

# MIND, BODY & SOUL TOURS

From Egypt, Thailand and Nepal Uncovered



Spring is here and change is in the air. So, for those seeking some long overdue time out from life to restore the mind, body or soul, adventure specialists [Egypt Uncovered](#), [Thailand Uncovered](#) and [Nepal Uncovered](#) offer inspirational trips to exotic, must-see destinations, that are ideal for stimulating the senses both cerebrally and physically. Tours start from just **£379 per person** and include:

## MIND – History & Culture in Egypt

With thousands of years of ancient history, Egypt once staked claim to one of the world's earliest civilizations, influencing many aspects of modern culture – from literature to art and religion. Now, Egypt's ancient culture exists with the new, making for a stimulating destination for culture vultures and history buffs. **Egypt Uncovered** has an eight-night [Nile Explorer](#) tour from **£379 per person (saving £50)**. Valid for departure on 11 and 25 May, the price includes transfers, varied four to five-star accommodation on a mixed-board basis and the services of an expert Egyptologist.

Let history come to life as the Egyptologist guides travellers around Cairo, uncovering the history of the Pyramids and Sphinx, stunning mosques and the famous Egyptian Museum. Then visit the island temple of Philae and the huge High Dam before stepping on board a traditional Felucca sailboat that meanders down the Nile. After spending two nights on board, head to dry land to explore Luxor and its markets, the Valley of the Kings and end the trip back in Cairo.

## BODY – Jungle Trekking & Bamboo Rafting In Thailand

Thailand is the place for weary bodies to not only rejuvenate with a signature Thai massage but also challenge oneself with jungle treks, bamboo rafting and much more. For those looking to explore all this eclectic country has to offer, **Thailand Uncovered** has a 12-day [Thailand Encounters](#) tour from **£599 per person**. Valid for departures from 26 May – 28 July, the price includes transfers, varied accommodation on a mixed-board basis and the services of an expert guide.

Jet off to the city of Bangkok and explore the capital's majestic monuments and vibrant nightlife before sleeping on a rustic rafterhouse in Kanchanaburi and discovering the ancient caves and waterfalls at Erawan Falls National Park. The highlight of the trip is a three-day jungle trek and bamboo rafting experience. Journey through Huay Nam Dang National Park to rural villages, climb aboard Thai elephants and amble on to the rafting camp, try bamboo rafting along the Mae Tang River, stopping at small tribal settlements en route. Finally, visit Chang Mai for some much needed R&R, indulge in one of the country's famous massages and a Thai cooking class.

## SOUL – Spiritual Pilgrimages & Stunning Sunrises In Nepal

Nepal boasts majestic scenery and some serious spiritual connections as it's home to the awe-inspiring Mount Everest and the birth place of Buddha - the perfect destination for a spiritual awakening. For tired souls, **Nepal Uncovered** offers a 15-day [Nepal Explorer](#) tour departing on 5 May from **£699 per person (saving £100)** and on 26 May from **£749 per person (saving £50)**. The price includes varied accommodation on a mixed-board basis as well as a trekking pack (sleeping bag, trekking poles and down jacket).

Begin this tour of discovery by visiting Kathmandu's temples and important pilgrimage sites, then journey to Nagarkot for the best mountain views in the valley to see the sunrise over the Himalayas and embark on a short trek in the foothills of the mystic Annapurna mountain range. Learn how to raft down the Trisuli, sleep under the stars on the river bank, take a safari through Chitwan National Park and a guided tour of the Peace Pagoda and Tibetan refugee camp before heading to Pokhara for a walk to Sarangkot offering spectacular scenery.

Prices do not include international flights. Contact **Egypt Uncovered**, **Thailand Uncovered** or **Nepal Uncovered: 0845 130 4849**. Facebook: [www.facebook.com/UncoverTheWorld/](http://www.facebook.com/UncoverTheWorld/) Twitter: @outworld

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