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PROFESSIONAL ADVANCEMENT ESCAPE

CME & CULTURAL TOUR OF MYANMAR & BHUTAN

February 22 - March 10, 2019

The Organizers...

Doctors-on-Tour >

Doctors-on-Tour was created in 2000 and specializes in offering ecological, cultural, gastronomical and adventure travel to exotic destinations for physicians who want to combine learning and travelling. Our programs offer targeted educational programs offering updates on current topics of interest together with meetings and discussions with local health care representatives to specifically discuss common medical developments in, and challenges facing, the local health care systems in both Canada and the country where the meetings and discussions are being located. This also includes in-depth tours of hospital facilities (both public and private) in order to meet with local medical practitioners and review, and compare, facilities, techniques and practices on a first hand basis. We offer programs in several worldwide locations including to such diverse and intriguing areas as **South America (Brazil, Chile/Argentina, Ecuador/Peru), Africa (Kenya/Tanzania, South Africa, Zanzibar, Kilimanjaro climb), India, Bhutan/Myanmar, China, South East Asia (Vietnam, Cambodia, Laos & Bali), Bhutan/Myanmar, Malaysia/Singapore, New Zealand and Europe (Eastern Europe, Iceland, Spain).**

Additional information, including detailed program brochures downloadable in pdf format and recent testimonials, can be found at www.doctorsontour.ca . The company is a licensed retail travel organization under The Travel Industry Act of Ontario thereby affording complete protection of all monies paid prior to departure. (TICO registration no. 50009110).

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Dr Lorna D'Silva, Mississauga, Ontario >

Dr. Lorna D'Silva is a Family Physician who graduated from the University of Toronto and has been practicing in Oakville and Etobicoke for many years as well as being a consultant to several Pharmaceutical companies. She is an avid world traveler having visited most of Europe, Africa, the Americas and the Far East as well as being involved in missionary trips to Kenya and Peru. Dr. D'Silva has been a speaker at overseas medical educational programs and has a track record of presenting, planning and co chairing several successful and accredited programs including the weekly Halton Peel Family Physicians Educational Program. This is Dr. D'Silva's ninth venture with Doctors-on-Tour having previously led successful CME, cultural and ecological tours to North and South India, Ecuador & the Galapagos, Chile & Argentina, South Africa, New Zealand and Spain.



The Destinations... the mystical Himalayan Kingdom of Bhutan (Thimphu, Punakha & Paro) and Myanmar (Yangon, Bagan, Mandalay & Inle Lake)



Gracefully hidden in the Himalayas is the tiny **Kingdom of Bhutan**, sharing its borders with China and India. Preserving its unique tradition, culture and pristine environment for decades, Bhutan derives its name from Sanskrit word 'Bhu-utthan' meaning Highlands, and can rightfully be called the last Shangri-la in the Himalayan Kingdom because of its remoteness, its spectacular mountain terrain, varied flora and fauna and its unique ancient Buddhist monasteries.

This country of rolling hills and towering crags exudes charm. The mountains are magnificent, the forest are dense, the people are delightful, the air is pure, the architecture inspiring, the religion exciting and the art superb. Like timeless images from the past, one encounters the full glory of this ancient land through its strategic fortresses known as Dzong, numerous ancient temples, monasteries and stupas which dot the countryside, prayer flags which flutter along the high ridges, wild animals which abound in dense forests, foamy white waterfalls which are the ethereal showers, and the warm smile of its friendly people.

For centuries the Bhutanese have treasured the natural environment, looking upon it as a source of life. This traditional reverence for nature has brought Bhutan into the 21st century with a pristine environment. Bhutan is one of the ten bio-diversity hot spots in the world and one of the 221 global endemic bird areas. Its ecosystem harbors some of the most exotic species of the eastern Himalayas with an estimated 770 species of birds and 50 species of rhododendrons, besides an astonishing variety of medicinal plants and orchids.

Buddhism permeates Bhutan as can be seen through its monasteries, ubiquitous monks and the Tibetan-style culture which is everywhere. With a relatively small population of about 700,000 people, the Bhutanese people enjoy a simple lifestyle which they inherited from their forefathers. More than 80% of the total population lives in small villages sparsely scattered over rugged mountainous terrain and Bhutan has been rated the happiest country in South Asia - such is the importance of harmony for its people, the current King continues to drive this unique philosophy of Gross National Happiness where development is measured using a holistic approach of well-being, not just based on gross domestic product.

Tourism is controlled by the Royal Government of Bhutan that recognizes that tourism is an important means of achieving socioeconomic development as well as helping to promote understanding among different cultures and lifestyles. Towards achieving this objective, the Royal Government, since the inception of tourism in 1974, has adopted a very cautious approach to growth and development of the tourism based on principle of sustainability that is 'tourism must be environmentally and ecologically friendly, socially and culturally acceptable and economically viable'.

Our tour will take you to **Thimphu**, the capital of Bhutan with its many cultural attractions and important Buddhist highlights and interspersed with bustling markets and museums specializing in textiles, folk heritage, and traditional Bhutanese arts and crafts. Then, drive through the mountains, passing the 108 stupas of Dochu La, to **Punakha**, the ancient winter capital located in a sub-tropical valley where rhododendron and magnolia bloom and orange and banana trees flourish. Conclude your stay in this captivating hidden kingdom in **Paro**, a resort town nestled among the Himalayas and the site of the 15C Paro Dzong, National Museum and the perfect base for a hike to Tiger's Nest, a breathtaking monastery clinging to a cliff that is one of the most important icons of Bhutan.

Further information can be found at -

<http://www.kingdomofbhutan.com/>



Visiting **Myanmar** (formerly known as Burma) is to travel into the past, into a mysterious and undiscovered world. Sharing borders with India and Bangladesh to the west, Tibet and China to the north, and Thailand and Laos to the east, Myanmar is a melting pot of cultures from across Asia.

It is a unique destination for discerning travellers to explore and experience the mystical charms of the East in all its diversity - rich archaeological sites, glittering pagodas, a wealth of cultures, colourful festivals and arts. The country is also blessed with an awe-inspiring range of natural sights - idyllic land- scape, lush fertile plains, vast virgin jungles, majestic snowcapped mountains, pristine beaches washed by crystal clear waters, fragrant pine trees and sunflowers bathed in abundant sunshine. And perfectly complemented by a most gracious and hospitable people.

Buddhist spirituality is central to Burmese culture with nearly all male Burmese devoting a period of their lives to monkhood. The country has thousands of pagodas and temples with the most significant being the awesome Golden Stupa of the Shwedagon Pagoda in Yangon, claimed to contain more gold than the vaults of the Bank of England.

The legendary "Golden Land" - this is still the Myanmar of today. Certainly one of the most exotic countries in the world-aland of astounding beauty and charm that moved Kipling to pen these apt words: "quite unlike any land you will ever know".

The tour begins in Mandalay, the last royal capital of Burma with its former ancient capitals of Amarapura and Ava closeby. Continue to Inle Lake with its whitewashed stupas and explore the lifestyle developed by the local Intha people of unique floating gardens, colourful markets and the famous leg-rowing fishermen. Following this you will travel to Bagan with its vast plains dotted with more than 2000 ancient temples - one of Asia's most iconic sights. End your tour in the capital and waterfront city of **Yangon** with its crumbling colonial mansions and ancient stupas,

Further information can be found at -

<http://www.myanmartourism.org/>

<http://myanmar.travel/>

The Academic Program (15 CME hours) ...

The Academic Program on this tour will focus on **Health and Healing strategies** in this part of the world.

Complete details of our Academic Program will be provided in your full documentation package, however, as **noted in the detailed itinerary**, the program will include the following -

- Visit to **Jigme Dorji Wangchuck National Referral Hospital (JDWRH)**, a local public hospital in Thimphu to meet with physicians and learn about the local health care system in Bhutan
- Visit to the **National Institute of Traditional Medicine (Thimphu)**
- Presentation on the therapeutic healing benefits of **Bhutanese traditional Hot Stone Baths (Paro)**
- **Academic Conference** at the resort in Inle Lake, Myanmar with lectures by Canadian medical experts & interactive discussions on current medical issues
- Visit to **Sitagu Metta General Hospital (Inle Lake)** to learn about the provincial health system in the area
- Visit to the **City Hospital** (Mandalay) to meet with physicians and learn about the local health care system in the Myanmar
- Visit the **Sayagyi U Nyan clinic (Yangon)** to learn about Traditional Healing in Myanmar

In addition, any physician who would like to make a short presentation at the Academic Conference should register their interest by completing the relevant section of the program registration form and the Group Medical Director, Dr. Lorna D'Silva (Tel: 905-990-0355), lorna.dsilva4@gmail.com), will contact you directly.

A certificate of attendance will be provided to all attendees of the Academic Program.

The detailed itinerary...

Day 1 – Feb 22, 2019 (Fri) - Depart Toronto for Bangkok, Thailand

Afternoon departure from Toronto for your flight to Bangkok, Thailand on Cathay Pacific Airways as follows –

Dep:	Toronto (YYZ)	Cathay Pacific	CX 829	22-Feb-19	1:20 AM
Arr:	Hong Kong (HKG)			23-Feb-19	6:00 AM
Dep:	Hong Kong (HKG)	Cathay Pacific	CX 615	23-Feb-19	10:00 AM
Arr:	Bangkok, Thailand (BKK)			23-Feb-19	12:05 PM

Day 2 – Feb 23 – Arrival Bangkok, Thailand

Arrive in Bangkok for an enforced overnight stay (there is a very limited schedule of flights to enter Bhutan and they all depart in the morning hence resulting in an enforced overnight in the gateway destination).

Overnight in Bangkok, Thailand.

Day 3 – Feb 24 – Bangkok - Paro (Bhutan) - Thimphu (B, L, D)

Thimphu is the largest city in Bhutan. Ranging 2,248-2,648 metres above sea level, in the hills of Thimphu Valley and along the banks of the Thimphu Chuu River, the city was established in 1955, with the king then declaring it Bhutan's capital in 1961.

The capital town of Bhutan and the centre of government, religion and commerce, Thimphu is a unique city with unusual mixture of modern development alongside ancient traditions. Home to civil servants, expatriates and a monk body, Thimphu maintains a strong national character in its architectural style.

Within Thimphu's various districts are monasteries, Dzongs (fortresses), and other culturally- rich, historic sites scattered throughout, as well as modern libraries, museums, and galleries.



And, with a population of about 90,000, it is perhaps still the world's only capital city without a traffic light...

Breakfast at the hotel before your early morning flight from Bangkok to Paro, the gateway to the Kingdom of Bhutan.

Upon arrival in Paro, you will complete your entry visa formalities before being met by your local tour escort.

(Doctors-on-Tour will organize for the required visa clearance letter to be issued by the Tourism Council of Bhutan prior to travelling which must then be produced at Immigration upon arrival in order to obtain your actual visa which will be stamped into your passport).

Drive to Thimphu, with enroute stop at Chuzom, at the confluence of Thimphu and Paro rivers. Three different style of stupas; Tibetan, Nepalese and Bhutanese adorn this confluence. Shortly before reaching Chuzom, you will see on your left TschogangLhakhang, "the temple of the excellent horse". It is a private temple, built in 15th century, as the result of visitation from Balaha, the excellent horse, a manifestation of Chenrezig, the compassionate Buddha.

On arrival in Thimphu, check into the hotel for lunch.

In the afternoon, visit **Zilukha Nunnery in Drubthob Goemba**, a residence of 40-65 nuns followed by a visit to the **King's Memorial Chorten** continuously circumambulated by people, murmuring mantras and spinning their prayer wheels. The Memorial was built in 1974 to honour the third king who wished to erect a monument to world peace and prosperity. Adorned with golden spires and bells, this incredible structure is considered the most visible religious landmark of Bhutan.



After wards, drive to **Buddha Point (Kuenselphodrang)**. You can pay your obeisance and offer prayers to the Buddha, the largest statue in the country and then walk around and take a glimpse of the valley.

In the evening (optional), take an exploratory walk around Thimphu main street and market area. Also visit the **Local Crafts Bazaar**, to browse through examples of Bhutan's fine traditional arts. Here you can buy hand-woven textiles, thangka paintings, masks, ceramics, slate and wood carvings, jewellery, interesting items made from local materials.

Dinner will be at a local traditional Bhutanese restaurant.

Overnight in Thimphu (altitude 2,320m).

Day 4 – Feb 25 - Thimphu (B, L, D)



Breakfast at the hotel followed by a full day of sightseeing and medical visits.

Start your day with a visit to -

National Library - the history of Bhutan lies imprinted in archaic texts, which are preserved at the National Library. Besides thousands of manuscripts and ancient texts, the library also has modern academic books and printing blocks for prayer flags.

The group will then separate -

Physicians will visit the **Jigme Dorji Wangchuck National Referral Hospital (JDWNRH)** to meet with local physicians and learn about the local health care system in Bhutan. This is the apex institution of Bhutan in delivering health care services in the country. It was established in 1972 as a General Hospital which was extended in 1994 with opening out of new services. It was then named as Jigme Dorji Wangchuck National Referral Hospital, in honour of the third Druk Gyalpo His late Majesty Jigme Dorji Wangchuck. The hospital caters to the population of Thimphu districts and also the non-referred patients from neighboring districts and referred cases from the 20 districts hospitals.

www.idwnrh.gov.bt

Non-physicians will visit the **Textile Museum**: The Textile Museum is operated by the National Commission for Cultural Affairs of Bhutan, was established in 2001 and has a good collection of exclusive and antique Bhutanese textile artifacts. The museum was set up with an objective to promote encourage weavers to continue the weaving of traditional Bhutanese textile and to promote Bhutan in the field of textile art.



Afterwards, visit **Simply Bhutan**, an exclusive project under the Bhutan Youth Development Fund (YDF), built to offer a unique experience to its visitors. It is a living museum and studio encapsulating the cultural heritage of the Bhutanese people. A distinctive feature of Simply Bhutan is that it fully operated by young people and job seekers, who receive here on the job training in basic business & management skills, customer care and other spheres of life. The fund generated through Simply Bhutan is utilized to run many of the youth development programmes for vulnerable and disadvantaged youth in the country.

Lunch at a local restaurant after which the group will separate again.

Physicians will visit the **National Institute of Traditional Medicine (Indigenous Hospital)**. Established in 1978, this government facility researches, prepares and dispenses traditional herbal and other medicines. The small museum details ingredients that range from herbs and minerals to animal parts, precious metals and gems. The institute collects medicinal plants from remote corners of the Bhutanese Himalaya such as Lingzhi, Laya and Lunana and then distributes pills, tablets, ointments and medicinal teas to regional health-care units around the country. The institute has facility for outpatients, research and production / quality control of traditional medicines. The Institute also imparts training course to practioners/students on traditional medicines.

<http://www.nitm.edu.bt>



When you enter the courtyard of the complex, you'll start to sense the aroma from the various herbs that are being dried, crushed, grounded and processed. Of particular interest is yartsa goenbub (*Cordyceps Sinensis*), the high-altitude cure-all 'Himalayan Viagra' that is actually a caterpillar that has been mummified by a fungus. The curious 'worm-root' sells for up to US\$25,000 per kilogram in China. Lasgang root is said to do wonders for a sore throat. Their precipitation for sinusitis is to known to work better than modern medicines, as far as locals are concerned.

One of the ancient names for Bhutan is Menjung, which means The Land of Medicinal Herbs, and its traditional medicine and rich pharmacopoeia dates back to 7th-century Tibet, as well as borrowing heavily from Indian Ayurvedic practices. Today, Bhutan, although modernized with time, still places an emphasis on traditional medicines and both Traditional and Allopathic methods of medicine are practiced and implemented in the kingdom without any sense of competition and discrimination. The Bhutanese people enjoy and have the right to attend to both types of medicinal treatments, which ever turns out to be most effective for his/her disease.

For non-physicians, visit **Changangkha Lhakhang**. It is a fortress like temple and monastic school perched on a ridge above Thimphu, south of Motithang. The temple was established in 12th century on a site chosen by Lama Phajo Drugom Shigpo, who came from Tibet. The central statue here is Chenrezig in a manifestation with 11 heads. From the temple courtyard, there is fascinating view of Thimphu valley.

Later in the afternoon all group participants will visit to **Trashichhoedzong** : this impressive fortress/monastery (also know as 'the fortress of the glorious religion') was initially built in 1641 and houses the Secretariat building, the throne room of His Majesty, the King and various government offices. During the warmer summer months, the monk body headed by His Holiness, the Je Khenpo, makes its home in the Dzong. The National Assembly Hall is housed in a modern building on the other side of the river from the Dzong.



Dinner and overnight at the hotel in Thimphu (altitude 2,320m).

Day 5 – Feb 26 - Thimphu - Punakha (B, L, D)



***Punakha** served as the capital of Bhutan and seat of government until 1955 and it is still the winter seat of Je Khenpo (the chief abbot). Linked to some of the most momentous events in Bhutanese history, in 1651 Punakha was chosen to be the capital and two and half centuries later, in 1907, Punakha was, again the place where Bhutanese people elected the first king, Gongsar Ugyen Wangchuk. Blessed with a temperate climate and owing to its natural drainage from Pho Chhu (male) and Mo Chhu (female) rivers, the fertile Punakha valley produces abundant crops and fruits. Located at an elevation of 1300m above sea level, Punakha enjoys mild winters and is popular year round destination. There are splendid views of the distant Himalayas at Dochula pass (alt. 3,880m - see photo, left) on the Thimphu – Punakha road.*

Breakfast at hotel and then drive to Punakha across **the Dochula pass** (3080 m) stopping briefly here to take in the view and admire the chorten, mani wall, and prayer flags which decorate the highest point on the road. If skies are clear, the following peaks of the eastern Himalayas can be seen from this pass (left to right): Masagang (7,158m), Tsendagang (6,960m), Terigang (7,060m), Jejegangphugang (7,158m), Kangphugang (7,170m), Zongphugang (7,060m), a table mountain that dominates the isolated region of Lunana - finally Gangkar puensum, the highest peak in Bhutan at 7,497m.

On arrival in Punakha, check into the hotel and have lunch.

In the afternoon, visit **Punakha Dzong**. Built strategically at the junction of Pho Chhu and Mo Chhu rivers in 1637 by Shabdrung Ngawang Namgyal to serve as the religious and administrative centre of the region, Punakha Dzong has played an important role in Bhutan's history. Damaged by four catastrophic fires and an earthquake, the Dzong has been fully restored by the present King. The Dzong still serves as the winter residence of the monk body.



Later, visit **Chimi Lhakhang**. This famous monastery is situated on a hillock in the centre of the valley, and is dedicated to Lama Drukpa Kuenley, who in the late 15th century used humour, songs and outrageous behaviour to dramatise his teachings and due to this also known as 'Divine Madman'. The temple within is also known as the temple of fertility as it is widely believed that couples who do not have children, if they pray at this temple, they are usually blessed with a child very soon. To access the monastery, it is about 45 minute walk across the field from the road. The trail leads across rice fields to the tiny settlement of Pana, meaning 'field' and then follows a tiny stream downhill to Yoaka and across more fields before making a short climb to Chimi Lhakhang.



Dinner and overnight in Punakha (altitude 1,300m).

Day 6 – Feb 27 - Punakha - Paro (B, L, D)



*The beautiful valley of **Paro**, in the western part of Bhutan, encapsulates within itself a rich culture, scenic beauty and hundreds of myths and legends. It is home to many of Bhutan's oldest temples and monasteries, National Museum and country's only airport. Mount. Chomolhari (7,314m) reigns in white glory at the northern end of the valley and its glacial water plunge through deep gorges to form Pa Chhu (Paro river). Paro is also one of the most fertile valley in the Kingdom producing a bulk of the locally famous red rice from its terraced fields.*

The town of Paro is a charming centre located in the Paro Valley. Sitting at an elevation of 2280m, on the bank of Pa Chhu River, this historic town is close to the Tibetan border, and was once a centre of two important trade routes to Tibet. Closeby, are two of Bhutan's most famous sites, Rinpung Dzong and Taktshang (meaning Tiger's Nest) Monastery. Along with other surrounding monasteries and fortresses, Paro Town, features a main street lined with colourful, traditional architecture with buildings comprised of small shops, institutions, and restaurants.

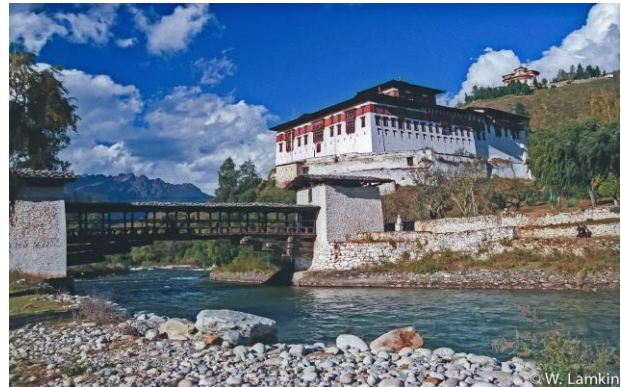


Filled with ancient customs, magnificent architecture, and elaborate scenery throughout, Paro is a quiet, spiritual place to enjoy nature, and a sense of peace and tranquility.

Breakfast at hotel and then drive to Paro along the scenic highway, stopping enroute to visit **Simtokha Dzong**, the oldest fortress of the country built in 1627 which now houses the School for Buddhist studies.

On arrival in Paro, check into the hotel. After lunch at the hotel, proceed to visit **Ta Dzong**, originally built as a Watchtower, which now houses **National Museum**. The extensive collection includes antique Thangkha paintings, textiles, weapons & armour, household objects and a rich assortment of natural and historic artifacts.

Afterwards, take a short walk down the trail to visit **Rinpung Dzong (Paro Dzong)**, meaning ("fortress of the heap of jewels"), which has a long and fascinating history. It is a large monastery and fortress, constructed in 1646 and with its towering five stories, Rinpung Dzong was used as an effective defense against numerous invasion attempts by the Tibetans. Rebuilt after a fire in 1907, the Dzong now houses a sacred collection of masks and costumes, dating back centuries, as well as fine wall paintings illustrating Buddhist lore such as four friends, the old man of long life, the wheel of life, scenes from the life of Milarepa, Mount. Sumeru and other cosmic Mandala.



Later in the afternoon, all group members will have the opportunity to meet with a local doctor to learn about the therapeutic benefits of the traditional **Hot Stone Bath** for which Bhutan is famous. and that is believed to cure skin ailments, joint pains, hypertension, stomach disorder, arthritis, and many other minor diseases

A form of **traditional Bhutanese medicine**, the alchemy behind Bhutan's hot stone baths draws on both Indian Ayurvedic practices and the traditional medicine of 7th-century Tibet. The hot stone bath is widely practiced in Bhutan and is also a method to overcome various complications and illnesses.

The hot stone bath is a ritual in itself, riverside rocks are heated till red hot and gradually dropped into a wooden tub filled with Menchu (water with medicinal properties) and scattered with Artemisia leaves. The burning rocks heats the water gradually and thus release minerals in to the water. Traditionally these bath are done near a river bed with plenty supplies of stones and water and preferably after dark in the open air. However, more luxurious version of hot stone bath are also offered by different hotels and resorts.

Dinner and overnight in Paro (altitude 2,280m).

Day 7 – Feb 28 – Paro (B, L, D)



Breakfast at hotel.

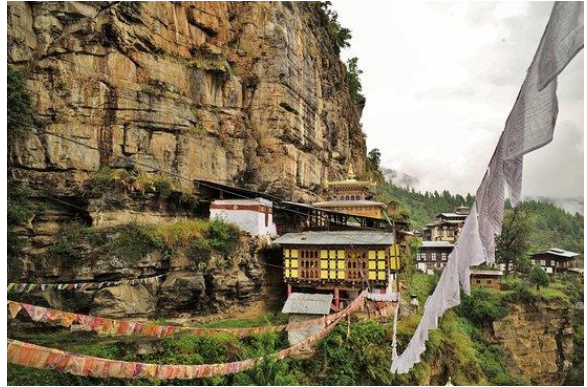
In the morning, hike to **Dzongdrakha Goemba** (*moderate walking with an elevation gain of 210m to a height of 2,600m, 3 mile hike, approximate round trip walking time including visiting the site is 2 - 2 1/2 hours*)

Local oral tradition states that when Guru Rinpoche first came to Bhutan, he came from Nepal, first landing at Drakarpo, and then Dzongdrakha before arriving at Taktshang (Tiger's Nest) farther north up the valley. Located approx 20 minute drive from Paro, these temples are built on a cliff above Bondey village. The Dzongdrakha village has numerous temples and is known for most of their men being either fully ordained monks or gomchens (lay monks who don't take vows of celibacy). Ironically it is the women who work in the fields and are the bread earners unlike in any other part of the country.



Often called a mini Takstang or Tigers Nest (see main panoramic photo above and optional activity trek below), **Dzongdrakha** is a cliff-side temple complex on the western side of the Paro Valley. Four shrines make up the complex, dedicated to Drolma (Tara), Tsheringma (Goddess of Longevity), Guru Rinpoche and the Buddha of the Future, Maitreya. The first building you come to is the private Jongsarbu Lhakhang, founded in the 18th century by the meditation master Gyam Dorje, and fronted by a lovely suntala (mandarin) tree. The main statue is of Sakyamuni in his princely Jowo form, flanked by the local protector Tsetsho Chen and a tshomen (mermaid spirit). The Tshering Lhakhang is dedicated to the goddess of longevity.

Climb the log ladder here to the cave-like Droley Lhakhang, which houses several papier mâché statues that were once used during local festivals. Parents who have just given birth to a son are supposed to come to this chapel to offer thanks. Nearby is the Guru Lhakhang, where the caretaker will tell you stories about local spirits, flying saints and magical spells, and point out sacred dagger marks in a nearby stone. Behind the main statue is a hidden chorten that allegedly has to be enclosed to prevent it flying away; the caretaker can open a little door at the back to reveal part of the chorten. The final building is the small Lhamey Lhakhang.



From the road, it is a 30-45minute walk to reach the temple complex. The trail begins following a dirt path which turns to climb through forests of rhododendron and oak trees with white monkeys on it. The entire village of Dzongdrakha, set up over the cliffs, stretches horizontally along the ledge, affording beautiful views of the valley below. A tranquil village of eight farmhouses and four temples has the main temple complex situated on the cliff just above Bondey Valley.

Following your morning hike, visit the 16th-century **Neyphug monastery and orphanage** where some sixty orphans are homed. This relatively unknown and rarely visited Monastery is about 7 kilometers deep into the mountains over Paro Valley. It is a beautiful, peaceful place (although in need of restoration) and the school is led by Neyphug Trulku Rinpoche, the founder of the school. In 2005, he returned to Bhutan as Professor of Buddhism and saw much suffering among the poor. Daily life is rugged and those living in remote areas have little means of support, surviving under extreme poverty and threats of chronic illness; he came across many orphans and abandoned children whose parents could not afford to take care of them and their desolate conditions, helplessness and hopelessness touched him deeply and inspired him to start a school.

There is also the option of taking a longer and more strenuous trek to the spectacular **Takshang Monastery, also known as the Tiger's Nest** (*challenging trek with an elevation gain of 500m to a height of 3,120, 4 mile trek, approximate round trip walking time including visiting the site is 4-5 hours. Only recommended for those in good physical condition and not afraid of heights!*)

For those taking this option, this trek would replace the hike to **Dzongdrakha Goemba and Neyphug monastery and orphanage** above.

Takshang Monastery is located 10kms away from Paro and is one of the most venerated sacred sites of the Himalayan world. It clings to a sheer 900m cliff above the valley and the buildings enshrine a cave where the great saint Guru Rinpoche, the father of Bhutanese Buddhism, meditated. The legend has it that Guru Rinpoche is said to have flown to the site of the monastery on the back of a tigress from Tibet and meditated in the cave there for three months. Although the main building of the temple was destroyed by a fire in 1998, much of the building has been restored to its original splendour and the hike up to the viewpoint is worthwhile and fulfilling. A pilgrimage to Takshang is the dream of a lifetime for the devout.

The hike to the monastery can be broken down into various stages -

The first stage is the trek to the cafeteria which is situated on a rocky outcrop across a ravine from the monastery. This leg of the trek takes approximately 45 to 60 minutes, depending on your level of fitness and ascends a series of switchbacks through juniper and pine forests. We do not recommend taking one of the small ponies that are available for this first leg as they can be unstable and prone to stumbling on the uneven ground). At the cafeteria (a wooden teahouse restaurant) you can stop for some tea or coffee and biscuits and savour the impressive view of Paro Valley below and the monastery above.

For those who wish to continue past the cafeteria, and who are in good physical condition, (and do not have vertigo...), the 2nd stage of the walk is from the cafeteria to the lookout opposite the monastery. This leg takes close to one hour. From here, you have a spectacular viewpoint of the monastery perched on the other side of the ravine.

The 3rd stage is the trek/climb down the 475 steps in the cliff face to the bottom of the ravine which crosses over a stream and waterfall before the path again ascends another 300+ steps to the entrance of the monastery. Once here you should be able to enter into the monastery and view the cave where Shabdrung Ngawang Namgyal meditated (cameras are not allowed inside the monastery). The visit and climb to the entrance and back to the lookout will take approximately one hour.

The climb is very steep in some places and can be unstable under foot, particularly on the downward legs as steps are only found between the view point and the monastery with the remainder of the path being dirt. Pathways / steps (some on the side of the cliff) are approximately 2 meters wide and at some places even less than this. Handrails are only in place for the last 100 metres ascent to the monastery but apart from this there are no other fences or ropes so to be sure of foot and not have a fear of heights is essential .

Despite this, the journey is certainly worthwhile on account of the superb views en route. The viewpoint at the end of the second stage is at the same height (3,120m) as the actual monastery at the end of the third stage.



Tigers Nest



View from the cafeteria

After lunch, all group members will visit a **Traditional Farm House**. The beauty of Bhutan is embellished by the clusters of quaint farm houses. Bhutanese farm houses are very colorful, decorative and traditionally built with mud and stones and without the use of single nail - all houses follow the same architectural pattern. A visit to a farm house & interaction with it's family as you enjoy tea & coffee is very interesting and offers a good glimpse into the lifestyle of village lifestyle.

Return to the hotel with some free time to relax after your exertions of the day.

After dinner at the hotel, enjoy a **Traditional Mask Dance & Cultural Show** at the hotel. All Bhutanese art, dance, drama and music has its roots in the Buddhist religion. The music of Bhutan is an integral part of its culture and plays a leading role in transmitting social values - it includes a spectrum of subgenres, ranging from folk to religious song and music. Dances are performed wearing ornate costumes and masks and each aspect dance has a symbolic meaning.



Overnight in Paro (altitude 2,280m).

Day 8 – Mar 1 – Paro - Bangkok (B)

Breakfast at hotel and later transfer to Paro airport for your lunchtime flight from Bhutan to Bangkok (enforced overnight stay in Bangkok) en-route to Mandalay, Myanmar.

Overnight in Bangkok, Thailand.

Day 9 – Mar 2 - Bangkok - Mandalay, Myanmar (B, L)



*With its numerous monasteries and pagodas and its rich history, **Mandalay** is the cultural and religious heart of Burma. Built on the shores of the Irrawaddy River at the foot of Mandalay Hill, this former royal capital of the Burmese Kingdom and last home of the kings is now Burma's second largest city. Its name was made famous by Rudyard Kipling's book "The Road to Mandalay" and evokes images of a bygone era and the city's former royal glory.*

During the colonial era, in spite of the British delegating Yangon as the new Burmese commercial and political hub, Mandalay became the centre of Burmese culture and Buddhist teachings and was regarded by the Burmese as a primary symbol of sovereignty and identity.

Today, Mandalay is the economic hub of Upper Burma, acting as its commercial, educational, and health centre. Featuring various historical buildings, temples, and pagodas, as well Mandalay Palace and Hill, Mandalay is also an excellent base to visit the former ancient capitals of Amarapura and Ava. And, as the centre for silk and cotton weaving, marble carving, bronze and silver crafts and kalaga tapestries, Mandalay offers a vast array of Burmese culture.

Breakfast at hotel before your morning flight to Mandalay, Myanmar.

Arrive **Yangon (Myanmar)** and complete your entry visa formalities at Immigration before being met by your local tour escort. A visa approval letter must be obtained in advance of your travel to Myanmar and we will provide instructions regarding this process with your booking confirmation. Upon arrival at Yangon airport, your passport will be stamped with the actual visa.

Lunch at a local restaurant.

In the afternoon, visit the **Kuthodaw Pagoda**, whose 729 marble stone slabs of Buddhist scriptures have earned it the title "World's Biggest Book" and the **Shwenandaw Monastery**, also known as the Golden Palace Monastery. This traditional Burmese monastery was built using part of the old 19th century Royal Palace. The teak structure in which King Mindon died was moved out of the Palace in 1880 and converted into the Shwenandaw Monastery and it is the only major building from the original wooden Royal Palace to have survived the bombings of World War II, and is the only authentic part of the Royal Palace which can still be seen today. This grand teak building is known for its exquisite woodcarving.

And, as the sun begins to set, end the day heading to the top of **Mandalay Hill** to enjoy the magnificent views of the city and Irrawaddy River.



Day 10 – Mar 3 - Mandalay (B, L)



Before breakfast you have the opportunity a very special dawn visit to return to the Mahamuni Pagoda to see the **Mahamuni Face Washing**. Every morning before dawn, the monks wash the face of the “lumpy” Buddha image with special fragrant water and brush its teeth. Experiencing this daily ritual can be one of the highlights of a stay in Mandalay - it takes around one hour and is a unique insight into Buddhism.

Return to the hotel for breakfast.

Physicians - Morning visit to Mandalay General Hospital to learn about the Myanmar healthcare system and meet with local doctors.

Mandalay General Hospital is a major teaching hospital in Mandalay, Myanmar, with a bed capacity of 1,000. It serves as the primary teaching institution for University of Medicine, Mandalay, alongside Mandalay Workers' Hospital. The hospital treats over 1,200 patients per day and is currently led by Chief Tin Tin Moe. Mandalay General Hospital was founded in 1887 by the British authorities as a civil medical establishment for Upper Burma. In 2013, Mandalay General Hospital began a major expansion project, at a cost of, to construct a 10-storey building to house an additional 500 beds. The building was inaugurated on 28 March 2015.

Mid morning, all participants take an excursion around Mandalay to explore the ancient former capitals of Myanmar, Ava and Amarapura.

First, head to the south of the city to **Ava**, the heart of government and royal power on five separate occasions from the 14th to the 19th centuries, but finally abandoned in 1839 after a series of devastating earthquakes. A short ferry ride take us across the river to where our horse and carriage are waiting. This is a fascinating trip back in time, a world away from the hustle and bustle of Mandalay. Visit the old wooden **Bagaya Monastery** and the remains of the **Royal Palace and Fort**. There are many small villages located amid Ava's ruins and this mode timeless mode of travel is an excellent way to obtain a glimpse of local life in the Burmese countryside.



After lunch in Ava, head to **Sagaing** and at the bottom of the hills to **visit a local nunnery**, a chance to the lifestyle of the Burmese nuns and learn more about their beliefs and daily activities.



Return towards the city and stop at **Amarapura**, a former capital whose name means 'City of Immortality'. First visit Maha Gandayon Monastery followed by a silk weaving workshop which produces exquisite handmade products. After touring this tranquil site, continue to **U Bein Bridge** for a walk along this 200 year-old teak bridge. The bridge was constructed of 984 teak posts that were once part of the deserted Inwa Palace and it is 1.2 kilometers in length making it the world's longest teak span. Enjoy a stroll along the bridge and the fabulous views of the surrounding farms and streams.

Evening at leisure. Overnight in Mandalay.

Day 11 – Mar 4 - Mandalay - Heho - Inle Lake (B, D)



*At an altitude of 880 metres (2,900 feet) the freshwater **lake of Inle** is not only one of the highest lakes in the country but is also one of the biggest. In reality, the lake is 13.5 miles long and 7 miles wide but up close it's hard to tell where the water finishes and the marshes start as the surface of the lake seems to perpetually resemble a vast silver sheet, one interspersed with stilt-house villages, island-bound Buddhist temples and floating gardens.*

The lake is home to the Intha people who have lived, worked and survived off the lake for generations basing their lifestyle around this beautiful body of water. Inle's constant source of moisture and its climate permits the Inthas to grow crops throughout the year in their unique floating gardens . Skilled boatmen and fishermen, the Intha, are famous for their unique style of rowing in which they stand on one leg while using the other leg to push the oar through the water.

On land, one encounters whitewashed stupas and the Intha people mingling with the Shan, Pa-O, Taung Yo, Danu, Kayah and Danaw tribal people at the markets that hopscotch around the lake on a five-day cycle. The area around the lake has also been protected as the Inle Wetland Bird Sanctuary, a government-recognised bird sanctuary, since 1985 and is home to herons, warblers, cormorants, wild ducks and egrets.

Breakfast at hotel and transfer to the airport for the short flight from Mandalay to Heho.

From Heho, a scenic one-hour drive leads to **Nyaung Shwe**, the gateway village to Inle Lake. Along the way, stop at the wooden **Shwe Yan Pyay Monastery** which features beautiful carvings and a collection of Buddha images.

Upon reaching the edges of Inle Lake, board a private motorboat to head out to Inle Lake, one of Myanmar's most spectacular sights. Pass villages built on stilts over the lake, inhabited by the local Intha people. Observe the **leg-rowing fishermen** and see their floating gardens built up from strips of water hyacinth and mud and anchored to the bottom with bamboo poles. It is on these large floating gardens where the Intha grow their fruit and vegetables. The floating garden beds are made from lake-bottom weeds which are formed into garden beds and anchored by bamboo poles. These fertile floating gardens rise and fall with the changing water levels.

In the afternoon, visit **Phaung Daw Oo Pagoda**, the lake's main sanctuary, which contains five sacred Buddha images covered in gold leaf.

Explore the local crafts of Inle Lake with a stop at the **weaving village of Inpawkhone** and a **cheroot factory**, where the typical Burmese cigars are made by hand.

Physicians - later in the afternoon, visit **Sitagu Metta General Hospital**, a local provincial hospital located in Yama Village on Inle Lake to meet with local practitioners and learn about the provincial healthcare system in Myanmar.



Dinner and overnight at the resort on Inle Lake.

Day 12 – Mar 5 – Inle Lake (B, L, D)



Breakfast at hotel, followed by a visit to the lake's **bustling morning market**. The market rotates its location around the lake's villages in a 5 day rhythm and the local people and the minority hill tribe people from the surrounding area congregate at the market to trade their goods. The atmosphere is vibrant and the market is alive with activity. The hill tribe people wear their colourful traditional costumes, uniquely woven and decorated with artistically designed jewellery. Market produce being traded includes fruit, vegetables, dried tea leaves, animals, and handmade items.

From the middle of the lake, continue down a small canal leading to the Pa-oh village of **In Dein**, located on the western bank of the lake. Explore the area on foot, strolling around the village and wander through the beautiful Alaung Sitthou area. Alaung Sitthou is filled with picturesque ancient stupas, some hidden under vegetation and dense foliage. Built during the 17th and 18th centuries, there are nearly one thousand stupas and pagodas in the area. The main stupa area on top of the hill offers breathtaking views over the surrounding area and into the valley, with the lake in the far distance.

For lunch today, there will be a **cooking demonstration**. Start with a cup of Shan-tea as a welcome drink and then watch as the local chef provides details about the ingredients and explains step-by-step how the meal will be prepared, using traditional Burmese recipes. At the end of the demonstration guests will be served the dishes that have been prepared in front of them



Burmese cuisine includes dishes from various regions of Myanmar with a diversity that has been contributed to by the myriad local ethnic minorities such as the Bamars and the Chin people. It is characterised by extensive use of fish products like fish sauce and ngapi (fermented seafood). Owing to the geographic location of Myanmar, Burmese cuisine has been influenced by Chinese cuisine, Indian cuisine and Thai cuisine.

Mohinga is the traditional breakfast dish and is Burma's national dish. Seafood is a common ingredient in the coastal cities and on the lakes, while meat and poultry are more commonly used in inland areas. Freshwater fish and shrimp have been incorporated into inland cooking as a primary source of protein and are used in a variety of ways, fresh, salted whole or filleted, salted and dried, made into a salty paste, or fermented sour and pressed.

The local cuisine also includes a variety of salads (a thoke), centred on one major ingredient, ranging from starches like rice, wheat and rice noodles, glass noodles and vermicelli, to potato, ginger, tomato, kaffir lime, long bean, lahpet (pickled tea leaves), and ngapi (fish paste).

Return to the resort. **Physicians - Medical conference at the resort in the afternoon.**

Non-physicians will enjoy free time to enjoy the peace and tranquility of the resort

Dinner and overnight at the resort on Inle Lake.

Day 13 – Mar 6 – Inle Lake - Heho - Bagan (B, L)

Breakfast at hotel.

This morning, travel to **Nyaung Shwe**, the main gateway to Inle Lake, then take the local trishaw down to the bustling canal which is a hive of activity in the morning as boats from the lake come in to unload tomatoes and other vegetables for distribution to the markets around the country. Watch as baskets laden with produce are transferred from boats to trucks and bikes. Hop back on the trishaw and wind through quiet streets. Make a stop at the 'tomato house', a warehouse-like structure where the tomatoes are sorted and priced for sale. Then

continue past some of the many monasteries and nunneries in the town, stopping for photos as you go.



Lunch at a local restaurant in Nyaung Shwe followed by transfer to Heho Airport for your late afternoon short flight to Bagan (Nyaung Oo).

Transfer to the hotel in Bagan.

Evening at leisure. Overnight in Bagan.

Day 14 – Mar 7 - Bagan (B, L)



As one of the most remarkable sights in Southeast Asia, **Bagan** has inspired visitors to Myanmar for nearly 1,000 years. Located in the central region of Myanmar on the banks of the Ayeyarwady (Irrawaddy) River, and steeped in cultural and religious history, the ancient city of Bagan (formerly known as Pagan), is home to the largest and densest concentration of Buddhist temples, pagodas, stupas, and ruins in the world.

Bagan was the capital city of the Kingdom of Pagan, back from the 9th to 13th centuries. During its height, between the 11th and 13th centuries, over 10,000 Buddhist temples, pagodas and monasteries were constructed in the Bagan plains alone. Although only over 2000 structures have survived, the Bagan Plain, covering an area of 42 sq. kms, still offers majestic views of these sacred monuments.

Bagan is also famous for its role as center of Myanmar's thriving lacquerware industry. Visitors can watch skilled artisans as they work on the various stages of the painstaking six-month process.

Breakfast at hotel.

This morning, visit to an elevated temple from where you will have a panoramic view of the magnificent plains of Bagan. From here, travel by horse cart for a tour passing the ancient temples which cannot be accessed by regular transport. The horse cart tour finishes at **Ananda Temple**, an architectural masterpiece and one of Bagan's most beautiful temples. Built in the early Mon-style, Ananda contains two unique Buddha images whose expressions seem to change depending on the distance from which the statue is viewed.



Afterwards, head to **Shwe Hlaing**. The people here make their living producing various items from the toddy palm trees. Observe traditional production of palm toddy—from the collecting of the liquid to the creating of the drinks and sugars. A traditional Burmese lunch will be served in this local setting under the shade of the Toddy Palm trees, a memorable meal and chance to experience local lifestyles.

Transfer to hotel and check-in before, later in the afternoon, visiting to a **traditional lacquer ware workshop** to observe the production of one of Myanmar's best-known handicrafts.

Then, board a local boat for a **slow cruise down the Irrawaddy River**. As you cruise the waters, observe the lifestyle of the fishermen and riverside villagers as well as enjoying this unique perspective of Bagan's temples from the water.

Evening at leisure. Overnight in Bagan.



Day 15 – Mar 8 - Bagan - Yangon (B, L)



Yangon, also known as Rangoon, is the largest city in Myanmar (formerly Burma). Yangon was originally a small fishing village called Dagon, after the Shwe Dagon Pagoda and in 1755, King Alungpaya unified the country and renamed the capital Yangon. Yangon is a combination of two words - Yan meaning enemies and Gon meaning “run out” so its often translated as “end of strife.”

Yangon is the major city in, and main gateway to, Myanmar and, until 2006 when the seat of government was moved to Nay Pyi Taw, it was the capital city. The city has the largest number of colonial buildings in Southeast Asia as, under British rule in the 19th century, colleges, hospitals, modern buildings and infrastructure were developed, making Rangoon the commercial centre of Burma. Eventually gaining its independence in 1948, Yangon still remains an amalgamation of British, Burmese, Chinese and Indian influences and, today, it is a place where modernity meets tradition and the energy in Yangon is palpable. It is a bustling and dynamic city undergoing rapid development.

The iconic attraction of the city is the Shwedagon Pagoda, a 98-metre-high stupa whose golden glow can be seen throughout the city and which is Myanmar’s largest symbol of Buddhism. Yangon also offers many other cultural and religious sights, with more colonial architecture than any other city in South East Asia. as well as museums, parks, and lakes and it’s ubiquitous food vendors that may be found on its busy streets at any time of day or night.

Breakfast at hotel before your short morning flight to Yangon.

Upon arrival, transfer to the train station for a unique ride on the **city’s circular train ride** through the outskirts of town. This slowly traveling train gives you a unique opportunity to observe the lively, colorful lifestyle of the local people. Disembark at the **Kyi Myin Daing market** where you can peruse the various stalls and interact with the friendly vendors before transferring back to Yangon for lunch at a local restaurant.

After lunch, return to the hotel for free time to relax.

Later in the afternoon, visit the **Shwedagon Pagoda**, the most revered Buddhist temple in Myanmar. Although the origins of the pagoda are unclear, the local legend states that the original structure was built 2500 years ago then renovated several times until taking its current shape in the 15th century. The 8-sided central stupa is 99 meters tall and gilded with gold leaf and is surrounded by 64 smaller stupas and your guide will show you around the massive complex, explaining why this temple is so revered. Enjoy breathtaking views of the golden stupa from this vantage point.

At the end of the visit, experience the 1000 oil lamps offering ceremony to Pagoda and a **special monk’s blessing**.



Evening at leisure. Overnight in Yangon.

Day 16 – Mar 9 - Yangon (B, D)

Breakfast at hotel, followed by a split Physicians and Non-physicians program.

Physicians will learn about the principles of Traditional Healing in Myanmar. Visit the **The Sayagi U Nyan clinic**, renowned for their holistic diagnostic method and healing with herbs. A combination of four traditional medicine practices (Alchemy, hot/cold balance, astrology and Ayurvedic concepts) are used to heal patients



The belief in turning to nature to heal and cure, is strong in nearly all Asian nations, and in Myanmar, even more so. **Traditional medicine treatments** have been followed in Myanmar for generations and continue to be popular even today, though more in remote rural areas, not least due to non availability of western (allopathic) medicines. Herbs and medicinal plants are found in abundance in his largely agrarian country, and serve as highly affordable remedies for dis- eases.

With the influx of competing western drug based treatments resulting in a competing system of medical care, the Myanmar government's recent decision to formally include traditional medicine in the nation's healthcare system, has given the science of natural healing a much needed boost, while also promoting holistic well being.

Myanmar's system of using traditional medicines for healing shows the influence of Buddhist philosophy, Chinese medicine and Ayurvedic concepts due to its proximity to India, and the pro- longed Indian influence during British Rule. The system believes that the human body can be afflicted with 96 different diseases, and these are all treatable by using dried and fresh, roots, herbs, flowers, barks, leaves and stems. Medicines can be prescribed for cough and cold, fever, malaria, heart ail- ments, stomach ulcers, kidney stones, besides pain killers both mild, and strong.

There are various methods practiced for healing with traditional medicines, but the principal components of this system of treatment include -

- The Desana System : based on the tenets of Buddhism, this system follows the natural course of life and treats ailments through diet modifications and use of herbs and mineral compounds on the basis of their therapeutic qualities.
- The Bethizza System : closely follows the principles of Indian traditional medicine, namely Ayurveda. It helps to restore any imbalance in the body by finding the right balance between the three main doshas, in the body, namely Vata, Pitta, and Kapha. The treatment involves use of mineral compounds and herbal extracts.
- The Astrological or Netkhatta System : seeks to cure illnesses on the basis of the patient's astrological chart, the date and time of birth, the position of planets and stars. The suggested diet is based on these astrological calculations.

- The Vezzadara System : Alchemic practices and meditation form the foundation of this system. It involves techniques of converting heavy metals into inert substances by killing processes to acquire supernatural power.

75% of Myanmar's population use traditional medicine treatments due to easier access, availability and affordability.

<http://www.myanmarinsider.com/a-glance-at-traditional-medicine-in-myanmar/>

Non-physicians will enjoy a **walking tour** in the central districts of downtown Yangon. Many of the buildings visited are on the Yangon City Heritage List, a list of 188 man-made structures mainly consisting of religious landmarks and colonial-era buildings. Highlights include City Hall, the old railway station and the former Minister's office where General Aung San was assassinated. By walking through the streets you'll also have a chance to witness the lifestyles of the locals- from the busy bus and boat stations to the tea shops and hidden street markets. There are plenty of chances to interact with Yangon residents and learn more about the Burmese culture including a stop at a local tea shop to sample the local tea and some snacks.

All participants meet up later in the morning to visit **General Aung San Old House**, the former residence of General Aung San. The home now houses Myanmar's most fascinating memorabilia of the former leader who was the leading figure in Burma's struggle for independence from Britain but who was assassinated in 1947, when he was 32 years old. Today, most people will recognize the name Aung San because of his daughter, **Aung San Suu Kyi**, the most recognizable figure in Myanmar's struggle for democracy, who spent the greater part of two decades under house arrest for her efforts until her release in 2014. Before she became a familiar face on the world stage, her father, General Aung San, carried out the acts that earned him the title, "Father of Modern Burma."



In the afternoon, visit the famous **Bogyoke Market**, formerly known as Scott's Market, where you can browse through the wide selection of Myanmar handicrafts and other goods. This will be followed by a visit to **Kandawgyi Park**, one of central Yangon's greenest spots. Here, see the glittering Karaweik Barge, a replica of the Royal Barge, with the vast lake and views of Shwedagon in the background.

In the evening, enjoy a farewell dinner at one of the capital's traditional restaurants.

Transfer to airport for your return flight back to Canada.

Day 17 – Mar 10 – Yangon - Toronto (Arriving Toronto Sunday, Mar 10, 2019)

Dep:	Yangon, Myanmar (RGN)	Dragonair	KA 251	10-Mar-19	1:05 AM
Arr:	Hong Kong (HKG)			10-Mar-19	5:25 AM
Dep:	Hong Kong (HKG)	Cathay Pacific	CX 828	10-Mar-19	10:40 AM
Arr:	Toronto (YYZ)			10-Mar-19	1:30 PM

Arrival in Toronto on the afternoon of March 10, 2019.

The hotels...

Location	Hotels
Bangkok (1 night)	Novotel Suvarnabhumi Airport Hotel http://www.novotel.com/gb/hotel-6183-novotel-bangkok-suvarnabhumi-airport/index.shtml
Thimphu (2 nights)	Hotel Druk http://drukhoteles.com/
Punakha (1 night)	RKPO Green Resort
Paro (2 nights)	Tashi Namgay Resort http://www.tashinamgayresort.com/
Bangkok (1 night)	Novotel Suvarnabhumi Airport Hotel http://www.novotel.com/gb/hotel-6183-novotel-bangkok-suvarnabhumi-airport/index.shtml
Mandalay (2 nights)	Mandalay Hill Resort https://www.accorhotels.com/gb/hotel-A3M8-mercure-mandalay-hill-resort/index.shtml
Inle Lake (2 nights)	Sanctum Inle Lake Resort http://sanctum-inle-resort.com/
Bagan (2 nights)	Bagan Lodge Hotel http://www.bagan-lodge.com/
Yangon (1 night)	Chatrium Hotel http://www.chatrium.com/chatrium_hotel_yangon/default-en.html

Your accommodation will be in first class properties – in the unlikely event that a hotel needs to be substituted it will be of a similar standard or higher.

**The price... Cdn \$8,495 / person (including all international and regional !!)
 (Early Booking Price valid until November 19, 2018 – save \$500/person)**

Pricing (exc. Insurance) / per person - Cdn\$	Inc. Air from Toronto or Vancouver (Vancouver deduct \$200)
Per person (double occupancy)	
- registrations up to November 19, 2018	\$8,495
- registrations after November 19, 2018	\$8,995
Single supplement	\$1,820
Single share fee (A)	\$ 300 **
Transportation / hotel taxes and fees	\$ 665
Academic program registration fee (per MD registrant)	\$ 700
Entry visa for Myanmar	US\$50
Entry visa for Bhutan	US\$40

(A) Single share matching fee – can't find a traveling partner but don't want to pay the single supplement? We'll keep our eyes open for similar clients and try and find you a compatible person to share a room with. However, if we are unable to find you a suitable companion the single supplement will be payable.

Upgrades are available on Cathay Pacific to Premium Economy and Business class cabins for the long-haul international flights (see our registration form for details).

CANADIAN \$ PRICING !

Please note, unlike many programs offered by other companies which are quoted in US\$ (and are also usually land only prices excluding air fare), **our prices remain in Canadian\$** - and, with a premium now of around 30% (at August 2018) when paying in US\$, this makes a significant difference.

COST EFFICIENT INVOICING !

For **invoicing** purposes re Academic Program registrants and their companions, we can also provide a separate invoice with the registrant's air cost plus 100% of the accommodation costs included in the registrant's invoice.

REPEAT CUSTOMER DISCOUNT

If you are one of our many repeat clients, having travelled with Doctors-on-Tour on one of our previous educational tours, you are eligible for our Repeat Customer Discount. Simply deduct \$100 /person for each separate tour that you have travelled with the company on up to a maximum of \$300 /person (ie travelled on one previous tour, deduct \$100; two tours, \$200; three or more tours, \$300). **Please note, this discount is subject to the payment (s) for the tour being made by cheque.** The discount is to be made from the final balance payment with the deposit amount being paid in full.

ONLINE REGISTRATION FORM

Our **online registration form** may be accessed via the direct link below -

<https://fs22.formsite.com/Doctorsontour/BHUMYAN1902BookingForm/index.html>

Full program information may also be found at -

<http://www.doctorsontour.ca/cme-programs-bhutan-myanmar-upcoming-1902.php>

Inclusions and Exclusions...

Inclusions –

- International flights from Toronto to Bangkok (gateway for Bhutan flights) and from Yangon, Myanmar to Toronto on Cathay Pacific
- All internal flights in Myanmar and to and from Bhutan as per detailed itinerary.
- Modern, air conditioned transportation (including bottled water)
- All meet and greet services and arrival and departure transfers
- First class hotel accommodation
- 14 breakfasts, 11 lunches, 8 dinners
- Comprehensive daily itineraries including privately escorted tours of local cultural sites, museums, attractions and shows
- All admission fees (except those specifically noted above)
- CME program including tours of various local medical facilities (Academic Program Certificate provided) with separate programs for spouses
- Fully escorted program including services of local English speaking cultural experts
- Porterage
- Bhutan Royalty Fee
- Bhutan Tourism Development Fund contribution

Exclusions –

- Beverages (both soft drinks and alcoholic beverages)
- Gratuities for local escorts and drivers
- Travel insurance – please note, **travel insurance (including medical and trip interruption coverage) is highly recommended** for this tour. Coverage is available through Doctors-on-Tour – please check for further details in our brochure (page 29)
- Airport departure taxes
- Entry visa for each of Myanmar (US\$50) & Bhutan (US\$40)
- All items of a personal nature such as telephone / internet usage, laundry services etc

For **invoicing** purposes re doctors and their spouse, we can also provide a separate invoice with the doctor's air cost plus 100% of the accommodation costs included in the doctor's invoice.

OUR PROGRAMS HAVE LIMITED CAPACITY AND ARE SUBSCRIBED FOR MANY MONTHS IN ADVANCE AND THEREFORE RECOMMEND REGISTERING (WITH A NON-REFUNDABLE DEPOSIT OF \$500 PER PERSON, PLUS APPLICABLE TRAVEL INSURANCE PREMIUM) AS SOON AS POSSIBLE IN ORDER TO GUARANTEE YOUR RESERVATION.

Misc information you need to know...

Travel documentation and visas

Myanmar

A visa approval letter must be obtained in advance of your travel to Myanmar and we will provide instructions regarding this process with your booking confirmation. Upon arrival in Myanmar, your passport will be stamped with the actual visa. Your passport must have an expiry date no earlier than 6 months after your scheduled departure date from Myanmar. The cost of the visa is currently (August 2018) US\$50.

Failure to produce your visa approval letter upon arrival in Myanmar will result in you being denied entry into the country.

Thailand

A visa is not required for entry into Thailand for your enforced overnight stopover while en-route from Myanmar to Bhutan.

Bhutan

All travellers must obtain a visa clearance prior to travel to Bhutan. This Visa Clearance Letter is issued by the Tourism Council of Bhutan and will be processed by our licensed Bhutanese tour operator partner. Your passport must have an expiry date no earlier than 6 months after your scheduled departure date from Bhutan and, in order to process your Bhutan visa application, **we will require a clear readable colour copy of your passport** (page containing passport no. and photo in JPEG or PDF format) forwarding to us by e-mail (photos taken with smartphones are not accepted by the Bhutanese authorities – it must be a properly scanned image). The cost of the visa is currently (August 2018) US\$40. At your point of entry into Bhutan, you will be required to show your visa clearance letter, such that the actual visa will then be stamped into your passport.

Medical recommendations / mandatory vaccinations

There are no **mandatory** vaccinations required at the present time for entry into either Myanmar or Bhutan (unless you have travelled to a Yellow Fever infected country in the six months prior to arrival, in which case proof of Yellow Fever vaccination is required at immigration).

A list of our full medical **recommendations** will be provided closer to departure – this will include up to date MMR, Hepatitis A/B, polio and typhoid vaccinations as well as malaria precautions (Myanmar) and high altitude medication for those that may be susceptible to this for parts of the Bhutan itinerary.

Travel insurance information... Coverage available through Manulife Insurance

We strongly recommend that you take out travel insurance to protect you against the unexpected due to, in particular, limited provincial health care coverage afforded to Canadians while traveling overseas and the cancellation provisions inherent in your booking.

We offer two insurance coverage options –

Non-medical Inclusive package - There are **significant inherent cancellation penalties** associated with your booking as detailed in our booking terms and conditions and this insurance package provides coverage for all monies paid for your trip if you should have to cancel due to medical, or other listed, reasons either relating to yourself or a member of your immediate family. It also covers you for trip interruption costs short notice return flight home etc) for medical reasons again, either relating to yourself or an immediate family member as well as flight and travel accident and baggage insurance.

All-Inclusive package – provides coverage for all the components in the non-medical package, plus unlimited health coverage while in the destination

Note, if you believe you may have coverage through your **credit card** we would strongly advise checking with the credit card company the actual coverage afforded to ensure it covers medical, trip cancellation and trip interruption as not all of these items are covered (or may only offer limited coverage as to trip duration or insured \$amount in the event of a claim - sometimes as low as only \$1,000 per person) by all kinds of cards.

"Cancel for any reason (CFAR)" coverage - NEW and at no additional cost !!

So long as you purchase **either of the two insurance policies above at the same time as your tour booking**, you are automatically entitled to this added benefit of CFAR coverage whereby, if you need to cancel your tour booking up to 14 days or more before departure **for any reason**, your policy will refund you up to a maximum of 50% of the cancellation penalties incurred. This is excellent peace of mind coverage to protect you against (50% of the) cancellation penalties incurred in a situation where the reason for cancellation is not one of the regular covered risks in your policy (ie it is essentially "change of mind" insurance).

Our insurance premiums (dependent upon your age at the time of purchasing insurance and your total tour costs) are below -

Total insurable costs (\$/person)	NON-MEDICAL INCLUSIVE								ALL-INCLUSIVE							
	Age>	0-54	55-59	60-64	65-69	70-74	75-79	80-84	85+	0-54	55-59	60-64	65-69	70-74	75-79	80-84
4000 - 4500	349	369	413	455	476	620	759	1,003	432	450	558	640	940	1,069	1,437	1,513
4500 - 5000	376	399	448	495	519	674	824	1,079	459	480	593	681	986	1,129	1,513	1,599
5000 - 5500	403	429	483	536	563	728	889	1,155	486	510	629	721	1,031	1,188	1,589	1,686
5500 - 6000	430	458	518	576	606	782	954	1,230	513	539	664	762	1,077	1,247	1,664	1,772
6000 - 6500	457	488	553	617	649	836	1,018	1,306	540	569	699	802	1,123	1,307	1,740	1,859
6500 - 7000	484	518	588	657	692	890	1,083	1,381	567	599	734	843	1,169	1,366	1,815	1,945
7000 - 7500	511	548	623	698	735	944	1,148	1,457	594	629	769	883	1,215	1,426	1,891	2,031
7500 - 8000	538	577	658	738	779	998	1,213	1,533	621	658	804	924	1,261	1,485	1,967	2,118
8000 - 8500	565	607	693	779	822	1,052	1,278	1,608	648	688	839	964	1,307	1,544	2,042	2,204
8500 - 9000	592	637	728	819	865	1,106	1,342	1,684	675	718	874	1,005	1,353	1,604	2,118	2,291
9000 - 9500	619	666	764	860	908	1,160	1,407	1,759	702	747	909	1,045	1,399	1,663	2,193	2,377
9500 - 10000	646	696	799	900	951	1,214	1,472	1,835	729	777	944	1,086	1,445	1,723	2,269	2,463
10000 - 10500	673	726	834	941	995	1,268	1,537	1,911	756	807	980	1,126	1,490	1,782	2,345	2,550
10500 - 11000	700	755	869	981	1,038	1,322	1,602	1,986	783	836	1,015	1,167	1,536	1,841	2,420	2,636
11000 - 11500	727	785	904	1,022	1,081	1,376	1,666	2,062	810	866	1,050	1,207	1,582	1,901	2,496	2,723
11500 - 12000	754	815	939	1,062	1,124	1,430	1,731	2,137	837	896	1,085	1,248	1,628	1,960	2,571	2,809
12000 - 12500	781	845	974	1,103	1,167	1,484	1,796	2,213	864	926	1,120	1,288	1,674	2,020	2,647	2,895
12500 - 13000	808	874	1,009	1,143	1,211	1,538	1,861	2,289	891	955	1,155	1,329	1,720	2,079	2,723	2,982
13000 - 13500	835	904	1,044	1,184	1,254	1,592	1,926	2,364	918	985	1,190	1,369	1,766	2,138	2,798	3,068
13500 - 14000	862	934	1,079	1,224	1,297	1,646	1,990	2,440	945	1,015	1,225	1,410	1,812	2,198	2,874	3,155
14000 - 14500	889	963	1,115	1,265	1,340	1,700	2,055	2,515	972	1,044	1,260	1,450	1,858	2,257	2,949	3,241
14500 - 15000	916	993	1,150	1,305	1,383	1,754	2,120	2,591	999	1,074	1,295	1,491	1,904	2,317	3,025	3,327

For residents of Ontario, simply accept your choice of insurance (Non-medical Inclusive or All-Inclusive coverage) on our *online* registration form and we will apply the premium above on your invoice confirmation (if using our *pdf* registration form, enter the applicable premium from the above table when completing the registration form)

For residents of Canadian provinces other than Ontario, insurance regulations state that travel insurance should be taken out directly with Manulife Insurance, albeit through the direct web-link below (this private link still allows you to take advantage of our preferred rates with Manulife) –

<https://www.igoinsured.com/Direct/ManulifeGlobal.aspx?ag=ONTOTPR&lang=E>

A detailed overview of coverage benefits and limitations of each insurance policy that we offer through Manulife may be found at -

www.doctorsontour.ca/manulife-travelinsuranceguide.php

Non Canadian residents

For residents of countries outside of Canada (including the USA), insurance regulations allow us to sell “**Trip Cancellation**” insurance (this policy includes both trip cancellation and trip interruption coverage) coverage but not medical coverage. We do find that many of our overseas clients already have medical insurance through other channels and therefore, if this is the case, you may purchase “Trip Cancellation” coverage through our insurance partner, Manulife Insurance, through the direct web-link below (this private link still allows you to take advantage of our preferred rates with Manulife) –

<https://www.igoinsured.com/Direct/ManulifeGlobal.aspx?ag=ONTOTPR&lang=E>

Testimonials...

What our physicians have said about our previous educational escapes...

"Great hotel facilities, excellent service – an extremely enjoyable, and educational, week
Dr. Doug Wooster, Toronto – Chile, 2005

"Great company, well organized and interesting tours, educational lectures and great food (and wine....!) – Fantastic trip!"
Dr. Ray Martin, Toronto – Argentina, 2006

"Thanks for planning such an amazing trip. Our congenial group enjoyed so many rich experiences together and collected memories to last a lifetime. Each day was an adventure!
Andrea Maurice – Vietnam / Cambodia, 2007

"I want to express our appreciation for a wonderful trip. The tour operator and the guides were excellent and everything went very smoothly.... this was a tremendous trip which we will need to review again over the coming days to catalogue and appreciate all the places we visited and the marvelous things we saw.. Thanks again for all the hard work in putting the trip together with the memorable result that was achieved...
Dr. Rudy Hyles, Mississauga – Ecuador & The Galapagos, 2008

"Wonderful people! Wonderful places!"
Dr. Phil McGuire, Ottawa – Peru, 2009

"The organization and accommodation were both excellent. We were always looked after with consideration and provided with a wide variety of interesting activities and experiences. The guides were most helpful and informative. A wonderful tour!"
Dr. Michael Dales, Toronto - Ecuador & The Galapagos, 2009

"I do not have words to express my appreciation and admiration for the your hospitality and service provided by your company and your partners on the ground in India"
Dr. Sudhir Pandya – Northern India, 2009

"A wonderful trip. It was amazing to see so many different animals co-existing on the beautiful African plains. The Kenyan and Tanzanian people we met were gracious and welcoming. Our host/trip manager was excellent - very bright, knowledgeable, good problem solver, great people skills - a delightful man who really made our trip memorable. Our guide/driver was also excellent - very knowledgeable, an excellent driver and keen to make our safari experience a good one. We had lots of fun and learned a lot from him. I loved the parks and reserves - the Serengeti and Ngorongoro are absolutely amazing".
Andrea Maurice, Toronto – Kenya & Tanzania – March, 2010

"The guides throughout the trip were superb, well informed with excellent local knowledge and willing to discuss any topic! The visits to the local hospitals were excellent. A fantastic tour!"
Dr. Linda Stirk, Toronto - Ecuador & The Galapagos (and Peru), 2010

"We had a great visit to the Falls. Stefani was a very helpful guide. The hotel and facilities were fabulous. The tour overall was an exciting experience. Thanks to you both and Ian for the hard work and planning.
Drs. Hirsch and Indra Rastogi, Ancaster – Brazil, 2011

"In addition to exploring the fantastic sights of Northern India, our group visited local hospitals and clinics to learn more about how medicine is practiced in India as well as in the SOS Children's village in Jaipur and the Mother Teresa charity Mission in Agra" - Dr. Serge Puksa, Northern India, 2011

"We found this tour to be a wonderful adventure... even more than we had anticipated. The planning and attention to detail on the ground ensured we had a comprehensive introduction to the many wonders of Ecuador. I will definitely consider participating in another program and will be certain to share details with my colleagues"
Dr. Alison Kelford, Oakville - Ecuador & the Galapagos, 2011

"The trip surpassed all my expectations. The country itself was far more interesting than I thought and the tour itself was very well organized. The wineries were a treat and the physicians and their spouses were lots of fun. I would be happy to do another trip! "

Dr. Steven Traplin, Guelph – Spain Gourmet tour, 2011

"Spain greatly surpassed my expectations, offering wonderful gastronomic experiences, lavished with outstanding wines and extremely hospitable people with a culture and history that is as rich as deep. Fernando Garcia, through his many connections, was able to allow us access to exclusive vineyards , where we were submerged in to the local cuisine and regaled with their finest wines".

Dr. Peter Bloch, Oakville – Spain Gourmet tour, 2011

"Our guide was excellent, enthusiastic and knowledgeable. Cooking classes were good and the hotels were excellent"

Dr. Barbara Flanagan, Charlottetown – Vietnam, Laos & Cambodia, 2012

"Excellent! Loved the trip and well worth it. Life changing experience, excellent speakers and very well organized. Met some great people and will keep in touch for future trips. Will definitely book another doctors-on-tour trip in the future"

Dr. Janel Gracey, London – Bali, 2012

"A quick personal note to tell you how much we enjoyed our trip to Spain & Portugal. The whole agenda was well planned and well carried out. The winery visits and dinners were amazing, we learned so much about the history and making of Port."

Dr. Blair Fraser, Guelph – Spain & Portugal, 2012

"We had a magical time in Machu Picchu - such a spiritual time at day break - our guide was great! Many thanks for the fabulous trip - memorable and well organized. Your company does such a great job and such an opportunity for us, and what a great group of people to share such an amazing trip with".

Dr. Paul Bates, London – Ecuador & the Galapagos, Peru 2012

"What an amazing trip this was ! Your company did such a fantastic job – well organized with wonderful support staff – everything left on time, great food, weather & traveling companions – and (our guide) Gonzalo was the best ! Thank you very much for such an unforgettable adventure".

Jack & Lore Brown, London - Ecuador & the Galapagos, 2012

"I have been fortunate to enjoy four trips with doctors-on-tour since 2009 - to Ecuador, Vietnam/Cambodia/Laos, India and Bali. All these tours were wonderful. Well-organized, excellent accommodations, top notch guides, remarkable CME experiences that broaden one's outlook on medicine and really great leaders of the tours. You should seriously consider taking one of these exotic trips. Beats lying on a beach!"

Dr. Linda Rapson, Toronto – 2013

"We enjoyed our extension to the UAE and saw an amazing amount in a short time. Our guide was very helpful, informative and pleasant and we appreciated how he was able to inform us about the country, it's people and customs. Excellent !"

Drs Christopher & Margaret Ibey, Parry Sound, On. – United Arab Emirates, 2013

"The whole trip was wonderful and very well organized. We appreciated the advance preparation information packages. The hotel accommodation was excellent and the guides provided a lot of background information in Indian culture and society which made the trip even more valuable as a learning experience. We enjoyed all of it – including meeting Dr. Peter, & Mary, Bloch (Group Medical Director) and the great people in the group!"

Dr. Ron Eliosoff, Ottawa - South India, 2013

"Excellent trip – hotels, guides, food and company and we saw such wonderful sites.

Dr. Martin and Eileen McIntyre, Brantford - Vietnam, Cambodia & Laos, 2013

"We had a wonderful trip. It was such an interesting mix of people that we laughed all the way through - an amazing experience and a fabulous time. The Pantanal was awesome and we also totally loved the old colonial town of Paraty. We enjoyed ourselves so much we are thinking of signing up for another one soon. Thanks again - you did a wonderful job - it was a dream".

Dyana Driscoll, Toronto – Brazil, 2013

"I was extremely pleased with my second trip through Doctors-on-Tour to Kenya & Tanzania - the tour was one of the most amazing things I have experienced!"

Dr. Kerri McGuire, Ottawa - Kenya & Tanzania, 2013

"Fantastic experience! Every detail to perfection."

Dr. Les Marien, Orangeville, On. - Spain Gourmet, 2013

"Had a great time! Very well organized"

Dr. Yusuf Januwala, Ipswich, Queensland, Australia - Ecuador (Galapagos) & Peru, 2013

"Our guide was amazing - so professional and knowledgeable. Great itinerary - Well done !"

Dr. Susan Smith, Frederickton, N.B - South Africa, 2014

"I want to give you some feedback on our amazing trip to South Africa. Our guide was exceptional; lunch at La Petite Ferme was a highlight, great food, wine and scenery; in Swaziland, the glass factory was very good the candle factory was great; Kapama River (Game) Lodge - amazing ! Soweto - great ! South African Airlines were great to travel with friendly service and, overall, it was a great trip"

Dr. Steve and Marg Szarka, Hamilton, On. - South Africa, 2014

"We had a wonderful trip. Places we stayed during the tour were all very nice and every one had a good time. Your local tour manager was wonderful, extremely helpful and very well organized. Thanks again for all your help"

Dr. Kumar Banerjee, Vancouver, B.C. - South India, 2014

"We felt the tour is one of the best (CME tours) we have been on. We keep missing the great Chilean wines and Argentinian beef. Right sized group and great company. CME tours were interesting and informative. Our guides were good and I enjoyed learning about the country from their comments".

Dr. Eduardo Aenlle, Fallbrook, California - Chile, Argentina and Patagonia Cruise, 2014

"It was an amazing trip thru Vietnam, Cambodia & Laos. It exceeded all our expectations. Our group leaders were gracious hosts. Their thirst for adventure and generosity of spirit added so much to our trip. The group we traveled with were a great bunch and we hope to cross paths in the future. The CMEs were informative and I enjoyed seeing the varied medical sites in each country"

Dr. Tom Stark, Timaru, New Zealand - Vietnam, Cambodia & Laos, 2014

"Macchu Picchu and Galapagos were the highlights. Wonderful guides, very well organized and enjoyable. Tour leader did a great job !"

Dr. Michael Garner, Montreal, QC - Ecuador (Galapagos) & Peru, 2014

"Our guide was absolutely fabulous - she took superb care of us and added so much to the trip through her knowledge of New Zealand history, flora and fauna. Peter and Mary (Bloch) were wonderful medical leaders - calm, helpful, interesting and vivacious- kudos to them."

Drs. Peter & Louise Bobechko, Toronto, On. - New Zealand, 2015

"I really enjoyed this tour - Rajasthan and Agra are beautiful. Our tour escort, Kumar, has great people skills, and has been very attentive to everyone's needs - Himanshu has been an excellent guide and is very knowledgeable. We would love to return to India on your South India program"

Dr. Rajalaxmi Wong, North Bay, On. - North India, 2015

"The trip to South Africa was awesome - I would rank it up there with my favorite so far with Doctors on Tour. The people in our group were wonderful - it was a total joy and I can see now why South Africa is one of your favorite destinations"

Dyana Driscoll, Toronto, On.- South Africa, 2015

"Bob and I enjoyed the time shared with each of you in Bali, My expectations for the tour were met and exceeded .It really was a small window into the Balinese culture. To (our group leaders) Bonnie and Mel, Thanks! Hope this isn't our last tour.

You all were interesting and gracious, Terima Kasih. Salam Jalan"

Dr. Bob & Evelyn Lawler, Gibsonia, PA - Bali 2015

"We had a fabulous experience, enjoying a fun group of travelers and loving the beautiful art and history of Spain. The warm, friendly and family culture feeling of Spain was memorable and a testimony to the connections of Chef Fernando Garcia".

Dr. Gerry Mittler, Vancouver, BC - Spain Gourmet, September 2015

"Thank you for your excellent guidance during our trip to Ecuador. the trip was very good, and the logistics and handling of the group were excellent"

Dr. David Spence, London, On - Ecuador (including the Galapagos and Amazon), 2015

"The trip was exceptional in every way. Our guide was more than just a tour guide - the knowledge she shared was detailed and interesting - what an ambassador for her country ! The high level of care that she offered was above and beyond anything that we have ever experienced. We thoroughly enjoyed every minute of this trip ! Thank you !"

Dr. Les Marien, Orangeville, On - New Zealand, 2016

"An enjoyable and enlightening tour"

Dr. Brian Davies, Sarnia, On. - China, 2016

"A great exposure to Balinese culture and the spiritual aspects behind their healing philosophy"

Dr. Karyn Klapecki, Toronto, On. - Bali, 2016

"A most excellent tour escort - genial, helpful, very knowledgeable and organized. Very well chosen sights and experiences"

Dr. Michael Garner, Montreal, Qc. - South Africa, 2016

"An extremely interesting, informative and invigorating tour. The medical CME components were excellent and I'm glad that we were able to see and experience so much".

Dr. Paula Chalmers, Vancouver, B.C. - South Africa, 2017

"Myanmar was very well organized and our guide was excellent - the best I have ever had! The sites and activities in Bhutan were very enjoyable and the local medical facilities and clinics that we visited as part of the CME were good"

Dr. Brenda Cholin, North Battleford, SK - Myanmar & Bhutan, 2017

"We really enjoyed this tour of Myanmar & Bhutan - it was very well organized. Myanmar and Bhutan are both beautiful countries. The local tour escort in Myanmar was exceptional and the local guides in Bhutan were also extremely good. Thanks again for organizing such an amazing trip!"

Drs. Tsing & Jayanthi Wong, North Bay, On. - Myanmar & Bhutan, 2017

"It was an incredible tour - we saw so much !"

Dr. Mo Meghji, Kitchener, On. - Argentina & Chile, including Patagonia cruise, 2017

"This was a very good tour. The progress that the country has made over the years has been very significant. However, China still has multiple levels of Red Tape, both public and private that will not change ever, so it must be accepted. Overall a 9.5 out of 10 !"

Dr. Ted Erb, Waterloo, On. - China, 2017

"It was our first trip with your company. John and I loved it. The itinerary was perfect. Busy days followed by quieter ones. Lorna and Ashley were lovely and so capable! The coordination was superb. Thank you. We had the trip of a lifetime!"

Dr. John Gapski, Mississauga, On. – Ecuador & Galapagos, 2017

"We really enjoyed traveling with an interesting group of professionals which gave us the opportunity to visit places where the public normally does not have easy entry. Excellent pre-departure information and the tour was well-balanced with a mixture of historic and social highlights, while travelling through very different landscapes and areas of the country. The public/private health care system was well described on the Groote Schuur Hospital tour and the children's' song and dance performance at SOS children's village in Cape Town was touching. Our local tour guide was outstanding [5+++] and provided excellent context for the political, economic and social aspects of SA. He was calm, professional, responded quickly to everyone's needs and was very proud of his country".

Helle & Tony Tosine, Toronto, On. – South Africa, 2017

"Everything was excellent! We had a wonderful time. Hotels were superb. Thank you again for the well organised, all details worked out, great trip!"

Dr. Andrea Cordas, Burlington, On. – South India, 2017

"We really enjoyed New Zealand and the services provided by your company. The Academic Conference presentations were top caliber and contained information useful to both the specialist and generalist. I enjoyed getting to know and learning from the other group participants. We would recommend this trip and plan to travel with Doctors on Tour again".

Dr. John Britt, Winston-Salem, NC - New Zealand, 2018

"We arrived home safe and sound from beautiful Bhutan and Myanmar. It was a good trip and wonderful to experience the unique sites and culture of both places. The local guides, itineraries and accommodations were outstanding"

Dr. Alison Kelford, Oakville, On. – Bhutan & Myanmar, 2018

"We enjoyed our trip very much. The hotels we stayed in were superb, the itinerary was great and the guides, both in Bhutan and in Myanmar, were fabulous. Overall it was a wonderful, memorable trip. Thank you very much!"

Dr. Sabine Ernsting, Adelaide, South Australia - Bhutan & Myanmar, 2018

"That was one great trip. I loved every minute of it. Breathtaking scenery and such happy friendly people"

Dr. Evelyn Brett, Toronto, On. - Bhutan & Myanmar, 2018

"So many highlights – favorites include Cape of Good Hope, Table Mountain, Kapama Game Reserve – because of excellent game rangers and trackers – saw the big 5 and so much more. Deon – excellent!!! Bus drivers also excellent. Coaches comfortable – great bonus to be able to charge cell phones inside buses. Bottom line – Awesome experience!!"

Dr. Cinda Lee, Toronto, ON - South Africa, 2018

And about your Group Leaders and Medical Director, Dr. Lorna, and Ashley, D'Silva – Mississauga, On.

...*"I just called to say how much I care," ...*

Neither our few parting words nor this email can fully express our admiration for your leadership and our thanks for making the trip happen for us. Yes, it was a complex itinerary and yes, some of the participants (ourselves included) were a handful at times, but your experience and your forbearance really showed through. I suspect that collectively we would not naturally be travelling partners, but that somehow added to our experience, rather than detracting from it. I hope it was the same for you, if only in part.

Bravo.

David

Dr. David Cole, Toronto - Ecuador & the Galapagos, November 2010

"A great trip! Lorna & Ashley did a marvelous job of keeping us on track..). Tremendous local guides. Thoroughly enjoyable accommodations and food"

Dr. Kathryn Bigsby, Charlottetown - Ecuador & the Galapagos (and Peru), 2010

"Let me commend you and your (Doctors-on-Tour) team for this most excellent adventure. Both Lorna and Ashley have done an amazing job on every issue, always seeking consensus, to help us throughout the journey. They deserve a tremendous vote of appreciation".

Dr. Fred Engle, Toronto, On. - Chile, Argentina and Patagonia Cruise, 2014

"A personal note of thanks (again) for a great trip.

Wow -- what a team..."

Dr. David Cole, Toronto - Chile, Argentina and Patagonia Cruise, 2014

"We would like to particularly thank Lorna and Ashley for leading the trip extremely well - they have handled the group, the services as well as troubleshooting any mishaps to the satisfaction of all"

Dr. Hamid Nasser, Cambridge, On. - Chile, Argentina and Patagonia Cruise, 2014

"This was a fabulous introduction to Doctors On Tour for us, and it will hopefully not be our last. Lorna and Ashley were great (group leaders) and Deon (our guide) was, as others have already said, an absolute gem"

Dr. Susan and Chuck van Baardwijk, Ancaster, On - South Africa, 2015.

"Great trip - thanks for all your effort"

Dr. Ed Mol, Athabasca, AB - Ecuador & Peru, 2017



Doctors-on- Tour – Ecuadorian Amazon



Doctors-on-Tour - India



Doctors-on-Tour – Spain



Doctors-on-Tour - Chile & Argentina



Doctors-on-Tour – South East Asia



Doctors-on-Tour – China

Terms and Conditions

The Terms & Conditions contained herein are the terms under which Doctors-on-Tour and on-Tour (being operating brands of Britcan International Consulting (B.I.C.) Inc. and together, for the purposes of these Terms & Conditions, being referred to collectively as DOT/OT/BIC) accepts reservations. Our liabilities are limited. When you make a payment of deposit and/or final payment, it is also an acknowledgement of receipt and acceptance of these terms and conditions.

RESERVATIONS & DEPOSIT Early reservations are recommended to guarantee your reservation as several of the accommodation providers with which we make arrangements on your behalf have limited capacity. All services are strictly on a request basis, both for air travel and land requirements and subject to availability of seats and hotel/lodge/camp rooms and cruise cabins. A guaranteed non-refundable deposit of \$500 per person (\$700 per person for programs which include a cruise component), together with the applicable travel insurance premium, is required with your reservation request. Tour extensions and, where applicable, seat upgrades in aircraft cabin categories higher than economy, are also subject to additional non-refundable deposits as detailed in each specific program's brochure. Reservations made for travel within 95 days (105 days for programs which include a cruise component) of the travel date will require full payment at the time of reservation. Certain non-standard arrangements may require higher deposit and the same will be advised to you at the time of booking. Please be aware that some airfares (outside of our group air blocks) require full payment at time of booking and will be advised to you accordingly at the time of your booking confirmation.

FINAL AND/OR BALANCE DUE PAYMENT: Guaranteed payment of all balances due is no later than 95 days (105 days for programs which include a cruise component) prior to departure date. If payment of the balance due is not received by the stipulated date, we reserve the right to cancel your reservation without refund of deposit.

CREDIT CARD PAYMENTS: Visa & MasterCard credit cards are accepted as form of payment. We do accept any other kinds of cards, including either American Express or Diners Club. Your online authorization by way of our Online Registration Form acts as your approval for the credit card provided as part of your registration to be charged for both the initial deposit (and travel insurance premium, where applicable) as well as the future balance payments on the date they become due, together with any other charges due relating to the booking that have been requested by you in writing (including by current or future electronic mail communication). For registrations that are not received via our Online Registration Form, but instead are forwarded to DOT/OT/BIC by mailing, faxing or e-mailing a scanned completed copy of our (non-online) Registration Form, your signature on such (non-online) Registration Form verifies your approval for your credit card to be charged. No services will be provided without receipt of either the authorized Online Registration Form or the duly signed (non-online) Registration Form. Third party payments may have restrictions.

CANCELLATIONS & CHANGES: The deposit amounts (for both the main tour and any optional extensions reserved) are non-refundable and non-transferable. Cancellation penalties for bookings cancelled by the client after the final balance due date (95 days before departure; 105 days before departure for programs which include a cruise component) are as follows: 95 – 61 (105 - 61 days for programs which include a cruise component) days before departure – 25% of total price paid; 60 – 31 days – 50% of total price paid; 30 days or less – 100%. (Notwithstanding the foregoing, any domestic Canada flight purchased as an additional service to the advertised package is 100% non-refundable irrespective of the date of cancellation). If payments are not received by their due dates, we reserve the right to cancel the booking without further notice. Bookings are non-transferable. There will be no refund for unused land arrangements after departure from North America. In the event of the cancellation by DOT/OT/BIC of any or all components of the travel services offered herein, DOT/OT/BIC will have no responsibility beyond the refund of all monies received from the client, which will be deemed to constitute full settlement. Individual airfares purchased outside of our groups air blocks are subject to different rules and cancellation fees. Some airfares may be non-refundable once the booking is confirmed regardless of when it was made. Details will be provided at the time of booking confirmation.

TRAVEL INSURANCE: To protect against cancellation charges, we strongly recommend purchasing Cancellation Protection and Travel Interruption Insurance. In the event of illness, medical and hospital expenses are the traveler's responsibility and no refunds will be made, partial or total, for the purchased tour. We strongly urge that you purchase either the Non-Medical insurance (ie Cancellation Protection and Travel Interruption Insurance) or Deluxe Insurance (Non-Medical coverage plus Health coverage) packages offered by our DOT/OT/BIC through Manulife Insurance.

TRAVEL DOCUMENTATION, VISA & OTHER IMMIGRATION REQUIREMENTS: A Canadian citizen must be in possession of a passport that must remain valid for a minimum of 6 months from the date of conclusion of their journey for all destinations offered with the exception of New Zealand, Spain/Portugal and countries on our Eastern Europe program where the passport must remain valid for a minimum of 3 months from the date of conclusion of their journey. Tour participants must also ensure that they comply with all visa and health requirements of countries they intend to visit.

A tourist entry visa (or, in some cases, a reciprocity fee) is required for entry into the following destinations offered by DOT/OT/BIC -

- Bhutan, Brasil, China, India, Kenya, Myanmar, Tanzania, Vietnam (tourist entry visa, or a visa pre-approval letter in some cases, must be obtained prior to departure from Canada)
- Cambodia, Laos, Zambia (tourist entry visa may be obtained upon arrival in the destination)
- For entry into Argentina, a reciprocity fee is payable (this must be paid prior to leaving Canada)

A tourist entry visa is not required for entry into Bali (Indonesia), Ecuador, New Zealand, Malaysia, Peru, Singapore, South Africa, Spain and any country on our Eastern Europe program.

Non Canadian citizens may have different requirements. It is the passenger's responsibility to ensure that all his or her passport, visa and mandatory health vaccination requirements for entry into the country are met and the cancellation penalties referred to above will apply if a passenger is not allowed into the destination country (or determines in advance of departure that he will not be allowed into the destination country) due to lack of proper documentation including, but not limited to, passport, visa, customs, health or currency provisions required by the destination country thus preventing him from participate in the tour.

Final tour documents consisting of detailed tour itinerary, vouchers, and airline tickets will be forwarded approximately 2-3 weeks prior to departure subject to receipt of final payment .

PRICING POLICY : Accommodations and services at the destination are contracted in local currencies and/or US Dollars. Due to frequent fluctuations in currency exchange (as well as other factors beyond our control including, but not limited to, fuel costs, transportation taxes and airport and local surcharges), prices are subject to change with or without notice and surcharges may apply for which we would endeavor to inform you as soon as possible. However, once we have received your final payment we would either waive any price increase or allow you to cancel your booking without penalty.

UNUSED PORTION OF THE TOUR: No refund will be made for any unused accommodations, missed meals, transportation segments, cruise portions, sightseeing tours or any other service. Such unused items are neither refundable nor exchangeable.

ACCOMMODATIONS: We use a variety of accommodations on our programs with many of our properties specifically chosen to reflect the local style and culture of the region. Our rating system reflects the majority of the accommodations throughout each program but some variety can occur. Ratings are based not only on room quality but also on facilities and location. Accommodation ratings in overseas destinations outside of Canada are an arbitrary measure and their definition from country to country can differ slightly as well as not always being consistent between individual properties in that particular destination nor are they necessarily comparable to an equivalent rating in North America. Rooms are assigned by the respective supplier(s) on a run-of-the-house basis, in category (ies) as specified in the itinerary and the right is reserved to substitute properties/hotels/lodges/camps/cruise/ships as conditions warrant such change for reasons beyond our control. Accommodations on twin occupancy basis, is provided at the properties/hotels/lodges/camps/cruise ships as specified or similar. Single room supplements apply to persons occupying sole use of a room/cabin but travelling with other passengers on the same tour and sharing transport cost on transfers, game drives, coach tours, sightseeing and excursions. Quoted single room rate does not necessarily mean single occupancy of a double room, as several of the establishments offered have especially designed single occupancy units.

SINGLE PASSENGERS TRAVELLING TOGETHER: If you are travelling with a companion and each paying separately the regular each of two double sharing accommodation rate and your companion decides to cancel, the remaining travelling passenger will be responsible for either finding a replacement travelling companion to take the cancelled passenger's place or must pay the single supplement and travel on a single basis.

MEALS & BEVERAGES: Meals as included on our itineraries are either buffet meals and/or table d'hôte. Meals ordered through room service are not included and must be paid directly to the establishment. Alcoholic beverages, soft drinks, and bottled water are included only where indicated on the itinerary. Unless specifically mentioned in your itinerary, all drinks (both alcoholic and non-alcoholic) are to purchased and paid directly to the establishments.

OPTIONAL TOURS, EXCURSIONS AND TRIP EXTENSIONS: It is our intent to operate any Optional Extensions on a private group basis. However, should the number of participants be of an insufficient level, we reserve the right to either -

- (1) add a surcharge to the previously stated selling price to be able to still offer the extension on a private basis or
- (2) operate any individual tour on a shared basis with other non-group participants or
- (3) cancel the tour and provide a full refund of all monies paid.

No refunds can be provided for cancellation of any tour by the client while in the destination.

SPECIAL REQUESTS: While we will make every effort to accommodate special requests, eg., room/cabin locations, adjoining rooms, non-smoking rooms, bed preferences, special dietary meal requests, these cannot be guaranteed and DOT/OT/BIC cannot be held responsible if such requests cannot be fulfilled. Requests for upgrading rooms/cabins are subject to additional charges. Any deviations to the standard program arrival and departure flight dates should be notified to us by separate e-mail at the time of booking and are subject to availability and also any applicable flight class supplement.

DOCUMENT DELIVERY: Your travel documents will be sent to you approximately 3 weeks prior to departure. For bookings received within 3 weeks of departure, express delivery of documents will require a courier delivery fee of \$30 to cover extra handling and processing. Additional courier charges will apply for all residents outside of Canada, irrespective of when the booking is made.

CONSUMER PROTECTION: DOT/OT/BIC are licensed under the Ontario Government Ministry of Consumer & Corporate Relations, Travel Industry Act 1974, Registration No. 50009110. The Act is administered by the Travel Industry Council of Ontario (TICO), the government regulated body which is responsible for enforcing and monitoring the Travel Industry Act, including the protection of advance monies paid to it's registrants by consumers. More information about TICO is available at <http://www.tico.on.ca/>

NOTICE TO TRAVELLERS: Canadians enjoy a living standard which is among the highest in the world. In other countries, the uninterrupted supply of water and electricity, local health conditions, levels of security and standards of food and beverages may sometimes differ from those enjoyed at home. Illness or inconvenience resulting from the services provided or omitted at the destination are outside the reasonable control of DOT/OT/BIC who bear no responsibility for such illness or inconvenience. DOT/OT/BIC cannot accept responsibility for the behaviour of other guests/groups nor the unlikely event of the withdrawal of services or facilities due to local cultural and political events, or strikes.

FORCE MAJEURE: DOT/OT/BIC shall not be liable for any claims, losses, damages, costs, expenses, delays or loss of enjoyment, of any nature or kind whatsoever, resulting from events beyond our or a supplier's reasonable control, including but not limited to acts of God, strikes, lockouts or other labour disputes or disruptions, wars, blockades, insurrections, riots, earthquakes, weather conditions, floods or acts or restraints imposed by government authorities.

OUR RESPONSIBILITIES : DOT/OT/BIC makes arrangements with airlines, tour operators, ground handlers, hotels/lodges, cruise lines, car rental companies & other independent parties to provide you with the travel services and other services you purchase. Although we take care in selecting these suppliers, we have no control over them and, therefore, cannot be responsible for their acts or omissions. In the unlikely event that a hotel / lodge / cruise ship described in this brochure is not available we reserve the right to provide an alternate hotel / lodge / cruise ship of the equivalent standard. We also reserve the right to substitute another airline if the particular airline described in this brochure is not available.

The travel services provided are subject to the applicable provincial Travel Industry Acts and Regulations and are subject to the conditions imposed by these suppliers and their liability is limited by their tariffs, conditions of carriage, tickets and vouchers and international conventions and agreements.

DOT/OT/BIC shall not be responsible for any loss, damage or injury, whether physical or mental, or to property, resulting from any delay, substitution or deficiency of quality of equipment or service, or any act, omission, negligence or commission of any party supplying any of the services or accommodation herein, its agents, servants, employees, subcontractors or for any claims for such loss, damage, or injury, whether physical or mental, arising therefrom, or from any cause that arises by reason of actions of parties other than DOT/OT/BIC. In the event that it becomes necessary or advisable for the comfort or well being of the passengers, or for any reason whatsoever, to alter the itinerary or arrangements, such alterations may be made without penalty to DOT/OT/BIC. The right is reserved to withdraw any or all tours should conditions warrant, also to decline to accept or retain any passengers as members of the tours. DOT/OT/BIC can assume no responsibility for lost tickets or coupons. The liability of DOT/OT/BIC for any loss, damage or injury, whether physical or mental, arising from its own acts, omissions or negligence, is limited to the price of the services purchased.