

THE JORDAN TRAIL ACTIVE TOUR

- DANA TO WADI RUM VIA PETRA -



This 6-day adventure takes you through Jordan's most stunning region of Dana, Petra and Wadi Rum, following the most famous section of the Jordan Trail.

You travel on foot, by bike, and on horseback crossing the spectacular mountains of Petra to the stunning desert of Wadi Rum all the way up to Jebel Um Adaami, the highest summit in Jordan.

This itinerary cannot get any more personal to Terhaal's team. We'd love to host you in our home and offer you a specially customized itinerary to have you sample various experiences that Jordan has to offer and share with us the love and pride we take in our beautiful and ancient land.

The way we love to do it is multi-sports, through amazing nature, down to earth, authentic and local to the bone. You get to meet our awesome team of local guides and hosts and enjoy their rooted Jordanian Bedouin hospitality.

- Bike and hike from Dana to Petra, one of finest treks in the Middle East
- Explore the wonders of the "Rose-Red-City" of Petra off the beaten path
- Cross Petra to Wadi Rum desert by bikes and on top of Arabian horses
- Camp and enjoy the genuine hospitality of the indigenous Jordanian Bedouins
- Ascend Jordan's highest peak - Jebel Um Adaami (1832m)
- The Jordan Trail Active Tour in Photos



IS THIS ADVENTURE FOR YOU?

On this holiday, we travel through a desert world that has been crossed by nomadic people and their livestock for generations. The tracks and trails we use are generally not difficult. We walk for an average of 5 to 6 hours on days 3 and 5, covering as much as 16 kilometers in the longest day and with a reasonable amount of ascent and descent.

The biking is mostly on dirt roads or more basic off-road tracks. There are short sections of village footpaths and pockets of soft sand when crossing the desert on day 3, but very little that could be described as technical and the support vehicle is available throughout. This allows for groups of mixed ability and provides the option, for those who find the going tough, to skip any part.

The horse trek is a relatively short one and those non-riders who could find themselves uncomfortable on a horseback can opt to stay on his/her bike and enjoy the rest of the ride in the company of our cycling guide. This is not a long or sustained trekking holiday. It is a series of day-hikes, rides and other activities. We are on the move a great deal and you do need to be fit and active to take part and enjoy this awesome ride. Jordan has a lovely hot and dry climate and you should take adequate sun protection for this.

The essence of this holiday is to experience a major part of Jordan while being active and having fun!

QUICK FACTS

Duration: 6 days including walking, hiking, biking, and horseback & camel riding

Max altitude: 1832m

Max group size: 12

Accommodation: 2 hotel nights, 1 night Bedouin camping and 2 nights bivouac camping

Meal plan: All meals included starting dinner on day 1 to Lunch on day 6

Physical rating: Moderate (Good physical fitness required; ~4-6 hours activity/day)

DAY-BY-DAY ITINERARY



Day 1

Arrive in Amman

Airport transfers are arranged per your flight arrival time. A group meeting is arranged at the hotel, typically in the early evening.

Time permitting, we accompany our local guide and go on a walking exploration of downtown Amman. Jordan's capital is a lively city, full of quirky neighborhoods, friendly people, and fabulous food.

We have a traditional dinner at one of our favorite local restaurants and get briefed on the coming days plan.

Accommodation: Hotel

Meals: Dinner

Day 2

Bike Dana To Little Petra

Leaving Amman after breakfast, we start early for the 3-hour drive southwards to Dana Biosphere Reserve. We stop at Dana Village to get an overview of the reserve and enjoy the breathtaking scenery of Wadi Dana and the Great Rift Valley below before we continue to our biking trailhead at Shobak Castle.

Also known as Montreal, Shobak is one in the great chain of castles that guarded the eastern edge of the Crusader kingdoms and watched over the old trade routes that ran from the Red Sea coast up towards Damascus. Here, we meet our biking guide and crew and set off on our ride leaving the castle along an excellent dirt track that contours around the edge of the Eastern Plateau and offers magnificent views down into the Wadi Araba. There are some short, steep climbs along the way, but this is an enjoyable section of the ride, and the support vehicle is always at hand. We rejoin the paved road as we ascend to Hisheh and cruise down to the splendor of Little Petra, an outlying suburb of the ancient city and an insight into what lies ahead at the main Petra site. From the main entrance of Little Petra, we make our way towards Beida reaching our camping spot for the night where we meet our local camping crew in the region and enjoy their warm wilderness hospitality.

Accommodation: Camping **Meals:** B L D **Distance:** 35Km **Ascent:** 650m
Descent: 790m **Time:** 2-3 hrs cycling



Day 3

Trek into Petra via the spectacular backdoor trail

Today's hike brings us into Petra via a spectacular but little-known Bedouin trail through the mountains. We begin with a couple of hours' walk across open farmland before the path begins to contour around the mountain, following natural ledges of pale sandstone. Huge views begin to open across the Great Rift Valley to the west.

After another hour, the trail descends towards Petra and opens onto one of the city's most impressive sights: the immense rock-cut façade of ad Deir, the Monastery. We can rest and drink tea here, and explore the ruins, before following the stone steps of a Nabataean processional way down into the heart of Petra. After wandering through the temples and tombs we leave through another secret slot canyon ("the Dark Siq") before turning back towards Petra and follow the main siq, a narrow gorge, for the classic entry into the city. This brings us out at Petra's most famous monument, the Treasury. This itinerary offers a long, wonderful day's hiking around Petra, and means we can experience the two greatest approaches to the city in a single day. Finally, in the last of the light, we leave Petra and walk back down the siq towards our hotel at Wadi Musa for dinner and a well-earned rest.

Accommodation: Hotel **Meals:** B L D **Distance:** 16Km **Ascent:** 700m
Descent: 700m **Time:** 5-6 hrs trekking

Day 4

Petra to Wadi Rum – bike and horseback

After breakfast at the hotel, we have a short transfer south on the King's Highway to Rajif (1565m). Here, we mount our bikes and start the day's ride with a swift descent to the village of Delagha, where we find an off-road track that takes us south-east through an amazing desert landscape (and by way of scattered Bedouin camps) to Al Humaimah. This is an old stopping place on the 'Spice Route', once used by camel caravans. We stop here for lunch and a rest, before crossing the Desert Highway (Jordan's main north-south link) towards Rum Horses Stables at Al Shakriyeh en route to Wadi Rum. Upon arrival, we meet our local horseman and horse trekking guide who set us up on well-schooled Arabian horses and guide us on a 2-3-hour ride through the desert. Those who do not fancy horseback riding can opt to ride their bikes instead, crossing the vast dry mud flats of Disi surrounded by colorful sandstone formations to finally arrive at Rum Village (950m), between the towering peaks of Jebel Rum and Jebel Um Ishrin. Our indigenous Bedouin hosts greet us and we transfer by 4WD deep into the heart of the Wadi Rum Protected Area. Wadi Rum has a unique desert landscape, described by T.E. Lawrence as 'vast, echoing and god-like'. Our accommodation tonight is a simple but comfortable Bedouin campsite, with a traditional goat hair tent divided into twin 'rooms'. There are toilets and showers on the site (go easy on the water), as well as shaded seating areas for relaxing and dining. We watch a spectacular desert sunset, before sitting down to enjoy a well-deserved 'zarb', a traditional Bedouin dish of meat and vegetables cooked beneath the embers of the campfire.

Accommodation: Bedouin Camp **Meals:** B L D **Distance:** 100Km **Ascent:** 900m

Descent: 1500m **Time:** 7-8 hrs cycling (of which 2-3 hrs on horseback)

Day 5

Traverse Jebel al Hasch and descend a colorful rocky canyon to a scenic desert camp

For the next day and a half, we trek south on a trail traversing one mountain and a vast valley to ascend the summit of Jebel Um Adami at 1832m, the highest peak in Jordan.

This morning we head into the far south of the Jordanian desert, not far from the border with Saudi Arabia, to climb the spectacular Jebel al Hasch. At 1700m this is one of the country's highest mountains, but it's not a difficult or a technical climb.

We begin early with an enjoyable half-hour jeep ride across the desert and then strike out on foot through a beautiful rocky valley. The trail brings us across easy slabs of sandstone and onto a sandy plateau, which we contour around and then follow a goat trail up towards the summit. There are magnificent views across the whole of Wadi Rum and south in Saudi. After taking in the views we descend through another rocky valley to get back down to the desert floor, where we meet up with our crew for lunch in the shade. The entire hike takes around 4 hours. After lunch and a rest, we walk through another scenic canyon towards our next camping place, which has great sunset views to the west.

Accommodation: Camping **Meals:** B L D **Distance:** 13Km

Ascent: 480m **Descent:** 650m **Time:** 6 hrs walking

Day 6

Trek to the Summit of Jebel Um Adaami, the highest mountain in Jordan

At 1830m, Um Adaami is the highest mountain in Jordan and makes a great day's adventure. It is right on the Saudi Arabian border and commands immense views across the desert on both sides of the line.

The day begins by an enjoyable 4-wheel drive ride south into the wide and lonely Wadi Saabit to the trailhead of today's trek. The only tough part of the hike comes early on, when we climb up through a sandy valley. After that a good trail takes us steadily up to the summit where you can rest and take in the views. Our Bedouin guide might even brew a cup of herb tea on the summit, using materials gathered on the ascent. We descend Um Adaami by the same route, meeting our jeeps and driving a short way to enjoy lunch in the shade at an area where we can meet Bedouins who still herd goats and camels in the desert, and still live in black goat hair tents as they always have done. We finally transfer back north to Rum Village, say good bye to our Bedouin hosts, meet our van and transfer northwest and down to one of the region's most spectacular resorts at the shore of the Dead Sea where the Adventure NEXT takes place.

Accommodation: Not Included **Meals:** B L **Distance:** 6Km
Ascent: 420m **Descent:** 420m **Time:** 3 hrs walking



JOINING ARRANGEMENTS & TRANSFERS

Our representative will be awaiting you after you pick up your luggage and clear customs. Look for our rep holding a sign with our logo and the trips name or your name. A transfer is arranged for you from Amman Airport to the group hotel in Amman. Should for any given reason you haven't found our representative please call our emergency number if possible. The airport is 35 kilometers (22 miles) south of Amman. Fixed price tan-coloured airport taxis are readily available outside the terminal exit doors. They charge a standard fare of JD20-25 for the one-way trip to Amman. In case you miss your transfer, our rep could not find you and could not make contact for any reason, please take one and we will reimburse you. There is an ATM and money changing facilities in the airport.

Art Hotel

32 King Faisal Street

Downtown Amman, Jordan 11118

Google map location link

ARRIVAL COMPLICATIONS

We don't expect any problems (and nor should you!) but if for any reason you are unable to begin your trip as scheduled, please contact us immediately.

WHAT'S INCLUDED

- English speaking tour guide throughout the trip
- Local trekking and cycling guides
- All entrance fees required by the itinerary
- All activities as described in the trip details
- All accommodation as detailed in the trip details
- All Meals starting from dinner on day 1 through lunch on the final day of the itinerary
- All transfers within the itinerary
- Airport pick up transfer and drop off at the event's venue
- Technical and safety gear required by the activities
- Snacks and refreshments supporting the activities
- Support vehicle during biking and most trekking

WHAT'S NOT INCLUDED

- Lodging prior to or after your adventure
- Personal gear (e.g. hiking and biking apparel, sleeping bag)
- Alcoholic beverages
- Guides gratuities
- Travel insurance
- Trip cancelation insurance
- Visas

ACCOMMODATION

During this trip the group spends a night in Amman, a night camping in Little Petra, a night at a hotel in Petra, a night in a fixed bedouin camp and a night camping out in Wadi Rum. All accommodation is allocated on single basis unless requested otherwise.

Day 1 – Art Hotel – Amman – Tel. +962 6 4638900

Day 2– Wilderness Camp – Beidha

Day 3– Amra Palace Hotel – Wadi Musa – Tel. +962 3 2157070

Day 4– Rumshines Bedouin campsite – Wadi Rum

Day 5 – Wilderness camp – Wadi Rum

If you plan on arriving to Jordan earlier and need any assistance booking in at our first night's hotel, please do not hesitate to let us know.

FOOD

Breakfasts can vary a little with the accommodation, but typically consist of labaneh (thick sour creamy yoghurt), hummus, cheese, beans, eggs, olives, za'atar (thyme, sesame seeds, sumac and salt), tea and coffee. Lunch on some days may be in the form of a picnic (sandwiches, fresh vegetables, fruit and juice and tea) or a simple hot meal such as fresh tomato cooked with garlic, onion and olive oil. Dinner, again, varies with the location, but we aim to sample a variety of traditional Jordanian meals. Salad, rice, chicken, vegetables and yoghurt are usual dinner ingredients. In Wadi Rum, we try the Bedouin 'zarb', a meal of lamb and vegetables cooked under hot sand. Complimentary water, biscuits, cakes and fruits are offered on most days.

DIETARY REQUIREMENTS

We do our best to accommodate dietary requirements due to allergies or personal preferences. However, if you are on a specific strict diet (e.g. gluten free or vegan), we advise you to bring some snacks along with you or ask to go shopping on day1 while we are still in the city.

In case you have severe allergies and at risk of anaphylaxis please make sure you carry along an EpiPen (or two).

Please let us know of any dietary requirement we should aware of.

MEDICAL CONDITIONS

In case you have any medical conditions that could affect you while on the trip (current injuries, diabetes, allergies, other chronic conditions, any recent surgeries, etc) please make sure you consult your physician regarding your participation in this trip. By signing up we assume you do not have any medical conditions that would prevent you from participating in our adventure.

If you have any questions regarding the trip activities or if there is something you'd like to inform us about please do let us know.

ADVENTURE TRAVEL INSURANCE

Important notice.

It is a condition of joining any of our trips that you are insured against medical and personal accident risks (to include repatriation costs, air ambulance and helicopter rescue services). We also strongly recommend that you take out holiday cancellation insurance, as all deposits paid are non-refundable. Please ensure that your insurer is aware of your itinerary and can agree to cover the activities being undertaken.

You then need to advise us of your policy details.

PREPARING FOR YOUR ADVENTURE

The better physical condition you are in, the more you will enjoy your trip. We suggest that you adopt a sensible weekly exercise regime and fit in a number of long walks in hilly country to ensure you are in good shape.

EQUIPMENT

We provide an Equipment List for each of our holidays. These highlight any specialized equipment you require and act as a packing check list. You can find the Equipment List at the end of this page.

BIKES

We have a mix of Trek 4400, 4300 and 3700 mountain bikes (sizes 14, 16, 18, 19.5, 21 and 22.5 inches), with front suspension, V-brakes and Shimano gearing. The 14 and 16 inch sizes have a single bottle cage. The larger sizes have 2 bottle cages fitted. Please note that the bikes have flat pedals. Should you own ones, we recommend that you bring your own SPD (or similar) shoes and pedals, as well as your own saddle, which will go a long way towards making the bike feel like your own. You will also need to take your own helmet, which must be worn at all times when riding.

BAGGAGE ALLOWANCE

During the trip your baggage is carried by bus and by 4WD vehicles. The only baggage limit is that which is imposed by the airline. However, Jordan is a hot country and you will not require much heavy clothing, nor are you required to bring a camping mattress. We recommend that the weight of your packed trek bag does not exceed 15 kgs / 33 lbs as this makes transiting airports a much more pleasant experience for you.

ALTITUDE

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

FIRST AID

A medical kit accompanies each group. You should also bring your own personal first aid kit, which should include the items listed in the equipment list at the end of this page.

CLIMATE

The best period for trekking in Jordan is in autumn through to late spring season, from May through to early June. May is a very pleasant month but can get hot midday rising to 30°C / 86°F degrees centigrade, falling to around 15°C / 59°F at night. Keep in mind that nights at the desert are colder than we typically expect so make sure you have suitable warm night apparel for the camping nights.

VISA REQUIREMENTS

required. Nationals of certain countries - including all Western European countries, the USA, Canada, Australia, New Zealand and Japan - can obtain visas on arrival at the airport in Amman. This visa costs 40 Jordanian Dinars (approximately \$55 or the equivalent in Sterling pounds or euros) and must be paid in local currency. There are facilities for changing money at the airport.

GROUP LEADER & SUPPORT STAFF

The group will be led by an experienced, English speaking Jordanian tour guide. There will be local guides joining us as we go through their land in addition to their support and camping crew. These people are an asset we respect and offer our guests real life interaction opportunities that allow you to take a deeper look into the rooted culture and hospitality of the region.

SPENDING MONEY

Approximately \$200-\$250 should be allowed for miscellaneous expenses and the cost of your visa. You should carry your travel money in the form of currency rather than travellers cheques, since you will exchange the majority of this on the day of your arrival at the airport in Amman. Sterling, US dollars and euros can easily be exchanged. The unit of currency is the Jordanian Dinar (JD). You should also allow a total of approximately \$100 (or the equivalent in US dollars or euros) for driver, guide and trek crew tips. If you are intending to buy expensive souvenirs, you should budget accordingly (credit cards can be useful in this respect). Also, if you expect to buy considerable quantities of drinks or other refreshments, you should allow for this.

CURRENCY

The local currency is the Jordanian Dinar. It has a fixed rate against the US Dollar of 0.709 (so USD1 = JOD0.709)

ATM AVAILABILITY

ATM's are available at the airport, downtown Amman, Wadi Musa and the Dead Sea. Along the rest of the itinerary there are no ATM's available. We recommend you keep some cash on you preferably in Jordanian Dinars although US Dollars Euros and Sterling pounds can be mostly accepted.

PHONE & INTERNET COVERAGE

Phone coverage is available on most parts of the itinerary. The last two nights in particular no coverage is available. Internet 4G and 3G coverage will be available in various spots. We will provide a WiFi access point but again, the availability of internet will depend on the broadband coverage. Keep in mind that a big part of why we love the desert is because it offers us an opportunity to disconnect from the grid and connect to the nature.

ELECTRICITY SUPPLY & PLUG

The electrical system in Jordan is based on 220 AC volts, 50 cycles. The most commonly used electrical outlets in Jordan are: Type C; Type F; Type G. Visitors from North America will need a converter and adapter.

BOOKS

- Jordan. Lonely Planet
- Treks and Climbs in Wadi Rum. Tony Howard. Cicerone Press
- Jordan - Walks, Treks, Caves, Climbs and Canyons. Taylor and Howard. Cicerone Press
- Walks and Scrambles in Wadi Rum. Jordan Publishers

MAPS

Jordan - Reise Know-How Verlag 1:400,000 Double-sided and detailed map, dividing the country horizontally just underneath al-Karak. Combines clear road and tourist detail with general relief indicated by contours, altitude tinting, mountain passes and peak heights.

LANGUAGE

The official language of Jordan is Arabic. Using an alphabet very unlike your own, it is one of the most difficult of languages to learn. We do recommend that you take a pocket phrase book and learn some basics such as common greetings. Some Jordanians, especially those in affluent areas and those who work with tourists speak English and possibly French.

HOSPITALITY

Jordanians are famously friendly and welcoming towards guests, especially in rural areas. It is quite normal for Jordanians to invite foreigners in to drink tea or have a meal in the family home. Meeting the local people in spontaneous encounters of this sort is one of the great pleasures of travelling in Jordan.

RESPONSIBLE TRAVEL

We believe in low impact or 'positive impact' tourism. Broadly speaking, this means that we try to minimize the negative aspects of tourism on the local cultures and environments that we visit, while maximizing the positive aspects of the encounter. Jordan is a small country with few natural resources. Water scarcity is a big issue in the region, so please use water sparingly. Terhaal designs these tours in a way that maximizes benefits for local communities. Whenever possible we hire local staff in the areas where we operate, and our guests stay in locally owned hotels. Terhaal also contributes towards efforts that strengthen environmental advocacy and the environmental education of Jordan's children.

EQUIPMENT LIST

The following is a basic checklist to help you with your packing. We recommend using the layering principle of clothing for varying climatic conditions. As a rule, you should always try to keep the weight of your equipment to a minimum.

You must bring the following items:

Luggage:

- Medium to large duffle or rolling soft-sided luggage
- Packing cubes/stuff sacks
- Day pack - 30 litres / 1800 cubic inches capacity

Clothing:

- Casual clothing/shoes for travel and city wear (lightweight, easily washable)
- Light rain/windproof jacket
- Mid-weight fleece/softshell
- T-shirts
- Long sleeve shirt with collar
- Hiking pants
- Lightweight waterproof overtrousers / rainpants
- Underwear/sports bra (quick drying)
- Sleepwear
- Warm hat (for chilly evenings in the desert)
- Thin buff/neck scarf

NOTE: Basic First Aid Kit should include:

A broad spectrum antibiotic, antiseptic cream, throat lozenges, diarrhea treatment (Imodium), painkillers, plasters and blister treatment, Insect repellent, and re-hydration salts (Dioralite).

Footwear:

- Hiking boots/approach shoes
- Hiking socks, synthetic or wool
- Comfortable shoes/sandals for camp use

Camping:

- 2/3 season sleeping bag *
- Headtorch / headlamp with spare bulb and batteries

Horse riding specifics:

- Half chaps
- Riding pants or a comfortable pair of jeans.

Cycling:

- Cycling helmet – mandatory (if you're not bringing yours, we let you borrow you one)
- Stiff-soled cycling shoes
- Bring your own clipless pedals and mountain bike shoes with recessed cleats (optional)
- Base-layer - short sleeve cycling top (x 1)
- Long sleeved cycling top (x 1)
- Regular biking gloves
- Padded cycling shorts (x 2)
- Cycling tights or tracksters
- Baggy overshorts/skirt for modesty
- Eyewear - Biking glasses
- Lightweight wind jacket

Assorted Personal Items:

- Water bottles - 1 litre/1 quart x 2 (2 litres total)
- Sunblock and lip balm with SPF
- Sun hat
- Sunglasses
- Personal hygiene items (toothpaste/brush, hand sanitizer, etc.)
- Personal first aid kit, medications
- Toilet Kit: Toilet paper, Ziplock bags (at least one for clean TP, one for dirty TP), wet wipes, hand sanitizer (You must pack out all toilet paper of out the wilderness or burn it.)
- Lighter/matches to burn TP
- Insect repellent
- Camera/memory cards/battery

Optional items:

- Earplugs and eye shade
- Trekking poles (collapsible)
- Sleeping bag liner
- Thermarest sleeping pad (a foam mattress is provided)
- Pocket-knife (note: always pack sharp objects in checked baggage)
- Repair kit (eg. needle, thread, duct tape)
- Small padlock (to lock your trek bag)

NOTE & DISCLAIMER

As Jordan is a conservative country, modest dress is preferable in the towns and cities. Shoulders should be kept covered, and full-length trousers/skirts are recommended.

The information in this document has been compiled with care and is provided in good faith. However, it is subject to change, and does not form part of the contract between the client and Terhaal.

