

RETURN TO THE SOURCE *with Camilla*

Our 10 day/9 night Itinerary

Day 1 Travel from Cairo to Siwa Oasis – settling into your accommodation

Day 2 *Morning* - Relax time and breakfast in your accommodation.

Afternoon - Tour of our Garden Farm and mud built eco-house.

- Lunch in the Garden Farm.

- Naturopathic and Nutritional consultation and planning your week.

Evening - Soaking in a hot spring or mud pack and salt bath at the lake.

- Light dinner in your accommodation.

Day 3 *Morning* - Relax time and breakfast in your accommodation.

Afternoon - Kitchen time – 2 hrs.

- Light lunch in the Garden Farm.

Evening - Dinner in the desert with local African tribal drumming.

Day 4 *Morning* - Breakfast in your accommodation.

- Kitchen time – 2 hrs.

- Milking goats and making yoghurt and cheese.

- Lunch in the Garden Farm.

Afternoon - Travel by donkey cart to an ancient Pharaonic medicinal spring.

Evening - Relax time.

- Day 5 Morning** - Breakfast in your accommodation.
- Walking in the desert dunes.
- Afternoon** - Traditional desert meat slow-cooked in the sand at a remote desert lake.
- Evening** - Swimming and sunset at a hot spring in the dunes.
- Light dinner in your accommodation.

- Day 6 Morning** - Breakfast in your accommodation.
- Kitchen time – 2 hrs.
- Afternoon** - Lunch in the Garden Farm.
- Mud packs and skin beautifying in the salt lake.
- Evening** - Relax time and light dinner in your accommodation.

- Day 7 Morning** - Breakfast in your accommodation.
- Kitchen time – 2 hrs.
- Afternoon** - Relax time.
- Evening** - Dinner in the desert and camping under the stars.

- Day 8 Morning** - Breakfast in your accommodation.
- Kitchen time – 2 hrs.
- Afternoon** - Lunch in the Garden Farm.
- Evening** - Sunset on the desert lake
- Light dinner in your accommodation.

Day 9 Morning - Breakfast in your accommodation.

- Relax time.

Afternoon - Explore the old town by donkey cart, do some local handicraft shopping, visit the women's shop, visit the tombs and historic ancient temple of Amun.

- Lunch in the old town.

Evening - Relax time and light dinner in your accommodation.

Day 10 Travel back to Cairo.

(Desert trips are weather dependent – timing may change during different seasons.)

What's included...

- Travel from Cairo to Siwa and return to Cairo in a private mini-bus or taxi.
- Accommodation in a traditional mud eco-house in the desert.
- Naturopathic and Nutritional consultation and planning your week.
- All food and drinks (including 1 x served 'sit down' meal per day and light foods 'help yourself' brought to you in your accommodation).
- Unlimited fresh spring water for drinking, herbal teas and 1 x juice or herbal smoothie per day.
- 5 sessions of kitchen time with Camilla, 2hrs per session.

What's included (cont'd)...

- Tour of our organic garden farm and ecological home.
- 1 x trip to the salt lake with a herbal mud treatment.
- 2 x desert trips (optional sleeping out in the desert overnight and/or walking in the dunes).
- 2 x trips to a hot and cold mineral springs.
- 1 evening of tribal drumming.

Prices

1 person: 2,300 GBP

2-4 people: 1,800 GBP per person

For groups over 4 people, please email me at: skyandapple@gmail.com