

# Mountains and Desert

Ref HC.S24

A working journey in South Sinai, Egypt

*Working in conjunction with Makhad Trust*

## Sinai Journeys Ltd

Spirit People Environment



**Dates: 5 to 15 October 2024**

**Expected Cost: £900**

**(excluding flights)**

**The journey includes accommodation, all food, local transport, guides, and tipping.**

*Cost of building the dam is extra, to be raised by charitable sponsorship by participants*

**Contact Helen Cranston**

**[helen@sinaijourneys.org](mailto:helen@sinaijourneys.org)**

This will be a journey into the world of the nomad. Nomads move in response to the environment, they are at one with the natural world, their spirit is nurtured and nourished by the earth, the sky and the landscape. Nomads have lived in Sinai for centuries and so have hermits who come in search of enlightenment.

In Sinai, we will be both nomad and hermit, moving from mountains to desert, to experience the magic and spiritual sustenance of this most timeless of landscapes.

Nomadic tribes of Bedouin who inhabit this wild and unpredictable place have been affected by droughts for the last 20 years. The Makhad Trust has been facilitating water conservation projects to increase availability of water and part of this initiative is building of small dams.

We invite you to join us, working alongside the mountain bedouin to build a small dam to conserve precious rainwater. This is one journey where you will be happy to leave behind something of great value...



Our journey begins at a resort on the Red Sea where we muster before the journey to St Katherine's town. Next we will visit the monastery of St Katherine. From there we will trek high up to the Bedouin gardens to build a small dam over a few days. Next we will trek more mountain passes with the option of climbing Mt Sinai, and then travel out to the desert to explore a different landscape. Here, in the stillness of the desert there will be a possibility to be alone, and experience the timeless quality of this amazing landscape. The journey ends with a trek through the desert to meet our transport for the flight back to UK.

**“What an extraordinary opportunity to learn about the nature of being, rhythms of life and the tenderness of the natural environment. It was a unique privilege, an experience that lives on inside me and will, I'm sure, continue to bear fruit every day.” Tania Coke, journey participant**

### **Journey Highlights**

- Begin with swimming in the Red Sea beside a coral reef
- Work alongside Bedouin on a water conservation project
- Sleep under the stars
- Enjoy Bedouin hospitality and delicious food
- Mountain treks, including Mt Sinai
- Visit to St Katherine's Monastery
- Desert Exploration
- Spend time in solitude and retreat with the silence in the emptiness of the desert - if you wish

**See you there.....!**

For more information see [sinaijourneys.org](http://sinaijourneys.org) and to book contact Helen Cranston [helen@sinaijourneys.org](mailto:helen@sinaijourneys.org) or call 01453 755483

Sinai Journeys Limited supports the work of the Makhad Trust and acts as its operational arm. The Makhad Trust is a UK registered charity supporting South Sinai Bedouin. The Makhad Trust is a not for profit organisation, managed by a board of Trustees. Charity Registration No 1100377