

**The
Children's
Hospital
Charity***

TREK TO PETRA

JORDAN

23 SEPTEMBER - 1 OCTOBER 2023

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REGISTERED CHARITY NO. 505002

 **GLOBAL
ADVENTURE
CHALLENGES®**

KEY INFO

Duration: 9 days

Distance: 77km approx.

Challenge Grade: Tough ②

Location: Jordan

CHALLENGE HIGHLIGHTS

- Explore Mount Nebo and witness incredible panoramic views before enjoying a refreshing swim in the Dead Sea
- Explore Beidha, a 9,000 year old Neolithic settlement
- Trek along valley plateaus, through picturesque scenery and reforestation areas
- Explore Petra – one of the New Seven Wonders of the World and discover highlights including the iconic Treasury and Monastery

THE CHALLENGE

Join us as we explore the breathtaking landscape of Jordan and adventure to the Ancient City of Petra! Our challenge starts with a day experiencing the panoramic views from Mount Nebo and enjoying a swim in the Dead Sea. We then start our trekking adventure – we'll trek through stunning valleys, passing Neolithic and Roman sites and rugged mountain countryside. We'll then reach our goal – the ancient red city of Petra, one of the New Seven Wonders of The World. Here we will witness the awe-inspiring sites of The Monastery and The Treasury, before returning home with memories to last a lifetime!

Day 1

Depart UK

Depart UK for flight to Queen Alia airport. We then transfer from the airport to Amman for dinner and our overnight stay.

Day 2

Madaba, Mount Nebo and the Dead Sea

Today we have a chance to explore some of the incredible sights of Amman and the surrounding areas. We'll transfer to Madaba, home to the world's largest collection of ancient mosaics and visit St. George's Church before heading to Mount Nebo – with incredible views of the Jordan Valley, Dead Sea and Jericho. We'll then continue on to the Dead Sea, the lowest point on the Earth's surface, to enjoy a relaxing swim and some lunch. We'll then transfer to Dhana for dinner and our overnight stay.

Day 3

Dhana - Mansura

Today we start our trekking adventure! After breakfast, we'll hike through areas of reforestation and continue down the valley until our lunch stop at Mansura Village. We'll then explore the unexcavated Roman ruins of Nabatean civilizations and trek through fascinating Iron Age sites before enjoying dinner and our overnight stay at a campsite in the valley.

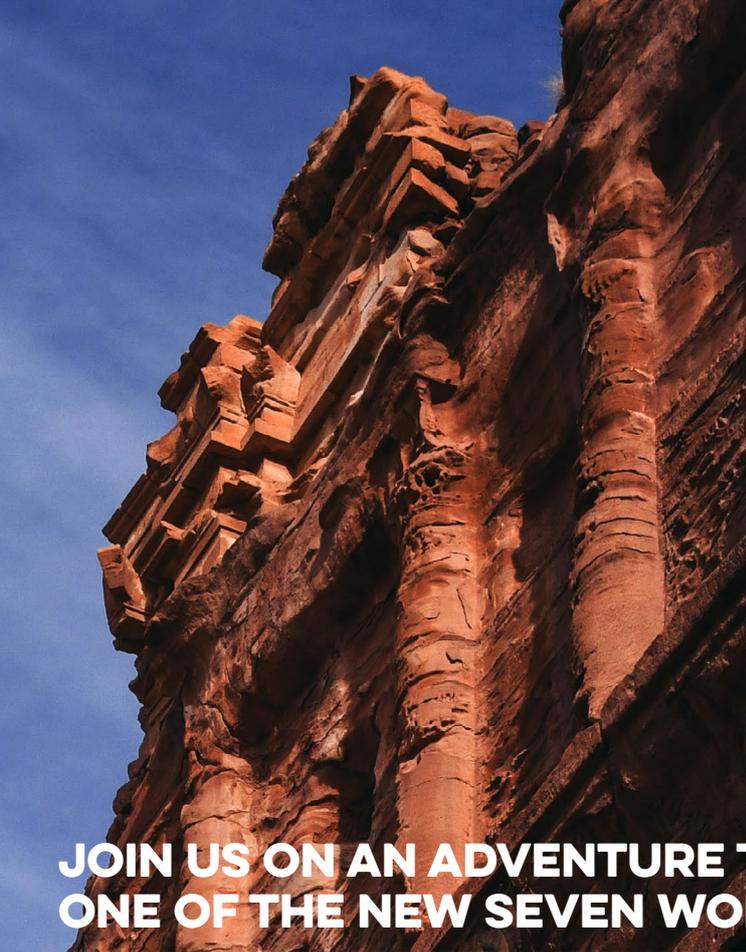
Trekking distance – approx. 17km

Day 4

Mansura – Bega'a Valley

After breakfast, we continue our journey to the Ancient City of Petra. We'll hike along the valley plateau between the Shara'a Mountain peaks and the range which rises from the Rift Valley floor. Here we will experience life of the local Bedouin people, watching their herds and living in their traditional black tents. We'll then be greeted by some freshly brewed Bedouin tea upon arrival at our campsite.

Trekking distance – approx. 14km



JOIN US ON AN ADVENTURE TO THE ANCIENT CITY OF PETRA, ONE OF THE NEW SEVEN WONDERS OF THE WORLD!

Day 5

Bega'a Valley – Beidha

Today we'll continue our trek through the stunning countryside, following the same path used by the Bedouin nomads, who ascend into the mountains during summertime in order to escape the sun. We continue on our trek, passing unexcavated Edomite, Nabatean and Roman sites, with plenty of time to stop and take photos of our remarkable surroundings. Our campsite tonight is on the edge of Beidha – a major Neolithic archaeological site and UNESCO World Heritage Site.

Trekking distance – approx. 16km

Day 6

Beidha - Petra

Today is the day we have all been waiting for – as we continue our trek to Petra! We'll start our trek by visiting Siq al Barid (Little Petra), an archaeological site located north of Petra. The scenery will change from rocky mountains to rolling hills as we continue on to explore Beidha, one of the earliest examples of permanent human settlements. From here we will trek to Ad Deir (The Monastery) – an iconic monument carved out of rock, hidden high in the hills. We'll then exit the site by the Wadi Turkomaniyeh gate, before transferring back to our hotel for a well-earned shower and dinner!

Trekking distance – approx. 18km

Day 7

Petra

After breakfast, we have the day to fully explore Petra, this magnificent wonder of the world! This time, we'll trek the traditional entry through the mile-long winding Siq – an impressive canyon and one of the highlights of our Petra visit! We'll be welcomed with sites of the breathtaking Al-Khazneh (The Treasury) at the end of the Siq – where we will have a moment to admire this impressive tomb. We'll also visit the Street of Facades, The Theatre, Byzantine Church and fascinating Petra Museum. Tonight we'll reflect on our achievements at a celebratory dinner!

Trekking distance – approx. 12km

Day 8

Depart for the UK

We transfer to Queen Alia Airport for our flight back to the UK.

Day 9

Arrive UK

We arrive back in the UK.

YOUR QUESTIONS ANSWERED...

Is this trip for me?

ABSOLUTELY! This trek is suitable for all ages with the correct training. The minimum age for this trek is 18 years old (those aged 14 - 17 years must be accompanied by a parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and a desire to help The Children's Hospital Charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge.

How fit do I need to be?

This trek has been graded as Tough (2) on our challenge grading scale, and is designed to be challenging but achievable by anyone, as long as you fitness train beforehand. Remember, you are trekking for 5 consecutive days, covering approximately 77km - the fitter you are, the more you will enjoy this challenge. Training tips can be found on the Global Adventure Challenges website to point you in the right direction and why not join one of our training weekends - it's a great opportunity for you to meet our team and fellow participants!

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions. If you have any doubts regarding your suitability for your challenge please contact our office to speak to one of the team.

What is the challenge grading scheme?

All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme).

Where will we stay?

The accommodation on this challenge is camping. Day 1, Day 6 and Day 7 will be overnight stops in a hotel.

Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Apart from some broken in trekking boots you do not need any specialist kit.

Do I have to carry my own luggage?

No. Your main luggage will be transferred between accommodation. You will need to carry a small day pack while trekking to carry items such as a camera, sunscreen, energy snacks, etc.

Food Matters...

All meals will be provided from dinner on Day 1 through to breakfast on Day 8. We cater for most dietary requirements as long as we know in advance - just fill in the appropriate section on your registration form.

What's included?

- Return flights from London to Amman
- All accommodation
- Luggage transfers
- Local English-speaking guide/s
- All meals on the trek, starting with dinner on Day 1 through to breakfast on Day 8, including a celebratory evening meal on Day 7
- Global Adventure Challenges leader from the UK
- UK Doctor
- Comprehensive first aid/medical kit

What's not included?

- Personal travel insurance
- Alcoholic drinks
- Tips and gratuities
- Your personal kit

What support is there on the challenge?

There will be a strong support team with a professional local and Global Adventure Challenges leader and a full, comprehensive first aid kit will be taken. A UK Doctor will also accompany the group.

What happens if I get tired?

There will be regular rest stops for drinks and snacks - there is no problem if you need to take more rest stops.

How much will it cost?

Registration fee **£299**

plus

Minimum Sponsorship **£3,750**

or

Challenge Balance **£2,353**

How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from The Children's Hospital Charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

I'm interested... What do I do now?

You can register online at www.tchc.org.uk/events - payment of the registration fee is due at time of booking, and all payment options and costs are explained on the event page. Once your registration is received Global Adventure Challenges will write to you with further information on what to expect from this awesome adventure! The Children's Hospital Charity will also be in contact to discuss your fundraising.

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