throughout the year empowers our local leaders and helps to keep them up to date with best practice.

Using local produce and reducing our plastic footprint:

- Our ground handler sources local produce to ensure fresh food and provides water for you to refill your water bottles at the beginning and end of the day which cuts down our use of plastic bottles, and of course all this fresh water will help you to stay hydrated.

Animal Welfare:

- Donkeys are used by the local crew to transport the camp equipment from site to site. The donkey handlers are part of the local crew and animal welfare is monitored by our in-country suppliers as part of the agreement with Charity Challenge.

Flights

You will be flying from a London airport to Amman. The journey will take approximately 6 hours. Your flight tickets will be e-mailed to you before departure. If you choose to book your own flights, you must confirm with the Charity Challenge office before paying otherwise you may be liable for your included group flights. Please contact: flights@charitychallenge.com for further assistance.

Visa

British citizens require a visa to visit Jordan. When arriving at an airport in Jordan, participants can obtain a visa which will be organised in advance by our partners in country who will be provided with a full list of participant names and passport details. Our partners in country will provide an airport representative to facilitate the smooth collection of the

visas for the group on arrival.
You must hold a full ten-year passport with at least six months to run from the end of your challenge, and at least one blank page for your visa and entry/exit stamps.

Insurance

Your safety when travelling with Charity Challenges is our main concern which is why it is a booking condition that you have a suitable travel insurance policy that will cover you for the adventurous nature of your challenge. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found by clicking here.
For more general travel insurance questions, please refer to our main FAQs page.

Vaccinations & Medicines

Vaccinations
For up to date vaccination information please check the Travel Health Pro page:
https://travelhealthpro.org.uk/country/115/jordan

The Charity Challenge team are not medical experts and we would encourage you to visit your doctor or travel nurse to discuss vaccination requirements. Your doctor may ask questions about the specific locations that you are visiting, and as such it may be useful to take a copy of your itinerary with you.

Medication

- Carry medicines (including those bought over the counter) in their correctly labelled original packaging, as issued by the pharmacist. These should be carried in your hand luggage.
- Consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage
- A letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required
- Carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications

N.B. Some medications are banned abroad so please check. You can find further information at
https://travelhealthpro.org.uk/factsheet/43/medicines-abroad

Climate & Terrain

Climate
Jordan's climate is sub-tropic – hot to very hot summers and warm to cool winters. Most of Jordan is covered by desert, summers are extremely hot. Although, always remember the nights will be cold, and could be below freezing between December to February. The north-west experiences most of the country's annual rainfall, in January especially. Cooler temperatures in Jordan are between March and May. Day time temperatures between September and November are between 28°C and 19°C and nights are cold. Amman reaches a comfortable 32°C between June and September. On

our challenge you can expect temperatures of roughly 30°C by day and 5°C by night.

Terrain
The route is mountainous, rocky and dusty. There will be several undulating sections, especially on days 4 and 6 of the challenge. On most days of the trek you will be climbing and descending varying gradients under hot and dry conditions. Walking poles are advised.

Training

This challenge is graded 'Challenging', which means that a good level of fitness is required! Anyone who leads a fairly active and moderately healthy lifestyle should be able to complete the trek, as long as they train regularly over a period of at least three months leading up to the challenge. Don't forget that the temperatures are different from the UK! While strength is important, endurance training should be your primary focus. Walking up hills and climbing stairs are both ways to condition your lower body. Begin slowly, without the weight of a pack, eventually adding weight as you increase your training pace. Take long hikes (6-8 hours) with a weighted pack, up and down hills (weigh your pack with water containers and pour out the water before your descent to minimise knee stress).

Challenge Training

If you would like to get a feel for our challenges ahead of your departure, why not consider booking on a 1 or 2 day UK Challenge?

We have a variety of challenges, covering all levels of difficulty, taking place in stunning National Parks across the UK that are led by highly qualified and experienced expedition and mountain leaders. These challenges will give you the perfect opportunity to monitor fitness levels, test out your kit, meet people in the great outdoors, share fundraising stories and gain valuable advice and support for the challenge ahead. We encourage participants to make use of our highly knowledgeable leaders and ask them any questions you may have about clothing and equipment, expedition health and wellbeing, trekking skills, walking techniques and teamwork!

We are offering all participants **50% off** the registration fee when you book on one of the UK challenges listed via the link below. Just use the code **TRAINING** when booking. T&C's – you must have an active booking on a challenge to avail of this offer. Discount cannot be used in conjunction with any other offer. Find out more here

Luggage allowance & valuables

As no formal clothes are needed, luggage should be kept to the absolute minimum – details of what to pack are provided in your Kit List. Your main kit bag, or rucksack, must not exceed 20 kgs in weight.
The packing information for Jordan is different for other challenges, so please read carefully! When you set off on your trek, you are expected to carry a day pack with your daily essentials in (Sun block, water, camera etc.) whist a support vehicle transfers your main bags from camp to camp.
While we will do everything to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces and rings.

Leadership

We employ several challenge leaders, all of whom speak fluent English. They each carry first aid kits will be ultimately responsible for the running of the itinerary and the safety of your group.

Group size

Each group is intended to be a minimum of 13 people in order to run and a maximum of 30 people. We will be able to run this challenge for 10-12 people by charging a small group supplement of £95.00 which will be added to your final balance invoice (self-funders) or charged to your charity (minimum sponsorship or flexi).

Clothing & equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, well-worn in boots will be indispensable, particularly coupled with some quality walking socks. The benefits of a comfortable day sack cannot be underestimated, so make sure that you train with this. Other essentials are a lightweight waterproof jacket and technical/wicking t-shirts rather than cotton shirts. Walking poles are also highly recommended, however we would recommend training with these prior to your trek. A full kit list for this challenge can be found here and once you book you will have access to kit discounts with our partners Outdoorhire and Cotswold Outdoor.

Accommodation & toilets

Accommodation
In Amman and Petra the accommodation will be in basic,locally run hotels (2 or 3 star), with rooms for two or three people sharing. During the trek you will camp in spacious two-person dome tents with foam mattresses that we provide. If you would like your own room/tent, this can be arranged if there is availability but there will be a single room supplement. There are showers in the hotels, but no showers whilst camping, washing facilities are basic. There will be an opportunity to shower after the Dead Sea float.

Please let Charity Challenge know if you are travelling with a friend or partner who you wish to share with.

Toilets
Toilet tents are supplied during the challenge. They are set up near the campsite at specific locations away from watercourses. Toilet paper is provided. During the actual trekking day, you will have to make use of the bushes and rocks. Please ensure you have a few nappy bags to dispose of used toilet roll and hand sanitiser.

Food & drink

The meals we provide are nutritionally balanced and well suited to the environment. Breakfast will usually include cereals, bread, fresh fruit, juice and coffee. Lunches will be in the form of a packed lunch given out at breakfast to be carried in the daypack. Dinner always includes a soup/starter, main course and a dessert served as buffet to participants seated out under the stars whenever possible. The vegetarian food is excellent. Water will be provided

during the trekking at campsites. Soft / alcoholic beverages and water either side of the trek will be at your own expense, please bear in mind Jordan has varying limitations to alcohol availability depending on where you are located.
Please let Charity Challenge know prior to departure if you have any dietary requirements or allergies.

Money

Currency: Jordan uses the Dinar as its currency. For up to date currency exchange, go to www.xe.com. You should ideally bring a combination of Dinars and Sterling, or Sterling that you can change into Dinars on arrival in Jordan.

Credit Cards: Credit cards are welcomed in Amman (Visa, MasterCard, Diners and American Express), but take cash for small towns and villages. Major credit cards are accepted in most hotels, shops and restaurants.

ATMs: You will find ATMs in Amman and Petra, located in the airport, the city centre or near banks.

How much to bring: You will not need a large amount of money during this trip, as most expenses are included. You should only need money for tips, food & drink (additional), gifts and souvenirs. There are a wide range of souvenirs to buy including rugs and jewellery. On average around £150-£200 + a credit card in case of an emergency, should suffice. Keep in mind that, other than at the start and end of the trip, you will be in the desert away from any foreign exchanges or banks. We therefore recommend that you carry some cash. You will mainly need Dinars in small denominations for the staff tips for this trip.

Tipping: Tipping is personal and at your sole discretion. You should only tip if you feel that you have received good service. We recommend the equivalent of approx. £10 per person per day (approx £50) in Jordanian Dinar (ideally in small denominations), and this should be given to the challenge leader during the trek who will distribute it among the support team, including guides, assistant guides cooks, and porters.

Phone & Wi-fi

During your stay in Amman and Petra you will have good wi-fi access and phone signal. On camping days there will be no wi-fi and phone signal will be extremely limited.

Emergencies

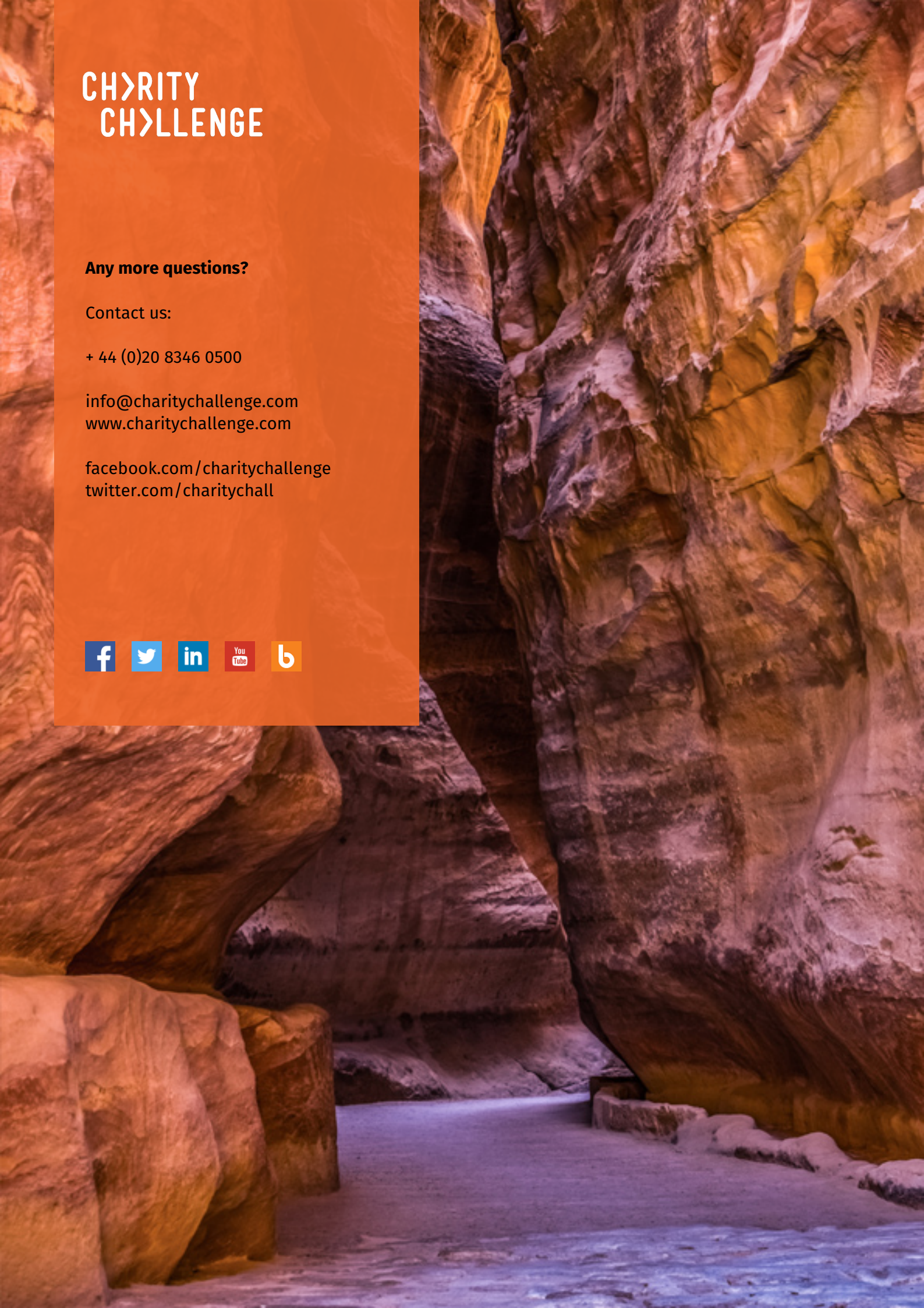
The event is not run as a race and there is always a large discrepancy in people's walking abilities. This is allowed for. There will be a staff member at the back of the group at all times to ensure that you are not left behind and can take things at your own pace. In the event of an emergency all guides and leaders maintain contact via radio, and the 4x4 support vehicle not far away. If somebody is unable to walk at all, then we can transport him or her from one location to the next.

CH>RITY
CH>LLENGE

Any more questions?

Contact us:

+ 44 (0)20 8346 0500

info@charitychallenge.com
www.charitychallenge.com

facebook.com/charitychallenge
twitter.com/charitychall