

Italian Tourism Co. Ltd

SUDAN-NUBIA

Walking Nubia

12 days tour

A different way to discover the Nubian Region, a walking experience through the key points of North Sudan; a way to get in contact with local culture feeling the hard but astonishing landscapes by foot rhythm.



Day 1 / Khartoum

Arrival at *Khartoum* airport. Meet and greet with the guide, and transfer to the hotel. Check in, dinner free and overnight stay.

Day 2 / Khartoum – Naga

Breakfast at the hotel and then short tour of *Khartoum*. We then cross the confluence between the Blue and the White Nile and we reach **Omdurman**, the old capital of Sudan, where we see the **Mahdi's tomb** from outside and where we can visit the **Khalifa's house** which holds a small museum on the **Mahdya**. Late in the morning we begin the journey northward. After about 50 km, we get into a desert area covered with huge round granite boulders; these are the last offshoots of the rocky formations of the 6th Cataract. We then reach a level ground area where there are many small camel thorn acacia trees as far as we can see. We leave the main road and we reach the archaeological site of *Naga* located about 30 km to the East of the Nile and it is one of the two centres that developed during the



Meroitic period. In **Naga**, in a typical Saharan environment with rocks and sand, there is the **Apedemak** temple (1st century a.D.): a wonderful building with bas-relief decorations with the image of the god with the lion head, of the Pharaoh and of the noblemen and several ritual images of the **Apedemak** god.

Few metres away there is a small and odd construction with arches and columns, named "**kiosk**", in which we can notice the Egyptian, the Roman and the Greek styles at the same time. Not far away another temple dedicated to **Amon** with many statues of rams and beautiful temple entrance decorated with bas-reliefs. Dinner and overnight in wild camp. (B.L.D.)

Day 3 / From Naga to Mussawarat on foot (about 25 km)

We start our trekking along **wadi Awateb** in direction north through a nice and wild landscape of isolated black hills. We reach a flat topped hill and the landscape is beautiful. Then through a narrow passage between the mountains we reach a large valley dotted by many acacia trees inhabited



by **Hassaniya** nomads with their camels. Suddenly we can see the ruins of **Mussawarat**.

The archaeological site, one of the two centres that developed during the Meroitic period, is located in a beautiful valley crowned by hills.

Mussawarat once played

an exceptional important role, its main characteristic, the **Great Enclosure**, is made up by a large number of building and boundary walls which surround a temple built in the 1st century a.D. The large number of elephants represented on these walls makes us believe that this animal used to have an important role in this area. Beyond the big **wadi** there is another temple - restored by a German archaeological mission - dedicated to the god **Apedemak**. Dinner and overnight in tents. (B.L.D.)

Day 4 / Mussawarat – Shendi - Meroe (by car)

By car we proceed to the Nile and we continue north following the old road among the villages. Stop to visit the interesting market of the village of **Kabyshyia**. From faraway we can see the pyramids of the **Royal necropolis of Meroe** that is located at about 3 km far from the Nile on some hills

covered with yellow sand dunes. Several pyramids stand out with their sharp shapes against the clear sky. Just in front there are some small funerary temples with the walls fully decorated with bas-reliefs that show the King's life and the gods. Picnic lunch and then afternoon dedicated to a fantastic walk among the pyramids until the warm light of the sunset will sink over the horizon. Dinner and overnight in tents near the pyramids. (B.L.D.)

The archaeological sites of the Meroitic Empire have been listed in the World Heritage Unesco sites in June 2011.

Day 5 / The landscapes and the quarries of Meroe on foot (about 18 km) (*)

Today we start a nice round walk of about 18 km. The landscapes are so



different: yellow dunes among acacia trees, stony wadis, black mountains and flat area rich of camel herds. Following the steps of the famous French archaeologist, *Frederic Caillaud* (the first European that saw the pyramids) we reach the hills near the north necropolis and the caves where the

sandstone blocks to build the pyramids were collected. Near the cave entrance we can see some interesting rock engravings representing camel caravans with typical decorated saddles, not in use since centuries ago. Dinner and overnight in tents near the pyramids. (B.L.D.)

Day 6 / Meroe – Bayuda Desert (by car)

After breakfast we leave from Meroe and we go on the road that skirts the Nile to the city of **Atbara**, located on the confluence between the Nile and the river *Atbara*. We cross the Nile and then we enter the **Bayuda Desert**, an area bounded by the loop formed by the Nile between the 4th and the 6th Cataract and characterised by sharp black basalt mountains, most of



them volcanic and typically cone-shaped. They alternate with level pebble stretches and large valleys with dry *wadis* going through where little vegetation and *dorcas*, gazelles can be seen. It is very likely to meet camel and donkey caravans of



Bisharin nomads, who live in familiar groups in small huts made of intertwined branches close to the rare water wells in areas where surviving seems almost impossible. Just in the centre of the *Bayuda Desert* we reach **Atrun Crater**, where nomads

gather salt from the edge of a green coloured pool. They will then sell it in the markets of the towns nearby. Dinner and overnight in wild camp. (B.L.D.)

Day 7 / Bayuda Desert, through the volcanos on foot (about 20 km)

We start the trekking in the volcanic area of the *Bayuda Desert*. The landscape is totally black with corrugated old lava fields and colourful rock formations. A short climb (about one hour will lead us at the top of a volcano called *Hos El Dalan* (literally *the court of the devil*) the crater is deep and the slope inside very steep. From the top of the volcano the landscapes is astonishing and it is possible to see the village of *Sani* in the flat area where we are directed. We continue among black stones following the path used by nomads with their herds. We reach **Sani Wells** and the small village in the desert. Dinner and overnight in wild camp. (B.L.D.)

Day 8 / Bayuda Desert - Karima - Jebel Barkal - El Kurru – Nubian Desert (by car)

In few hours we cross the *Bayuda Desert* and we reach the Nile. Arrival in **Merowe**, where we cross the Nile on the newly open bridge. Landmark in the *Nubian Desert*, the **Jebel Barkal** («Jebel» means Mountain in Arabic) can be seen from a few dozens of kilometres whilst still in the open desert. At the foot of this wonderful isolated red sandstone mountain with cliffs and considered holy since the ancient times there is the big temple, dedicated to the Pharaohs of the New Reign and to their patron *Amon*.



Amon's ancient "*Pure Mountain*", the Olympus of the Nubians, was the religious Nubian heart for more than 1000 years. Besides the ruins of the big temple there are still several sculptured granite rams that were supposed to border a long avenue



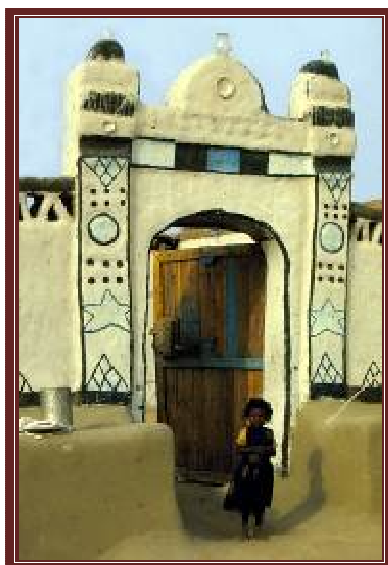
that probably led to the pier on the Nile. In the mountain wall there is a big room decorated with bas-reliefs. The *Jebel Barkal* archaeological sites are on the World Heritage list. The Royal necropolis of the ancient city of *Napata*, the Nubian capital (from 800 to

400 b.C.) before the Meroitic period, had a large number of pyramids in three different places: a few hundreds of metres northwards from *Jebel Barkal*, at *El Kurru*, a dozen of kilometres southwards from the mountain and at *Nuri*, which is located on the other bank of the Nile. We then go southwards to the village of *El Kurru* where there is one of the necropolises of the ancient capital *Napata*. Here we can visit one or two tombs which are excavated in the rock under pyramids - partially collapsed - and are totally decorated with images of the Pharaoh, of the gods and multicolour hieroglyphic inscriptions. The trip goes on with the visit to a site, rich in fossil trunks in the desert. Dinner and overnight in wild camp. (B.L.D.)

Day 9 / Nubian Desert – Nile - Nubian villages (by car)

Today we drive North-West through the *Nubian Desert*, until we reach the Nile again in *Selim*, just in front of *Dongola*. Here we start our descend southward across beautiful villages. The track follows the river shore and palm grove with scattered houses. Enthusiastic hospitality abounds, people will often invite foreigners to visit their houses and share a meal or a cup of spiced tea. We reach the village of *Mulwad*. Dinner and overnight in wild camp. (B.L.D.)

Day 10 / Nubian villages – Old Dongola on foot (about 25 km)



We are in the central part of the Nubian region. Here the population lives in small villages amongst yellow sand dunes and palm trees. They speak a different language from the Arabs and also the Islamic religion is not as "strict" as in other regions. The women don't cover their faces and readily speak to foreigners. Some houses in the *Nubian Villages* are painted and decorated with patterns and flowers. We will walk till the village of *Nawi*. Continuous meeting with local people. Meeting with the cars a short drive southward tills the site of *Old Dongola*. Here there are the ruins of some Christian

Coptic churches with marble columns on the banks of the Nile. We visit the archaeological sites. Dinner and overnight in wild camp. (B.L.D.)

Day 11 / Old Dongola – Khartoum

Today we cross the Nile for the last time and we drive south along the tarmac road across the *Western Desert*. We stop for lunch in a simple “*chai house*” (a roadhouse where the local truck drivers stop for food and rest), then we reach ***Omdurman***, the old capital of Sudan which now holds



the largest *souk* in Eastern Africa, where there is the possibility to buy some local handcrafts. Arrival in Khartoum, crossing the *White Nile* on the old British bridge. Check in at the hotel where rooms are available in day use till 23, 00. **(If on Friday, it is possible to assist at the Dervish Ceremony at sunset)**. Dinner free, then transfer to the airport. (B.L.)

Day 12 / Departure

Transfer to the airport to board the international flight.

THE WILD CAMP

For the overnights in the desert we supply the following equipment:

- *Igloo tents, 2 x 2 m., supplied by the manufacturer for three person but used by two or in single (very easy to set up, 3-4 minutes)*
- *Foam mattresses 5 cm. thick 2 x 0, 60 m.*
- *Folding chairs with arms and folding tables*
- *Gas lights, thermos for water, plates and all the cutlery*
- *A water basin for personal washings*



A cook will be in charge of the kitchen

(*) Possible upgrade in our Meroe Camp upon availability

THE PERMANENT TENTED CAMP IN MEROE

Meroe tented Camp is located in Bagrawyia, (about 230 km. north of Khartoum) overlooking the beautiful pyramids of Meroe. Accommodation consists of 22 twin-bedded tents (4x4 m), tastefully furnished. Each one has its own private bathroom hut with



shower and toilet. The Camp is located 2 km from the Royal Necropolis. Each tent is equipped with a veranda with two comfortable chairs to relax in front of the astonishing view of more than forty pyramids. The tents have electricity produced by a generator working till 11:00 pm. A restaurant building is available for the guests. The Camp is managed by an Italian manager with the help of well-trained Sudanese staff. With this permanent facility, this arid region of extraordinary archaeological interest and beautiful landscapes become accessible even to those reluctant to sacrifice their comfort.

[http://www.italtoursudan.com/itsudanpage.php?pg=tendedcamp&idm=](http://www.italtoursudan.com/itsudanpage.php?pg=tendedcamp&idm=3)

[3](http://www.italtoursudan.com/itsudanpage.php?pg=tendedcamp&idm=3)

Land services in Sudan – 12 days:

QUOTATION ON REQUEST

The quotation includes:

- n. 9 overnights in wild camp including equipment (igloo tent, rubber foam mattress) and a cook in charge of the meals
- n. 1 overnight at the Holiday Villa (4****) in Khartoum in BB
- n. 1 day use at the Holiday Villa Hotel until 11.00 pm on day 7
- meals as per itinerary
- mineral water while on tour
- transport with Toyota Land Cruisers (4 pax per car) or Toyota Hilux (3 pax per car) outside Khartoum; minibus or bus in Khartoum
- Tour Leader English speaking

The quotation does not include:

- drinks and meals in Khartoum - soft drinks throughout the tour-
- personal expenses - Sudan entry Visa - video camera permits at the

archaeological sites (*at the moment 20 USD per site per video camera*) –
tips – sleeping bag and pillows while camping

The following items are quoted separately and compulsory:

- National Museum and archaeological sites entry fees
- photo permit
- passport registration

Cancellation fees:

- 10% between 30 days and 21 days before departure
- 50% between 20 e 11 days before departure
- 100% from 10 days before departure and no-show

Khartoum, July 2014



Street 31 - Al Amarat, Khartoum - Sudan

e-mail: international@italtoursudan.com Web site: www.italtoursudan.com

[Skype:italtoursudansedemilano](https://www.skype.com/it/add?contact=italtoursudansedemilano)