

PROPOSED TRIP TO RESCUE 2010 Newsletter 1, 20 Dec 2009
Alexandria, Egypt
OCTOBER 2010

COMPETITION DATES:

Sunday 10 October

Monday 11 October

General thoughts are for competitors from Avoca to leave Australia on Thursday 7 October, arriving at Cairo on 8 October giving 1 day free to train and recover before competition.

Anita & Steve will be travelling from Libya and will meet you at Alexandria evening of 8 October, and then leave you in Cairo on the Thursday. 14 Oct. as we head to Mt Sinai and Jordan.

COMPETITORS

Definites

Jeff Smith

David O'Grady

Steve Jung

Greg Cook

Possibles

Jim McAtamney

Murray Iles

Karen Douglas

Peter Saint

Ian Charlton

Pauline Priest

EVENTS:

- 200 m Obstacle Swim: unlimited number of entries per club team and per gender
- 50 m Manikin Carry: unlimited number of entries per club team and per gender
- 100 m Manikin Carry with Fins: unlimited number of entries per club team and per gender
- 100 m Manikin Tow with Fins: unlimited number of entries per club team and per gender
- Line Throw: maximum 4 teams of each 2 competitors per club and per gender
- Beach Flags: unlimited number of entries per club and per gender
- Beach Sprint: unlimited number of entries per club and per gender
- Beach Run (2 km): unlimited number of entries per club and per gender
- Surf Race: unlimited number of entries per club and per gender
- Surf Ski Race: unlimited number of entries per club and per gender
- Board Race: unlimited number of entries per club and per gender
- Oceanman/Oceanwomen: unlimited number of entries per club and per gender
- Board Rescue: maximum 4 teams of each 2 competitors per club and per gender

Team Events

- 4x25 m Manikin Relay: max. 4 teams of each 4 competitors per club and per gender
- 4x50 m Obstacle Relay: max. 4 teams of each 4 competitors per club and per gender
- 4x50 m Medley Relay: max. 4 teams of each 4 competitors per club & gender
- Surf Team Race: maximum 4 teams of each 3 competitors per club and per gender
- Board Relay: maximum 4 teams of each 3 competitors per club and per gender
- Beach Relay: maximum 4 teams of each 3 competitors per club and per gender
- Surf Ski Relay: maximum 4 teams of each 3 competitors per club and per gender
- Oceanman/Oceanwomen Relay: maximum 4 teams of each 3 competitors per club and per gneder

ENTRY FEES:

The following entry fee is applicable:

Per Competitor:

- Early: 45 Euro - \$A72
- Normal: 55 Euro - \$A88 (After 31 December 2009)
- Late: 65 Euro

For team officials (coach, trainer, physician, etc...) no entry fee is applicable

ACCOMMODATION

Based at the Mamoura Beach Resort, ie on location and recommended. There are eateries etc in the complex. See attached documentation for more details.

Three-bedroom apartment (can house six adults)

A three-bedroom apartment comprises one entry hall, one living/dining room, one kitchen (open, semi open or closed), three bedrooms and a separate bathroom with toilet. The apartments have one or two balconies.

The rate is 125 Euro per day, making it 21 Euro per person and per day.

VIP apartments

The two and three bedroom apartments with a higher finishing standard can be rented at 125 and 155 Euro respectively.

We have made inquiries about renting two 3 bedroom units, and are yet to get a response.

FLIGHTS

At present, I have found Singapore Airlines to have the best price...\$1884 return to Cairo. This is the flight we went on in August 2009.

Fly to Singapore (9 hrs) , then Dubai (6hr4s), then on to Cairo (3hrs). It was good to get out of the plane to walk around and stretch. And the time between flights was an hour at the most, so just enough time to stretch the legs and walk around. The beauty of flying one carrier is that if one flight is not on time, they have to hold the connecting flight for you.

You leave Sydney at 3pm and arrive Cairo 6am... this would even give you plenty of time to catch a connecting flight to Alexandria or travel by bus and still have some time for R&R.

Suggest those who are not confident of booking on line, or wish to make extensions to their trip, that we all go through the same travel agent and this way we can get it all billed together etc.

I suggest using **Ashlee Clarke at STA Travel**, who is really helpful. She can be contacted at erinafair@branch.statravel.com.au 4367 6577.

Boards and Singapore Airlines – boards can be taken and surfboard are counted as 6kg of luggage. If this is within your baggage limits, no excess will be applied.

Insurance as soon as your flights are booked is strongly recommended. There are quite a few on line travel insurance brokers or go with your travel agent.

FINANCIALS

Anita to approach the Board for:

Possible payment of entry fees, as this was done for competitors when it was in Australia and also for World Masters.

To see if the Club will be a holding place for funds and payments of flights, accommodation and entries, and that competitors receive a tax donation receipt for funds up to \$2000.

SUGGESTED ITINERARY

Following meeting on 19 October 2009:

7 October	Thursday	Depart Australia
8 October	Friday	Arrive Cairo. Either travel to Alexandria by bus or continue with flying
9 October	Saturday	Acclimatise, train & recover
10 October	Sunday	Competition
11 October	Monday	Competition, Masters Dinner
12 October	Tuesday	Scenic tour with organised bus and guide: Suggested Itinerary: Citadel, Catacombs, Museum of Alexandria, Pompeys Pillar
13 October	Wednesday	Travel by bus to Cairo. Suggest staying at Le Meridans, Giza. Check in and have a swim, go to the Pyramids & Sphinx That night attend the Laser Light show at the Pyramids, organise through Hotel.

Those who wish to travel on to Luxor suggested things to do:

The Nile River	Just like it is in the Bible & Charlton Heston films
Karnak Temple	(my favourite spot)
Luxor Temple	do this as the sun goes down and then see it under lights
Luxor Museum	great display, two mummies, tomb etc
Horse & buggy ride	corny, but a great way to see the back and side streets
Bazaar (markets)	best ones in Egypt
Valley of the Kings	Across the river, Visit some actual tombs

From Luxor you can:

Fly to Dubai for a stopover on your way home

Do a boat trip down to Aswan.

TRANSFERS / CAR HIRE / BUS HIRE

Rescue 2010 have said that they are making arrangements for car hire. Prices are as follows for more details see Rescue 2010 newsletter):

Transport from and to Cairo

Book transport from Cairo to Alexandria (15 Euro) = \$A24

Book transport from Alexandria to Cairo (15 Euro)

Transport in Alexandria

Book car without driver at 50-60 Euro per day (not recommended by AJ)

Book car with driver at 70 Euro per day

Book mini-bus (9 seater) with driver at 80 Euro per day = \$A129

Book mini-bus (14 seater) with driver at 90 Euro per day = \$A145

Book mini-bus (28 seater) with driver at 140 Euro per day

Book mini-bus (50 seater) with driver at 220 Euro per day



Le Meridans Pyramids, Hotel, Giza, View from driveway, pool & roof.

Cairo is a crazy, busy, dirty city, driving through it is enough. If you are going to Cairo to see the pyramids, you might as well stay at the Pyramids and see as much of them as you can. It is just amazing to lie around this large lovely pool in the gardens and look up and see the pyramids in front of you.

For those who want to do more in Cairo, such as climb a pyramid, there is one you can still climb which is about 1.5 hours drive. There is also the area of Memphis which is the ancient capital which has an outdoor museum, then on to the Step Pyramid and then another pyramid you can go into which is very decorative.

Others things to do in Cairo is the Museum, simply for the Treasures of Tutenkanem, which is amazing!!!! The old Christian centre, this was quite interesting seeing the cave that Mary & Joseph lived in and the old mosque built around the area where Moses was found in the reeds. The bazaar, although this is now just a tacky tourist rip off.

Around Alexandria



Discovered Hidden passageways at Pompey's Pillar, where a variety of Roman and Egyptian items can be found, and a great landscape of Alexandria



The Museum of Alexandria, was a private collection and has some of the best artefacts, well displayed, including all the coffins of one mummy... great display, easy to wonder around and not huge, but high quality.



The Citadel is right at the other end of Alexandria, easy to wonder around, great views of Alexandria



This is one of the resorts near Alexandria on the way to El Almain, and I would think similar to where we are... streets and streets of identical housing...

Luxor



This is the view from our hotel The Stienberger. It had great views of the Nile, which is truly beautiful and amazing, with the terrific backdrops of the desert. The Hotel had great restaurants, entertainment in the outside foyer and worth staying at.



This was an amazing temple on the way to the Valley of the Kings. Some terrific painting in the walls, statues etc.



Tomb entrances at the Valley of the Kings. You can go into at least 4 or 5 tombs, see amazing descriptions, go through some tunnels, it is really interesting.



Karnak Temple is the ancient capital, and is quite literally amazing, people are just ants in these structures.. See the obelisk, the first air conditioned room and just be simply amazed. This was my favourite spot and everyone else's on the tour.

There is an avenue of sphinx's that they are just uncovering... it joins the Temple at Luxor 3.8 kms away.



This is the Temple of Luxor seen at night, with the mosque that was built over it. Many things here are only recently uncovered. Once again the size of everything is huge and people just ants.