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Tour Notes

Sudan - Kingdom of the Black Pharaohs (from Meroe)

Tour Duration: 10 Days



Tour Rating

Fitness ●●●○○ | Off the Beaten Track ●●●●○ | Culture ●●●●○ | History ●●●●● | Wildlife ●○○○○

Tour Pace

Busy

Tour Highlights

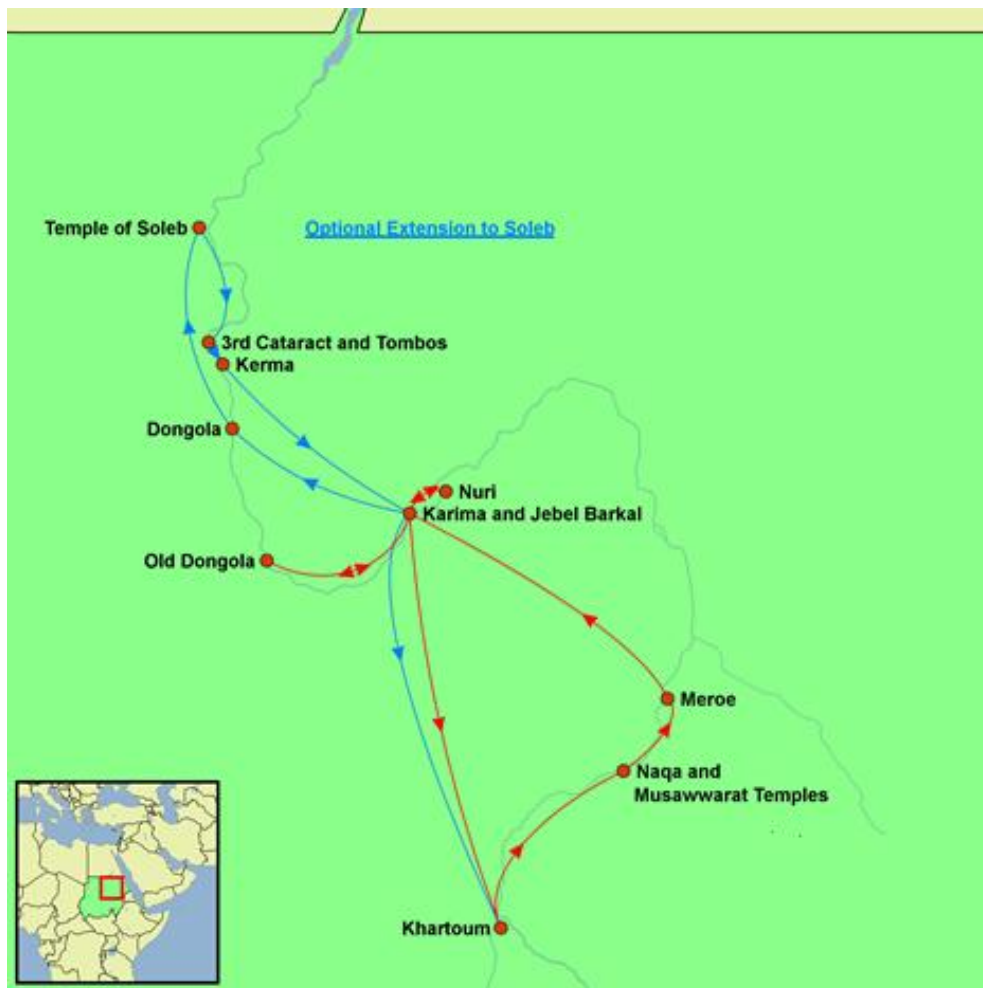
- ✓ See the most prominent archaeological wonders of Sudan
- ✓ Superb views of the Nile from the top of Jebel Barkal
- ✓ The incredible pyramids of Meroe
- ✓ Meet the locals in charming Nubian villages
- ✓ Experience the isolation of the Bayuda desert
- ✓ Ceremony of the whirling dervishes in Khartoum





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Tour Map - Sudan - Kingdom of the Black Pharaohs



Tour Essentials

- Accommodation:** Mix of comfortable hotels and permanent tented camp which has proper beds and private bathroom facilities in Meroe (not attached). Optional extension – pre-set camp.
- Included Meals:** Daily breakfast (B), plus lunches (L) and dinners (D) as shown in the itinerary
- Group Size:** Maximum 16
- Start Point:** Khartoum
- End Point:** Khartoum
- Transport:** 4WD (airport transfers may not be by 4WD) - Toyota Land Cruisers and/or Toyota Hilux Double Cabin
- Country Visited:** Sudan
- Optional Extension:** Temple of Soleb with pre-set camp



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Sudan - Kingdom of the Black Pharaohs

Our Kingdom of the Black Pharaohs tour offers you the chance to visit the amazing sites of northern Sudan in comfort, staying in comfortable hotels, a rest house and a permanent tented camp, and so is ideal for those who would prefer not to wild camp. On this short trip we visit some of the key sites of the incredible ancient civilisations of Sudan, spending time at the ancient monuments and pyramids around Jebel Barkal, visiting the stunning Royal Necropolis at Meroe and the impressive sites of Naqa and Musawwarat. We cross foreboding desert landscapes, and hope to meet families of local nomads en route, as well as stopping at Nubian villages to meet friendly inhabitants. There is also the option to extend the tour by 3 days to the Third Cataract area and the Temple of Soleb and spend overnights at an adventurous pre-set camp. This is an ideal trip for those wishing to visit some of Sudan's key archaeological highlights in a short space of time.

Tour Itinerary Notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested and on occasions alternative accommodation, of a similar standard to that named below, will be used.

Tour Guide

Our guides are a key strength, chosen for their knowledge of and passion for the areas in which they work. On this tour, your guide may be local or European but they will be based in the region. We may also use specialist guides local to their specific region. Unlike some companies it should be noted we do not send a guide or tour leader from Undiscovered Destinations in the UK as we have every confidence in our locally appointed representative who is responsible for operating the tour on our behalf. Where possible you will have the same guide throughout your trip but on occasions it may be necessary to change the guide at one or more points during the tour.

NOTE: These departures are based on a mixed group, with travellers joining the tour from other companies and countries. The tour will include an English speaking guide, but may also be guided in one other language.

Itinerary

Day 1: Arrive Khartoum

Arrive in Khartoum and transfer to the hotel. No guided services or meals today. Overnight at the Hotel Acropole or similar. No meals are included today.

Depending on the time of your flight arrival you may arrive very early on the morning of Day 2 and the room will be available for you at the hotel

Day 2: Khartoum

We first visit the Archaeological Museum which contains two beautiful temples rescued by UNESCO and moved from the Lake Nasser area, when it was flooded by the water.

We then cross the confluence between the Blue and the White Nile and reach Omdurman, the old capital of Sudan, where we see the Mahdi's Tomb from outside and visit the Souk. At sunset we travel to the tomb of the sufi leader Ahmed al Nil to witness a Whirling Dervishes Ceremony (only on Fridays). Overnight Acropole Hotel or similar. (BL)



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Khartoum

Strategically situated at the confluence of the Blue and White branches of the Nile, Khartoum has a relatively short history. It was first established as a military outpost of Egypt in 1821, and then grew rapidly in prosperity due to the slave trade, becoming as important in the trade as Zanzibar. In 1834 it became the capital of the Sudan, with many European expeditions into the 'interior' using it as a base. Khartoum achieved notoriety in Victorian Britain in the 1880s. A Mahdist rebellion to the west was gathering pace, and General Gordon was despatched to Khartoum to assist the beleaguered Egyptian forces. Gordon refused to evacuate the capital, and a long siege led to it eventually being overrun by rebels, with Gordon's head being severed and presented to the Mahdi. Later, Kitchener reclaimed Khartoum for Britain and Egypt and began the rebuilding of the city, using the shape of the British flag to design its streets, believing that this would make it easier to defend. Today Khartoum is a quiet, unremarkable city. It has peaceful, tree-lined streets, and in some ways still bears the unmistakable mark of an outpost of the British Empire.

Day 3: Naqa and Musawwarat Temples – Meroe

This morning we begin the journey northward through the desert past huge granite boulders which formed the 6th Cataract. We continue then to the impressive archaeological sites of Naqa and Musawwarat. After exploring these sites we journey to Meroe and our tented camp overlooking the Royal Necropolis of Meroe where we spend the night. (BLD)

Note: During your stay in Meroe you will notice that some construction work is taking place behind the tented accommodation. This does not impact on the views of the pyramids and no work will be taking place during the night or early morning.

Naqa and Musawwarat

The site of Naqa is located about 30 km to the east of the Nile and is one of best preserved relics of the kingdom of Kush. In Naqa, a typical Saharan environment with rocks and sand, there is the Apedemak Temple (1st century AD): a wonderful building with bas-relief decorations and containing images of the Kushite lion-headed god Apedemak, of the Pharaoh and of noblemen. Nearby is a small construction with arches and columns, known as the 'Kiosk', in which we can clearly see the Egyptian, Roman and the Greek styles. Not far away is another temple dedicated to Amun with many statues of rams and a beautiful temple entrance decorated with bas-reliefs. In Musawwarat, a short distance from Naqa, a settlement was located in a valley crowned by hills. Today the ruins of a very large temple, which once played an important role, are visible. A large number of elephants can be seen on the walls, which indicate that this animal used to have an important role in this area. Beyond the large wadi there is another temple - recently restored by a German archaeological mission, dedicated to the Apedemak God.

Meroe Tented Camp

The Meroe tented camp is located in Bagarwyia around 230km North of Khartoum. The site overlooks the spectacular pyramids of Meroe. Accommodation consists of 22 twin bedded tents which are tastefully furnished. Each tent has its own private bathroom with shower and toilet.

Each tent is equipped with a veranda and chairs to relax in front of the astonishing view of 40 pyramids making up the Royal Necropolis only 2 km's away. Electricity is working until around 11pm. The restaurant serves excellent food and has a nice atmospheric terrace

Day 4: Meroe

The Royal Necropolis of Meroe stands on a hill, with more than 40 pyramids, some of them in perfectly preserved condition. We spend today visiting the Necropolis and the Royal City of Meroe, giving us a fascinating insight into a culture and civilisation long since passed. The Royal Necropolis of Meroe is located about 3 kms from the Nile on some hills covered with yellow sand dunes. We also visit the Tarabil School



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near the pyramids and the local village of Kabushia. This afternoon we move along the Nile to visit the ruins of the Royal City. Overnight at the tented camp in Meroe. (BLD)

Meroe

Meroe was the capital of the kingdom of Kush, becoming more important when the Royal Cemetery was moved there from its previous position at Napata. Its significance and power within the region was based on the skill of its metalworkers, iron being a product that was in great demand in the ancient world, and it was also an important trading power with links to both India and China. During its prominence, from around the 8th century BC to the 3rd century AD, the Kushite or Meroitic Empire held sway over large swathes of the surrounding area, including as far away as Lake Chad. Its rich civilisation has left numerous pyramids, very different from their better-known cousins in Egypt and with far fewer tourists, making them an absolute pleasure to explore. Each one has its own funerary chapel with the walls fully decorated with bas-reliefs depicting numerous scenes. In the afternoon we move along the Nile to visit the ruins of the royal city. The excavations confirm that the town of Meroe used to cover a large area and the royal city was located in a central position, surrounded by suburbs and a boundary wall. Most of the area where the city is located, formed by many small hills covered by red clay fragments, has still to be excavated by the archaeologists. The archaeological sites of the Meroitic Empire since 2011 have been listed as a World Heritage UNESCO site.

Day 5: Meroe – Bayuda Desert - Karima

Cross the Nile by local ferry, giving us a great opportunity to meet local people and to experience some of their kindness and hospitality. After the river crossing, we enter the Bayuda desert, an area bounded by the loop formed by the Nile between the 4th and the 6th Cataracts. We may be lucky to meet some Bisharin nomads who live in familiar groups in small huts made of intertwined branches close to rare water wells. We continue following the Wadi Abu Dom and eventually to our accommodation for this evening. Overnight at the Nubian Rest House. (BLD)

Nubian Rest House – Karima

Situated at the foot of Jebel Barkal, the Nubian Rest House is a charming small property built in the typical Nubian style. It is surrounded by a private enclosure, with lovely gardens and a leisure area. Each of the 22 rooms are characterized by a peculiar Nubian door with its own private bathroom and a pleasant veranda. All the buildings at the property are built with local materials synonymous with the Nubian area.

Bayuda Desert

The Bayuda Desert is characterised by sharp black basalt mountains, most of them volcanic and typically cone-shaped. They alternate with level pebble stretches and large valleys with dry wadis passing through areas where only a little vegetation can be seen, together with some gazelles. It is very likely we will meet an isolated camel and donkey caravan of the Bishariyyin nomads. They live in family groups in small huts made of intertwined branches close to the rare water wells, in areas where surviving seems almost impossible.

Day 6: Karima, Jebel Barkal and the Necropolis of El Kurru

Visit the ancient monuments around Jebel Barkal, including its pyramids and temples, before heading towards the royal cemetery at El Kurru. We then head into the desert to an area that contains numerous fossils, before heading back to Karima. There will also be an opportunity for you to walk to the top of Jebel Barkal for outstanding views over to the Nile and beyond. Overnight at the Nubian Rest House. (BLD)

Jebel Barkal and El Kurru

A landmark in the Nubian Desert, Jebel Barkal ('Jebel' means mountain in Arabic), can be seen from dozens of kilometres away. At the foot of this wonderful, isolated red sandstone mountain, considered holy since the ancient times, there is a large temple, dedicated to the Pharaohs of the New Reign and to their patron Amun.



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Besides the ruins of the temple there are several sculptured granite rams that supposedly formed a border along an avenue that led to a pier on the Nile. We visit the Royal Necropolis of the ancient city of Napata, the Nubian capital (from 800 to 400 BC) before the Meroitic period. It has a large number of pyramids in three different locations: a few hundred metres north of Jebel Barkal, at El Kurru, south from the mountain and at Nuri, which is located on the other bank of the Nile. At the village of El Kurru lies one of the necropolises of the ancient capital Napata. Here we visit a tomb, excavated in the rock under pyramids, partially collapsed and are fully decorated with images of the Pharaoh, of the gods and with multicolour hieroglyphic inscriptions.

Day 7: Old Dongola – Nubian Villages

Today is a long day but full of interesting encounters and visits. We follow the Nile until we reach the ancient Christian site of Old Dongola. Here we can see a Coptic Christian temple with marble columns as well as several churches on the banks of the Nile. We will also pass by a village belonging to the Nubian people, where we hope to stop and meet the inhabitants and see their colourful painted houses and have tea with a family. Return to Karima for the night. Overnight at the Nubian Rest House. (BLD)

Nubian people

Ancient Nubia, stretching through northern Sudan and southern Egypt, was the home of Africa's earliest black civilisation with a history which can be traced back to 2000 BC, through monuments, artefacts and written records from Egypt and Rome. In antiquity, Nubia was a land of great natural wealth, of gold mines, ebony, ivory and incense which was always prized by her neighbours. Nubia's location frequently brought it into conflict with its neighbour to the north, Egypt, and throughout ancient history there were periods when Nubian rulers held sway over Egypt, and vice versa. The traditional homeland of the Nubians was hugely disrupted with Nasser's building of the Aswan Dam in southern Egypt, a project that flooded Nubian villages and monuments and caused the local population to have to relocate. Nubians today have their own language and are divided into three main groups – the Mahas, the Danaqla and the Sikurta, each speaking slightly different dialects.

Day 8: Nile Cruise - Necropolis of Nuri

After breakfast we visit the market in Karima to experience the sights and sounds of local Sudanese life. We then board a boat for a pleasant cruise along the Nile to enjoy the beautiful sand stretches and cultivated islands. Later we visit the archaeological site of Nuri to witness many more pyramids including the one of the great Taharqa. We will walk in this area before returning to Karima. Overnight at the Nubian Rest House. (BLD)

Day 9: Karima – Khartoum

We head back south today towards Khartoum, reaching Omdurman in the late afternoon where we can visit the interesting souk again for some last minute shopping. At sunset, we may also have the chance to see some traditional Nuba wrestling. Overnight Acropole Hotel or similar. (BL)

Depending on the time of your departure flight, you may wish to depart today (Day 9) in the late evening or very early on the next morning

Day 10: Departure from Khartoum

Transfer to the airport for your departure flight. Check-out of your room is at 12:00 today. (B)



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Optional Pre/Post Tour Excursion to Soleb

Day 1: Karima - Temple of Soleb – Island of Sai

Today you drive west through the Nubian Desert. On reaching the Nile you cross the Bridge to Dongola city, and continue north on the western side of the Nile on the new asphalt road which has some granite formations along the way. You reach the Temple of Soleb where you will have your picnic lunch in the house of the Guardian of the temple. After lunch drive a further half an hour north to cross the Nile on a fishing boat to reach the Island of Sai, an important archaeological area with ancient remains from the Kerma civilization, Egyptian and Christian cultures. During the crossing to the island you may see Nile crocodiles on the shore of the river. After the visit return to the mainland where we spend the next 3 nights at a pre-set camp with shared facilities (BLD)

Pre-Set Camp

The pre-set camps are prepared prior to the group arrival. Big igloo tents (2, 40 x 2,40 x 1,80) with camp beds, foam mattresses, sheets and wool covers are set up. One small table and two folding chairs are in every tent. For the meals a big restaurant tent with table and chairs is available. Two showers and two toilets (one for men and one for women) complete the structure. The camp will be located among the beautiful rock formations in the area of Tombos.

Day 2: Ferry crossing - 3rd Cataract - Sebu- Tombos

This morning you visit the Temple of Soleb, the most beautiful Egyptian temple in Sudan, testimony to the New Kingdom in Nubia, with many walls rich in hieroglyphic inscriptions, bas-relief figures and many columns. Then drive south leaving the main road to reach the Nile and following it through villages before arriving at the ferry. Here you cross the River to arrive on the Eastern bank just north of the rapids of the Third Cataract which used to be a major obstacle that the ancient Egyptians had to face when trying to sail the Nile River. You can walk up the hill to the ancient Ottoman Fort with beautiful views of the cataract. In Sebu, right on the river bank of the Nile it is possible to visit one of the richest sites of rock engraving in Sudan, with hundreds of quarries with the remains of a statue of the King Taharqa, simply left in the desert about 2800 years ago and some interesting Egyptian stele engraved on the rocks. Overnight Pre-set camp (BLD)

Day 3: Tombos – Kerma – Karima

A short drive this morning takes you to Kerma to visit the majestic “Defuffa” the monument that characterizes Kerma civilization.

Of great interest is the Museum created by the Swiss archaeological mission after the recovery of seven statues of the Black Pharaohs in 2003. There is time to visit the Eastern Defuffa located in the middle of the Necropolis, crossing fields to reach it. In the afternoon return to Karima and the comfort of the Nubian Guest House (BLD)

Day 4: Karima – Khartoum

Return to Khartoum for an evening departure. Day use will be available at the Acropole Hotel (B)

Note: The itinerary may change in order depending whether the extension is done pre or post tour. Please contact us for exact itinerary for your preferred departure.





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Tour inclusions/exclusions

Inclusions:

Arrival and departure transfers
All accommodation
Services of English-speaking guide / tour leader
Meals as listed (B – Breakfast, L – Lunch, D – Dinner)
Entrance fees for sites listed as part of the itinerary
Visa support documents (letter of invitation)

Excluded:

Compulsory Archaeological fees, permits, passport registration – currently USD 290 or EUR 260 payable locally in cash
International flights
Travel Insurance
Visa
Drinks
Items of a personal nature
Tips (discretionary)
Video camera fees

Important Information

Foreign Travel Advice Warnings

Before booking your tour please familiarise yourself with the country specific information provided by the UK's Foreign and Commonwealth Office (FCO) - <https://www.gov.uk/foreign-travel-advice>. This includes important information such as latest immigration requirements, and details of any travel advisories.

We constantly monitor the advice posted by the British Foreign and Commonwealth Office (FCO). In particular we will always advise clients of any travel warnings. At the time of writing a number of travel warnings do apply to Sudan, in particular against travel to Darfur, much of the south and some border areas. However, Undiscovered Destinations does not operate any tours in these areas. Please feel free to contact us should you have any specific concerns or if you would like to know in detail what measures are being taken to ensure visits remain trouble free and without incident.

It should be noted that this information applies to British citizens. Other nationals are asked to check the current position of their respective government.

Accommodation and Meals

Hotel Check-in Times

As a general rule most hotels will allow guests to check-in from 2pm. Please note that the price of your tour does not include guaranteed early check-in. Therefore please advise us if you would like to ensure that your room is available for an earlier arrival. This is particularly relevant on the first day of the tour and for early morning arrivals. One option is to pre-book and pay for an extra night at the beginning of your tour which will





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guarantee your accommodation is available irrespective of what time you arrive. Please contact us for information and costs.

It should also be noted that on many of our tours we have set-aside Day 1 of the itinerary as an 'arrival day'. For this reason and because tour participants are likely to be arriving at different times, and often from different countries, guided sightseeing or other activities are not included. If you are arriving early or before the start date of the tour and would like to organise some extra arrangements on a private basis please contact us.

Accommodation Rating

At Undiscovered Destinations we know our travellers prefer to stay in comfortable, mid-range accommodation. On the Kingdom of the Black Pharaohs tour you can expect rooms to have private bathrooms facilities. Air conditioning is not available at the Meroe permanent tented camp. In Meroe your private bathroom is not attached to the tent. You have to walk outside to it. In general you will find your hotel has a restaurant and/or bar (however alcohol is not served in Sudan). Please also note that new bungalows are being constructed at Meroe camp. No work occurs whilst you are in camp and your views of the desert are not affected.

We welcome solo travellers and single rooms will be allocated subject to the applicable tour supplement. Please note that on occasions you may not always be allocated a double or twin room, as some hotels have designated single rooms. These may be smaller in size. However, the supplement payable takes this into account.

Food & Drink

The daily meal basis is shown in the tour itinerary; breakfast (B), lunch (L) and dinner (D). Please note that lunch may be a picnic. Drinks are not included and will be payable locally in cash.

Dietary Requirements

If you have any special dietary requirements you must notify us at the time of booking. While we will make every effort to cater for you, we cannot guarantee that this will be possible.

Budgeting for your Tour

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

Food

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more. At midday, you can expect cold lunches - picnic style (tomato, rice or pasta salad, cheese, tuna fish, fresh fruit). The meals include international dishes as well as local food. The most common local dishes are: "full" broad beans soup, lamb; "chai", tea with spices or mint, very good and rich of flavour. Dinners are hot dishes including meat or fish, vegetables; pasta, rice or soup; fruit and dessert; tea and coffee available.

Lunch £5

Dinner £10

Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive. Please note that it is not allowed to



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bring alcoholic beverages in the country due to the Islamic law, and you cannot drink alcohol in Sudan either. Non-alcoholic beer is available.

Bottle of water £0.50
Can of soft drinks £0.75
Bottle of non-alcoholic beer £3

Tipping – Guide and Drivers

Tipping is common practise in Africa. If your local guide has been helpful then you could think about tipping. If you are travelling on a group tour, allow around EUR5-6 per day – if you give this to the guide at the end he or she will distribute it among the drivers and other members of the team. For a private tour, allow around EUR15-20 per day.

Foreign Exchange

ATM Availability: Not available for foreign cards

Credit and Debit Card Acceptance: Credit cards and Debit cards are NOT accepted in Sudan

Local Currency: Sudanese pound (SDG)

Current exchange rate (Nov. 2019): 1 Euro = 49.71 SDG // 1 USD = 45.04 SDG

Recommended Currency for Exchange: US Dollar (please ensure these are post 2009 unblemished notes)

Where to Exchange: Your guide will advise you but the airport has good rates.

Please note that it is not permitted to BRING IN or to TAKE OUT of Sudan more than 3.000 US Dollar cash (or the equivalent in other currencies).

Joining your Tour

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will receive an airport transfer, both on arrival and departure include in the tour price. In order that the transfer can be arranged please ensure that you advise us of your flight information once available. Please advise the date, time and flight number for your arrival/departure. If we have not been advised of this information at least 2 weeks before travel, then you will be required to make your own way to the hotel on Day 1 of your tour.

Travel Insurance

It is a condition of booking with Undiscovered Destinations that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country and be valid for the entire duration of your holiday.

Visa Information

Everyone except Egyptians requires a visa for entry to Sudan. At the time of writing British and most other European nationals no longer require an authority from the Sudanese Ministry of Foreign Affairs before the visa can be issued, which has previously been the case. A simple Letter of Invitation to support your application will be sufficient.



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For US, Canadian, Australian and New Zealand passport holders and where no Sudanese diplomatic representation exists in the home country, a visa on arrival can usually be issued but prior authorisation is required from the Sudanese Ministry of Foreign Affairs which we can assist with. *Prices vary depending on nationality so please check with us about the costs for a visa on arrival.

All travellers must bring one (or best, two) passport sized photograph/s to Sudan.

It is essential that your passport does not contain any Israeli stamps or other evidence of travel to Israel; otherwise your application will be rejected.

Passports

It is your responsibility to ensure that you are in possession of a full passport, valid for at least six months after the date of return to your country.

We strongly advise that your passport contains a minimum of two blank pages, as this may be a requirement of the local immigration authorities. In addition certain countries will stipulate that the two blank pages are opposite each other. If you are unable to meet these requirements you may be refused boarding by your airline or denied entry by the immigration authorities.

For specific information about the requirements for your destination please check with the country's embassy or consulate. Alternatively UK citizens can visit www.gov.uk/foreign-travel-advice.

Bags Inspection on arrival and departure

The custom officer may need to check your bags and in this case you will be sent to a large room where you need to open the bag and let them make sure you are not carrying anything. Once cleared you can go.

It is strictly forbidden to take out of the country fossils, stones and any possible archaeological item. An accurate screening of your luggage will be done at the airport before departure. Fines may apply in case they find something suspicious.

Vaccinations & Protection

As with travel to most parts of Africa, we strongly recommend that you contact your doctor's surgery or a specialist travel clinic for up-to-date information, advice and the necessary vaccinations.

For a visit of less than one month, almost certainly you will be advised to have immunisations against the following: Diphtheria and Tetanus, Hepatitis A, Typhoid, Meningitis. Anti-malaria medication will also be required and the use of a DEET-containing insect repellent is highly recommended. In addition if you are arriving from another African country you may also require a yellow fever certificate.

legal status and regulation of some medicines prescribed or purchased in your home country can be different in other countries. If you're travelling with prescription or over-the-counter medicine, read this guidance from NaTHNaC on [best practice when travelling with medicines](#). For further information on the legal status of a specific medicine, you'll need to contact the embassy, high commission or consulate of the country or territory you're travelling to.



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Preparing for your tour

Climate

Sudan is a seasonal destination. The north and area of most interest for travellers, is hot and dry throughout the year, but between April and October temperatures are ferociously hot, typically reaching over 40 °C. Sandstorms are also common during this time. Khartoum is a little cooler but more humid, receiving rain in July and August. From November to March are the best months to travel, although northern winter nights can be cool so some warm weather clothing should be taken at this time.

Clothing

When it comes to clothing it is usually recommended that lighter clothes are worn through the day, and warmer ones at night. A hat is also advised to be worn through the day to protect from the sun, along with at least one piece of waterproof clothing for any days that the weather may be wet or windy, although rain is rare. Wind is much more of an issue in the desert and a head scarf may also be a good idea for sandstorms that can occur from time to time. **Both male and female clients should dress with respect.** Shorts should not be worn. We also recommend that women keep their arms covered. Our advice is to dress sensitively in accordance with Muslim traditions, and avoid wearing revealing clothing, particularly in rural areas. In summary, unless advised by your local guide, you should follow the above advice. If it is appropriate to dress in a slightly more revealing manner, then your guide will advise you accordingly.

Footwear

Footwear is a main priority on this tour. Comfortable walking shoes are recommended. When travelling between places lighter sandals will be suitable.

Equipment

The first thing on your list should be a first aid kit. Whilst there is no undue cause for alarm, travellers are best advised to travel well-prepared: adequately immunized, with sufficient supplies of prescription drugs, along with a medical kit. Suncream/sunblock is a must. Insect repellent, including a bite spray will also be useful to have. We recommend bringing a torch or head-torch in case of any electricity outages and to assist when in dimly lit areas. Towels will be provided. Please bring your own shampoo, conditioner and shower gel. For those doing the optional Soleb extension it is recommended to bring your own sleeping bag and sleeping sheet although if you do not wish to bring these please let us know as some are available locally.

Photographs while on tour

Camera lenses larger than 400mm and binoculars may not be allowed in to the country- you risk having them confiscated at the airport and they will be returned to you before you depart.

It is not allowed to take photographs of military items, airports, bridges, official buildings and in the markets. In Khartoum also there are often problems with Islamic fundamentalists to take photos of the town. We suggest, in case of any doubt, to ask the tour leader. You will take amazing photos in Sudan following the rules.

Laundry

Laundry service is available at Meroe Camp and at the Nubian Rest House in Karima. Please note that Sudan is an Islamic country and underwear and socks will not be washed.

Mobile phones and Internet - Wi-Fi access

The coverage for Mobile Phones is constantly improving in Sudan. In the major centres and when on main tar roads there is mobile coverage. Internet and Wi-Fi is available in all the Khartoum hotels - outside Khartoum there are some Internet cafe - If you wish to have connection outside Khartoum a local sim card with GB can



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be purchased – seek assistance with your guide. Wi-Fi at the Nubian Rest House in Karima is limited to the restaurant and terrace area and due to high congestion in the local line the WI-FI signal is working primarily in the late evening/night/early morning only.

At the Meroe camp WI-Fi works only in the restaurant and veranda area, and signal is normally quite good.

Environmental Responsibility

We are committed to reducing our impact on the environment and protect its resources and the people of Sudan. It is quite difficult to do so in Africa, however in our tours, we are trying our best to minimize the production of non-disposable rubbish, we try to be as "green" as possible and to preserve the friendliness of the Sudanese people. On this tour single-use plastic bottles of water will not be handed out. Water will be provided from a large container. We kindly ask you to bring your own water bottles/flask with you on this trip. If you have any concerns please contact us.

Luggage on tour

Your luggage should not exceed 15kg. We recommend that you take a soft bag/case for your luggage. A small rucksack as hand luggage is recommended.

Electric Supply & Plugs

Electrical supply is 230V/50 Hz and plugs usually have two round pins.

Electricity availability while on tour:

- o At the Nubian Rest-House in Karima - 24 hours available
- o At the Meroe Camp electricity is supplied by a generator working from sunset till 11:00 pm (Type C plugs, with two pins, 240 V)

Language

The official language is Arabic; in the Nubian region it is also used a local dialect different from Arabic. Very few people speak English.

Time Zone

After 17 years Sudan has decided to adopt once again the Daylight-Saving Time. This means that the official time from 1 Nov is GMT +2. Also note that daily program will start in between 7 and 8am since sunset is currently between 17.00 and 17.30.

Itinerary Versions

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes. These tour notes were updated on 28th November 2019.