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about 100 \$!**

Autumn Special – October 2023

*Autumn teaches us
the beauty of letting
go. Growth requires
release!*

In Egypt, however, autumn also means new beginnings. The intense heat is over, the light becomes softer and thoughts wander outside.

For us it means – desert is calling!





See life from a different perspective.

We invite you to follow us again into the sand. When we are leaving the asphalt, the orientation changes. Let's start with the World Heritage Site of **Wadi El Hitan**, going further to visit the unique **Djara Cave** and let's take on the challenge of crossing the sand dunes of **Abu Mohareq** and conquering the so-called **Pass de fou** (pass of the crazy).

Nights under the stars, following your own rhythm, immersing yourself in infinity on the trail of time.

**Reading
recommendation:**

„*Libyan Desert*“

Ralph A. Bagnold

Beside psychology reasons there are also physical reasons why to travel to the desert. A benefit of the dry climate is **vitamin D**. Sunlight helps the body synthesize vitamin D, which contributes to bone and tooth health, strengthens the body's immune system, **improves mood** and **helps fight depression**.

Deserts provide room to breathe. Even the plants give each other some space. Such simplicity is augmented by the clarity that low humidity adds to the air.

Let's go!

Recipe to cook in the desert

Chackshooka



A simple traditional Egyptian dish

Ingredients

Eggs -oil -chopped onion -Tomato sauce– green bell peppers and Garlic

Oriental spices cumin-Paprika-salt&pepper

Recipe :

First add all the chopped vegetables into the heated pan with 2 big spoons of oil Add the spices cumin-paprika-salt&pepper Then add the tomato sauce and let them stir for 5 minutes.

Finally crack the egg into the sauce and cover it with the lid ,wait another 5 minutes.

Now you have the most famous Egyptian breakfast dish. Enjoy!

Checklist for desert travel

Do not forget: Sleeping bag, torch, wet wipes, sun protection, a warm sweater, toilet paper, a small mirror (for ladys??), bag pack, a small pillow if needed, good shoes.

Why travel to the desert with us:

We offer adventure but safety comes first!

We are experts in dune driving!

We have a huge network all around!

We care individually!

We always have the “Little extra”!

Trip Details

Dune riding and more

Date on request

Price per person: \$ 1012 (including transportation,camping,full board, administration fees)

Dabuka Travel Visions

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