

Jordan

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conscious travels





Welcome to Jordan

Discover Jordan: A Journey Through Ancient Wonders and Vibrant Culture

Embark on a journey of discovery through the enchanting lands of Jordan, where ancient history, rich culture, and delectable cuisine converge to create an unforgettable travel experience. In this comprehensive guide, curated by the experts at TravelLab, we invite you to delve into the heart of this captivating country, uncovering its hidden treasures, iconic landmarks, and culinary delights along the way.

At TravelLab, we believe that travel is not just about visiting destinations; it's about immersing yourself in the rich tapestry of sights, sounds, and flavors that make each place unique. With our deep passion for exploration and commitment to responsible tourism, we have meticulously curated this guide to showcase the best of Jordan, from its bustling markets and ancient ruins to its breathtaking landscapes and vibrant cities.

Whether you're drawn to the majestic beauty of Amman's skyline, the mystical allure of Petra's rock-cut architecture, or the serene waters of the Dead Sea, our guide offers insider tips, expert recommendations, and personalized itineraries to help you make the most of your Jordanian adventure. And of course, no journey through Jordan would be complete without indulging in its world-renowned cuisine—featuring savory mansaf, flavorful mezze, and sweet kunafa, the flavors of Jordan are sure to tantalize your taste buds and leave you craving more.

Join us as we embark on a voyage of discovery through the captivating lands of Jordan. With TravelLab as your trusted guide, the journey promises to be as unforgettable as the destination itself.

A handwritten signature in black ink that reads "Remy".

TravelLab Founder

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**Welcome
to Jordan!**



TRAVEL TIPS

MONEY EXCHANGE

In Jordan, cash can be exchanged without commission at most exchange offices, banks, and hotels. You'll find numerous exchange bureaus in major cities and tourist areas, often offering competitive rates. ATMs are widely available in urban centers, accepting international cards, and many of them provide instructions in English for ease of use.

It's advisable to inform your bank before traveling to Jordan, as some banks automatically block card transactions abroad to prevent fraud. Having a backup payment method is also a good idea, just in case. Additionally, Jordanian newspapers and online platforms frequently publish the daily exchange rates, helping you stay informed about current values.

When you arrive, you'll find that using cash is common, especially for small purchases, but credit cards are accepted at most hotels, restaurants, and shops. Always carry some local currency (Jordanian Dinar - JOD) for markets and smaller establishments where cards may not be accepted.

WATER

Tap water in Jordan is high in minerals and may not be suitable for drinking, as it can upset your stomach. Therefore, it is recommended to use bottled water instead. Many upper-class hotels provide complimentary bottled water for their guests, while others may charge for it. You can easily find bottled water for sale in shops, supermarkets, and street vendors throughout the country.

While it's safe to brush your teeth with tap water, it's best to avoid swallowing it. To ensure your health and enjoyment during your travels, always opt for bottled water when drinking or cooking. Staying hydrated is key, especially in Jordan's warmer regions, so keep a bottle with you as you explore the breathtaking landscapes and vibrant cities.

TOILETS

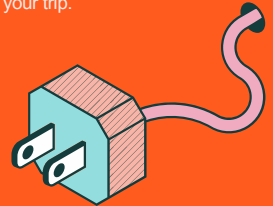
In Jordan, Western-style flushing toilets are commonly found in hotels, restaurants, museums, and public restrooms in urban areas. Most travelers will find these facilities comfortable and familiar. However, traditional "squat" toilets may still be encountered in more rural areas or at bus stations.

When using public restrooms in Jordan, be aware that many of them may require a small fee for access, typically around 0.50 to 1 Jordanian Dinar. It's a good idea to carry some small change with you, as it can make your travels smoother when nature calls. Overall, facilities are generally well-maintained in tourist areas, ensuring a pleasant experience as you explore this beautiful country.



TELEPHONE

When using a phone in Jordan, remember to dial the country code +962 before the local number. For travelers, purchasing a local SIM card is a convenient option that is readily available at airports and in major cities. This allows for easy access to affordable data and local calls, making it simple to stay connected during your trip.



Jordan operates on a 230 V power system, and the plug sockets are typically of the two-pronged type. To ensure your devices can be used during your stay, it's advisable to bring a universal adapter. Many hotels provide adapters upon request, but having your own can save you time and hassle. If you plan to travel to remote areas, it's especially important to carry an adapter with you, as power outlets may not always be readily available. Always check your devices to ensure they are compatible with the voltage to avoid any issues while charging.



Most tour and hotel staff in Jordan appreciate small tips given discreetly, though they are not mandatory. Taxi drivers do not expect tips, but rounding up the fare is common practice. In restaurants, it's customary to tip around 10% of the bill, depending on your satisfaction with the service.

Amman: The Heart of Jordan



Amman is a city that beautifully merges ancient history with contemporary vibrancy. As the capital and largest city of Jordan, it serves as a gateway to the country's rich heritage. Begin your exploration at the Amman Citadel, one of the city's oldest inhabited places. Here, you can wander through ruins that date back to the Roman, Byzantine, and Islamic periods. Don't miss the Temple of Hercules, whose towering columns whisper stories of the ancient world, and the stunning Umayyad Palace, which offers breathtaking views of the sprawling city below.



As you make your way through downtown Amman, immerse yourself in the local culture by visiting the King Abdullah I Mosque, known for its striking blue dome. The mosque is open to non-Muslims and offers a peaceful respite from the bustling city. Nearby, the Roman Theater, built in the 2nd century, can hold up to 6,000 spectators and is still used for cultural events today.



To truly experience Amman, indulge in its culinary delights. The city boasts a burgeoning food scene, from traditional dishes served in charming local eateries to contemporary dining experiences. Sample mansaf, the national dish, which features succulent lamb cooked in yogurt sauce and served over fragrant rice. For a quick bite, try falafel from one of the many street vendors, or visit the Souk Jara on Fridays, where you can find everything from crafts to homemade delicacies.

Insider Tip: As the sun sets, take a leisurely stroll along Rainbow Street, a trendy area filled with cafés, art galleries, and boutique shops. It's the perfect spot to relax, sip on freshly brewed Arabic coffee, and watch the city come alive at night.



Basic Arabic phrases for foreigners

WORDS AND TRANSLATION BY HAWAF AL FAZARI

If you've just come to Oman, either as an expat who's arrived here to work, or a tourist who wants to explore what the country has to offer, sooner or later, you're going to need to communicate in Arabic, particularly if you need help with something. Omanis are known to be super friendly, and are sure to help you, and these common, basic Arabic phrases should help get your message across quicker.

How much for this?

بكم هذا؟

Bi kam hadha?

Thank you very much!

شكرا جزيلا

Shukraan jazeelaan

Where can I find...?

وين أقدر أحصل

Wen aqdar ahasal

Hello, how are you?

مرحبا كيف حالك

Marhaba, kayf halik?

Sorry, I don't speak Arabic.

أسف ما أتكلم عربي

Ana asif, ma'a atkalam Arabi



Holy Month of Ramdan



In this section of our guide to Jordan, we delve into the significance of Ramadan and Eid, two of the most important religious observances in the Islamic calendar. As a country with a rich tapestry of cultural diversity, Jordan provides a unique backdrop for experiencing these sacred traditions. Join us as we explore the meaning of Ramadan, the customs associated with fasting, and the joyous celebrations of Eid al-Fitr, all while highlighting the importance of respectful engagement and cultural sensitivity in this multireligious society.



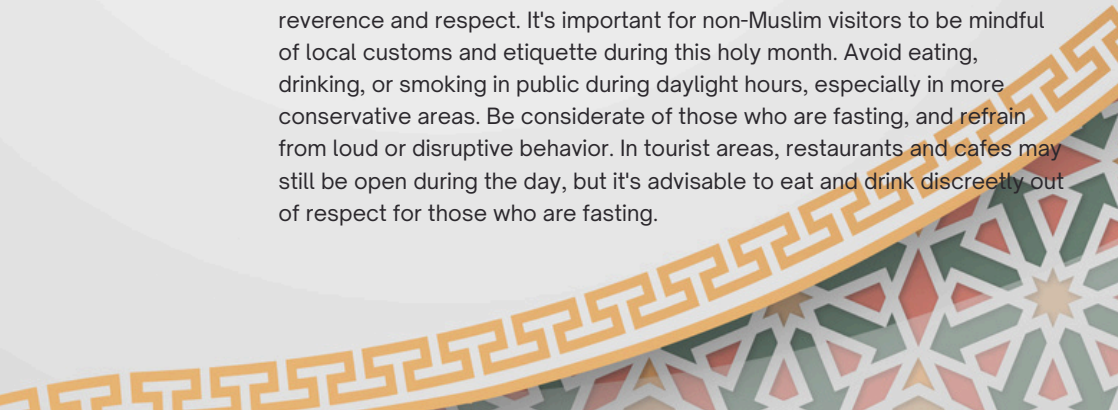
Ramadan and Eid in Egypt

Ramadan, the ninth month of the Islamic lunar calendar, holds great significance for Muslims around the world. It is a time of fasting, prayer, reflection, and spiritual growth. Lasting for 29 or 30 days, depending on the sighting of the moon, Ramadan commemorates the month during which the Quran, the holy book of Islam, was revealed to the Prophet Muhammad.

During Ramadan, Muslims fast from dawn until sunset, abstaining from food, drink, smoking, and other physical needs as a means of purifying the soul, practicing self-discipline, and empathizing with those less fortunate. The pre-dawn meal before the fast begins is called "sahur," while the meal to break the fast at sunset is known as "iftar." These meals are often shared with family and friends, fostering a sense of community and solidarity.

Eid al-Fitr, the festival of breaking the fast, marks the end of Ramadan and is celebrated with prayers, feasting, and charitable giving. It is a joyous occasion that brings families together to express gratitude, seek forgiveness, and share blessings.

In Jordan, where Islam is the predominant religion but the country is also home to diverse religious communities, Ramadan is observed with reverence and respect. It's important for non-Muslim visitors to be mindful of local customs and etiquette during this holy month. Avoid eating, drinking, or smoking in public during daylight hours, especially in more conservative areas. Be considerate of those who are fasting, and refrain from loud or disruptive behavior. In tourist areas, restaurants and cafes may still be open during the day, but it's advisable to eat and drink discreetly out of respect for those who are fasting.



A Gastronomic Journey Through Jordan



Experience the tantalizing flavors of Jordanian cuisine, where centuries-old recipes and vibrant spices converge to create a culinary paradise. Indulge in traditional delights such as succulent mansaf, aromatic kunafa, and hearty maqluba, each dish a testament to the country's rich culinary heritage. From bustling street markets to cozy family-run eateries, every meal in Jordan promises a symphony of tastes and textures that will leave you craving more. Prepare to embark on a gastronomic adventure like no other as you discover the diverse and delectable world of Jordanian food.

Explore the iconic dishes that define Jordanian cuisine



Mansaf



Kunafa



Maqluba

Mansaf: The national dish of Jordan, mansaf is a celebration on a plate. It features tender lamb cooked in a tangy yogurt sauce and served over a bed of fragrant rice, often garnished with almonds and pine nuts. This dish is traditionally eaten during special occasions and gatherings, making it a true reflection of Jordanian hospitality.

Kunafa: This beloved dessert is a must-try during your culinary journey. Kunafa is made of thin noodle-like pastry soaked in sweet syrup and layered with cheese or cream. Served warm, it's often topped with crushed pistachios, making it a heavenly treat that balances sweetness and texture.

Maqluba: Translating to “upside down,” maqluba is a one-pot dish that combines rice, vegetables, and either chicken or lamb. Once cooked, the pot is flipped over, revealing a beautiful layered presentation. The dish is typically spiced with a mix of saffron and other aromatic spices, creating a comforting and flavorful meal.



Culinary Heritage

Jordanian cuisine reflects the country's diverse history, influenced by ancient cultures and the culinary practices of neighboring regions. Each dish tells a story, blending traditional ingredients and cooking methods that have been passed down through generations. With influences from Bedouin, Levantine, and Mediterranean cuisines, Jordanian food is a reflection of its rich cultural tapestry.

The use of fresh herbs, spices, and locally sourced ingredients highlights the importance of seasonality in Jordanian cooking. Common spices include cumin, coriander, and sumac, which add depth and complexity to dishes. This culinary heritage is celebrated in every bite, making it an integral part of the Jordanian identity.

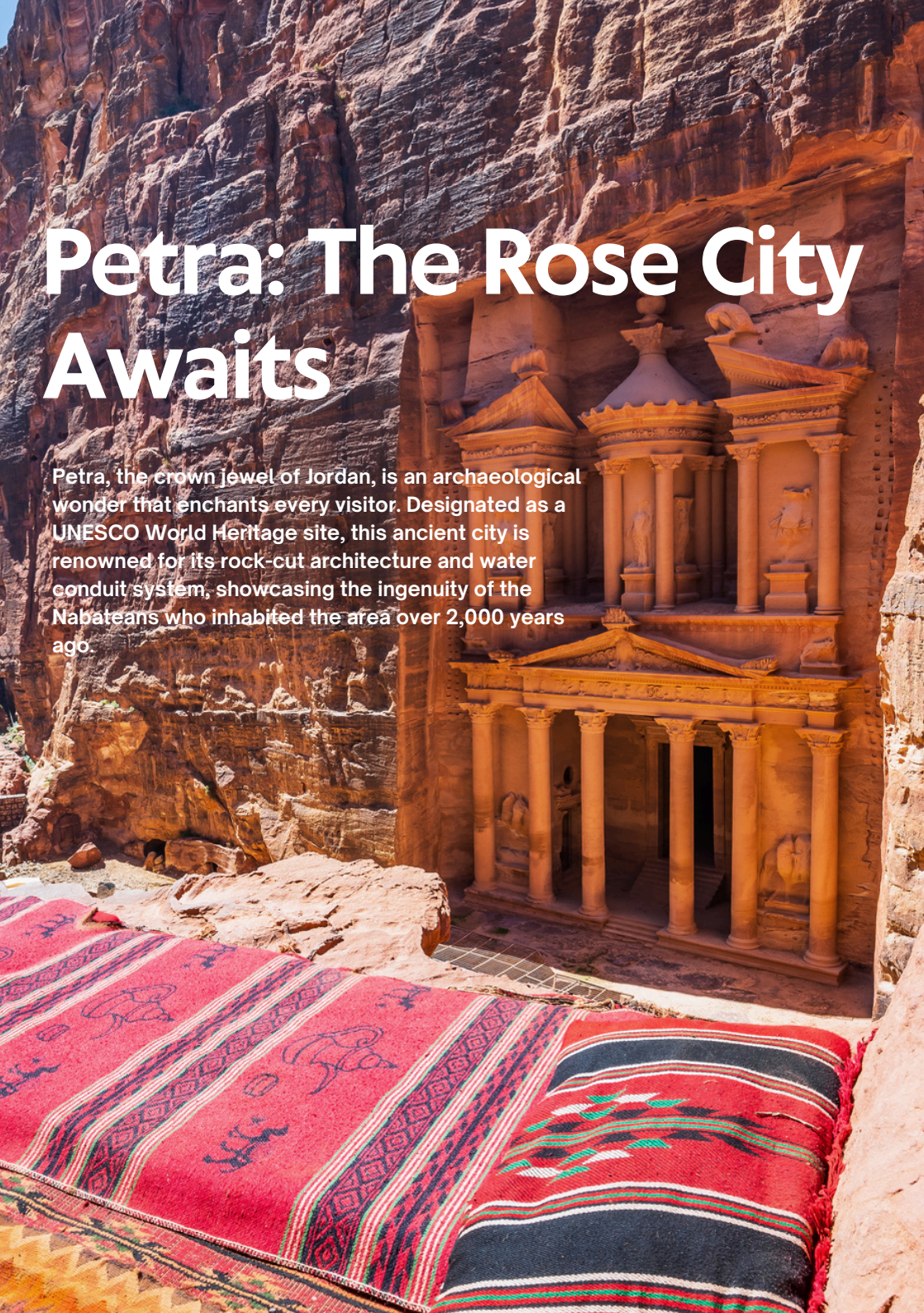
Dining Experience

From the vibrant street markets of Amman to the charming family-run restaurants in Petra, dining in Jordan is an experience in itself. The bustling atmosphere, the aroma of freshly cooked food, and the warm hospitality of the locals create a memorable dining experience. Visit the lively Souk Jara in Amman, where vendors offer a variety of local delicacies, spices, and fresh produce. The market buzzes with life, and you'll have the chance to sample street food like falafel and shawarma. For a more relaxed experience, dine in a traditional zarb restaurant, where you can enjoy slow-cooked meats and vegetables prepared in a Bedouin-style underground oven.

The flavors of Jordan will captivate your senses and leave you with lasting memories.

Petra: The Rose City Awaits

Petra, the crown jewel of Jordan, is an archaeological wonder that enchants every visitor. Designated as a UNESCO World Heritage site, this ancient city is renowned for its rock-cut architecture and water conduit system, showcasing the ingenuity of the Nabateans who inhabited the area over 2,000 years ago.





Did You Know?

Petra was a thriving trade center, linking the silk and spice routes between the East and West. It's believed that the city was home to around 20,000 people during its peak.

Upon entering through the Siq, a narrow gorge flanked by towering cliffs, you'll feel the anticipation build as you approach the iconic Treasury (Al-Khazneh). Carved into the rose-red sandstone, the Treasury is a breathtaking sight that has captured the imaginations of travelers for centuries. Spend time exploring the intricate carvings and the stunning colors of the rock formations, which shift dramatically as the sun moves across the sky. Beyond the Treasury, the vast expanse of Petra awaits. Wander through the ancient streets, marvel at the Monastery (Ad-Deir), which requires a hike of about 800 steps but rewards you with one of the most impressive structures in Petra. The views from the Monastery are equally spectacular, providing a perfect backdrop for photographs.

For a truly immersive experience, consider joining a guided tour that delves into the history and significance of this ancient city. Many local guides offer unique perspectives and stories that bring Petra to life. If you're looking for adventure, hike to the High Place of Sacrifice, where you can take in panoramic views of the surrounding valleys.

Wadi Rum: The Valley of the Moon

Prepare to be captivated by the otherworldly beauty of Wadi Rum, also known as the Valley of the Moon. This UNESCO World Heritage site is characterized by its striking sandstone mountains, vast desert expanses, and rugged cliffs. The surreal landscapes have made it a popular filming location for movies like “Lawrence of Arabia” and “The Martian.”

Exploring Wadi Rum is an adventure in itself. Join a guided jeep tour that takes you through the heart of the desert, where you can visit iconic landmarks such as the Seven Pillars of Wisdom and Burda Rock.

Alternatively, embark on a camel trek to truly immerse yourself in the Bedouin culture. The gentle sway of the camel as you traverse the dunes offers a unique way to experience the landscape.

As the sun sets over the horizon, the desert transforms into a mesmerizing palette of colors, creating a magical atmosphere. Book a night in a traditional Bedouin camp and enjoy a starlit dinner under the vast desert sky. The Bedouins are known for their hospitality, so expect to be treated to delicious traditional meals, music, and storytelling around the campfire.

Dead Sea

The Dead Sea, famed for being the lowest point on Earth, is a natural wonder that offers a unique experience like no other. The high salinity of the water allows you to float effortlessly on the surface—an experience that feels almost surreal. This natural spa is not just a fun experience; it's also renowned for its therapeutic properties, with minerals known to benefit the skin and body.

Spend your day pampering yourself with a mud bath using the mineral-rich mud found along the shores. Many resorts along the Dead Sea provide facilities for a relaxing day by the water, complete with pools, spas, and wellness treatments. Enjoy the luxurious amenities while taking in views of the stunning landscape that borders both Jordan and Israel.

For those looking to explore beyond the water, consider hiking in the surrounding Mujib Nature Reserve. With its breathtaking canyons and rich biodiversity, the reserve offers a variety of hiking trails suitable for all levels. The Mujib Trail, in particular, takes you through scenic landscapes and offers refreshing natural pools to swim in.

Fun Fact: The Dead Sea is famous for its high mineral content, and the therapeutic benefits of its waters have attracted visitors for thousands of years. Cleopatra herself is said to have visited to indulge in its healing properties.

We hope this guide has offered valuable insights and inspiration for your journey through Jordan's captivating landscapes and rich heritage. At TraveLab, we are dedicated to curating unforgettable travel experiences that immerse you in the beauty and culture of each destination. Thank you for trusting us with your travels, and may your adventures be filled with joy, discovery, and cherished memories.

Your Journey, Our Expertise – TraveLab

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