

TODAY'S TOPIC: Walking!!!

Why NO METAL in your water shoes?

The salts in the Dead Sea will eat away at any metal you wear!

HIKING!

Egypt – Mt. Sinai Optional

We leave at midnight & return about 8am, hiking or riding a camel part-way to the top for sunrise. It can be cool/cold going up & hot going down but it is amazing. Moderate + level hike, rocky trail. Extra fees (budget \$30) apply and go to Bedouins.

Israel – Masada

Hike 45 minutes up the Snake Trail (or take the gondola) for sunrise here too. Everyone goes! Moderate hike up, dirt trail, gondola down.

Jordan – Petra

Walk 1.5 miles to the Treasury or further if you wish. Easy walk on dirt trail except for slight uphill on return last ¼ mile. Optional golf cart (\$250 for 5 people) or horse for part of return. Amazing site!

Greece

NO true hikes but up/down hills in many places.



We walk 2-4 miles each day but each country & terrain is unique. It could be *indoors, outdoors, on gravel, concrete, asphalt, sand, or dirt, in water or through water, uphill or downhill, on slippery or stable ground*. There are no ADA paths of travel.

Be sure your shoes have a **good tread** and that you have both closed toe shoes (trail shoes are good) and walking sandals without metal that can go in water. Break in the shoes before the trip! Make sure they are comfortable, breathe, and are lightweight.

We keep a moderate pace but we can't speed up or slow down much. If you need to start walking now to build endurance, find a program or a buddy and get started. Though you can rest on the bus or in the hotel, we want everyone to experience everything on this journey and not miss out!

Shoes

Suggestions:
Trail shoe (low)
Water/walking sandal (no metal)



These updates are posted in the Registered Travelers section of our website.

Password is **godisgood**.