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PROFESSIONAL ADVANCEMENT ESCAPE
CME & CULTURAL TOUR OF CHINA

May 4 - 19, 2017



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), New Zealand and Europe (Eastern Europe, 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. Rachel Kassner, M.D. >

Dr. Rachel Kassner was born and raised in PEI where she first started practicing medicine. She then spent 16 years practicing in Toronto, and then returned to Charlottetown 12 years ago to continue her practice as a Family Physician. She is the former head of the Department of Family Medicine at the Queen Elizabeth Hospital, is Past President of the Medical Society of PEI and presently is the Chair of the Board of Directors of the Medical Society of PEI as well as being a physician liaison on the project to implement unified electronic health records Province-wide. This is Dr. Kassner's seventh venture with Doctors-on-Tour having previously led CME programs to Ecuador, the Galapagos and Peru, Kenya, Tanzania & Zanzibar, South East Asia, Brazil, Spain and South Africa.

The Destination... China – Beijing, Chengdu, Xian, Guilin & Li River cruise and Shanghai



The 4th largest country in area in the World and the 4th most visited country by foreigners, China provides so many reasons to spend time here - incredible diverse landscapes, rich historical heritage with 5000 years of culture, tempting and varied cuisine, and the third largest number of UNESCO World Heritage Sites after Italy and Spain.

To understand China, it is necessary to look back at the influences of its long history. From the days of the feudal system came a united China under the first emperor to rule the complete country. This was followed by the many dynasties that ruled China up to as late as 1912 after which it became a republic followed by a Communist regime from 1949. It is known as the "Middle Kingdom" as the Chinese once perceived their country as the centre of the world and while 50% of the country's population lives in rural areas (even though only 10% of the land is arable), China also has some of the most populated cities in the world.

Our 15 day air inclusive tour shows you the essentials of this diverse country - Beijing, Chengdu, Xi'an, Guilin and the Li River, Hangzhou before ending in one of the world's great cities, cosmopolitan Shanghai.

Start your adventure in Beijing, China's sprawling political and cultural heart and explore Tiananmen Square, the Forbidden City, and, of course, the Great Wall of China.

Continue to Chengdu, famous for it's panda sanctuary but where you will also visit the famous archaeological site of Sanxingdui.

Most visitors are drawn to Xi'an for one very good reason – the Terracotta Army of Qin Shi Huang, China's first Emperor. Over 8,000 figures have been discovered in the three pits since they were first unearthed in 1974, but excavation of this incredible site is an ongoing project. Xi'an itself is a fascinating city to explore. Visit the historic city wall and sample delicious street food in the Muslim Quarter.

In Guilin, you will catch a glimpse of China's more relaxed face on the banks of the Li River. Enjoy towering pagodas and rock formations rising from the landscape as you cruise down the Li River, stopping in Yangshuo, a picturesque southern Chinese town ripe for exploration.

Hangzhou, venue for a recent G20 meeting, is famous for its tea plantations, the granite statues of the Lingyin Temple and the spectacular West Lake and is your penultimate destination before ending your tour in vibrant Shanghai, the economic powerhouse of China where you can enjoy world class shopping and the historical Bund waterfront.

Further information can be found at -

- <http://www.travelchina.gov.cn/> - China National Tourism Association
- <http://www.tourismchina.org/> - China National Tourist Office
- <http://www.tourismchina-ca.com/chinafacts.html> - China National Tourist Office (Toronto, Canada)

The Academic Program (18 CME hours) ...

The Academic Program on this tour will focus on **Traditional Chinese Medicine** and, as noted in the detailed itinerary below, the program will include the following -

- Academic Program in Shanghai
- Visit a local clinic in Beijing for an introduction on the many elements and practices of Traditional Chinese Medicine (TCM)
- Beijing Tong Ren Tang (BJTRT) Chinese medicine store
- Participate in a Chinese medicinal herbal tea workshop (Beijing)
- Learn about the principles and processing of herbal medicine prescriptions (Xi'an)
- Chinese foot reflexology massage (Beijing) and traditional Chinese massage (Shanghai)
- Learn about Tai Qi and Qigong at the Temple of Heaven (Beijing)
- Workshop on Acupuncture – moxibustion (Xi'an)

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 on this program, Dr. Rachel Kassner (tel:1-902-892-9992, e: rakassner@islandtelecom.com) will contact you directly.

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

The detailed itinerary...

Day 1 – May 4, 2017 (Fri) - Depart Toronto for Beijing

Departure from Toronto for your afternoon flight to Beijing, China. Specific flight times will be forwarded upon registration.

Day 2 – May 5 – Arrive Beijing



*As the capital city of the PRC (the People's Republic of China), a municipality and a national central city, **Beijing** is viewed as China's political, cultural, financial decision-making and management center where the government and NPC (National People's Congress) are based. Beijing is one of the biggest cities and its impacts stretch around the globe. Adjoining Tianjin City and Hebei Province, Beijing is situated in the northwestern edge of North China Plain with Yanshan range on its back and Yongding River running through the southwestern corner.*

With a history of over 3000 years and a capital history of more than 860 years, Beijing, one of the Four Great Ancient Capitals in China, is noted not only for its 6 world heritages, ranking first in the list of world heritage owners, but also for its plentiful resorts, relics and cultural landscapes. In this prosperous tourism city, more than 200 resorts are accessible to visitors, such as the Forbidden City (the biggest imperial palace in the world), the Temple of Heaven (used for worship ceremony), Beihai Park, the Summer Palace, Badaling Great Wall, Mutianyu Great Wall, Simatai Great Wall, Prince Gong Mansion (the biggest quadrangle courtyard in the world). Beijing boasts for its 7,309 cultural relics and historical sites, among which there are 42 national heritage conservation units and 222 under city protection. In Beijing, Chinese scholar tree and platycladus orientalis are regarded as the city trees, while Chinese rose and chrysanthemum are the city flowers. In addition, Beijing is also widely well-known in the world for its traditional arts and crafts such as ivory carvings, jade carvings, Cloisonné and carpets.

Welcome to Beijing, capital of the “Middle Kingdom”!

Upon arrival in Beijing, you will be met by your Tour Director from our local tour operator partner who will assist you to your waiting coach for transfer to your hotel. During the transfer your Tour Director will give you some brief information about your hotel, its surrounding and about Beijing as well as explaining your program for the following days.

Overnight in Beijing.

Day 3 – May 6 - Beijing (B, L, D)

Breakfast at the hotel and then an early drive to visit the **Mutianyu** section of the **Great Wall of China**, one of the most important symbols of the country.

One must retrace steps back to the Qin Dynasty (more than 2000 years ago) to find the first traces of the defensive walls. During the Ming Dynasty, workers restored and expanded the Wall to its height, width and length that it is today.

Placed on the highest ridges, the wall offered an excellent view to the north and permitted the guards of the lookout towers to watch out for alarm fires down the wall in case of barbarian intruders. The Wall sufficiently prevented Mongolian cavalry from easily progressing on the wall and forced them to dismount from their horses before attacking.



At its peak of condition, the Wall extended over more than 6,000 kilometers of ancient Manchuria until the fort of Jiayuguan (where the Gobi desert begins to the west). At a point in history, the government used to ban criminals to this desolate location.

Lunch is at the School House close to the Wall.

In the afternoon, head to the Summer Palace, the residence for the Emperor, from where the Dowager Cixi was running the Empire during the last Dynasty.

Return to Beijing.

In the evening, there will be a Welcome dinner at Duck de Chine to experience the famous Beijing Duck.

Overnight in Beijing.

Day 4 – May 7 - Beijing (B, L)

Breakfast at the hotel.

In the morning, **physicians** will visit a local clinic for an introduction on the many elements and practices of **Traditional Chinese Medicine (TCM)**, several of which you will learn about the various medical activities throughout the tour.

Traditional Chinese medicine (TCM) originated in ancient China and has evolved over thousands of years. TCM practitioners use herbal medicines and various mind and body practices, such as acupuncture and tai chi, to treat or prevent health problems.

TCM encompasses many different practices, including acupuncture, moxibustion (burning an herb above the skin to apply heat to acupuncture points), Chinese herbal medicine, tui na (Chinese therapeutic massage), dietary therapy, and tai chi and qi gong (practices that combine specific movements or postures, coordinated breathing, and mental focus). TCM is rooted in the ancient philosophy of Taoism and dates back more than 2,500 years. Traditional systems of medicine also exist in other East and South Asian countries, including Japan (where the traditional herbal medicine is called Kampo) and Korea. Some of these systems have been influenced by TCM and are similar to it in some ways, but each has developed distinctive features of its own.

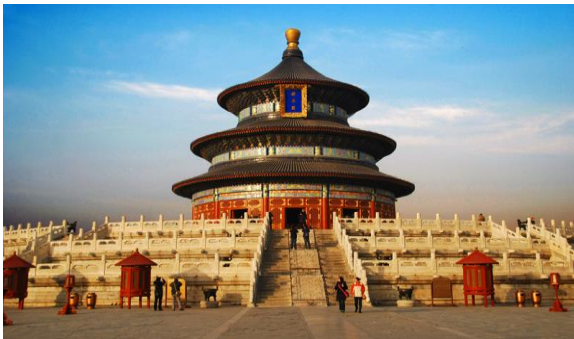
When thinking about ancient medical systems such as TCM, it is important to separate questions about traditional theories and concepts of health and wellness from questions about whether specific interventions might be helpful in the context of modern science-based medicine and health promotion practices.

The ancient beliefs on which TCM is based include the following:

- The human body is a miniature version of the larger, surrounding universe.
- Harmony between two opposing yet complementary forces, called *yin* and *yang*, supports health, and disease results from an imbalance between these forces.
- Five elements—fire, earth, wood, metal, and water—symbolically represent all phenomena, including the stages of human life, and explain the functioning of the body and how it changes during disease.
- Qi, a vital energy that flows through the body, performs multiple functions in maintaining health.

Partners Program : enjoy a **Hutong** tour by **sidecar**. Take a sidecar motorcycle tour through the back streets of the local Hutong that surround Lake HouHai and see their charm up close. The Beijing Hutongs (literally old lanes) have a very special place in the rich history and culture of Beijing and give a wonderful glimpse into yesterday's world, the old way of life and traditional Beijing culture, and highlight the dramatic changes the rest of Beijing has undergone.

All participants meet up for lunch in a local restaurant



Head over to the **Temple of Heaven**, one of Beijing's most iconic structures **for an introduction to Taiji by a local Taiji Master.**

Afterwards, discover the Temple itself and its simplicity in structure. Its hidden symbolism hints at beliefs even more ancient than Buddhism and Taoism and to a time when the Emperor was considered the direct authority on earth from the heavens.

In the afternoon, visit Sanlitun Soho Papp's Tea Lab, for a **Chinese herbal tea DIY workshop** to learn about the many kinds of medicinal Chinese tea rich in traditional herb content. Participate in making your own unique Chinese herbal teas while learning about the different function of the huge range of herbs that may be used in the centuries old process.



Evening at leisure.

Overnight in Beijing.

Day 5 – May 8 - Beijing - Chengdu (B, L)

Chengdu, also known as "Rong", is the capital city of Sichuan Province. As a sub-provincial and regional central city, Chengdu plays a vital role in politics, culture, commerce and trade, finance, science and education, military, transportation and communication. Situated at central Chuanxi Plain, the largest plain in the eastern area of west China as well as southwest China, Chengdu is flat with a network of rivers and abundant resources and large water capacity, thus renowned as the Land of Abundance. The city has a 2,600- year-long history with its name unchanged for thousands of years and it has been set as the capital city for 9 times in ancient feudal times, expanding as each government settled here. Chengdu is the gateway to scenic Jiuzhaigou, the Buddhist mountains of Emei Shan and Le Shan, and one of the most important panda breeding centers.

Breakfast at the hotel followed by a visit to the **Forbidden City**.

Most Chinese buildings face south, which according to ancient beliefs symbolized the barbarian threat and potential invasion from the north. This explains why the main entrance to the Forbidden City faces south towards Tiananmen Square, the third largest city square in the world. The construction of the City was finished in 1420 during the reign of the Ming Dynasty Emperor Yongle, and served as the Imperial administrative center throughout the Ming and Qing Dynasties until the fall of the Empire in 1911. According to legend the Forbidden City is made up of 9999 different rooms.



Lovingly restored for the 2008 Beijing Olympics, the Forbidden City has regained the youthful and vivid colors of its former glory. Take your time during this visit to such an unforgettable destination, spending time in the more serene surrounding courtyards and rooms. Climbing the artificial coal hill just behind the Forbidden City provides a spectacular view of the entire site and lets you get a grasp of the layout of the whole of Beijing.

Walk up **Jingshan** or the « Prospect Hill » to get a superb view of the City and the surrounding capital's architectural arrangement. Restored for the 2008 Beijing Olympics, the City now shows more clearly how it may have been.

Lunch in a local restaurant.

All group members will then visit the **Beijing Tong Ren Tang (BJTRT)** Chinese medicine store, one of the oldest and most famous Chinese herbal medicine stores in China. It was founded during the reign of Emperor Kang Xi' of the Qing Dynasty (AD1669). Since the first year of Emperor Yong Zheng's reign, BJTRT had been dedicated to serving the imperial family as the main source of herbal medicine and treatment, which service lasted over 188 years, covering the reigns of eight different Qing Dynasty emperors.

In the 21C, BJTRT is now organized under a group company structure, focusing on three key businesses: manufacturing business of modern medicine, retails business of herbal medicines and medical treatment services. It currently operates in over 800 retail stores worldwide, including 28 overseas joint ventures and covering over 15 countries and regions (including in Canada).

Enjoy some free time in Beijing before transfer to the airport to take an evening flight from Beijing to Chengdu. Transfer and check in to your hotel. Overnight in Chengdu.

Day 6 – May 9 Chengdu (B, L)

Breakfast at the hotel and then head to the **Panda Breeding Center** located in the outskirts of Chengdu.



The Panda Breeding Center boasts almost 100 pandas, making it the largest centre for Pandas in captivity in the world. The panda (“xiongmao” in Chinese, literally meaning “bear-cat”) is an endangered species that the Chinese Government and specialist NGOs have been consciously protecting since the 1980s. Their efforts have been rewarded and the latest population counts have shown an increase of nearly 50% in the number of pandas in the world (it is believed that there are more than 2000 living in the wild, although it is hard to give an exact figure). One can also see the golden monkey, white lipped deer and the gnu.

Lunch at a local restaurant.

Continue to the archaeological site of **Sanxingdui** close to the town of Guanhan. Here hundreds of objects dating from as early as 2000BC have been found including pottery, jade sculptures and statues... The site was discovered in the 1930s, but it was in 1986 that the most spectacular discoveries were made. In particular these include a fabulous collection of masks and a “divine tree” made of bronze unique to China. This is evidence of the most advanced techniques available to the Shang (Chinese dynasty from the 17th-11th century BC), also attesting to the existence of a mysterious parallel culture in Sichuan province (still called Shu country) that fascinates scientists. Numerous exhibitions have been organized all over the world since this discovery that some consider to be as important as that of the Terracotta Warriors in Xi’an!



In the evening, enjoy a **Sichuan opera** performance, consisting of skits making references to Chinese history and literature, featuring dancers, singers, acrobats and fire-eaters. As one of the oldest and most interesting opera forms in Southwestern China, Sichuan Opera is a perfect blend of local dialect along with the customs, folk music, and dances from other regions. Sichuan Opera is known for three distinct features, Changing Faces, Spitting Fire, and Rolling Light - we will not explain this further but will let you be surprised and...amazed.

Overnight in Chengdu.

Day 7 – May 10 - Chengdu - Xi'an (B, L)

Xi'an, called Chang'an or Jingzhao in ancient times, is one of the four famous ancient capitals of the world. It is located in one of the birthplaces of Chinese civilization as well as one of the cradles of the Chinese people and it represents an outstanding miniature version of Chinese culture, as well as being the starting point of the famous Silk Road. Xi'an's status as an ancient capital is unparalleled in many ways, including as the place to have been used as a capital for the longest period of time in Chinese history, as the place to have functioned as a capital over the largest number of dynasties in Chinese history, and as the capital with the greatest influence. Some of the most powerful dynasties in Chinese history, including Zhou, Qin, Han, Sui, and Tang, chose Xi'an as their capital.

In fact, 13 dynasties used Xi'an as a capital. Xi'an is among the first batch of cities proclaimed as "World Famous Historical Cities" by the UNESCO and among the first batch of National Famous Historical and Cultural Cities announced by the State Council. It is a world-famous tourist site and is popularly referred to as a "natural museum of history" as surviving monuments open a window onto the imperial power and cosmopolitan style of the old capital. The short-lived totalitarian state of Qin Shi Huangdi is reflected in the awe-inspiring massed terra-cotta armies of the Qin Bingmayong Bowuguan while the influence of Buddhism is clear from the majestic spire of the Da Yan Ta (Great Goose Pagoda), constructed under the supervision of Xuanzang (d. 664), who returned to China in 645 after 15 years of travel across India and central Asia.

Breakfast at the hotel.

In the morning take a leisurely walk in the **People's Park**, a perfect example of the parks where the Chinese practice Tai-Chi, Kung-fu, sword dance, meditation, dance, gymnastics... all activities that they consider essential to their well-being. The "ear cleaners" are also one of the very unique things you will see in the park...

Stop and enjoy tea tasting park's famous Tea House.

Lunch will be at a local restaurant to sample the region's well known Szechuan food.



Transfer to the airport to take an afternoon flight from Chengdu to Xi'an.

Transfer and check in to your hotel. Evening at leisure and overnight in Xi'an.

Day 8 – May 11 - Xi'an (B, L)

Breakfast at the hotel followed by a morning visit to the **Terracotta Warriors**.



In 1974, a few farmers stumbled upon the Warriors by accident. Now, we can only wonder what those original farmers felt when they first laid eyes on the thousands of soldiers lined up in battle formation. They had just discovered one of the greatest archeological finds in history!

Incidentally, we now have this wonder to view because of Qin Shi Huangdi's fear of malevolent spirits. Qin Shi Huangdi built a mausoleum to have his immense army of infantrymen, archers, and cavalry riders to protect him in the Afterlife. Each one of the Terra Cotta Warriors has a different face from a soldier during the Emperor's life. Historians theorize that the Emperor may have wanted to rule the world from the Afterlife.

Certain practices during the Shang Dynasty (centuries before the beginning of the Empire) consisted of aristocrats and local kings burying people alive or sacrificing slaves before placing them in their future tombs or coffins so that they might serve their masters beyond the living realm. This cruel practice was later slowly abandoned with the beginnings of the Qin and Han Dynasties and the use of tomb statues instead of victims. It was here that the idea of the Warriors began. In spite of this, it did not stop Qin Shi Huandi from burying a few thousand workers who worked on his mausoleum in a separate tomb so they could not divulge the secrets of the mausoleum's construction to anyone. This tomb is still considered today to be too dangerous to be disturbed and visited.

The statues you can view are separated in three pits. You will begin with the pits number 2 (that is still being excavated) and number 3 (that shelters the majority of items). You will end with pit number 1, the most impressive one with about 2000 warriors.

There is also a small museum on site that houses two splendid bronze chariots found in 1980 west of the mausoleum. You can now see them on display along with other artifacts.

Lunch at a local restaurant.

Xi'an is also a city of many cultures. During the day of the Silk Road, Muslim merchants from Central Asia came to China to do business and left their influence in Xi'an. Several Muslim minorities (totaling 15 million inhabitants) now live in China with the Hui minority now being predominant in Xi'an. After lunch visit the Chinese-style **Mosque** and the vibrant neighborhood around it housing a number of butcher shops and different sorts of stores where men wear white skull caps and women wear colorful headscarves.

In the evening, appreciate the unique ambiance of a **night market** where you will have the opportunity (independent dinner) dine on the neighborhood's specialties such as of spiced lamb kebabs, flat bread and mutton soup with noodles.

Overnight in Xi'an.



Day 9 – May 12 - Xi'an (B, L)

Breakfast at the hotel.

In the morning, **physicians** will visit one of the locations of the oldest private pharmacy in Xi'an for a **workshop on herbal medicine**. One of the chief pharmacists will introduce the processing techniques of building a prescription from the various medicinal herbs and you will be shown how to make a drug package from a basic prescription.

Partners Program : take part in a **Calligraphy Course**, one of the bedrocks of Chinese culture and a truly artistic pursuit, in the **Small Wild Goose Pagoda**.

Lunch at a local restaurant.

In the afternoon, **take a bike tour** to discover the Xi'an without traffic jams and crowds. During your tour, you will see the impressive **Xi'an ramparts** built during the Ming Dynasty - today, they stand restored and reconstructed and are a part of the fortifications still visible in China.

Then, head to the **Giant Wild Goose Pagoda**, symbol of Xi'an and one of the most beautiful pagodas in the country, known for its square form – characteristic of Tang dynasty design. In front of the temple area there is a statue dedicated to one of the main sources of the diffusion in Buddhism in China - Xuan Zang, a monk famous for bringing the sutras from India to China.

Evening at leisure and overnight in Xi'an.

Day 10 – May 13 - Xi'an - Guilin (B, L)



One of the most-visited Chinese cities, **Guilin**, located in the northeastern part of the Guangxi Zhuang Autonomous Region, is famous for its unique landscapes, brilliant history and culture. Rich in tourism resources, it is characterized by beautiful and unique landscapes with its typical karst topography of green hills, elegant rivers, strange caves and beautiful stones with a world-renowned reputation. Formed more than 200 million years ago when the oceans receded from this area, the towers sprout from a patchwork of paddy fields and flowing streams, creating a dreamy, seductive landscape that leaves few souls unstirred. Time and space meet here to produce a masterpiece of nature's handiwork. The scenery here is so alien that the makers of *Star Wars* decided to film the scenes of Chewbacca's homeworld Kashyyyk among the karst columns. The Li River cruise from Guilin to Yangshuo remains one of the top river journeys in the world.

Breakfast at the hotel.

In the morning, **physicians** will visit a local clinic for a **Workshop on Acupuncture – moxibustion**.

Moxibustion is a traditional Chinese medicine technique that involves the burning of mugwort, a small, spongy herb, to facilitate healing. Moxibustion has been used throughout Asia for thousands of years; in fact, the actual Chinese character for acupuncture, translated literally, means "acupuncture-moxibustion." The purpose of moxibustion, as with most forms of traditional Chinese medicine, is to strengthen the blood, stimulate the flow of *qi*, and maintain general health.

In traditional Chinese medicine, moxibustion is used on people who have a cold or stagnant condition. The burning of moxa is believed to expel cold and warm the meridians, which leads to smoother flow of blood and *qi*. In Western medicine, moxibustion has successfully been used to turn breech babies into a normal head-down position prior to childbirth. A landmark study published in the *Journal of the American Medical Association* in 1998 found that up to 75% of women suffering from breech presentations before childbirth had fetuses that rotated to the normal position after receiving moxibustion at an acupuncture point on the Bladder meridian. Other studies have shown that moxibustion increases the movement of the fetus in pregnant women, and may reduce the symptoms of menstrual cramps when used in conjunction with traditional acupuncture.



Partners Program : Visit to the **Shaanxi History Museum** in Xian - regarded as “the pearl of ancient dynasties and house of Chinese treasures”, this museum gives a miniature overview of the thousands of years of Chinese history and the splendid ancient cultures of olden times. <http://e.sxhm.com/>

All participants meet up for lunch in a local restaurant.

In the afternoon, visit the **tomb of Emperor Jing** (s.t. time allowing based on local traffic). The reign of Emperor Jingdi during the Han Dynasty (118-141 BC) is the exact opposite of the one with Qin Shi Huangdi. As it is, the reign of Qin Shi Huangdi was marked by cruelty and priority to military spending, while the reign of Jingdi was distinguished by his humanism and his vision of more diplomatic relations with foreign peoples.

The tomb, opened to the public in 2006, houses a multitude of figurines representing eunuchs, servers and domestic animals, and brings more to mind the normal day life under the Han Dynasty than the Qin Shi Huangdi tomb with its warlike appearance. Walk on a glass panel over the different pits and observe closely the most recently uncovered statuettes. The site also contains a small museum showing the items in the best condition. The importance of the contrast between this and the Terracotta Army excavation site near Xi'an makes this visit extremely meaningful.



Evening flight from Xi'an to Guilin.

Transfer and check in to your hotel. Overnight in Guilin.

Day 11 – May 14 – Guilin - Li River Cruise (B, L, D)

Breakfast at the hotel and transfer to the pier to begin the **cruise on the Li River**.

The Li River cruise from Guilin to Yangshuo is the centerpiece of any trip to northeastern Guangxi Province. Gorgeous Karst peaks give you surprises at each bend of the limpid river under the blue sky. Water buffalo patrol the fields, peasants reap rice paddies, school kids and fisherman float by on bamboo rafts. With its breathtaking scenery and taste of a life far removed from the concrete metropolis, the scenery along the river has become one of China's top tourist destinations and a rival to the longer Yangtse River Cruises.

Eighty-three kilometers separate Guilin, the capital of the province, from Yangshuo, the small market town that has become very popular during these last 15 years. The river cruise takes four to five hours and the eye-feasting landscape and country scenery will never disappoint you.



The river generally has three sections. Various attractions like peaks and villages along the river have interesting descriptive names such as Elephant Trunk Hill and Folded Brocade Hill which calls for much of your imagination to see what it is like. Listening to your tour guide's legendary stories about the attractions is a delightful experience while appreciating the landscapes. Most are mystical fairy and love stories.

These superb natural formations have inspired poets, painters and photographers for centuries, and constitutes today as one of the most capturing visits in the country.

Lunch will be served on the cruise.

The termination of your spectacular cruise is in the town of Yangshuo. The surrounding geography gives it an amazing beauty while over 1,400 years of history and diverse ethnic minority groups bless it with deep traditional and splendid cultures. Keeping their original character, streets here present the simple and primitive atmosphere of the ancient town. Ethnic groups' special folk customs represented by their various festivals, and exotic flavors added by foreigners make this town even more colorful.

While in Yangshuo you will enjoy a local **Cooking Class** which will become your well earned early dinner.



Return by coach to Guilin.

Evening at leisure. Overnight in Guilin.

Day 12 – May 15 - Guilin - Hangzhou (B, L)



When Marco Polo came to **Hangzhou** in the 13th century he declared that "it is the most beautiful and elegant city in the world". And Hangzhou remains this charm till today. As the provincial capital of Zhejiang Province, Hangzhou is abbreviated to "Hang", being one of the seven ancient cities of China and many scenic spots in Hangzhou have been selected for the world records by the China World Record Association. Contrasting to the hustle and bustle of the neighbouring Shanghai, Hangzhou is well-known for its extraordinary beauty and elegance. It attracts many tourists to its exquisite West Lake (Xi Hu) area, which is surrounded by hills on three sides with the city of Hangzhou on the eastern shore, as well as its beautiful gardens, reflecting pools, lavish temples and friendly lakeside teahouses including the famous Dragon Well Tea.

Breakfast at the hotel and transfer to the airport for your flight from Guilin to Hangzhou.

Visit the village of **Tea Plantation** to experience how tea is picked and cured and also enjoy a traditional tea ceremony. It is set in the heart of the Longjing tea growing areas in Hangzhou and it is famous for its fine Long Jing Cha and the local Dragon Well Green Tea. Dragon Tea is known for its highest grade of taste, color, and fragrance, and is believed to be high in antioxidants, an important element for cancer resistance.

After lunch, pay a visit to the **Lingyin Temple**, a world famous scenic and historical site. The Lingyin Temple, also known as the "Temple of the Soul's Retreat", was originally founded in 326 A.D. but has been rebuilt at least 15 times since then.

In the evening, experience a performance of the **Impression West Lake Show**. Staged entirely upon the lake itself, Impression West Lake, directed by Zhang Yimou, is a grand open-air show of light, music, dance and theatrics. First initiated in 2007, Impression West Lake deploys the lake and its surroundings as props to create a life-like charming background. Through the vividly performed folklores and myths of Hangzhou, this spectacular show exhibits the deep-rooted culture and natural beauty of Hangzhou.



Overnight in Hangzhou.

Day 13 – May 16 - Hangzhou - Shanghai (B, D)



Shanghai, also called Hu for short, is the biggest city in China and a prosperous, cosmopolitan city renowned worldwide. It sits at the estuary of Yangtze River, and faces Kyushu Island of Japan across the sea; it is adjacent to the East China Sea to the east, Hangzhou Bay to the south, Jiangsu and Zhejiang Provinces to the west, thus giving birth to the biggest economic area in China, namely Shanghai-centered Yangtze River Delta Economic Area

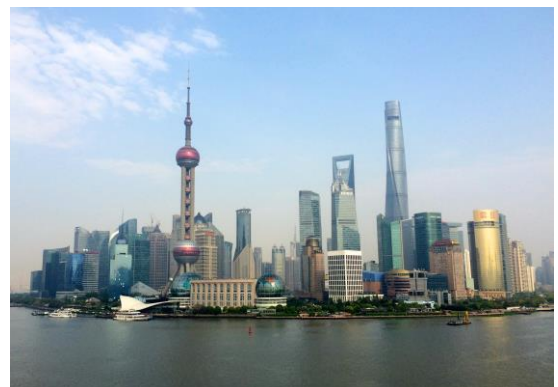
And where cloud-piercing corporate towers intermingle with sepia-tinted memories of the 1920s and 1930s, Shanghai has always been a place of its own - a metropolis that other Chinese cities aspire to reach - fast-paced, confident and still growing at an extraordinary rate. Put Shanghai's growth into context than by standing on the Bund, the city's famous waterfront sweep of colonial buildings and gaze across the Huangpu River at the glossy ranks of mega-structures that now cluster the Pudong skyline. But while money and progress have defined Shanghai for generations, this is far more than a business city. Nanjing Lu, often billed as one of the world's busiest shopping streets, is a 5.5km long artery of malls, department stores, hotels and restaurants and gives a good taste of Shanghai's rampant modernity, and a sense of the round-the-clock energy that keeps the city ticking along. But no less interesting is the Old City, where street food, antique markets and period architecture create an entirely different atmosphere.

Shanghai is a city that travels at speed and sweeps you along for the ride. Whether you're joining the masses on the waterfront, delving into the city's thriving arts scene or settling into a packed dumpling restaurant, it's hard not to be impressed by the sheer scale of the place.

Breakfast at the hotel and depart for Shanghai.

When you come to Shanghai, “dong” means “east” and “xi” means “west.” The Huangpu River separates the Puxi and Pudong areas. **Puxi** is the entire downtown region of the city west of the river while **Pudong** is the whole region of the city east of it.

Start your exploration of this bustling metropolis the **Pudong district**. Not long ago, Pudong district was just a marsh where only farmers and water buffalo frequented. Now, the area has become one of the most important business centers in Asia with skyscrapers popping up like mushrooms next to old Shanghainese banks each year.



Converge on the nearby neighborhood of Lujiazui, the epicenter of some of the most famous buildings: the Oriental Pearl TV Tower, Jin Mao Tower (where a shoe seller from Anhui Province and later Alain Robert, the famous urban climber, scaled the tower's walls) and the never ending **Shanghai World Financial Center**, that you will visit and where you can admire the city from the highest panoramic terrace in the world.



As you continue to explore Shanghai, take the famous **Bund Sightseeing Tunnel**, a mini subway line, to cross the Huangpu River to reach Puxi in a couple of minutes.

Next you will discover **the Bund**, the city's famous walkway along some of Puxi's historical buildings. Situated on the east bank of the **Huangpu River**, the Bund is the symbol and highlight of a Shanghai vacation. New finance and commercial houses as well as grand buildings built in 1930s in the European architectural styles cluster along the Bund. At night bright lights add to the happy atmosphere as people stroll along the wide riverside promenade.

Dinner will be at Lost Heaven, one of Shanghai's many fine restaurants.

Overnight in Shanghai.

Day 14 – May 17 - Shanghai (B, L)

Breakfast the hotel.

For physicians, Academic program in the morning.

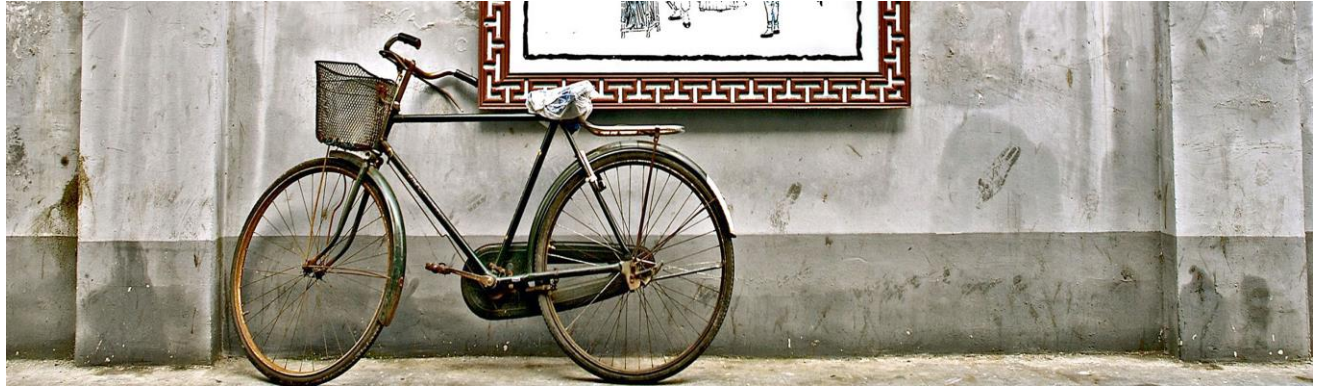
Partners Program : Nanjing Road, People's Square.

Explore the famous Nanjing Road with its colorful signs and crowd of locals and tourists corresponding perfectly with the image of a modern Asian capital. Nanjing Road is considered to be the 'No. 1 commercial street in China', which has been a landmark for this city for a long time. Along its 5.5 kilometers, you will find over 600 shops that on average are visited by some 1.7 million people each day. On offer here is everything you could imagine from unique souvenirs to the luxurious world famous brands.

At the end of Nanjing Road, you will arrive at **People's Square**, the former site of the Shanghai Racetrack. The central plaza has an area of 3.844 square meters. Two small squares sit on both sides of the central square. The easterly one is Xuri Square (the Rising Sun Square) while the southern one is Mingyue Square (the Light Moon Square). In the center of the central plaza lies the circular musical fountain - the red, yellow and blue glassy sidesteps of the fountain provides a colorful aura which is beautiful and spectacular. The fountain is surrounded by four purple cupreous parterres while the center of the fountain highlights the territory of the city. On each of the four entry steps stand embossments showing traditional culture traits.



Meet up with your partners for lunch at a local restaurant.



In the afternoon, explore the **Old Town on a Vintage bike tour** in smaller groups Using original (but restored...) China Pigeon bikes from the '40s, this is an interactive immersion into Shanghai local culture by visiting six iconic venues that emphasize the contrasts and souls of this city.

Explore the tree-lined roads of the Former French Concession; Fuxing Park to participate in the daily local life, including a glimpse of the Chinese writing system assisted by a water calligraphy expert; Ji'an Road and it's local road-restaurant to savor the typical city snacks; a local wet market; Penglai Road to be immersed into local life of old town with it's narrow lilongs inaccessible to other vehicles; and the Taoist/Buddhist temple to see a glimpse of Monk's life in Shanghai.



In the evening experience a spectacular **Era show**, featuring contemporary Acrobatics.

As a multimillion-dollar stunning acrobatic extravaganza, the first of its kind in China, ERA is a multimedia odyssey whose inspiration is a direct result of the combination of traditional Chinese acrobatic arts and modern technology, not only is the audience amazed by the acrobats' control and precision, they are enchanted by the world that is created through the use of multimedia, technology, lighting and sound effects, elaborate costumes, original live music and a lot more.



Evening at leisure. Overnight in Shanghai.

Day 15 – May 18 – Shanghai (B, D)

Breakfast the hotel and then start your day by a visit of **M50**. As surprising as it would have seemed 20 years ago, China has become over the years a major center of contemporary art in the world. As Beijing and its famous 798 Art District, the M50 (located at No. 50 Moganshan Street in the north of the city) is one of the strongholds of the Chinese art scene. And in the same way as Beijing, the complex is located in abandoned industrial buildings that part of the charm and aesthetics of the place, moving then over to **Tian Zi Fang**, a maze of alleyways and lanes, with restaurants, boutiques and small galleries full of authentic and current art.



In the afternoon, visit Yu Garden, The Bazar and a tea house in Huxinting. The famous **Yu Garden** is an excellent example of Chinese art in gardens of the region, and of a resident mansion. Traditionally, the gardens of the region are small replicas of nature where the systematic rocks represent the mountains, the pools the lakes and the flows of water between them the river current. The paths never go completely straight to any one place, so visitors can meander between portions of the garden at his or her leisure.

The surrounding **bazar** is where locals and visitors haggle over souvenirs and items. This is a great opportunity to get a good deal on something that catches your eye and to find that unforgettable, unique souvenir from your trip to China as it comes to a conclusion. In the center of a lake, just in front of the Garden, is located the **Huxinting Teahouse** - a convenient place to just sit back and relax and oversee the crowd.



Farewell dinner and overnight in Shanghai

Day 16 – May 19 (Fri) – Shanghai - Toronto

Breakfast the hotel.

Transfer to Shanghai airport for your return flight to Toronto (arrival back in Toronto same day, May 19).

The hotels...

Location	Hotels
Beijing (3 nights)	Novotel Peace Beijing (4*) http://www.novotel.com/gb/hotel-3115-novotel-beijing-peace/index.shtml
Chengdu (3 nights)	Holiday Inn Chengdu Oriental Plaza (4*) http://www.ihg.com/holidayinn/hotels/us/en/chengdu/ctuop/hoteldetail
Xi'an (2 nights)	Grand Mercure Xian Renmin Square (4*) http://www.mercure.com/gb/hotel-5974-grand-mercure-xian-renmin-square/index.shtml
Guilin (2 nights)	Grand Bravo Guilin (4*) http://www.grandbravo.com/default.aspx?lang=en
Hangzhou (1 night)	The East Hotel (4*) http://www.theeasthotel.com.cn/en/
Shanghai (3 nights)	Howard Johnson Plaza (4*) http://www.howardjohnsonplazashanghai.com/index.htm (Please note, the Howard Johnson branding in China is very different from that associated in North America with this hotel actually being rated locally in Shanghai as a 5* property – to be conservative, we choose to rate it as a 4*)

As denoted above, the accommodation will be in 4* properties.

The price... Cdn \$7,295 / person
(Early Booking Price valid until January 31, 2017 – save \$500/person)

Pricing (exc. Insurance) / per person - Cdn\$	Inc. Air from Toronto
Per person (double occupancy)	
- registrations up to January 31, 2017	\$7,295
- registrations after January 31, 2017	\$7,795
Single supplement	\$1,850
Single share fee (A)	\$ 300 **
Transportation / hotel taxes and fees	\$ 685
Academic program registration fee (per MD registrant)	\$ 600
China entry visa	\$ 100

(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 to **Business Class** for the long-haul international flights to/from China (see our registration form for details).

We can also arrange **connecting flights** to Toronto from several other Canadian cities, ie –

Deer Lake (NF)	YDF
St. Johns (NF)	YYT
Halifax (NS)	YHZ
Sydney (NS)	YQY
Moncton (NB)	YQM
St John (NB)	YSJ
Charlottetown (PEI)	YYG
Montreal (QC)	YUL
Quebec City (QC)	YQB
Ottawa (ON)	YOW
Thunder Bay (ON)	YQT
Winnipeg (MB)	YWG
Calgary (AB)	YYC
Edmonton (AB)	YEG

REPEAT CUSTOMER DISCOUNT

If you have travelled with Doctors-on-Tour before, 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.

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 almost 35% (at December 2016) 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.

NEW ! - ONLINE REGISTRATION FORM

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

<https://fs22.formsite.com/Doctorsontour/CHINA1705RegForm/>

REGISTER BY JANUARY 31, 2017 AND SAVE \$1,000/COUPLE !!

Inclusions and Exclusions...

Inclusions –

- Round trip international flights from Toronto to Beijing and Shanghai to Toronto
- All domestic flights (Beijing-Chengdu, Chengdu-Xian, Xian-Guilin, Guilin-Hangzhou)
- Modern, air conditioned coach transportation
- All meet and greet services and arrival and departure transfers
- Accommodation for a total of 14 nights as specified in 4 star hotels
- 14 breakfasts, 11 lunches, 4 dinners in a combination of hotel and local restaurants
- Cooking class in Yangshou
- Comprehensive daily itineraries including escorted tours of local cultural sites and museums
- Cruise on the spectacular Li River
- All admission fees (except those specifically noted above) including tickets to Sichuan Opera (Chengdu), Impressions West Lake (Hangzhou), Era Acrobatic show (Shanghai)
- Fully escorted tour including services of local English speaking cultural guides
- Academic program and visits to local medical facilities as indicated in the itinerary
- Hotel portorage

Exclusions –

- Any meals or activities not mentioned above
- Beverages (both soft drinks and alcoholic beverages)
- All items of a personal nature such as telephone / internet usage, laundry services etc
- Local escort/guide & driver gratuities
- 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 22)
- China entry visa (\$Cdn50/person, plus Chinese Visa Center service fee)

Misc information you need to know...

Travel documentation and visas

An entry visa is required for Canadian citizens for entry into China (details of how to apply for your visa have been provided separately). The current cost (at November 2016) is Cdn\$50, plus Chinese Visa Center service fee. In addition, your passport must have an expiry date no earlier than 6 months after your scheduled departure date from China as well as having at least two completely blank pages.

Mandatory vaccinations - none

A list of our full medical **recommendations** will be provided closer to departure – this will include up to date MMR, Hepatitis A/B and polio vaccinations.

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 PLAN							
	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	345	353	396	438	496	734	848	1126	426	433	539	620	977	1216	1637	1719
4500 - 5000	372	380	429	476	539	799	913	1202	453	460	571	658	1021	1275	1713	1806
5000 - 5500	399	407	461	514	582	864	977	1278	480	487	604	696	1064	1335	1788	1892
5500 - 6000	426	434	494	552	625	929	1042	1353	507	514	636	733	1107	1394	1864	1979
6000 - 6500	453	461	526	590	669	994	1107	1429	534	541	669	771	1150	1454	1940	2065
6500 - 7000	480	488	558	627	712	1058	1172	1504	561	568	701	809	1193	1513	2015	2151
7000 - 7500	507	515	591	665	755	1123	1237	1580	588	595	733	847	1237	1572	2091	2238
7500 - 8000	534	542	623	703	798	1188	1301	1656	615	622	766	885	1280	1632	2166	2324
8000 - 8500	561	569	656	741	841	1253	1366	1731	642	649	798	922	1323	1691	2242	2411
8500 - 9000	588	596	688	779	885	1318	1431	1807	669	676	831	960	1366	1751	2318	2497
9000 - 9500	615	623	720	816	928	1382	1496	1882	696	703	863	998	1409	1810	2393	2583
9500 - 10000	642	650	753	854	971	1447	1561	1958	723	730	895	1036	1453	1869	2469	2670
10000 - 10500	669	677	785	892	1014	1512	1625	2034	750	757	928	1074	1496	1929	2544	2756
10500 - 11000	696	704	818	930	1057	1577	1690	2109	777	784	960	1111	1539	1988	2620	2843
11000 - 11500	723	731	850	968	1101	1642	1755	2185	804	811	993	1149	1582	2048	2696	2929
11500 - 12000	750	758	882	1005	1144	1706	1820	2260	831	838	1025	1187	1625	2107	2771	3015
12000 - 12500	777	785	915	1043	1187	1771	1885	2336	858	865	1057	1225	1669	2166	2847	3102
12500 - 13000	804	812	947	1081	1230	1836	1949	2412	885	892	1090	1263	1712	2226	2922	3188
13000 - 13500	831	839	980	1119	1273	1901	2014	2487	912	919	1122	1300	1755	2285	2998	3275
13500 - 14000	858	866	1012	1157	1317	1966	2079	2563	939	946	1155	1338	1798	2345	3074	3361
14000 - 14500	885	893	1044	1194	1360	2030	2144	2638	966	973	1187	1376	1841	2404	3149	3447
14500 - 15000	912	920	1077	1232	1403	2095	2209	2714	993	1000	1219	1414	1885	2463	3225	3534

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 a direct web link hosted on our web site, ie you should purchase your travel insurance policy by clicking on the Manulife Insurance button in the "Useful Links and Files" section of our Myanmar & Bhutan web page within the Upcoming Programs section of www.DoctorsonTour.ca .

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 should make their travel insurance arrangements independently, as our travel insurance provider, Manulife insurance, only allows for travel insurance coverage to be sold to Canadian residents.

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

"A great idea to be able to combine the two countries in one visit as it allows one to compare and contrast. The chance to meet with local physicians in both private and public hospitals provided an opportunity to experience health care outside of Canada"

Dr. Edo Teku, Toronto - Chile, Argentina and Patagonia Cruise, 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

"Let me commend your team for this most excellent adventure. And your group leaders for this tour, Lorna and Ashley (D'Silva) have done an amazing job - they deserve a tremendous vote of appreciation".

Dr. Fred Engle, Toronto, On. - 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. Salamat 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



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

The fine print...

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 (\$600 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 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 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. Cancellation penalties for bookings cancelled by the client after the final balance due date (95 days before departure) are as follows: 95 – 61 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. 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 visit to China. Tour participants must also ensure that they comply with all visa and health requirements of countries they intend to visit. A tourist entry visa is required for entry into China and the tourist entry visa must be obtained prior to departure from Canada

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 be 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. Additional delivery charges will apply for clients residing outside of North America.

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 its 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 holidays.

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.