

## Itinerary for Makhad Trust/Sacred Gardens trip to Sinai March 2006

Day 1 (8 March) Flight BA 6858 leaves Gatwick 9.15am, arrives Sharm-el-Sheikh 16.25pm. Transport in jeeps approx 2 and half hours to Gebbel Matamir in the central Sinai desert, for supper around the fire. Sleeping under stars.

Day 2 (9 March) Orientation to desert environment, time to explore, afternoon meeting with Bedouin ladies from Muzayna tribe who will introduce and welcome us to their desert home. Return to Matamir base-camp by camel in moonlight (alternatives for those not wishing to ride).

Day 3 (10 March) An introduction to the entry into an authentic exchange with spirit. This will be different for everyone but aims to discover the leadership of the heart. A quest to receive a divine glimpse of the intelligence of the great desert mother. Choose personal site for fast/solitude/questing time, discuss and prepare.

Day 4 (11 March) At dawn, leave for personal site, spend day and night in solitude. Those not wishing to fast may return to base-camp for meals.

Day 5 (12 March) Spend day and night in solitude at personal site.

Day 6 (13 March) Return to base camp at dawn. Breakfast and review of experiences. Afternoon camel trek to sunset location and supper, met by jeeps and driven to Amran Gardens near Mt Sinai. Sleep in gardens.

Day 7 (14 March) Meet Jebbelyah gardens project team, explore and work in Amran Gardens, introduction from Mahmood Mansour to Bedouin medicinal herbs. Here we can ground our desert visions and savour the wisdom of the seeds of the desert in preparation for the glory of the full moon.

Day 8 (15 March – Full Moon) Rest and work in Amran Gardens – weeding, irrigation, planting seeds.

Day 9 (16 March). Early morning visit to St Katharine's monastery. Breakfast with Selima and introduction to women's crafts project; opportunity to buy beaded bags. 2-hour transit to Basata eco-village on Red Sea coast.

Day 10 (17 March) Swimming, snorkelling etc, leave pm for airport and depart on BA 6859 at 17.25 arriving Gatwick at 21.10.