



SINAI TOUR 2024



PEDAL THROUGH HISTORY AND THE SANDS OF THE SINAI PENINSULA ALONGSIDE THE RED SEA, BEDOUIN CAMPS, AND VILLAGES

Egypt's Sinai Peninsula offers routes in a **unique environment**. Ride through the desert valleys of the Sinai Mountain range, with its incredible colors, next to the magical blue of the **Red Sea**. Challenge yourself by ascending the iconic **Mount Sinai**, among camels and pilgrims, from the Monastery of St. Catherine to the summit where, according to the Old Testament, Moses received the Ten Commandments. Showcase your biking skills in the natural rock gardens by the sea in **Ras Abu Gallum**. Swap your helmet for snorkelling gear and dive into the Blue Hole and the crystal-clear waters of the **Ras Mohamed Marine Nature Reserve**. Experience Bedouin culture in the protected areas of Nabq and Ras Mohamed. In summary, embark on a unique and completely **exclusive adventure**.



**TECHNICAL
DIFFICULTY**

2/5

**FITNESS
LEVEL**

3/5

**ADVENTURE
LEVEL**

4/5



DEPARTURE/ ARRIVAL LOCATION

Sharm el Sheikh, Egypt

DATES

14 to 22 April 2024

PRICE

€2175 until the end of
the year.

From January 1, 2024
until March 15 €2,475

WHAT IS INCLUDED?

- Transfers between Sharm el Sheikh Airport and Hotel
- Transfers during the trip
- Luggage and bicycle transport between points
- Commemorative clothing
- Accommodation in 4-star hotels (except hostel in St. Catherine). Single room supplement: **200 euros**
- Breakfast, lunch, and dinner during the tour
- Refreshments/meals during the routes (including bottled water)
- Guides on the route, mechanical assistance on the route, personal assistance throughout the trip
- Permit fees and entry to natural parks
- Local guide, plus two bike guides and a mechanic (languages: Spanish, English, Italian, Arabic)
- Travel and accident insurance
- Tips
- Boat trip on the last day to the protected area of Ras Mohamed
- Snorkelling equipment in Ras Mohamed and the Blue Hole



WHAT IS NOT INCLUDED?

- Bicycle spare parts (recommended to bring a spare derailleur hanger)
- Flights to/from Sharm el Sheikh¹
- Massages and/or physiotherapy
- Alcoholic beverages and soft drinks
- Bicycle assembly and disassembly for transport by plane²



1| Possibility to book the flights. Price based on market prices
2| Possibility to hire it for a price of 80 euros taxes included

ITINERARY

Sunday, 14th

Arrival and transfer to hotel in Sharm el Sheikh. Equipment preparation and technical briefing.

Monday, 15th

We will ride along the Gulf of Aqaba on tracks next to the Red Sea. Entering the Nabq Nature Reserve, crossing the valleys of Wadi Mossan and Wadi Degla, among canyons that combine the sand's white with the rock's red and black. Immense corridors between rugged rock cathedrals. After crossing a Bedouin village, we will descend to the mangrove lagoon where our camp awaits, having dinner next to its crystal-clear waters and sleeping under the stars in this exclusive location.

Approx. 60 km. 850m elevation gain (4-5 hours)

Tuesday, 16th

We will visit the Kandhar Valley, also known as the "Valley of Mint," due to the presence of this wild plant that, though hidden, leaves a sweet aroma in the air. The landscape becomes more desert-like. We will find numerous thorny acacia trees that will provide coveted shade. We will ride on softer sand, gradually ascending until the end of our route. Transfer to the beautiful town of Dahab at the magnificent Le Meridien resort.

Approx. 30 km. 500m elevation gain (3 hours)

Wednesday, 17th

We will cycle around the Dahab lagoon, a unique place where the desert merges into the sea, creating fantastic colours, and where kitesurfing and windsurfing take centre stage. Then, we will continue to the famous Blue Hole. We will head to the Ras Abu Gallum National Park, crossing a granite cliff and fossil corals, and creating a natural rock garden with high technical demands. We will go to a lagoon where we will take a well-deserved break with desert tea before returning along the same path, following the cliff. We will have lunch at the Blue Hole and enjoy snorkelling in one of the world's most famous locations for its spectacular coral reef. After refreshing ourselves in the Red Sea, we will return to the resort Le Meridien.

Approx. 50 km. 480m elevation gain (6-7 hours)

Thursday, 18th

Transfer from Dahab to St. Catherine, where we will visit the famous Monastery. After lunch, we will begin the ascent of the sacred Mount Sinai, with an altitude of 2285 meters. It is a true challenge with moderate to difficult slopes, offering impressive panoramas. Starting from the penultimate kilometre, it will be mandatory to leave the bikes and continue the final stretch of 800 steps on foot to conquer the summit. Five Continents offers a truly exclusive route here, with the authorities' permission to access this pilgrimage site with our bikes. After visiting the summit of this special place, a thrilling descent awaits us among camels and the lights of sunset in one of the most special places for MTB.

Approx. 25 km. 600m elevation gain (3-4 hours)

ITINERARY

Friday, 19th

From St. Catherine, we will head through Wadi Mougjar. Alternating between canyons, tracks, and asphalt sections to avoid the white and softer sands of the desert, we will traverse a unique landscape. Without significant physical difficulties, allowing us to relax our legs and enjoy the peace and tranquillity of cycling through the Sinai Desert, we will finish the route and transfer to the Ras Mohamed Nature Reserve, where dinner awaits us, and we will enjoy another night under the stars by the Red Sea and the Bedouins.

Approx. 40 km. 500m elevation gain (4-5 hours)

Saturday, 20st

We will conclude our “experience” with a true “immersion” in one of the world’s most famous diving locations. The Ras Mohamed Peninsula will envelop us with its beauty, providing the perfect ending to our tour. We will continue with short climbs and descents between coves, with firm terrain between sand and rock. Here, you will discover the most wonderful shades of blue that the sea can offer, in another of the world’s most exclusive places to enjoy MTB. After this grand finale, we will return to the Sharm el Sheikh hotel to rest and enjoy the beach and well-deserved relaxation.

Approx. 45 km. 350m elevation gain (4-5 hours)

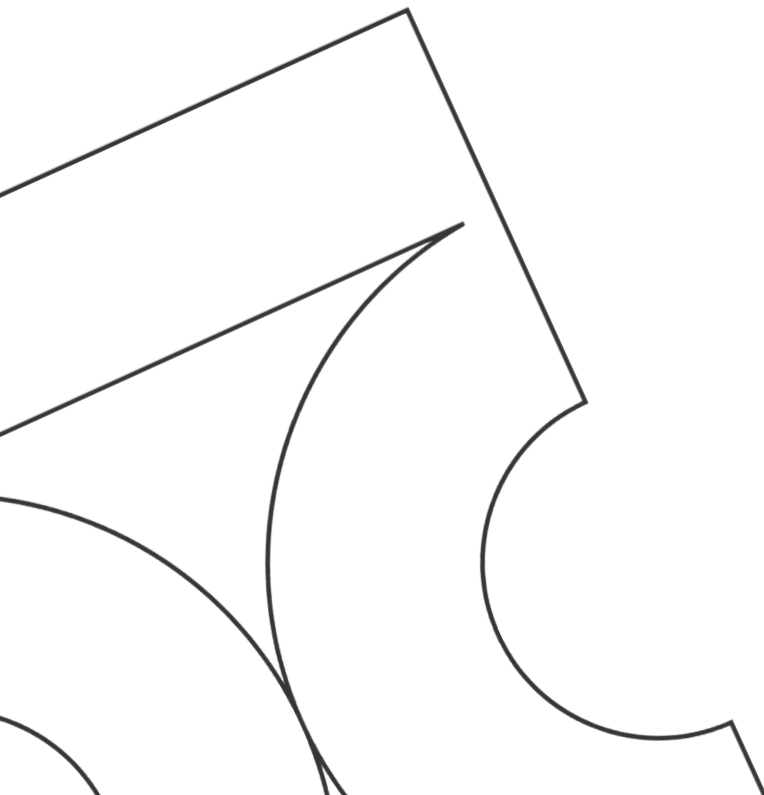
Sunday, 21nd

As a highlight, for those who can enjoy an extra day in Sharm, a boat excursion will be offered for snorkelling in the coral reefs of Ras Mohamed. There is also the option of transfer to the airport for return flights (depending on flight schedules).

Monday, 22rd

Transfer to Sharm el Sheikh Airport and return to the origin.

Remember that you can always extend your stay or start your experience before the trip begins. Contact us via WhatsApp at +34 673 604 252 or send us an email to javier@fivecontinentsrace.com to enjoy more time in Sinai, relax on the beach, or engage in other activities such as diving, sightseeing, etc. At Five Continents, we want you to enjoy both biking and leisure time!



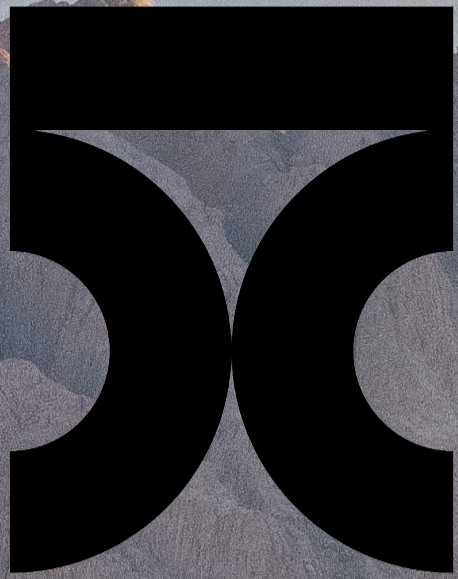
ABOUT PHYSICAL DIFFICULTY, TECHNICALITY AND OUR ADVENTURE LEVEL

To ensure that every biker can fully enjoy our experiences, we want to explain each trip's physical and technical difficulty as objectively as possible.

In the case of the Sinai Tour, it is technically accessible to any mountain, road, or triathlon cyclist. The challenges lie in the ascent of Mount Sinai and its subsequent descent (optional to climb as high as you want/can, with the option to continue on foot), as well as the numerous natural rock gardens on the singletrack between the Blue Hole and Ras Abu Gallum, also optional.

Regarding physical demands, this trip requires a moderate amateur level. If you go biking two or three times a week and can cover approximately 50 kilometres and 1000 meters of elevation gain on some of those days, you will be able to enjoy the tour without accumulating much fatigue. If you usually do easier routes, this itinerary will be a completely achievable challenge for you. You can always rely on massages and relaxing by the pool to be back at 100% the next day. However, this is only an orientation; as with all trips, we present you with a challenge. Our support vehicles will always be nearby so you can refuel or take a break if you can't or don't want to continue.

Lastly, we have our Adventure Level. For the Sinai Tour, the adventure level is high, four out of five! This means that we will be in a quite isolated and wild area, as we will be cycling in the desert and inhospitable areas, adding a level of difficulty to the duration, distance, and technicality of each route. This doesn't mean that the trip is dangerous since you will have our guides, support vehicles, and top-notch medical resources always. Additionally, the hotels we work with offer premium services and all possible comforts, except for the nights we spend under the stars in Bedouin camps and the stay in St. Catherine, which doesn't offer extensive amenities. However, we are always available to address any concerns about the necessary level and difficulty of each tour.



**FOR MORE INFORMATION
AND CONTACT**

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