



Crossing the Grand Erg Oriental

[300 M]

A trek on camel-back from Douz to the oasis of Ksar Ghilaine across the tunisian part of the Grand Erg.



The Grand Erg in Tunisia

Giant sand dunes glittering in the sun, the padding of camels' feet interrupting the silence of the desert, Berber villages and forts perched on hilltops, troglodyte habitats, green oases... these are just some of the things that the Tunisian desert has to offer.

Douz - the Gateway to the Sahara

Your camel-back hike across the desert will start in Douz – the “Gateway to the Sahara”. This is thought to be the largest oasis in the region and is the departure point for camel-back treks. The camel drivers will open the doors to the Grand Erg in Tunisia to take you towards the most northern point of the oasis: Ksar Ghilane.

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

Arrive at Djerba Airport, where our team will welcome you and transfer you to your hotel in the centre of Houmt (10km).

Day 2 : Djerba – Douz – Bir Meizil (250km – 4h)

After breakfast, you will be transferred in our private vehicle to Douz, the doorway to the desert, where you will meet our team of camel drivers, guides and cooks. After lunch, take a little walk to our first camp at Bir Meizil. Overnight in tents.

Day 3 : Bir Meizil – Bir Hadj Ibrahim (20km)

Leave for Bir Hadj Ibrahim across the sand dunes that seem to stretch on forever. The procession will continue at the pace of the camels - the path alternating between sand dunes and rocky plateaus.

Day 4 : Bir Hadj Ibrahim – Mechhed Fatma (20km)

Today, the trek reaches the heart of the Erg Oriental, where the scenery is softly formed and coloured sand dunes. At Machhed Fatma we will set up camp, and everyone will take their places around a campfire under a clear, starry sky.

Day 5 : Mechhed Fatma – Rous Dabbadi (20km)

The trek continues navigating itself over the sea of sand...

Day 6 : Rous Dabbadi – Ksar Ghilaine (20km)

The sand takes on a yellow tint and the sand dunes become a warm pink and orange colour at nightfall, shrubs scatter making way for more abundant plant life, and we cross the last chains of sand dunes during the day to reach the oasis of Ksar Ghilaine.

Day 7 : Ksar Ghilaine – Djerba (200km)

A relaxing morning in this lush green paradise where you can bathe in the calming warm waters. After lunch, transfer towards Djerba in a private vehicle. Night spent in a hotel.

Day 8 : Return Flight

Airport transfer

**TECHNICAL LEVEL 1**

FAMILY

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 4X4 when required. For those trips no training is necessary. Only be curious and a bit agile. Middle altitude and carriage included.



Dates and Prices

For dates and prices, please go online at www.trekonline.com or contact our customer service department

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

✉ or by mail : contact@trekonline.com

SERVICES INCLUDED

Accommodation Tunisia	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.
Air transport	Price includes international flight and domestic flights.
Guides	Local English speaking guides.
Meals in Tunisia	Breakfast included in Djerba. Full board during the camel-back hike.
Team Tunisia	Camel driver, guide, cook, pack-camels and one camel to ride, per person
Transfers	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

Beverages & other personal expenses	Alcoholic drinks, soft drinks and all other personal expenses are not included.
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Insurance	Insurance coverage is not included. Make sure you are properly covered when booking your program.
Sleeping bags and personal equipment	Not included
Small Groups - Tunisia	Guaranteed departure for groups of 4 people and above
Tips	Are highly appreciated by the team that assisted you.
Tunisian Visa	British citizens are not required to obtain a visa in Tunisia for stays of less than 3 months.

CHECKLIST PHARMACY

- Antibiotics
- Antiseptic - Mercurochrome, dry spray, antibiotic powder
- Aspirin or Panadol - for pain or fever
- Bandages and plasters - for minor injuries and wounds as well as special plasters for blisters.
- 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 east and north 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

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.

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