

WELCOME TO THE **CAIRO** INSIDER COLLECTION

Truly memorable meetings and events with authentic local flavour – that is the inspiration behind the InterContinental Insider Collection.

Our network of hotels and resorts is global; our knowledge and expertise local, giving planners guaranteed choice, range and depth to add to any meeting or conference. With each hotel offering its own bespoke selection of services, and every experience designed around you, the InterContinental Insider Collection delivers unique events firmly rooted in their location with a rare, but tangible sense of place.

The options are limitless, the local knowledge rich, the service professional and faultless, the delegate experience enriching and rewarding every time.

Sample for yourself some of our wonderful Cairo experiences.

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INSIDER LOCATIONS

Choose an InterContinental venue for your event and a world of possibilities opens up. As locals, your hotel team hold the key to a side of your locality tourists never see. What and who they know gives you an exclusive mix of authentic venues and experiences to play with.

INSIDER SPEAKERS

Bring your event to life with an inspirational speaker – someone who can really strike a chord with your delegates and enrich their experience beyond measure. Fascinating and engaging, motivating Insider Speakers range from celebrities and cultural experts to sporting heroes. Whatever their passion, they all have a local connection and you will discover that their unique insights and local know-how make your event one to remember.

INSIDER COMMUNITY

There's nothing quite like immersing yourself in the community to gain an added depth and understanding to your experience in a new destination. Insider Community has been designed to benefit local people and create truly memorable and meaningful experiences for your delegates too.

INSIDER INTERACTIONS

This team-building experience will help your delegates connect with each other as never before. Using the unique character, heritage or geography of your destination to inspire interaction, each experience, whether based on or offsite offers an original way to engage delegates and motivate them to build effective working relationships.

INSIDER BREAKS

With Insider Collection even your breaks are fulfilling experiences. From serving up a delicious lunch of provincial dishes for a taste of regional cuisine to spending some quality time with your Concierge team to get their best insider tips, a few minutes out of your busy schedule becomes a whole experience in itself.

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SPEND PART OF YOUR MEETING AT THE BEAUTIFUL AZHAR PARK

Located in the heart of old historic Cairo and commanding stunning panoramic views of the world's most intriguing city, The Al-Azhar Park is listed as one of the world's sixty great public spaces by Project for Public Spaces, it offers every visitor a glimpse into the captivating past. The creation of the 30 hectare (74 acre) Al-Azhar Park on Al-Darassa, by the Aga Khan Trust for Culture, came when his highness the Aga Khan decided to donate a park to the citizens of Cairo in 1984.

Lush green landscaped gardens are an enjoyable sojourn away from city's major tourist attractions.

Embracing valuable history, the park is home to the newly discovered Ayyubid wall, constructed by Salah El Din more than 800 years ago.

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SAIL THE NILE ON A FELUCCA BOAT

Feluccas are sail boats that have been used on the Nile since antiquity. Enjoy a relaxing experience of a felucca ride on the River Nile, where you can discover the amazing night life of Cairo or enjoy the warm sun during the day.

Guests will embark on Feluccas and enjoy lunch while sailing on the Nile for one and a half hours while enjoying Cairo's great weather as well as getting a glimpse of the city of Cairo during the day or night.

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LEARN THE SECRETS OF THE PHARAOHS WITH BASSAM EL SHAMMA

The well known Egyptologist Bassam El Shamma will take you on an amusing journey to discover the secrets of ancient Egypt.

Bassam studied Ancient Egyptian Pharaonic, Greco Roman, Islamic history and monuments, he has been working as a tour guide and an Egyptology lecturer since 1985 and he is.

He is the author of 30 books in English and Arabic in Egyptology and the monuments of the world, he presents six different TV shows.

Bassam gives some interesting lectures including the destiny of King Tut, the mysteries of the pyramids, sports in ancient Egypt, strange historical events and **how to write hieroglyphs**.



ENVIRONMENTAL DAY AT WADI DEGLA PROTECTORATE

Embrace the nature by engaging your team in a cleanup day in Wadi Degla Protectorate.

This fairly large wadi “valley” rises in the mountains of the Eastern Desert and runs northwest to debouch into the Nile Valley just to the south of Cairo at Maadi. It runs through limestone country cutting a deep winding canyon; in its central part, floodwaters have carved the rock into spectacular shapes.

There are innumerable fossils in the rock formations and some scattered patches of petrified wood that are an extension of the Maadi petrified forest.

There is vegetation in the wadi bed and on its banks, composed of both annual and perennial plants and after rain, ephemerals burst into life.

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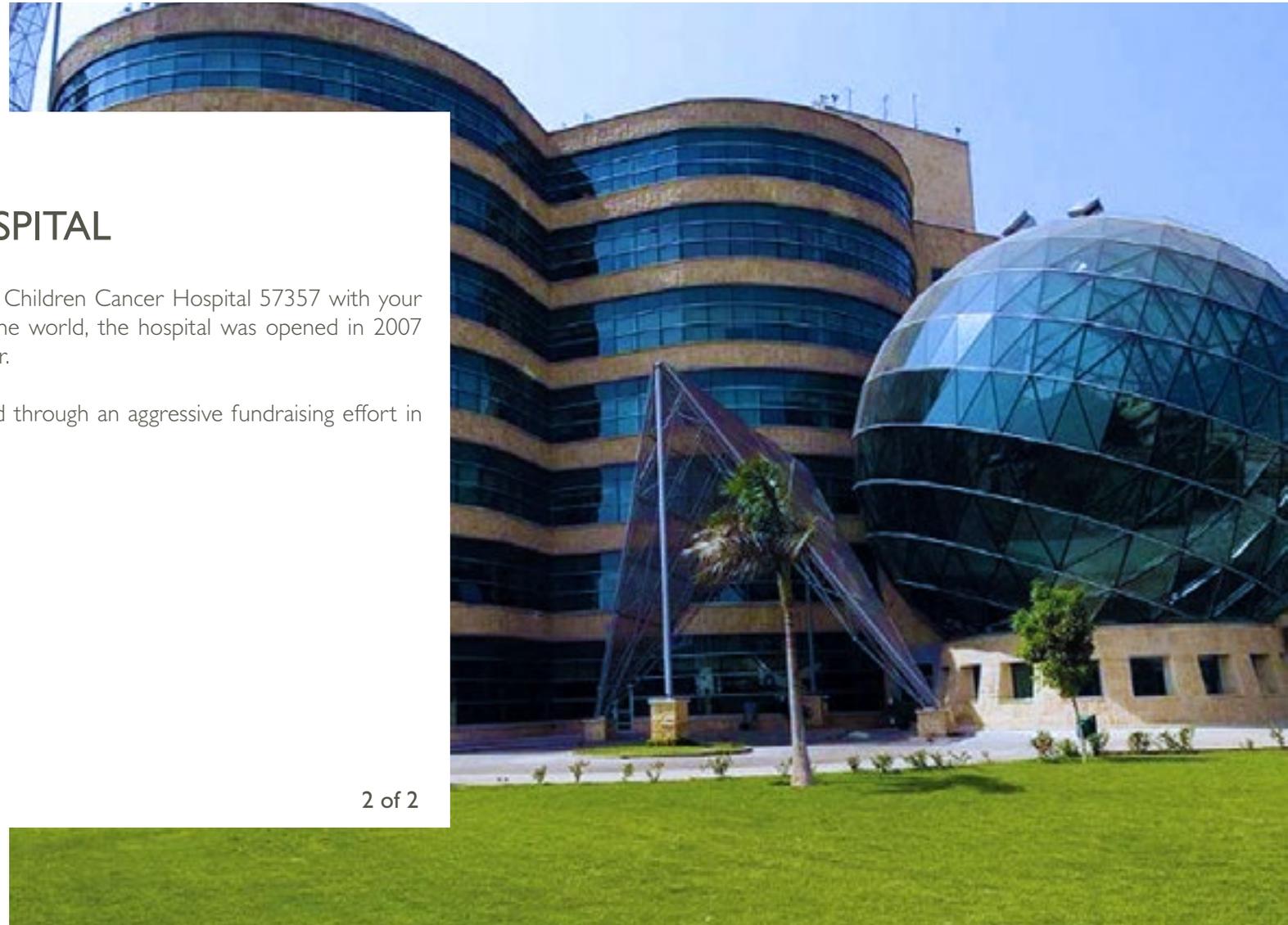
SUPPORT THE CHILDREN CANCER HOSPITAL

Take some time off your meeting and visit the Children Cancer Hospital 57357 with your team. One of the biggest charity projects in the world, the hospital was opened in 2007 offering free health care for children with cancer.

The hospital was funded and is being sustained through an aggressive fundraising effort in Egypt and internationally.

Your visit will make a difference.

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BELLY DANCING CLASS FOR LADIES

The origin of the name 'belly dance' comes from the French Dance du ventre, which translates as "dance of the stomach". Belly dance is also often referred to as "oriental dance" and also sometimes raks sharqi. This is Arabic for "Dance of the east".

The type and style of dancing which we now call belly dance can be traced back over 6000 years.

Let your delegates get their energy out and teach them how to belly dance. Class is provided by a professional belly dancer who will teach them all the tricks of the trade; followed by a competition by the delegates and winners will be granted belly dancing costumes from Khan El Khalili (Stars Centre)

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MASTER THE ART OF EGYPTIAN COOKING

Egyptian cuisine goes back 5000 years to the time of the pharaohs. The Pyramid builders survived on a diet of onions, garlic, coarse bread and beer. Beer is now out of the picture, but those other basic ingredients, supplemented by tomatoes, okra, eggplant, favas, lentils, pasta and rice, still form the foundation of Egyptian food today. Meat has always been spare for Egyptians, given the small sliver of grazable land either side of the Nile.

But dairy cattle provide a variety of farmer-style cheeses, and dishes using domesticated pigeon are favorites.

Your delegates will be taught by one of the hotels talented oriental Chefs how to prepare and cook a typical Egyptian dish with fresh ingredients brought from the local market.

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ENJOY A TYPICAL ORIENTAL BREAK

Your delegates will get the chance to experience the taste of authentic oriental cuisine.

The delicious menu includes:

Karkade, watermelon juice, lime juice
Assorted oriental pastries
Mini chicken shawarma sandwiches in Arabic bread
Cheese and meat sambousek
Freshly brewed American coffee or tea
Decaffeinated coffee
Selection of herbal teas

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INSIDER COFFEE BREAKS



STAY IN SHAPE WITH OUR HEALTHY BREAK

For the lovers of healthy lifestyles, this is the ultimate break.
Delegates will be offered a choice of:

Date bars, granola bars
Chilled fresh fruit salad
Homemade healthy muffins
Fresh fruit smoothies
Freshly squeezed orange, grapefruit, pineapple and carrot juices
Selection of herbal tea

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