



# Walk for Gold

The path of your soul

Information brochure + Registration form 14 days Sinai Retreat



## **A revelation awaits you!**

Are you ready to take the responsibility into your own hands for yourself in order to (re)discover your true Self. Through taking every step yourself, it is you who will experience, it is you who will fully FEEL, and we are ready to give you the trip of a lifetime. An experienced team of Bedouins – camel guides, a fantastic cook, a guide and myself – are there around the clock to assist you so that you can experience worry-free.

In this guide you will find the most important things you need to know to participate in 'Walk for Gold'. We would like to ask you to read this guide carefully. We deliberately keep the groups small to aim for maximum win for Your experience. Our starting point is you! We start from each individual, so that you can enjoy the environment and the process you are going through to the maximum without worries, at your own pace.

The 14 Day Silence Journey in the Sinai Desert is a hiking trip from the Red Sea to Mt Sinai, where the emphasis is on rediscovering who you really are so that you can enjoy life to the fullest. You will be guided in this process by myself, Wim Everix. With more than 18 years of experience of solo trips in the Sinai desert and also in other power places in the world, trained as a life coach, I lead you back to your essence in an organic way. In 10 or 11 walking days, depending on the pace of the group, we will look for the natural silence. We walk at a leisurely pace through a breathtaking landscape and experience what it means to be reconnected with the natural field. In a 'back to basics' style we connect with the elements, we slow down, we enjoy every step!

We are eager to make it an unforgettable journey together with you.

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“Be the change you want to see in the world”

Mahatma Gandhi

## Program:

Day 1	Arrival in Sharm El Sheikh, at the latest 1 pm. As our groups are international and people arrive in Sharm El Sheikh at different times, each one comes under his own power to the residence on the Red Sea. We are happy to arrange a taxi for you if you specify this when you register. The first day there is free time and an introduction.
Day 2	After breakfast there is a day filled with assignments, a short ceremony as preparation for our trip and hopefully still some free time.
Day 3	We will have breakfast at the sea shore before we will be picked up in the morning and drive from the Red Sea to the starting point of our unforgettable journey. We will be walking a few hours to warm up our muscles for the days ahead.
Day 4 - 12	The adventure continues with the ultimate goal of Mount Sinai. The pace of the group determines the route we will take. Close Canyon, White Canyon, Ein Hodra (oasis) are some of the breathtaking places we get to experience together. We will break the silence on the top of the Moses Mountain. You will have the chance to spend the night on the top of this powerful mountain. After the spectacular sunrise we start the descent. Depending on the course of our trip, we may or may not spend another night in the largest olive grove of the Saint Catherine Monastic Community.
Day 13	In the morning we descend further to the mountain village of St Catherine where the participants eat their lunch. After a typical local meal we drive back to our accommodation at the Red Sea where we have the rest of the day free and can share our experiences.
Day 14	We have a last breakfast and a nice chat about our experiences. The new born you wants to stay but will have to catch a flight back home. Airport transfers for the return flight can be arranged through WalkforGold!

## For whom is this extraordinary experience?

### **Do you want to leave the period when your thoughts keep racing through your head on autopilot?**

Do you have any indications of a burnout? Or are you in the middle of it?  
Do you feel like you are doing everything you can to live a happy life, but you can't succeed?  
Do you feel like you've lost your way?  
Do you want to stop surviving and enjoy life to the fullest again?  
Are you in a period of profound change?  
Do you want to live life from passion?  
Have you had enough of the rat race and are you looking for a different approach to life?  
Do you feel a deep desire to go to the essence of yourself? Do you long for true connection?  
Do you want to experience what it means to live from the heart?  
Are you looking for a deeper connection with life?  
Do you want to tune in with your life mission? The time is now.

### **Are you ready to take responsibility for your well-being into your own hands?**

If your answer to one of these questions is YES, then you are the ideal person to go out with.

**'Walk for Gold – The Path of the Soul'.  
One of the most transformative experiences in your life is awaiting you.**



## How do we bring you this experience?

After more than 18 years of experience with silent walks, we put ourselves at your service. Over the years, through intense self-observation during the numerous journeys, I have seen how time and again I was consciously and unconsciously guided by similar experiences. They became rituals in order to initially come back to myself. I have come to recognize these over an extended time and they are now bundled together in an extensive tool box full of efficient tools to easily come back to your center. No complex techniques coming out of one or the other theoretical textbook, not too much blahblah, but tools that speed up the entire process, handed over to me through walking an authentic life, straight from life experiences.

## The experience that we like to share with you is based on 5 important pillars.

### 1. The power of nature

If this stream is interrupted or no longer flows properly, we as humans can no longer function optimally. The natural field is the network that vibrates the same as our human body, and with which we consciously connect during our trip. We will be bathing in one of the most powerful locations on our planet. Let yourself be embraced by the power and splendor of the Sinai desert, and let yourself be led into the Kingdom of Silence.

If we would charge our body with the same intensity as we do with our mobile phone, we would be in nature every day!

ons volledig terug verbinden met de natuurlijke intelligentie die in éénieder van ons huist.

### 2. Silence

We all come from a state of being, being without thinking, a place of deep inner silence, a pure feeling state where we experience ourselves without judgment.

Inner peace, silence, it is like our first language, it is ancient, it is our birthright. It is the language that makes our soul speak.

Stopping our train of thoughts is therefore a first challenge that we go through in an organic way. In our quest for inner peace, we are going to stimulate our mind as little as possible. We notice that our stream of thoughts gradually slows down to eventually arrive at a pleasant experience of emptiness. From that emptiness we come to truth. We are inspired, no longer from the mind but from the heart.

### 3. Back to basics/out of the comfort zone

The life, our agendas, circumstances, what you do with your free time, ... it all influences how you feel. We are so overwhelmed with input these days. The load of information that is consciously or unconsciously included in the programming of our daily lives adds up, and is in the long run harmful for our well-being. By consciously distancing yourself, by inserting a moment in your life where you leave all this for what it is, by stepping out of your comfort zone, you give yourself the time and space to let go of all those distractions. and you can redirect your attention to that which is real.

In the desert we go back in true connection with what is, we feel the natural elements earth, water, fire, air and ether. We immediately come into contact with the natural everyday cycle. We rise with the sun, and go to sleep not long after it sets. We enjoy the day under the watchful eye of the stunning starry sky.

#### 4. Own Responsibility

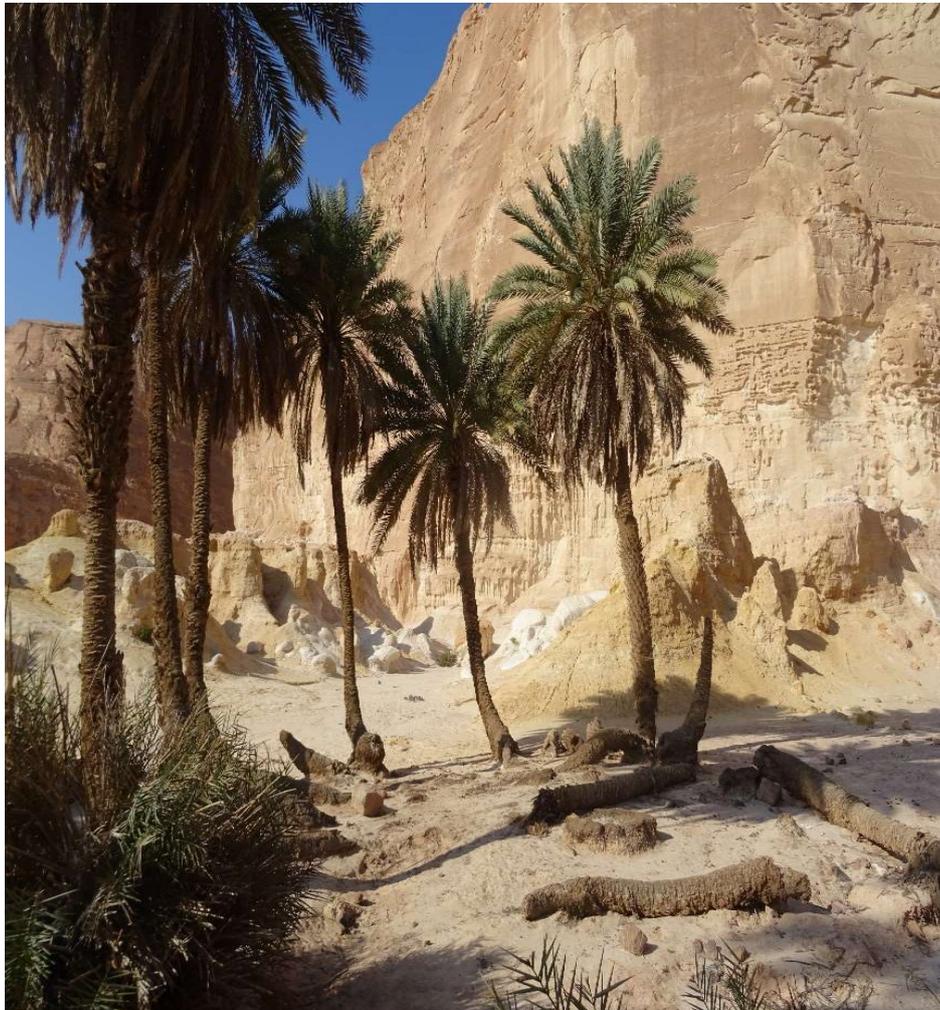
Only when you give your attention a full 100%, at that moment, you create opportunities to experience reality.

The message here is to take your responsibility into your own hands. Unfortunately you can't buy happiness, you can only learn to tune in with it and cherish it. That is why we invite you to come and experience 'the path of the soul' for yourself. Don't put off any longer what your soul longs for!

The change is in the action. "Be the change you want to see in this world"

#### 5. Breath

Without breath there is no life. Fortunately, we breathe automatically. You don't even have to be conscious to breathe, even when we sleep we breathe. But this does not mean that we do not have to breathe consciously. How someone breathes is telling us a lot about how this person walks life. We therefore go back in search of healthy natural breathing.



## Everything about our offer :

### What is included?

- All transfers in Sinai from our coastal residence until we return from our desert trek to the coastal area.
- 14 Days of enjoying breathtaking nature.
- 14 Days of enjoying breathtaking nature.
- All healthy meals prepared with local products, both by the sea and in the desert.
- Tea, coffee, water and juices.
- All costs of the guides, camels and escorts, and the cook who travels with us in the desert
- Guidance during the entire program provided by life coach Wim Everix.
- All the necessary logistics.
- Transport by camel of all your belongings, except your day pack.



### Not included::

- \* Airline tickets.
- \* Other drinks than mentioned above.
- \* Personal expenses souvenirs and internet use at the Red Sea.
- \* The cancellation insurance, luggage and repatriation insurance.
- \* A tip for the Bedouins who accompany us on the trek.
- \* Other drinks than mentioned above.

## Warranties :

### A small group, more personal guidance!

We go for quality in all its aspects. We start from you, the individual. You are central to us. So no long queue when it's dinner time. We really go into untouched nature and want to strive for a minimum impact on our environment with our small group.

### Discover the real Bedouin life!

We may have sporadic contact with the few families still living in the desert. We experience life anyway as the Bedouins have lived it for hundreds and hundreds of years. Baking bread in the charcoal, sleeping under the starry sky...

### We have thought of all the backup you need!

You can count on our organization 24/7. Everything is provided and our guides and myself are always there for you with a big smile. One of our important pillars is that you take every step yourself, that you take your own responsibility, but we will always be there for you 100% if you need us. If it turns out that there is a moment when you prefer not to walk, you can always use one of the camels.

### Your deposit remains valid!

If for some reason you have to cancel your participation (up to 2 months of departure date) , we will not leave you out in the cold. The payment remains valid and can therefore be used to join one of our trips at a later date.

### And last but not least : you are coming with us !

From the moment we have received your payment and completed registration form, you are sure to go. We will never cancel your participation after this! Only unforeseen circumstances that are beyond our control can throw a spanner in the works. Book your flights in advance and pack your bags.



## How do you prepare?

### Travel documents :

You definitely need an international passport that is still valid for 6 months after departure from Egypt.

A visa is required and can be obtained at Sharm El Sheikh airport or you can arrange it in your own country. Provide 2 recent passport photos and a budget of 25 euros.

### Flight tickets :

You need to book a flight to Sharm El Sheikh Airport. Contact your local travel agent or book online. If you have any questions, we are happy to help you choose your ticket.

### Communication :

We advise you to remove your SIM card from your mobile phone when boarding the plane in your home country, as there are very high roaming costs from above the Egyptian flight space. It is best to buy an Egyptian SIM card if you want to communicate with the home front to avoid high costs.

### What to take with you:

We recommend that you provide both summer and winter clothing. Choose comfortable clothing in which you can move freely. A thick pull and warm jacket you can put on when you leave, so you save space in the backpack. A good sleeping bag, and a tent for those who don't want to sleep under the stars. A hot water bottle for those who get cold easily. Our guides are happy to provide you with the necessary hot water in the desert.

### Packing list :

- |   |  |
|---|--|
| <input type="checkbox"/> warm coat                                    | <input type="checkbox"/> valid travel documents and card with your blood group     |
| <input type="checkbox"/> headlamp                                     | <input type="checkbox"/> underwear   |
| <input type="checkbox"/> thick pull                                   | <input type="checkbox"/> money for personal expenses                               |
| <input type="checkbox"/> toilet paper for the desert                  | <input type="checkbox"/> minimum 2 shorts and 1 long pants (or skirt)              |
| <input type="checkbox"/> sweater                                      | <input type="checkbox"/> sunglasses and sun cream (high factor for sensitive skin) |
| <input type="checkbox"/> a one-day backpack (daypack for the desert)  | <input type="checkbox"/> swimming gear (snorkel and mask)                          |
| <input type="checkbox"/> cap  | <input type="checkbox"/> head protection   |
| <input type="checkbox"/> a fleece blanket for the morning meditations | <input type="checkbox"/> bath towel  |
| <input type="checkbox"/> shawl  | <input type="checkbox"/> mosquito repellent  |
| <input type="checkbox"/> camera                                       | <input type="checkbox"/> comfortable walking shoes/sandals                         |
| <input type="checkbox"/> summer and winter socks                      | <input type="checkbox"/> limited personal supplies                                 |

## Registration form 'Walk for Gold' Sinai Retreat

The registration is subject to the general terms and conditions of sale of 'Walk for Gold'. The undersigned ("Participant") is registering to participate in the Sinai Retreat ("Event"), organized by "Walk for Gold" ("Organization"). Please send the registration form (page 10 & 11) signed and filled in to [wim@walkforgold.be](mailto:wim@walkforgold.be)

Price 2450 €

The price is based on a group of 8 people.

There is a surcharge for 'single occupation' of 100 euros for the nights we spend at the Red Sea.

### Terms of payment :

Your registration is only complete after payment of the full amount.

The payment date applies when allocating the participation places, and is at the latest one month before the departure date.

Payments in the name of :

WalkforGold  
Wim Everix  
Leopoldstraat 35/bus102  
2280 Grobbendonk  
Belgium

Bank account : IBAN BE33 7875 5322 8446

### Special conditions Silent Journey Sinai:

The participant is at least 18 years old at the start of the event.

The participant understands that the 14 day silent walk in the Sinai desert is an adventurous walk.

Under no circumstances can the organization be held responsible for theft, accidents or damage caused by third parties to the participant.

The contestant confirms that he is in physical health that allows him to participate in adventures such as the 14-day silent journey in the Sinai desert.

Under no circumstances can the participant hold the organization or its representatives responsible for health damage incurred by participating in this event.

It is the responsibility of the participant to take sufficient precautions to prevent illness and accidents.

The event takes place on the Red Sea for 4 days and the participant is responsible for any swimming and/or snorkeling in the sea.

Furthermore, the participant is expected not to take any reckless actions during the desert trek.

The organization tries to prepare a menu that is as adequate as possible in sometimes difficult circumstances. Eating times can vary from day to day.

The participant understands these circumstances and accepts any inconveniences and irregularities.

This registration is only valid after payment of 30% of the total registration amount.

This advance is not refundable if the participant cancels the participation.

The participant is only entitled to participate in the event from full payment of the registration amount as stated on the invoice.

If the organization decides to cancel the event, the full registration fee will be refunded.

However, a cancellation by the organization can under no circumstances lead to additional compensation.

Cancellation policy for participants : 60% up to 2 months before departure date.

Check and write 'read and approved'

Yes I want to register for this tour!

I want single occupation for a 100 euro extra

I have read and approved the special conditions.

Name + First name + signature participant : \_\_\_\_\_

## Registration form Silent Journey Sinai

Participant contact details			
Surname		Name	
Street		House number	
Postal code		Residency	
Country		Nationality	
Mobile phone		E-mail	
Birth date		Gender	<input type="checkbox"/> Male <input type="checkbox"/> Female
ID number		ID valid until	
Passport number		Passport valid until	

Emergency contact details			
Surname		Name	
Mobile number		E-mail	
Relation			
Travel insurance Emergency number			
Travel insurance Policy number			

Do you follow a special diet or do you have certain allergies?

Describe your physical situation below.

What is your reason for participating in the WalkforGold Sinai Retreat?

Are there other important aspects about yourself that you would like to share with us here?

<p><input type="checkbox"/> I, _____ want to participate in the 14 days Sinai Retreat, with departure date, _____.</p> <p><b>Hereby i declare that I have read and understood the registration form, and that I agree to the conditions stated in this form.</b></p> <p><b>Date :</b> _____</p> <p><b>Place:</b> _____</p>
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