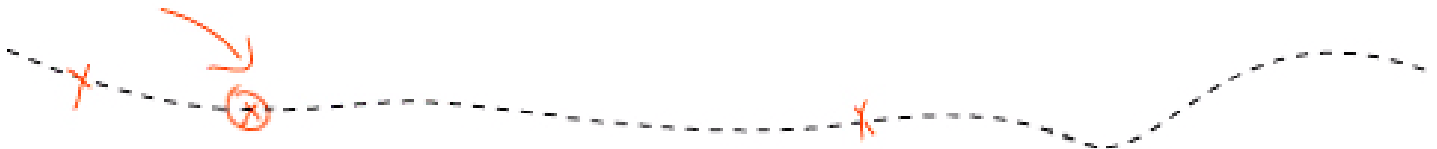




## The Desert Rose

[ 300 M ]

Camel-back trek through the Tunisian part of the Grand Erg Oriental – a change of scenery for the winter!



## The Grand Erg Oriental

The Grand Erg Oriental is a part of the vast sand-belt which runs from Nouakchott in Mauritania to Mourzouk in Lybia, passing through Algeria and Tunisia on its way. It is a massive stretch of sand dunes, made up from ergs of various sizes. The Grand Erg Oriental is twice the size of the Grand Erg Occidental and is situated primarily in Algeria, continuing into Tunisia.

## Douz - Gateway to the Sahara

Your camel-back hike will start in Douz – the “doorway to the Sahara” - and will continue around the Grand Erg Oriental until you come back to Douz again. Whilst on camel-back, you will be able to admire the protected El Alanda desert rose.

**DAILY PROGRAM SCHEDULE****Day 1 : Paris – Djerba**

Arrival at Djerba airport, where you will be met by our team and transferred to a hotel in Djerba town centre.

**Day 2 : Djerba – Douz – Sidi ben Mokhtar (250km – 4h)**

After breakfast, you will be transferred in a private vehicle to Douz, the gateway to the desert. Meet with our team of camel drivers, guides, and cooks. After lunch, go for a small walk for 2-3 hours. The first camp is at Sidi ben Mokhtar.

**Day 3 : Sidi ben Mokhtar – Omi Hemda - Elhmidia (20km – 4 à 5h)**

Enter the Grand Erg Oriental to discover the sandy village of Omek Hemda and its mosque buried under the sand. After lunch, we will continue walking towards Elhmidia. This is where we will camp for the night.

**Day 4 : Elhmidia – Sidi Jmil – Bir Bou Jwihif (20km – 4 à 5h)**

We move on towards the south, crossing higher and higher sand dunes on our way. We make camp at Bou Jwihif where, after dinner, you will experience life at a nomadic camp as the atmosphere is recreated through singing and dancing.

**Day 5 : Bir Jwihif – Alanda - Khaltaya (20km – 4 à 5h)**

The camel trek continues across the chain of sand dunes, towards the El Alanda desert rose. The sand dunes change colour as the sand becomes whiter.

**Day 6 : Khaltaya – Bir El Ghar - Bengrira (20km – 4 à 5h)**

We start heading north-bound, where the sand dunes are more scattered; leaving a greener landscape that becomes denser as you travel.

**Day 7 : Bengrira – Lhsey – Douz - Djerba**

Return to Douz, visit a souk and have lunch. Return to Djerba and spend the night in a hotel.

**Day 8 : Return flight**

Transfer to the airport

**TECHNICAL LEVEL 1****EASY**

Discovery trek, a trek to all of you who want to discover a country in excellent conditions : some nights in tents, some walk, transfer with 4X4W when required. For those trips no training is necessary. Only be curious and a bit agile. Middle altitude and carriage included.



### Date and Price

For prices and dates, please go online at [www.trekonline.com](http://www.trekonline.com) or contact our customer service department for price list

☎ by phone : +33 (0)1 43 25 27 74 ☎ by fax : +33 (0)1 46 33 24 77

✉ or by mail : [contact@trekonline.com](mailto:contact@trekonline.com)

### SERVICES INCLUDED

<b>Accommodation Tunisia</b>	On the basis of a double room in a standard hotel in Djerba. Double dome tents or 8 person berber tents during the expedition. Mattresses and bedding.
<b>Air transport</b>	Price includes international flight and domestic flights.
<b>Guides</b>	Local English speaking guides.
<b>Meals in Tunisia</b>	Breakfast included in Djerba. Full board during the camel-back hike.
<b>Team Tunisia</b>	Camel driver, guide, cook, pack-camels and one camel to ride, per person
<b>Transfers</b>	Our staff will pick you up at the airport and drive you to your hotel. After the program, we will ensure your transfer back to the airport.

### SERVICES NOT INCLUDED

<b>Beverages &amp; other personal expenses</b>	Alcoholic drinks, soft drinks and all other personal expenses are not included.
--	---

<b>Insurance</b>	Insurance coverage is not included. Make sure you are properly covered when booking your program.
<b>Sleeping bag &amp; personal equipment</b>	Nor the technical equipment, nor the sleeping bag or high mountain gear are included. You may rent some of the equipment locally.
<b>Small Groups - Tunisia</b>	Guaranteed departure for groups of 4 people and above
<b>Tips</b>	Are highly appreciated by the team that assisted you.
<b>Tunisian Visa</b>	British citizens are not required to obtain a visa in Tunisia for stays of less than 3 months.

### CHECKLIST PHARMACY

- Antiseptic - Mercurochrome, dry spray, antibiotic powder
- Aspirin or Panadol - for pain or fever
- Collyre - for eye irritation
- Hydroclonazone, Micropur - water purifier
- Imodium or Lomotil - for diarrhea, stomach aches, dehydration
- Moisturizing lotion
- Mosquito repellent
- Rehydration mixture - for treatment of severe diarrhea and dehydration
- Your usual medicine

### CHECKLIST GEARS

#### Clothes

- Shorts
- Suitable clothes for walking
- Swim wear
- Synthetic underclothes
- Walking Trousers

**Head**

- Hat or cap
- Sunglasses

**Foot**

- Sandals and Trainers
- Synthetic socks

**At camp**

- Sleeping bag

**Travelling**

- 1litre Flask
- 30 litre backpack for your belongings
- Binoculars and a Camera
- Headlamp with spare batteries
- Personal care items
- Sun cream - highest SPF
- Thermos

**Hiking**

- Walking shoes



### Geographic Information

Tunisia

Capital City : Tunis

Highest Peak: The Djebel Chambi, which reaches 1544m high.

Location: Tunisia is situated in North Africa, and is one of the countries that make up the Maghreb. The eastern and northern sides of the country border the Mediterranean Sea, whilst the west borders Algeria and the south-east, Libya.

Population: There are about 10.3 million people living in Tunisia, of which 98.2% are Arabic, 1.2% are Berber, and 0.6% are other nationalities (French, Italian).

### Administrative Requirements

British citizens are not required to obtain a visa in Tunisia for stays of less than 3 months. However, you must have a valid passport, with an expiration date of at least 6 months after your return.

Other nationalities should check with the Tunisian Embassy in your country of origin regarding advice on visas and passports.

### Travelling hints

There are no compulsory vaccinations for Tunisia, but we advise you to check that you are up-to-date with immunisations against: DTP (diphtheria, tetanus, polio), typhoid, hepatitis A and B, yellow fever and the flu.

In order to avoid food poisoning, ensure that you only drink bottled mineral water or other bottled drinks, that all fruit and vegetables are thoroughly washed, that all meat is fully-cooked, and that you avoid milk and any of its' industrial by-products.

Don't forget to bring a first-aid kit with all necessary items for your travels.

You can also look for advice at the centre for disease control and prevention:  
[www.cdc.gov/travel/destinationList.aspx](http://www.cdc.gov/travel/destinationList.aspx)

### Useful Information

Food and Drink:

Tunisian food is typically very spicy, notably the “harissa” sauce (a chili puree, native to the Maghreb). During your time in Tunisia, try these traditional starters: a “brick” (a very thin pancake folded into a semi-circle and fried, containing an egg and mincemeat or tuna), a “fricassee” (a fritter with tuna, potato, and harissa sauce), or a “chorba” (a broth with small pieces of pasta). Main courses include: “chakchouka” (a spicy stew with onions, peppers and a soft-boiled egg), couscous (recipes vary between the regions), “mosli” (oven-cooked lamb shank, served with potatoes and chilies) and finally “tajine” (a meat and vegetable quiche). To finish your meal, try some delicious fresh fruit such as melon, watermelon, dates, grapes, peaches or medlars. Traditional drinks include: mint tea, coffee, lemon squash, and beer. It is worth noting that pork is banned and the sale of alcohol is limited.

#### Traditional Products:

Travelling through Tunisia you will find many traditional carpets, especially in Kairouan, which is the main area for their production. Kairouan carpets are knotted, not weaved, and they are made from wool or cotton. You will also come across oriental-style slippers. Those designed for men tend to be in leather and left in their natural colour, whereas the slippers for women are embroidered with silk, cotton, gold or silver, with floral motifs. There are also different types of pottery, ceramics and jewellery.

#### Language:

The official language of Tunisia is Arabic, which is spoken by 98% of the population. The rest speak Berber, although French is also spoken by most Tunisians.

#### Currency:

The national currency is the Tunisian Dinar (TND), where 1€ is approximately 1.69TND (15th July 2009). You can exchange dinars outside of Tunisia.

#### Use of Credit Cards:

You will find cash-points in most towns for Visa and Mastercard, but each time you withdraw money your bank will charge you commission. Visa and Mastercard are accepted in many large hotels, restaurants and tourist shops.

#### Climate:

Tunisian climate drastically varies between the North and South of the country. In the springtime it is hot everywhere, although it is prone to rain in the north. The coastal regions have good weather in the summer, although the heat becomes unbearable inland as well as in the south, where temperatures can reach 50°C in the shade. Autumn is an ideal season to visit Tunisia, as the rainy season doesn't start until November. If visiting the oasis of the south, October, November and the beginning of spring are all ideal times to go. Night-time is very cold, but the Sahara shows off all of its glory during the day.

#### Time Difference:

There is no time difference between the UK and Tunisia

#### Electricity:

The electrical current is 220 volts and takes central European plugs, so you will need to bring an adaptor.

**Clothing:**

Clothes that are too tight or that show too much skin are likely to shock Tunisians, who instead wear traditional clothes that are loose-fitting and adapted to the weather conditions. More and more Tunisians wear 'western' clothes now, but they still keep the tradition of staying covered up – men as well as women.

Tourists are able to walk around in lighter clothing in tourist spots, as Tunisians are not shocked by this. However, they are always grateful that you show respect by covering your shoulders and knees. In the desert, the guides and camel drivers are very respectful so you can wear shorter clothes. However, be aware of sunburn risks.

Ensure that you bring sun glasses and a strong sun-tan lotion/sun block.

**Telephone :**

Dialing code for Tunisia from the UK : 00 + 216 + contact's phone no

Dialing code for the UK from Tunisia : 00 + 44 + contact's phone number (without the first 0)

To call within Tunisia, dial the 8 figure phone number directly

**Opening and Closing Times :**

Banks: From September to June, the majority of banks are open Monday-Friday from 8am to 4pm. In July and August, they open Mon-Fri, 8am-12pm or 2pm. Some will also open from 4pm-6pm. During Ramadan, they will close between 12-1pm.

Shops: If situated in a touristic area, shops will be open from dawn to late at night. In the Souks, certain stalls will close after lunch so that the holder can sleep, or will close on a Friday for prayer. Carpet sellers are always available.

The Post Office: open from Monday to Saturday, 8am-8pm, and Sundays, 9am-11am. During July and August, they are open from Monday to Saturday, 8am-3pm and 6pm-8pm, and on Sundays 9am to 11am.

Open-air sites: Available from sunrise to sunset.

**Insurance:**

It is vital that you have insurance for your trip. Please ensure that your insurance covers repatriation.

**Some useful words :**

Yes : na, am, aiwa

No : la

Goodbye : ma as salam

How are you ? kayfhalek ?

Hello : as salam 'alaykoum

Greeting in response : wa 'alaykoum as salama

Please : 'afak / 'afik /'afakoum

Thank you : choukrane

**Key addresses**

In England:

Tunisian Embassy

29 Prince's Gate

London,

SW7 1QG.

Tel: 020 7584 8117

Fax: 020 7225 2884

In Tunisia :

British Embassy

Rue du Lac Windermere

Les Berges du Lac

Tunis 1053

Tunis

Telephone:

Fax: (216) 71 108 749 Management

(216) 71 108 779 Consular

(216) 71 108 749 Commercial

Centre for disease control and prevention : [www.cdc.gov/travel/destinationList.aspx](http://www.cdc.gov/travel/destinationList.aspx)