

Table of Contents

Map of Jordan	1
Welcome	2
The Dead Sea	4
Dead Sea Treatments	7
Ma'in Hot Springs	13
Petra	14
Wadi Rum	16
Aqaba	16
Amman	18
Itineraries	20



MAP LEGEND

-  Historical Site
-  Petra, the new world wonder
-  Castle
-  Religious Site
-  Hotel Accommodation
-  Camping Facilities
-  Airport
-  Road
-  Highway
-  Railway
-  Bridge
-  Nature / Wildlife Reserve

For more information please contact:

Jordan Tourism Board:

Tel: +962 6 5678444. It is open daily (08:00-16:00) except on Fridays.

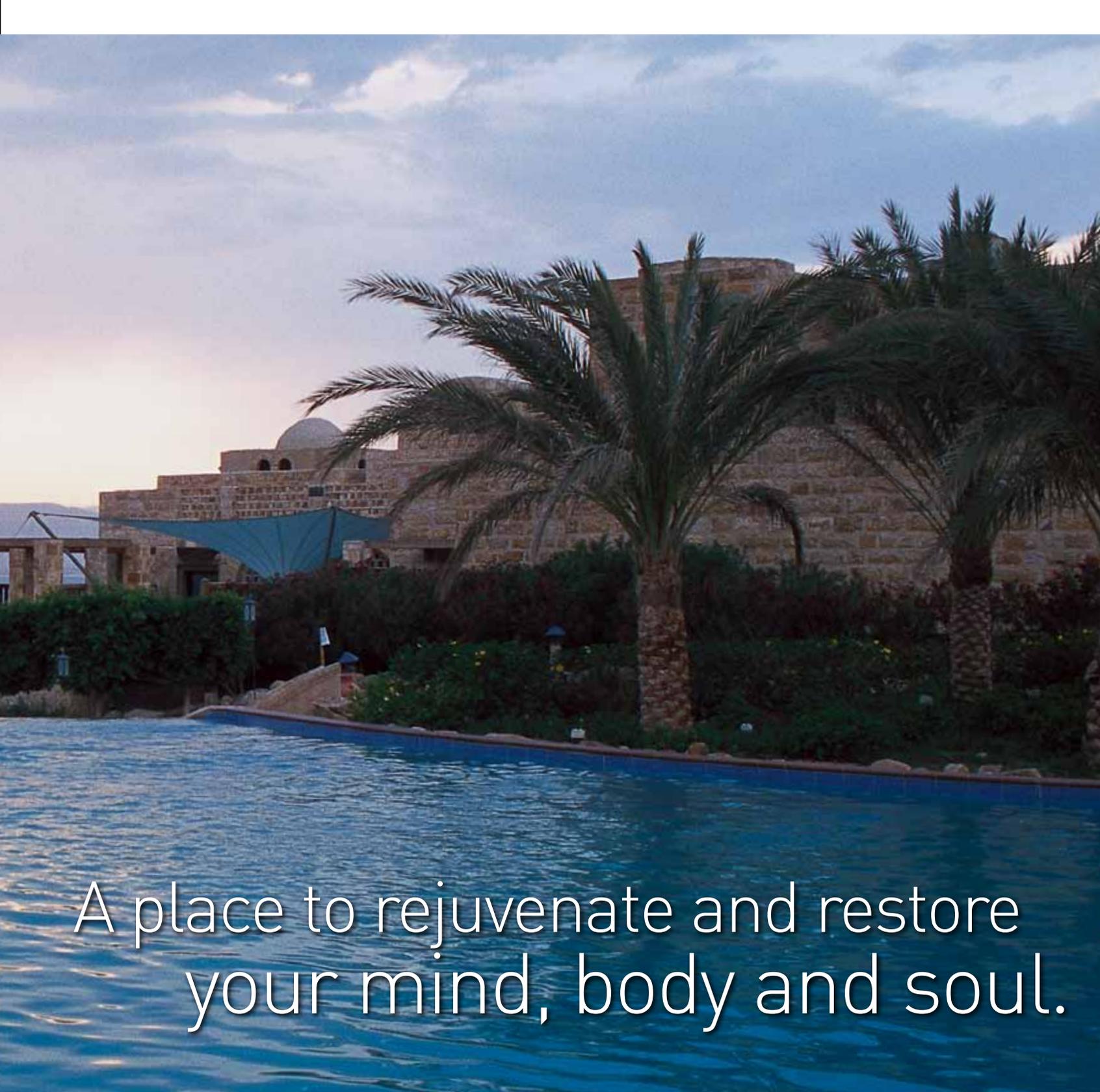
You can also visit the Jordan Tourism Board's website: www.VisitJordan.com

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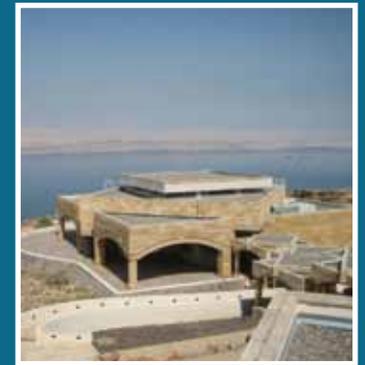
Imagine floating in the buoyant, warm, super-salty water of the Dead Sea, enjoying a relaxing massage and then an exquisite meal in exotic surroundings; or walking through stunning scenery where only the sound of the birds and the gentle breeze interrupt your thoughts. Imagine immersing yourself in the therapeutic waters of a thermal spring; sleeping under a million stars; or swimming with incredible marine life in a kaleidoscopic underwater world. Imagine what it would do for your overall health and peace of mind.

With the full understanding that the holiday destinations of today should be more diverse, Jordan has embarked on various projects that feature a combination of both leisure and wellness, so as to ensure you enjoy a unique, in-depth and relaxing experience.





A place to rejuvenate and restore
your mind, body and soul.



DID YOU KNOW?

The Dead Sea Panoramic Complex and Parkway near the Ma'in Hot Springs is easily accessible from both Madaba and the Dead Sea hotels alike. The complex, run and managed by the Royal Society for the Conservation of Nature (RSCN), sits on a steep cliff overlooking the Dead Sea. It houses a museum, viewing terraces, a restaurant, conference facilities and other wayside amenities. It makes an ideal stop over for those exploring the Holy Land or simply seeking stunning scenery.

THE DEAD SEA

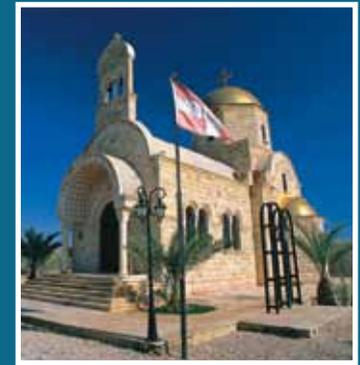
Without a doubt the world's most amazing place, the Jordan Rift Valley, is a dramatic, beautiful landscape, which at the Dead Sea is over 400m (1,312 ft.) below sea level. The largest natural spa in the world, and the lowest point on the face of the earth, this vast stretch of water receives a number of incoming rivers, including the River Jordan. Once the waters reach the Dead Sea they are landlocked and have nowhere to go, so they evaporate, leaving behind a dense, rich cocktail of salts and minerals that supply industry, agriculture and medicine with some of its finest products.

The Dead Sea is flanked by mountains to the east and the rolling hills of Jerusalem to the west, giving it an almost other worldly beauty. Although sparsely populated and serenely quiet now, the area is believed to have been home to five Biblical cities: Sodom, Gomorrah, Admah, Zeboim and Zoar (Bela).



One of the most spectacular
natural and spiritual
landscapes in the world.

One of the most spectacular natural and spiritual landscapes in the world, the Jordanian east coast of the Dead Sea has evolved into a major hub for both the religious and the health & wellness tourism in the region. A series of good roads, excellent hotels with spa and fitness facilities, as well as archaeological and spiritual discoveries make this region as enticing to today's international visitors as it was to kings, emperors, traders, prophets and pilgrims in antiquity.



DID YOU KNOW?

Aside from its world class spa facilities, the area around the Dead Sea has a spiritual significance. This is the place where God first spoke to Man; it is the Holy Land where God gave his Ten Commandments to Moses, where Job suffered and was rewarded for his faith, where Jacob wrestled with the angel of God, and where Jesus was baptized by John,

In the Book of Genesis, God refers to the Jordan River Valley around the Dead Sea as the "Garden of the Lord" - it is believed to be the location of the Garden of Eden.

Jordan



↑ One of the Dead Sea's luxurious spa resorts.

The leading attraction at the Dead Sea is the warm, soothing, super-salty water itself - ten times saltier than sea water, and rich in chloride salts of magnesium, sodium, potassium, bromine, several others. The unusually warm, incredibly buoyant and mineral-rich waters have attracted visitors since ancient times - including King Herod the Great and the beautiful Egyptian Queen, Cleopatra - all of whom have luxuriated in the Dead Sea's rich, black, stimulating mud and floated effortlessly on their backs while soaking up the water's healthy minerals along with the gently diffused rays of the sun.

The Dead Sea is the safest place in the world to sunbathe. The vapour that rises from the continuously evaporating surface of the sea acts as a natural filter for potentially harmful UVB rays.



The air around the Dead Sea is around 8% richer in oxygen than at sea level.

Dead Sea Treatments

The therapeutic benefits of the Dead Sea have been known to man for at least 2,000 years. A unique combination of climatic conditions and elements - sun, water, mud and air - have been proven to offer excellent natural treatments for a range of chronic ailments including dermatological problems such as Psoriasis, Atopic Dermatitis, Vitiligo and Psoriatic Arthritis, as well as for respiratory conditions such as Asthma, and for many other ailments, including Arthritis, circulatory problems, hypertension, Parkinson's Disease and some eye problems.



An infinity pool overlooking the Dead Sea. ↑

The constantly evaporating waters of the Dead Sea leave behind a unique combination of chloride salts, sulphur, sodium, potassium, iodine, magnesium, calcium and bromine:

- *Chlorine is a natural antiseptic that boosts the skin's protective layer and reduces swelling;*
- *Sulphur detoxifies and stimulates the metabolism;*
- *Sodium balances the skin's pH levels;*
- *Potassium regulates the body's water balance;*
- *Iodine improves thyroid health and cell metabolism;*
- *Magnesium enhances functioning of skin metabolism, facilitates breathing and protects against allergies;*
- *Calcium clarifies the skin surface and relieves pain;*
- *Bromine is a muscle relaxant, well known for its calming effect. It is found in the air around the Dead Sea in concentrations 20 times greater than anywhere else in the world.*

Due to the high barometric pressure, the air around the Dead Sea is around 8% richer in oxygen than at sea level. This dry, rich, allergen-free air makes the area a haven for people with respiratory problems.



DID YOU KNOW?

The water level of the Dead Sea is dropping by about 30cm (1 ft.) per year. It is being diverted by Israel and Jordan for industry, agriculture and household use. Scientists predict that the sea may be dried up by the year 2050.



Today, thousands of people from all over the world come to the Dead Sea to rejuvenate, recover, relax and enjoy its natural benefits. A chain of world class luxury hotel and spa resorts line the coast. These provide superlative accommodation and range of treatments in their spas. The Dead Sea's clinics specialize in the treatment of skin, joint and eye diseases, as well as respiratory and hypertension problems. Each clinic has a team of senior physicians and experts and a fully-trained nursing staff.

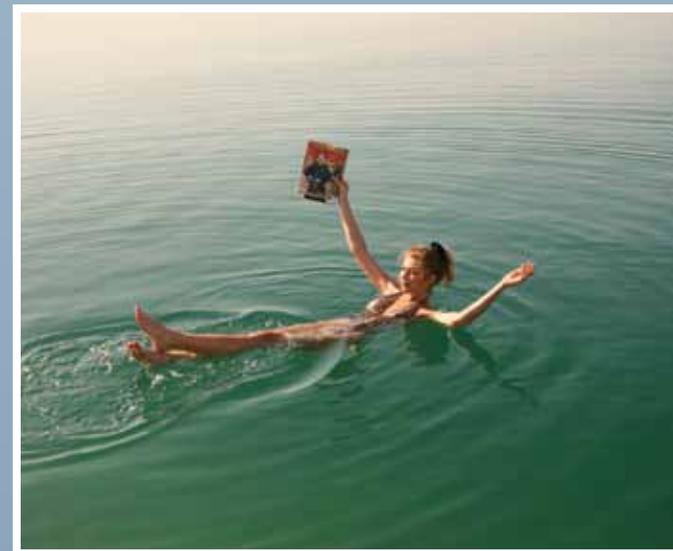
The Dead Sea's laboratories produce a range of facial mud masks, bath salts, shampoos, cleansers, nourishing creams, moisturizers, hand creams, make-up removers, skin toners, astringents, face washes, bath and shower gels, soaps and sun protection creams. All are produced from the area's natural elements, are of excellent quality, and are available in outlets throughout Jordan.

They can also be ordered online for delivery anywhere in the world so that visitors can continue to enjoy the benefits of the Dead Sea, long after they have returned home.

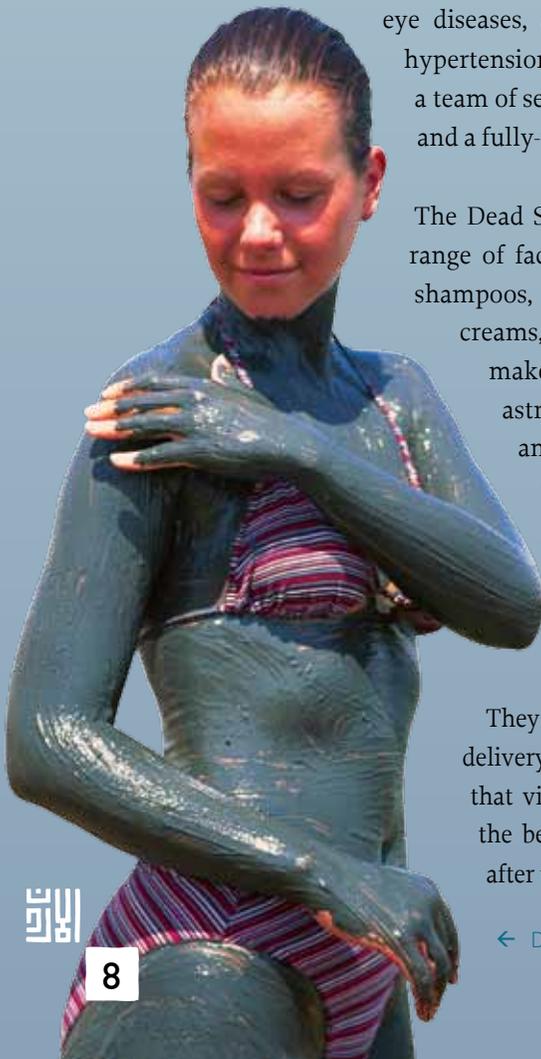
Dead Sea mud, or pelloid, is mineral-rich alluvial sediment, saturated with sulphide components. It holds heat well and can be smeared on the body to cleanse the skin and relieve arthritic and rheumatic pain.



↑ Dead Sea treatments.



↑ High levels of salinity make it virtually impossible to sink in the Dead Sea.



Perfect venues for those seeking to escape the stress and anxieties of everyday life.



DID YOU KNOW?

Dead Sea therapies are so highly regarded by some EU countries, including Germany and Austria, that long-stays in the area are available courtesy of their health insurance plans.

Accommodation

All of this has been enhanced by luxurious accommodation combined with the superb health and fitness facilities to be found at the 5 star Movenpick Hotel and Resort, the 5 star Jordan Valley Marriott, the stunning 5 star Kempinski Hotel Ishtar Dead Sea, the 5 star Holiday Inn Dead Sea, and the 4 star Dead Sea Spa Hotel. These outstanding resorts offer world class accommodation and are perfect venues for those seeking to escape the stress and anxieties of everyday life.



The focus is on health and wellness, and all establishments offer extensive Dead Sea treatments and spa facilities. In addition, they provide modern fitness centres and multiple sports facilities, including swimming pools, water sports, tennis courts...etc.

The hotels are located within easy access to the Jordan Valleys' most famous historic and cultural attractions.

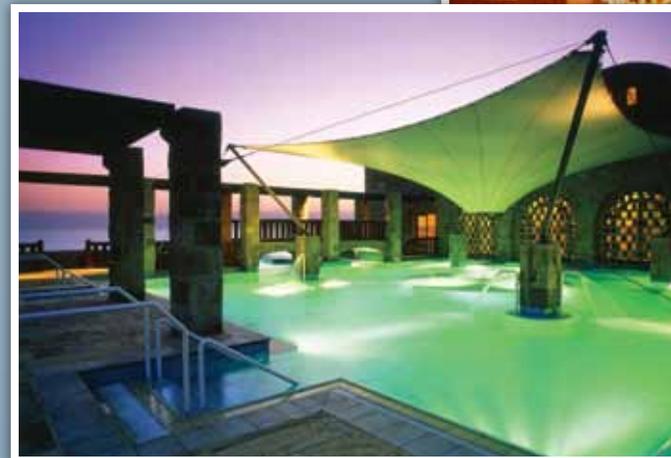
No trip to the Dead Sea is complete without a visit to at least one of the many outlets that sell the world famous Dead Sea products. These are reasonably-priced, of excellent quality, and make great gifts. There are also many shops selling Jordanian handicrafts, rugs, Bedouin jewellery, mosaics, sand bottles, glassware and other locally-made items.

5 Star Hotels

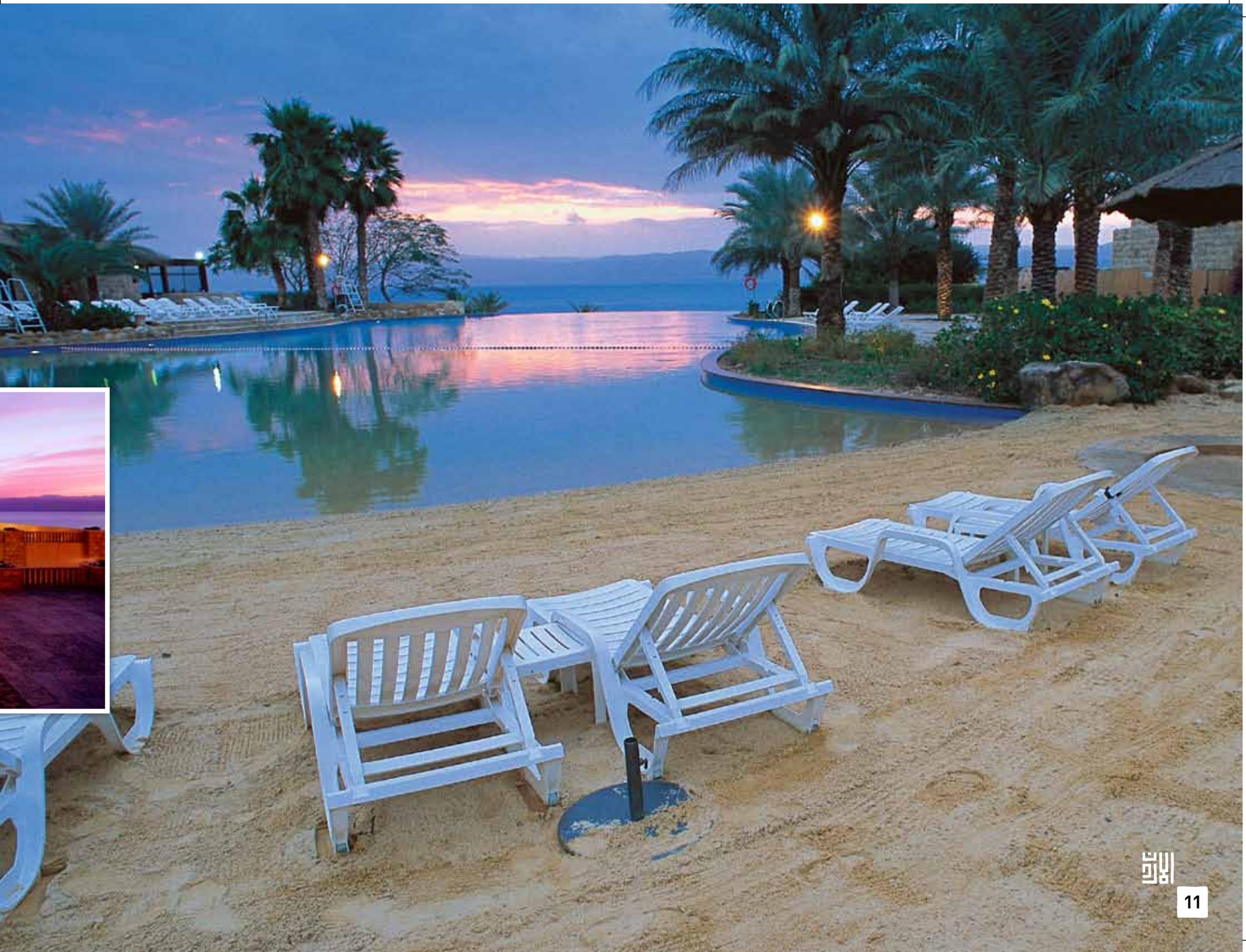
- *Movenpick Hotel & Resort*
- *Jordan Valley Marriott Resort & Spa*
- *Kempinski Hotel Ishtar Dead Sea*
- *Holiday Inn Dead Sea*

4 Star Hotel

- *Dead Sea Spa Hotel*



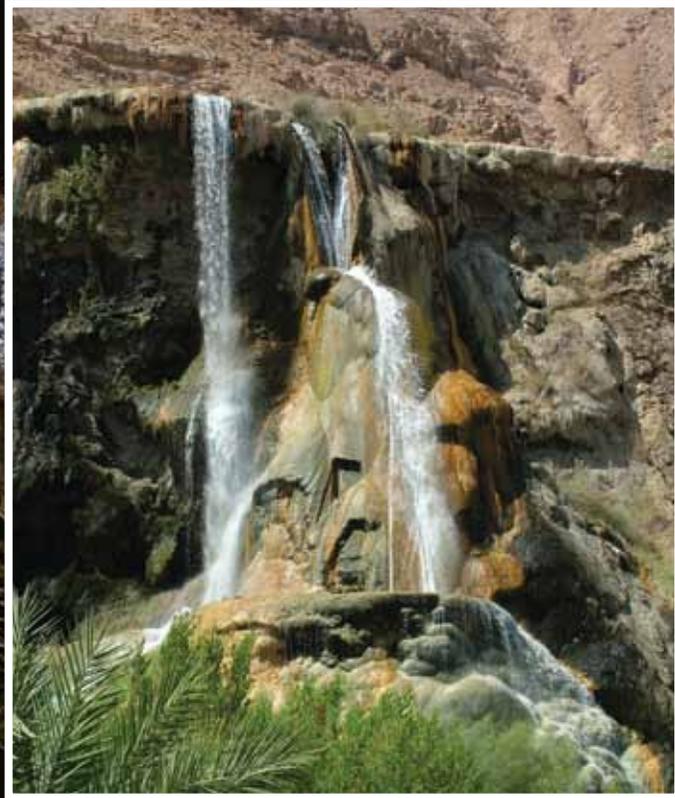
← ↑ A 5 star hotel and spa resort.



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↑ Ma'in Hot Springs

Since the days of Rome, people have come to the mineral springs of Ma'in.

MA'IN HOT SPRINGS

The hot freshwater springs that feed the Dead Sea contain high concentrations of minerals and hydrogen sulfide. One such place is Hammamat Ma'in, a beautiful oasis on the edge of the Dead Sea and the Mujib Nature Reserve, where the hot spring waters descend from the rocks above to form natural thermal pools. Since the days of Rome, people have come to the mineral springs of Hammamat Ma'in or Zarqa Ma'in for thermal treatments, or simply to enjoy a hot soak. After all, what better way to end a day immersed in history than in a wonderful, naturally warm bath?

Accommodation

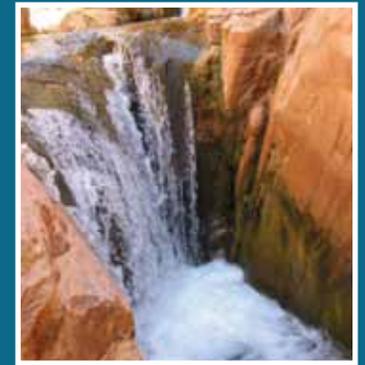
The Evason Ma'in Six Senses at Ma'in Hot Springs offers Indoor and natural outdoor hot pools, a swimming pool, and a world class spa that hosts a wide range of therapeutic and leisure services.

Directions

Ma'in Hot Springs is located south-west of Madaba.

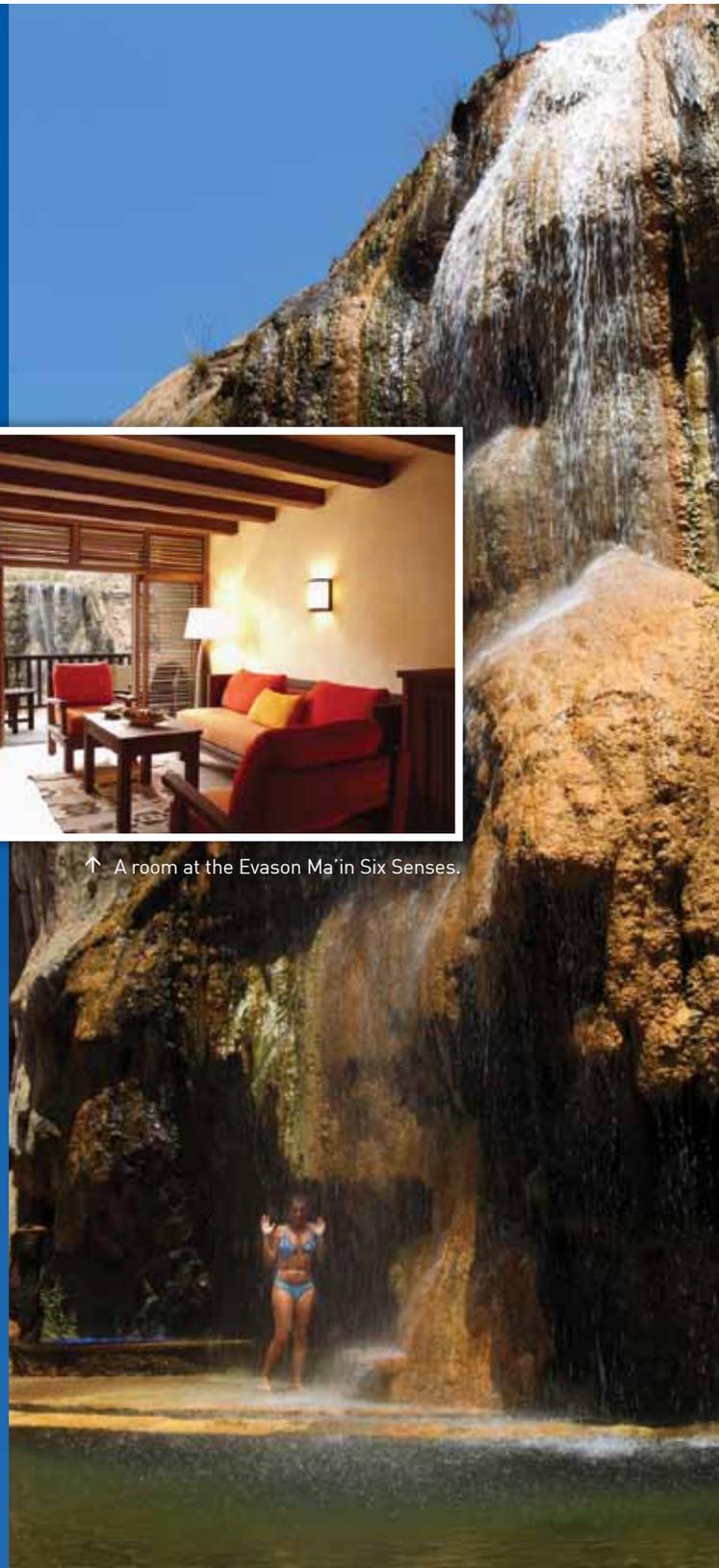


↑ A room at the Evason Ma'in Six Senses.



DID YOU KNOW?

The Mujib Reserve extends to the Karak and Madaba mountains to the north and south, reaching 900m above sea level in some places. This 1,300m variation in elevation, combined with the valley's year-round water flow from seven tributaries, means that Wadi Mujib enjoys magnificent biodiversity that is still being explored and documented today.

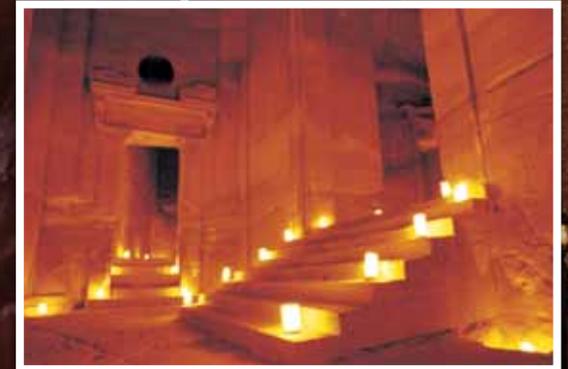
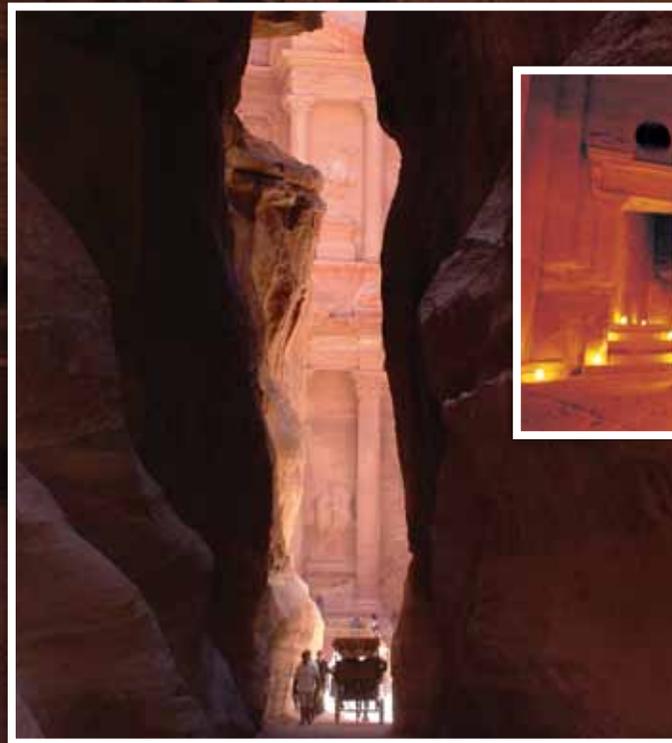


PETRA

Petra is without a doubt Jordan's most valuable treasure and greatest tourist attraction. It is a vast, unique city, carved into the sheer rock face by the Nabataeans - an industrious Arab people who settled here more than 2,000 years ago, turning it into an important junction for the silk and spice and other trade routes that linked China, India and southern Arabia with Egypt, Syria, Greece and Rome.

Entrance to the city is through the Siq, a narrow gorge over 1km in length, which is flanked on either side by soaring, 80m high cliffs. Just walking through the Siq is an experience in itself; the colours and formations of the rocks are dazzling. As you reach the end of the Siq you will catch your first glimpse of Al-Khazneh (The Treasury).

The Treasury is the first of the many wonders that make up Petra. You will need at least 2 to 3 days to really explore everything here.



↑ The Treasury at Petra during the Petra by Night tour.

← The Siq leading to the Treasury.

Your visit to this outstanding UNESCO World Heritage Site will be enhanced by the excellent 4 and 5 star accommodation available in and around the nearby town of Wadi Musa. These world class hotels offer every opportunity to relax and soothe away the aches and stiffness that may accompany a day of exploring the site.



Here you will discover professionally-staffed spas, health centres and hammams, all of which offer treatments using the renowned Dead Sea products that leave you feeling relaxed, restored and ready for another day of exploration.

For the elderly and/or handicapped, the Petra Visitors' Centre, close to the entrance of the Siq, will issue a special permit for a carriage to go inside Petra to visit the main attractions.

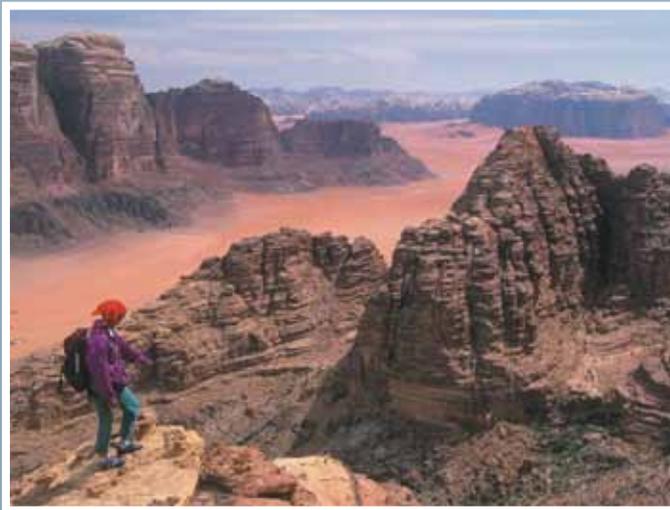


DID YOU KNOW?

Bottles filled with brightly-coloured sands have been made by artisans in Petra and Aqaba for decades. It is believed that the first person to do this was a native of Petra, Mohammed Abdullah Othman, who taught himself the craft as a child, collecting his material from nearby mountains and caves. Othman and his fellow artisans have no need to use dyes for their art as there are more than 20 different natural colours occurring in the local sandstone.

WADI RUM

Nearby, Wadi Rum a newly-declared UNESCO World Heritage Site, provides another restorative experience. Here, amid the stupendous cliffs, canyons and endless deserts, life takes on a different perspective. Transport is either by horse, camel or 4x4 vehicles, but to really discover the secrets of Wadi Rum, nothing beats hiking or walking. Rock climbing is a popular activity and visitors come from all over the world to tackle Wadi Rum's challenging climbs. Climbing there has been described as comparable with, and sometimes even better than, places like the Dolomites. Far away from the stresses of modern-day living, a night or two camping under the stars in a Bedouin tent can do wonders for your overall outlook on life.



↑ Wadi Rum's vast, echoing landscape makes an ideal setting for peaceful contemplation.

AQABA

Situated at the most northern point of the eastern arm of the Red Sea, the delightful seaside resort of Aqaba is the perfect location for health and leisure activities. Here, the Red Sea itself with its beautiful reefs, teeming with amazing underwater life, provides the main attraction. Scuba diving, snorkelling, swimming, sailing, windsurfing, waterskiing, or just chilling out on the beach, are only a few of the ways to relax and restore both body and soul at Aqaba. The water is warm, the weather is perfect, and the facilities are second to none.

Well-equipped spas, fitness centres and gyms are featured in Aqaba's leading hotels and resorts, as are swimming pools and tennis courts. The town also offers numerous health and sports clubs.

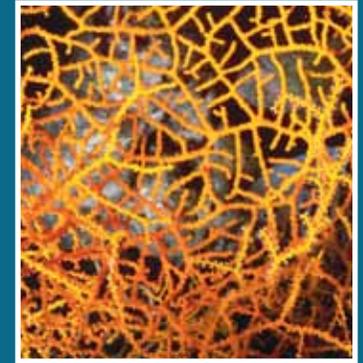
The town of Aqaba itself offers visitors all manner of activities including museums, historic sites, excellent seafood restaurants, movie theatres and much more. If you've had your fill of adventure for the day, there's still plenty of ways to wind down and relax.



The water is warm, the weather is perfect and
the facilities are second to none.



Soaking up the sun after a dive. ↑



DID YOU KNOW?

Corals are not plants but living organisms. They are part of an ancient and simple group of animals known as cnidaria. A coral structure is actually composed of hundreds or thousands of these tiny animals growing together as a colony. Because of their slow rate of growth, about 1cm a year, the corals that you see in the Gulf of Aqaba are centuries old.

The warm waters of the Red Sea create perfect conditions for coral growth and the area around Aqaba's coastline is protected by law to ensure that this delicate habitat is preserved.

AMMAN

A wide range of leisure and wellness opportunities are available for visitors to Amman. Most of the leading hotels have swimming pools, tennis courts and excellent, fully-equipped and professionally-managed spas and fitness centres.

Within the city are many private gyms and sports facilities, as well as clubs and sports organizations for everything from horse riding, cycling and flying, to golf, basketball, football and running.

Amman also has a large waterpark, with lots of slides and rides to keep children and the young at heart cool and entertained for hours.

The King Hussein National Park is located on the western outskirts of the city and is a great place to while away a few hours. Within the park is The Cultural Village, which highlights Jordan's heritage through its handicrafts and culture. The centre includes studios for Arabic calligraphy, stone inscriptions, natural dyes and various other traditional crafts.



↑ A hotel pool beckons shopping-weary visitors.

A visit to the Hammam is a totally invigorating experience for both mind and body.

The Park, which overlooks Amman, has outstanding themed gardens, and an auditorium where various events and festivals regularly take place. It also has a large sports training facility, as well as a children's playground, a children's museum, medical clinic and restaurant.

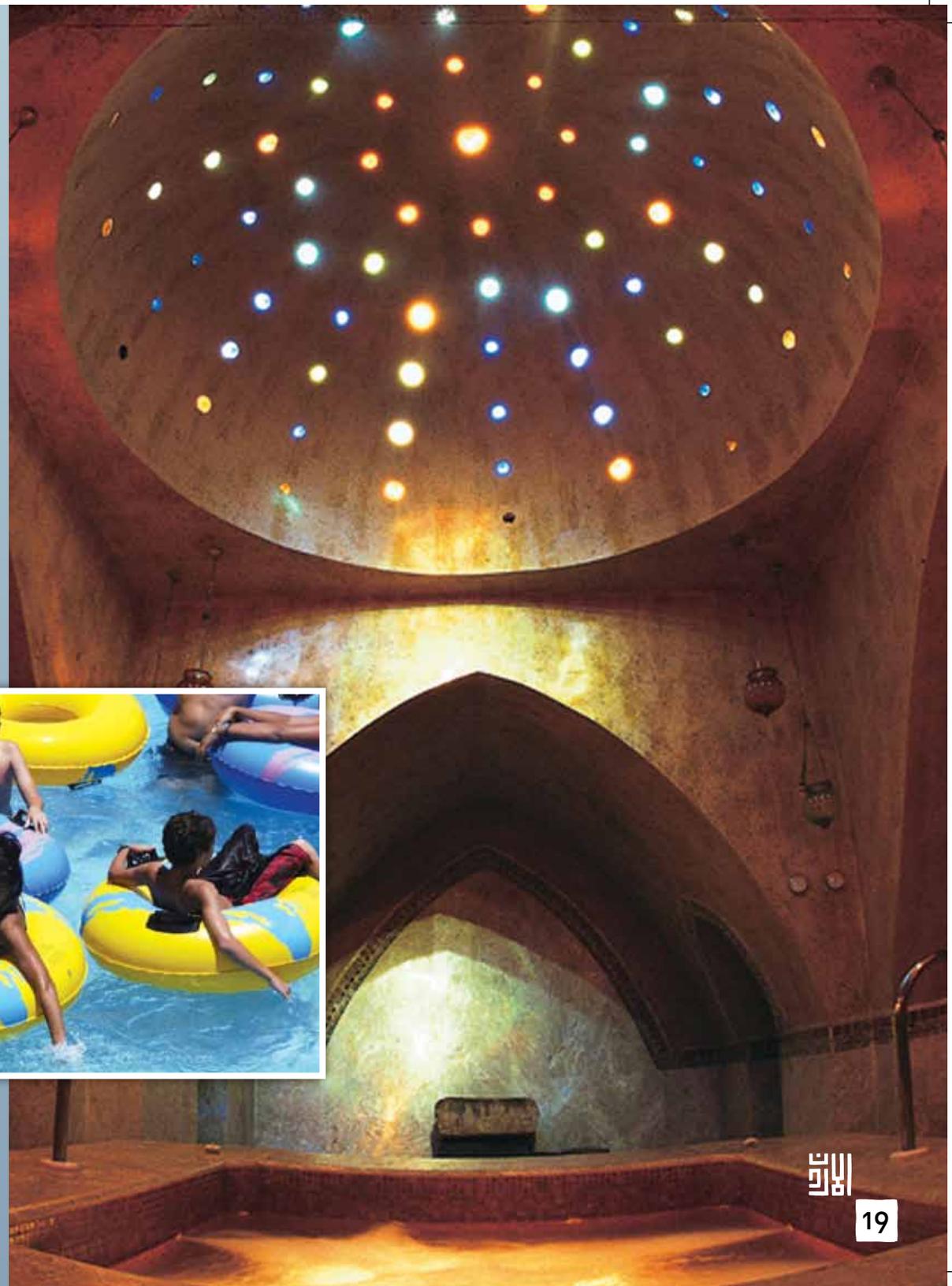
A visit to the Hammam, a Turkish bath, is a good way to discover more about the local culture. This is an Ottoman-style communal bathhouse, highly popular throughout Jordan and the region since Roman times. The baths consist of three main rooms: a Frigidarium, Tepidarium and Calidarium - the cold, warm and hot rooms, respectively. This is a totally invigorating experience for both mind and body.

The Jordanian people are extremely health-conscious, so it's hardly surprising that the country's clinics, medical and research facilities are notable within the region.



One of Amman's waterparks. ↑

The Hammam. →



LEISURE & WELLNESS ITINERARIES

3 Day Itinerary

Day 1. Dead Sea - *Overnight at the Dead Sea*

Day 2. Ma'in Hot Springs - *Overnight at Ma'in*

Day 3. Amman

5 Day Itinerary

Day 1. Dead Sea - *Overnight at the Dead Sea*

Day 2. Ma'in Hot Springs - *Overnight at Ma'in*

Day 3. Petra - *Overnight in Petra*

Day 4. Aqaba - *Overnight in Aqaba*

Day 5. Amman

8 Day Itinerary

Day 1. Dead Sea - *Overnight at the Dead Sea*

Day 2. Dead Sea - *Overnight at the Dead Sea*

Day 3. Ma'in Hot Springs - *Overnight at Ma'in*

Day 4. Petra - *Overnight in Petra*

Day 5. Wadi Rum - *Overnight in Wadi Rum*

Day 6. Aqaba - *Overnight in Aqaba*

Day 7. Aqaba - *Overnight in Aqaba*

Day 8. Amman

