



Professional Advancement Escape

DR ALY ABDULLA & doctors-on-tour.ca present a

CME & SAFARI TOUR OF KENYA & TANZANIA (WITH OPTIONAL 8 DAY EXTENSION TO CLIMB MT. KILIMANJARO)

August 13 - 26, 2011 (12 days, 11 nights)

The Organizers...

Dr. Alykhan Abdulla BSc, MD, LMCC, CCFP, DipSportMed, FCFP, CTH >

Dr. Aly Abdulla initially started in genetic and biochemical engineering then moved onto family and sports medicine through the Universities of Calgary, Toronto, and Ottawa. Presently, he is a specialty consultant in sports medicine, family and community medicine, and medical management. In addition to operating a network of medical facilities, his roles also include that of assistant professor at the University of Ottawa, medical director, medical writer and lecturer and published poet. He is also well known in the areas of movie and television, dance, and modeling medicine and serves as a medical expert for numerous media outlets including the Ottawa Sun and Globe and Mail. His accomplishments include Winner of the Top 40 Under 40 2007 from The Ottawa Business Journal, Winner of The Outstanding Family Physician of the Year 2008 for Eastern Ontario by the Ontario College of Family Physicians, and Community Builder for the United Way in 2009. Being originally from Tanzania, Aly is eager to share his knowledge of this fascinating area with others.

doctors-on-tour.ca >

doctors-on-tour.ca is a specialist division of **on-tour**, a 100% Canadian owned and operated meeting management and group travel organization, which has developed a niche working with health care professionals, either through the pharmaceutical companies or on a direct basis with physicians, to deliver a combination of vacation and education. More information, including recent testimonials, about the company can be found at www.doctors-on-tour.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). We can be contacted at 416-231-8466 or info@doctors-on-tour.ca

The Destinations... Kenya and Tanzania

Kenya lies astride the equator on the eastern coast of Africa, covering an area of about 586,600km sq. The country has tremendous topographical diversity, including mountains with snow-capped peaks, the Rift Valley with its escarpments and volcanoes, ancient granitic hills, flat desert landscapes and coral reefs and islets. The basic configuration is simple, coastal plains give way to an inland plateau that rises gradually to the central highlands, which are the result of the relatively recent volcanic activity associated with the formation of the rift valley. To the west the land drops again to the Nyanza plateau that surrounds the Kenyan sector of Lake Victoria; and to the north, to the rugged low country around Lake Turkana.

The sheer diversity is something to be relished and is by no means limited to the natural surroundings. The people too represent a wide cross section of everything that is contemporary Africa where everyday life brings together traditional tribes and urban families, ancient customs and modern sensibilities.

The boundless wilderness and big game of this region has long attracted adventure seekers from all over the globe. In the local language, Swahili, "safari" literally means "journey" and no other African country can boast such an incredible range of landscapes, unique geographical features and wildlife species and you will have the opportunity to experience a natural world unchanged by the passage of time. The Kenyan wilderness is home to an endless array of ecosystems, the staging ground for natural cycles of life, death and regeneration as old as the planet itself.

Further information can be found at - <http://www.magicalkenya.com/> Kenya Tourist Board

Tanzania, East Africa's largest country with a land area of 945,000 sq km, is located just south of the equator, between Kenya and Mozambique. Shortly after achieving independence from Britain in the early 1960s, Tanganyika and Zanzibar merged to form the nation of Tanzania in 1964. The country is the cradle of mankind: the earliest man lived here 3.7 million years ago, and evidence is seen at the Olduvai Gorge near Ngorongoro, where fossils and other remains have been found.

Like Kenya, it is also renowned for its magnificent wildlife, lakes, mountains and scenery and it is home to some of Africa's most famous sites - Mount Kilimanjaro, the crater of Ngorongoro, the Serengeti National Park, the island of Zanzibar and the great lakes - Victoria, Tanganyika and Malawi.. Almost everywhere you go you'll find interesting wildlife and inspiring landscapes, ranging from forest-covered volcanic peaks to dusty savannah populated by elephants, antelopes, lions, leopards and cheetahs. Tanzania is one of the four most naturally diverse nations on earth - it contains Africa's second-largest number of bird species, about 1500, the continent's biggest mammal population and three-quarters of East Africa's plant species at over ten thousand.

The best known tribe is the Maasai, a pastoralist cattle herding, people who inhabit the region around the safari parks in the north, yet there are at least 127 other tribes in Tanzania.

Further information can be found at - www.tanzaniaparks.com

August is also one of the prime months to see the extraordinary annual **Great Migration** of wildebeest and other grazing herbivores across the Serengeti-Mara ecosystem - one of the greatest spectacles in the natural world. Over two million herbivores partake in this journey, with about 200 000 zebra and 500 000 Thomson's gazelle behind the main players... one-and-a-half million wildebeest!

www.wildwatch.com/content/great_migration/migration.php



You will also have the option to extend your trip for 8 days to climb **Mount Kilimanjaro**, at 19,340 ft, the highest mountain on the continent of Africa and the tallest free-standing mountain in the world. This dormant volcano is perched alone above the African plains, offering, in clear weather, unprecedented, omnidirectional views of the Maasai Steppe below. The summit of Kilimanjaro continues to attract people from all over the world. And while the trek to the top is far from routine, modern equipment combined with smart altitude management have made the peak accessible to physically fit and motivated climbers. The climb is no less extraordinary than it was 120 years ago: Kilimanjaro offers a spectacular and unique excursion through different ecological and climatic zones, and views of Africa that must be experienced to be appreciated. Universally, climbers are challenged physically and fulfilled emotionally and spiritually. Kilimanjaro does not exist as a peak to be conquered, but rather a world to be experienced

Further information can be found at <http://www.tanzaniaparks.com/kili.html>

The itinerary...

DAY 1 – Aug 13 - Depart Toronto

International flight from Canada to Nairobi, Kenya

DAY 2 – Aug 14 - Nairobi

Arrival in Nairobi in the evening. Transfer from airport to hotel. Overnight at The Nairobi Serena Hotel.

DAY 3 – Aug 15 - Nairobi (B, L, D)

Physicians - Morning medical conference at The Nairobi Serena Hotel featuring local and Canadian speakers, followed by lunch. Afternoon visit to the **Kenya Medical Research Institute (KEMRI)** to learn about tropical medicine and a **private hospital (Aga Khan)** in Nairobi to meet with local physicians and learn about the health care system in Kenya..

Non-physicians program

Morning tour of the David Sheldrick Elephant Orphanage followed by lunch at the Karen Blixen Coffee Garden. The **David Sheldrick Elephant Orphanage** provides a sanctuary to traumatized elephant calves, as well as to a few baby rhinos that have been orphaned by poachers. The visit allows you to get close to these animals and to learn about their specialized treatment as well their individual rehabilitation journeys. Then head to the AFEW (African Fund for Endangered Wildlife) **Giraffe Centre** located in Langata, just outside Nairobi. This has been ostensibly set up as a breeding centre for the endangered Rothschild giraffe, and now also operates conservation/education programs for Kenyan school children. Lunch will be at the Karen Blixen (author of "Out of Africa") coffee garden and afterwards you will visit the **Karen Blixen Museum**. Finally some shopping for local arts & crafts will finish off the afternoon.

Evening at leisure. Overnight at The Nairobi Serena Hotel.

DAY 4 – Aug 16 - Nairobi - Aberdare National Park (B,L,D)

***Aberdare National Park** is part of the Aberdare Mountain Range, a fascinating region of Kenya. Mountain ranges and peaks soar to around 12,900ft giving way to deep V-shaped valleys with streams and rivers cascading over spectacular waterfalls – this area is a must for landscape lovers. From its vital area the Aberdare Rainforest feeds the entire local and Nairobi water supply. Above the forest is a belt of bamboo, a favourite haunt of the Bongo, a rare and elusive forest antelope. At 10,000ft the bamboo gives way to moorland, home to eland, spotted and melanistic serval cats. Other features are the giant alpine varieties of lobelia, groundsel and heather. Ideal for walking, picnics, camping and trout fishing in the rivers, the moorlands are reminiscent of the European highlands.*

Deep ravines cut through the forested inclines, through which hidden trout streams flow and waterfalls cascade down hundreds of feet of rock face. Above the forest stretch miles of open moorlands, broken by lichen - covered rocky outcrops, hills and crags, thickets of giant heath and tussock-grass bogs. In the forest are red Duiker, suni, Bushbuck - some of the old males are nearly black - Elephant, Buffalo, Giant Forest Hog, Leopard- all black examples have been recorded - and colobus monkey. The moor land thickets are the home of Bush Duiker and Black - fronted Duiker and also the Black Rhino.

Bird life is abundant and varied. Perhaps the most conspicuous group is the sunbirds. Four species may be seen - Tacazze sunbird, brilliant metallic violet and bronze with a black belly; Golden-winged sunbird, scintillating coppery-bronze with golden yellow edged wings and tail; the emerald green Malachite Sunbird, and the tiny double collared Sunbird with metallic green upperparts and throat and scarlet chest band. After an early breakfast, departure by road to Aberdares National Park, passing through the lush hill country of the Kikuyu people. This area is known for its growing of Kenyan Arabica coffee beans.

After breakfast, drive to the fast growing market town of Nyeri in the heart of the coffee growing and dairy farming area in the former White Highlands of Kenya. This is where Lord Baden-Powell, the founder of the Boys' Scout movement spent the last years of his life. Arrival at Outspan Hotel for lunch and an afternoon game drive in special vehicles to Treetops Lodge. Potential sighting of elephant, rhino, bongo (rare nocturnal antelopes with black on tan stripes) and other species. The evening is spent watching a succession of animals that emerge from the forest and descend on the floodlit water hole and salt lick, scuffling and jostling for a good position. The elephants may engage in a show of strength with each other but even they would be reluctant to challenge the rhino. The herbivores keep their distance from these two competitors. At night, if you want, you may remain awake and watch the show – or go to retire to your room which is equipped with a buzzer which will alert you (with one, two, three or four buzzes depending on the rarity of the animal...) when an animal appears at the waterhole so that you may choose to go out and see... or not.

Dinner and overnight at Treetops Lodge.



DAY 5 – Aug 17 – Aberdare - Lake Nakuru National Park (B,L,D)

Lake Nakuru provides the visitor with one of Kenya's best known images. Thousands of flamingo, joined into a massive flock, fringe the shores of this soda lake. A pulsing pink swathe of life that carpets the water, the flamingo are a breathtaking sight. Since there is no exiting drainage, Lake Nakuru is alkaline, the perfect place for flamingos to feed on the blue-green algae. The greater flamingo attains a height of over 4 feet. Its plumage is almost white with a pale pink, black tipped beak. It is the lesser flamingo that has the more exotic color. Slightly smaller, at just under 3 ft. in height, with a rosy plumage and dark red, black tipped beak. Lake Nakuru National Park has a great variety of bird life which includes the Egyptian goose and a variety of ducks that come from Europe to winter – it is truly a bird watchers paradise. Nakuru is also an important sanctuary for both Black and White Rhino, often seen resting under acacias by the shore of the lake. The park abounds with game, huge herds of waterbuck, zebra, buffalo, the endangered Rothschild Giraffe and more. It is also a place with the best chance to see the elusive leopard and large prides of lions. Beyond the lake, there are rewarding vistas of waterfalls, forests, and cliffs.

After breakfast, drive via Thompsons Falls down the floor of the Great Rift Valley escarpment to Lake Nakuru National Park, a protected game sanctuary for endangered species such as the black and white rhino, Rothschild giraffe among other usual game, such as the leopard and lion.

Picnic lunch.

Afternoon game drive until sunset along the shores of the lake.

Dinner and overnight at Lake Nakuru Lodge.



DAY 6 – Aug 18 - Lake Nakuru - Maasai Mara National Reserve (B,L,D)

Maasai Mara National Reserve, administered by the local county council, is probably the most famous and most visited reserve in Kenya. It offers breathtaking views, seen in the film 'Out of Africa', much of which was filmed here. The "Mara" offers one of the finest game viewing areas in Africa, with an extraordinary density of animals including the "Big Five" and many varieties of plains game.

An impressive feature is the annual migration of wildebeest, zebra and gazelle from the plains of the Serengeti that cross the Tanzanian border and rivers to reach the Mara's lush grassland hunted by the predators: lion, leopard, cheetah, hyena and circled by vultures as the journey unfolds. And, apart from the seasonal migration, game viewing is excellent year round including elephant, Black Rhino, buffalo, plains zebra, roan antelope in small numbers, white-bearded gnu, Oribi, warthog, Thomson's and Grant's gazelle, hartebeest and the big cats; the rivers are home to hippo and crocodiles. The Maasai Mara has the largest population of lion in Kenya, including the black-maned lions for which it is famous.

Birdlife is as profuse as wildlife. This includes red winged schalow's turaco, white-tipped crest, ross turaco, orange buff pel's fishing owl, wary guinea fowl. The open plains birds include Jackson's bustard, black-bellied hartlaubs bustard and 53 species of birds of prey have been recorded.

After early breakfast, morning drive across the Rift Valley escarpment to Maasai Mara Game Reserve, home to Kenya's richest concentration of wildlife.

There will be a stop for lunch at the Mara Sarova Lodge before continuing to the Mara Serena Lodge, checking in and heading out for an afternoon game drive.

Dinner and overnight at Mara Serena Lodge.



DAY 7 – Aug 19 - Maasai Mara (B,L,D)

A full day of game viewing and exploring Kenya's finest reserve or alternatively you may wish to take only the morning game drive followed by an afternoon swim at the lodge to relax. You may witness the lion making a kill or a leopard enjoying the meal he had dragged up the tree with him. You will also visit a Maasai Village to learn about their culture and living environment which has barely changed over the years. This visit will include a **lecture by a Traditional Maasai Medicine man.**

Dinner and overnight at Mara Serena Lodge.



DAY 8 - Aug 20 – Maasai Mara - Serengeti National Park (B,L,D)

Serengeti, at 14,763 sq km of protected area that borders Kenya's Maasai Mara Game Park, is the largest national park in Tanzania. Its far-reaching plains of endless grass, tinged with the twisted shadows of acacia trees, have made it the quintessential image of a wild and untarnished Africa. Its large stone kopjes are home to rich ecosystems, and the sheer magnitude and scale of life that the plains support is staggering. Large prides of lions laze easily in the long grasses, plentiful families of elephants feed on acacia bark and trump to each other across the plains, and giraffes, gazelles, monkeys, eland, and the whole range of African wildlife is in awe-inspiring numbers.

Early morning wake up followed by breakfast, then depart for your drive to the Kenyan border town of Migori for crossing to Tanzania through the Isebania border where you will change driver / guides and vehicles at the Tanzania border as is the local requirement. After brief border immigration and customs formalities, the drive continues (with lunch en route) to the northern region of the famous Serengeti National Park where you will enjoy a game drive as you drive through the Serengeti to your lodge.

Enjoy morning and afternoon game drives in one of the most spectacular areas of Africa. The wildlife defines the Serengeti - countless zebra, buffalo, gazelle, wildebeest, and other species make it their home.

Dinner and overnight at Serengeti Serena Lodge.



DAY 9 - Aug 21 - Serengeti (B,L,D)

Enjoy morning and afternoon game drives in one of the most spectacular areas of Africa. The wildlife defines the Serengeti - countless zebra, buffalo, gazelle, wildebeest, and other species make it their home.

Dinner and overnight at Serengeti Serena Lodge.

DAY 10 – Aug 22 - Serengeti - Ngorongoro Crater (B,L,D)

Ngorongoro Crater is often called 'Africa's Eden' and the '8th Natural Wonder of the World. Designated a World Heritage Site, the Ngorongoro Crater is the largest intact volcanic caldera in the world with one of the largest concentrations of wildlife in Africa. Within the crater rim, where you will find secluded lodges with spectacular views of the caldera, large herds of zebra and wildebeest graze nearby while sleeping lions laze in the sun. At dawn, the endangered black rhino returns to the thick cover of the crater forests after grazing on dew-laden grass. Just outside the crater's ridge, tall Maasai herd their cattle and goats over green pastures through the highland slopes, living alongside the wildlife as they have for centuries.

After breakfast, drive to Ngorongoro Crater via **Olduvai Gorge**, site of archaeological findings, where traces of pre-historic man dating back to 3.5 million years ago have been discovered. Olduvai Gorge is the site where the Leakeys discovered the hominoid remains of a 1.8 million year old skeleton of *Australopithecus boisei*, one of the distinct links of the human evolutionary chain. In a small canyon just north of the crater, the Leakeys and their team of international archaeologists unearthed the ruins of at least three distinct hominoid species, and also came upon a complete series of hominoid footprints estimated to be over 3.7 million years old. Evacuated fossils show that the area is one of the oldest sites of hominoid habitation in the world. A picnic lunch will be taken at Olduvai Gorge before continuing on to Ngorongoro Serena Lodge stunningly located on the inner slopes of the caldera.

Dinner and overnight at Ngorongoro Serena Lodge.

DAY 11 – Aug 23 - Ngorongoro Crater – Gibbs Farm (B,L,D)

Early breakfast at the lodge, journey down towards the crater floor. Our 4x4 vehicles travel down the steep walls of the caldera into the primeval paradise of woodland, lake, river, swamp and plain where you will spend the majority of the day, including a picnic lunch on the crater floor. This fascinating caldera which shelters the most beautiful wildlife on earth. The Maasai and their cattle co-exist with the wildlife in this area, and visitors are able to appreciate the ancient interplay between wildlife and man.

Mld afternoon, ascend the crater and drive to Gibbs Farm located just on the outside of the crater.

Dinner and overnight at Gibbs Farm Estate.



DAY 12 – Aug 24 – Gibbs Farm (B,L,D)

***Gibb's Farm** is a working Farm located on the forested slopes of the Ngorongoro Conservation Area. Set among formal English gardens, the farmhouse, built in 1929, has hardly changed, retaining the charm of a well looked-after private house. Several activities are offered, such as experiencing a real working Tanzanian Farm, walking tours of the flower, fruit and vegetable garden and the Ngorongoro Forest (where you will find up to 220 species of birds), or a biking tour into the nearby town of Karatu. The area around the Farm was cultivated as early as 2000 years ago by the Mbulu or Iraqw, a Cushitic group of people who migrated south from Ethiopia and Yemen, and who still dominate the area today.*

After breakfast, **tour the clinic on Gibbs Farm estate**. There will be a **presentation on traditional indigenous healing** (including herbal medicine, therapeutic massage) **by Labiki, the Maasai doctor** at the Osero Forest Clinic situated on the estate to serve inhabitants of the local villages. If you wish, you may also volunteer some time at the clinic. The rest of the day is spent on Gibbs Farm estate to enjoy the many activities offered on and around the estate.... or pamper yourself at the African Living Spa on the property.

Dinner and overnight at Gibbs Farm Estate.

DAY 13 – Aug 25 - Lake Manyara - Arusha - Return flight to Canada (B,L)

***Lake Manyara National Park** is located beneath the cliffs of the Manyara Escarpment, on the edge of the Rift Valley. The park's ground water forests, bush plains, baobab strewn cliffs, and algae-streaked hot springs offer incredible ecological variety in a small area, rich in wildlife. The alkaline soda water of Lake Manyara is home to an incredible array of bird life that thrives on its brackish waters. Pink flamingo stoop and graze by the thousands, colourful specks against the grey minerals of the lake shore. Yellow-billed storks swoop and corkscrew on thermal winds rising up from the escarpment, and herons flap their wings against the sun-drenched sky. Lake Manyara's famous tree-climbing lions make the ancient mahogany and elegant acacias their home during the rainy season, and are a well-known but rather rare feature of the northern park. In addition to the lions, the national park is also home to the largest concentration of baboons anywhere in the world -- a fact that makes for interesting game viewing of large families of the primates.*

Breakfast at Gibbs Farm, followed by a game drive in Lake Manyara National Park, and lunch. After lunch, continue to the airport for your return flight back to Canada later in the day or..... continue to adventure by taking our **8 day optional extension to climb Mount Kilimanjaro**.



DAY 14 – Aug 26 - Arrive Toronto

Accommodation in Kenya...

Renowned for its high standards of efficiency, hospitality and service, the **Nairobi Serena** is the flagship of the Serena Hotel Group and a member of the Leading Hotels of the World. Set amid lush tropical gardens with panoramic views over Central Park and the downtown skyline, the Serena is an oasis of serenity amid the bustle of one of Africa's most vibrant capitals.

The interior décor reflects a range of cultural influences, blending Moroccan mystique and a breadth of African heritage into an elegant and harmonious whole. This 183 room hotel offers a range of fine cuisine including Kenyan, Indian, Italian and Creole as well as an outdoor swimming pool, health club and modern business and conference facilities.

<http://www.serenahotels.com/serenanairobi/default-en.html>

Treetops Lodge, nestled deep in the forest of Aberdare National Park, this rustic tree house, unlike anything else in Kenya, rises straight out of the ground on stilts. It has four decks and a rooftop viewing platform onto the watering hole below. Originally built in 1093, Treetops is famous for the place where the then Princess Elizabeth learned of her father's death. Rooms are cozy but small and due to the distinct rustic nature of this uniquely styled lodge there are no en-suite washrooms. There is a lounge overlooking the waterhole, two bars and also a restaurant where dinner is served on charming old world refectory tables with bench seating.

<http://www.aberdaresafarhotels.com/soft5.php?id=20>

Lake Nakuru Lodge is situated in the south east corner of the Lake Nakuru National Park, one of the greatest ornithological spectacles on earth. This traditional lodge blends in unobtrusively with its surroundings and animals such as giraffe, zebra and buffalo can often be seen browsing peacefully close to the lodge. The 120 rooms are furnished in a rustic African style to complement the overall ambience of lodge and area.

<http://www.lakenakurulodge.com/index.html>

Mara Serena Safari Lodge is set high on a bush-cloaked hill with long views over the savannah and down to the winding coils of the hippo-filled Mara River. Styled to echo the circular motif of a traditional Maasai manyatta, the lodge blends international sophistication with raw African beauty, while featuring twin rows of individual rooms, each with its own view of the famous Mara River. The central bar and dining areas enjoy spectacular views, as does the rock-surround swimming pool. Each luxuriously-presented room is accommodated in its own stand-alone modular unit, with uninterrupted views, private balcony and spacious seating area.

<http://www.serenahotels.com/serenamara/default-en.html>

Accommodation in Tanzania...

Serengeti Serena Safari Lodge is set high on the saddle of tree-clad ridge commanding panoramic views over the endlessly rolling reaches and volcanic reefs of the Northern Serengeti National Park. The lodge, drawing its inspiration from the circular 'Rondavel' dwellings and winding paths of a traditional Masai village, features thickly-thatched, stone-built rooms, spaciouly set amongst groves of indigenous trees that are cooled by sparkling streams and papyrus-fringed ponds. The circular bar, its roof supported by massive, carved figures of warriors, maidens and elders, looks out over the sky-blue, 'vanishing horizon' swimming pool. Below, the sensational Serengeti delivers a series of vistas, from lilac-streaked sunrises to diamond-domed nights. <http://www.serenahotels.com/tanzania/serengeti/home.asp>

Ngorongoro Serena Safari Lodge is perched on the jagged rim of the Ngorongoro Crater and has been constructed so as to take nothing from its environment whilst affording endless vistas over the crater below. The lodge is a unique blend of luxurious, timeless volcanic splendour and ethnic style. As for the views, from lilac-streaked sunrise, to indigo star-studded night, the immeasurably ancient Ngorongoro Crater delivers a theatre of vistas, most unchanged since the dawn of time. Strung around the crater rim, each with its own rock-enclosed balcony, rooms feature brass lamps, embossed leather headboards, wildwood mirrors, Maasai carvings and flamboyant prehistoric wall motifs depicting fleeing giraffes, stylised gazelle and plunging buffalo. <http://www.serenahotels.com/tanzania/ngorongoro/home.asp>

Gibb's Farm is a working Farm located on the forested slopes of the Ngorongoro Conservation Area. Set among formal English gardens, the farmhouse, built in 1929, has hardly changed, retaining the charm of a well looked-after private house. Cozy living rooms and reading corners are just steps away from the dining room, bar and gift shop. 20 farm cottages are situated in the grounds where organically produced coffee, fruit & vegetables provide 90% of the ingredients used by the farm's chef. Guests can enjoy several activities, such as experiencing a real working Tanzanian Farm, walking tours of the flower, fruit and vegetable garden and the Ngorongoro Forest (where you will find up to 220 species of birds), a biking tour into the nearby town of Karatu... or pamper yourself with one of the rejuvenation treatments at the African Living Spa. Also, you may take the opportunity to learn about traditional medicine from the resident Masai healer, Labaki, who also operates a clinic within the estate grounds that provides care to farm staff, and the local villages, alike. <http://www.gibbsfarm.net/index.html>

Gibbs Farm, through it's African Living Spa is well known for it's Integrated Medicine treatments which you may read more about at –

http://www.gibbsfarm.net/press/2010_winter_Africa_Living_Spa_newsletter.pdf

All of the accommodation will be in first class lodges / hotels (Nairobi) – in the unlikely event that a lodge / hotel needs to be substituted it will be of a similar standard or higher.

The Academic Program...

The Academic program will focus on **Travel and Sports Medicine and alternative healing strategies**.

20+ CME hours (including 3 MAINPRO -C accredited and 4 MAINPRO-M1 credits pending)

Complete details will be made available at a later date, however, as noted in the detailed itinerary, it will include -

- Presentations and interactive discussions on current medical topics by local and Canadian experts including Dr. Aly Abdulla, sports and travel medicine specialist, who will present on the following topics
 - Travel Medicine Simplified
 - The Sports Medicine Specialist's Approach to Joint Evaluation and Injury Management
 - The Highs and Lows of Altitude Medicine
- Presentation on Tropical Medicine at Kenya Medical Research Institute (KEMRI)
- Visit to Aga Khan hospital in Nairobi
- Presentations by a traditional Maasai indigenous healer on local traditional healing practices
- Presentation on Maasai integrated medical practices (including herbal medicine, therapeutic massage) – Dr. Labiki (Osero Forest Clinic). There will also be the opportunity to volunteer your time at the clinic

http://web.me.com/harmonyproject/African_Living_Spa/Osero_Forest_Clinic.html

In addition, any physician who would like to make a short presentation during the program should contact the Group Medical Director, Dr. Aly Abdulla, directly at 1-613 692-5433, e: khc@doctor.com. A certificate of attendance will be provided to all attendees of the Academic Program.

The price... Cdn \$7,995 / person (Early Booking Price valid until Dec 15, 2010)

Pricing (exc. Insurance) / per person	Inc. Air from Toronto
Per person (double occupancy)	\$7,995 *
Single supplement	\$1,400
Single share matching fee	\$ 500 **
Transportation / hotel taxes and fees	\$ 525
Academic program registration fee	\$ 350 (per MD registrant)
Payable locally	US\$40
- International airport departure tax (approx)	
Land only pricing (ie exc. air from Toronto)	\$5,995 *

* **After the Early Booking rates expire on December 15, 2010 the pricing will increase to \$8,295 (\$6,295 land only)**

** 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.

If you require an upgrade to **business class**, please contact us for current pricing.

REPEAT CUSTOMER DISCOUNT

If you have travelled with doctors-on-tour before, you are eligible for our Repeat Customer Discount. Simply deduct 1% for each separate tour that you have travelled with the company on up to a maximum of 3% (ie travelled on one previous tour, deduct 1%; two tours, 2%; three or more tours, 3%). Please note, this discount is applicable to the base price (eg above \$7,995) plus single supplement / share matching fee and optional extensions only – it is not applicable to transportation / hotel taxes and fees, travel insurance and/or the academic program registration fee. In addition, it is subject to the payment (\$) 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.

Inclusions –

- Round trip international flights from Toronto to Nairobi, Kenya
- 11 nights accommodation in first class lodges
- Transportation in private 6 seater safari vehicles (mini van or land cruiser) with driver / guide. Pop-up roof for easy game viewing & photography. **Guaranteed window seat.** On safari accessories in each vehicle: - First-aid kit, wildlife books, beanbags for easy photography, binoculars, cool box with bottled water
- All game drives, sightseeing and excursions as indicated in the itinerary
- Services of professional local English speaking driver-guides
- 11 breakfasts, 11 lunches, 10 dinners
- Flying Doctors Evacuation Cover (while on safari)
- All meet and greet services and arrival and departure transfers
- 24 hours stand-by contact number
- Two-way long range high frequency radio communication in each vehicle
- CME professional advancement program as indicated in the itinerary
- Porterage

Exclusions -

- Soft drinks and alcoholic beverages
- Gratuities to hotel, lodges, camp staff and driver-guides
- Visa fees for Kenya & Tanzania (visas should be obtained in advance of arrival)
- Travel insurance
- 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.

LODGES IN EAST AFRICA HAVE LIMITED CAPACITY AND FILL UP MANY MONTHS IN ADVANCE - PARTICULARLY IN THE ANNUAL MIGRATION SEASON. WE HAVE LIMITED AVAILABILITY ON THIS PROGRAM AND THEREFORE RECOMMEND REGISTERING (WITH A NON-REFUNDABLE DEPOSIT OF \$600 PER PERSON, PLUS APPLICABLE TRAVEL INSURANCE PREMIUM) AS SOON AS POSSIBLE IN ORDER TO GUARANTEE YOUR RESERVATION.

OPTIONAL 8 DAY EXTENSION TO CLIMB MT. KILIMANJARO

“MACHAME” ROUTE – 7 NIGHTS (6 NIGHTS ON THE MOUNTAIN)

Kilimanjaro. The name itself is a mystery wreathed in clouds – known to some as Mountain of Light or Mountain of Greatness, the local people, the Wachagga, don't even have a name for the whole massif, only Kipoo (now known as Kibo) for the familiar snowy peak that stands imperious, overseer of the continent, the summit of Africa.



But by any name, Kilimanjaro is a metaphor for the compelling beauty of East Africa. When you see it, you understand why. Not only is this the highest peak on the African continent; it is also the tallest free-standing mountain in the world, rising in breathtaking isolation from the surrounding coastal scrubland – elevation around 900 metres – to an imperious 5,895 metres (19,340 feet).

Kilimanjaro is one of the world's most accessible high summits and hiking on the rooftop of Africa is the adventure of a lifetime. The ascent of the slopes is a virtual climatic world tour, from the tropics to the Arctic. Even before you cross the national park boundary (at the 2,700m contour), the cultivated footslopes give way to lush montane forest, inhabited by elusive elephant, leopard, buffalo, the endangered Abbot's duiker, and other small antelope and primates. Higher still lies the moorland zone, where a cover of giant heather is studded with otherworldly giant lobelias. Above 4,000m, a surreal alpine desert supports little life other than a few hardy mosses and lichen. Then, finally, the last vestigial vegetation gives way to a winter wonderland of ice and snow – and the magnificent beauty of the roof of the continent.

Climbing Mount Kilimanjaro is not a technical climb as any average fit person can scale it without a problem reaching the summit with little more than walking sticks... and determination. However, climbing Kilimanjaro must be taken seriously because of its extreme elevation of 19,340 feet and the different routes, and the number of days spent on the mountain, are carefully chosen to help acclimate climbers to the altitude. A small amount of snow can be found below the summit but it does not require crampons or an ice axe. You may encounter some easy sections of rock scrambling that may require use of your hands. The treks are challenging and require that you be in good physical condition but, with some advance conditioning, any motivated person can make it to the summit.

Additional information can be found at <http://www.tanzaniaparks.com/kili.html> - the official site of the Mount Kilimanjaro National park

The **Machame (Whiskey) Route** is a popular camping route on Kilimanjaro and is suitable for any individual who is in reasonable physical condition. The trek begins through the rainforest at Machame Village on the southwest side of the mountain, and over seven days the route rises onto the edge of the Shira Plateau, down into the beautiful Great Barranco Valley, then circumvents the Kibo massif counter-clockwise through alpine desert until reaching Barafu Camp. The trek to the summit is done overnight to the crater rim on the scree slopes of the east-south-east facing Mweka Route and requires both mental and physical toughness. The trek winds through some beautiful scenery, which changes quite dramatically every day. The seven day version of this route has been deliberately chosen to include an extra day at Karanga Valley Camp, at 13,000 feet (3,950 mt.), between Barranco and Barafu Camps, to help split this long trek over two days which not only ensures you are better rested before your final ascent of the summit but is also important for better acclimatization – a key factor in the success rate of reaching the summit.

Day 13 – Aug 25 – Gibbs Farm – Lake Manyara – Arusha (B, L)

After your game drive, and lunch, in Lake Manyara National Park to complete your safari, you will then continue to the town of Arusha, close to Mount Kilimanjaro to ensure a good night's rest before your assault on the mountain.

Evening at leisure. Overnight at hotel

Day 14 – Aug 26 – Arusha - MACHAME GATE (5,950 ft./ 1,815 mt.) ~ MACHAME CAMP (9,850 ft./ 3,000 m) – 10kms (B, L, D)

Departure from Arusha will be at around 8am for the Machame Gate, about 1.5 hours drive. Upon completion of entry formalities, begin walking through the mist on a 4 x 4 track for about an hour into the forest. The track ends, and the trail continues up through the dripping, verdant forest. Trekkers will likely hear the many exotic birds in the canopy above, and many even see black & white colobus monkeys and sykes monkeys as they hike along the forest floor. The trek is quite long (12 miles / 20 km), though not very steep, and it takes from 5 to 7 hours trekking to reach the first camp. Machame Camp is just above the forest zone, in the heather zone. When it is clear, there are views of jagged Shira ridge and the summit itself.



Day 15 – Aug 27 - MACHAME CAMP ~ SHIRA CAMP (12,600 ft./ 3,840 m) – 4.5kms (B, L, D)



Wake early to a steaming cup of tea or coffee served in your tent, and then after breakfast, begin up the steep track through a savannah of tall grasses, and trees of giant Heather and Erica. The clouds should clear for a beautiful view of the Western Breach and the glaciers atop which mark the summit; Uhuru Peak. Scramble around large boulders as you enter the moorland zone, marked by the bizarre lobelia and senecio plants, and volcanic rocks draped with lichen beards which protect wild alpine flowers growing at their bases. You'll reach camp after descending a small valley and crossing a brook, then ascending up onto the Shira Ridge, after a total of about 4 to 5 hours of trekking.

Day 16 – Aug 28 - SHIRA CAMP ~ BARRANCO CAMP (12,950 ft./ 3,950 m) – 9kms (B, L, D)

Proceed steadily upward over long ridgelines of high desert about 4 hours, and break for lunch at about 14,500 feet (4,420 mt.). After lunch, continue to Lava Tower, a 300 foot-tall volcanic plug which marks an exposed pass at 15,000 feet (4,600 m). In the afternoon, descend the steep track into the Great Barranco Valley. Barranco Camp is set on a col (flat area) enclosed on three sides with steep valley walls and the Kibo massif itself. Hanging glaciers glint in the sunshine above, amidst the eerie landscape of plants such as the giant groundsels (Senecio Kilimanjari), and the uniquely endemic Giant Lobelia. Trekking time is from 6 to 7 hours.



Day 17 – Aug 29 - BARRANCO CAMP ~ KARANGA CAMP (13,100 ft./ 3,995 mt.) – 6.7kms (B, L, D)



Today, trek to Karanga Valley Camp, at 13,000 feet (3,950 mt.), between Barranco and Barafu Camps. This day has proven to be very important for acclimatization. The day begins with a scramble up the 'Barranco Wall' – not too tough but challenging nonetheless - then traversing up and down the slopes of valleys which have carved their way into the mountain's southern face. Kibo's glaciers loom above to your left and the jagged peaks of Mawenzi jut into the African sky at just under 17,000 feet straight ahead. We reach the Karanga Valley after 3-4 hours of trekking for a hot lunch. Afternoon to relax or to take excursions from camp.

Day 18 – Aug 30 - KARANGA CAMP ~ BARAFU CAMP (15,200 ft./ 4,630 mt.) – 5.4kms (B, L, D)

From here the trail turns steadily uphill. The temperature will grow colder and the landscape more sparse as we near Barafu Camp. Barafu Camp is set on a small, exposed flat area on a ridge, acting a base camp from which you will make your summit attempt at midnight tonight. Total trekking time is 4-5 hours, with a hot lunch upon reaching camp. The afternoon is yours to rest and prepare for the long night ahead. Eat and drink as much as possible before retiring early to your tent for rest and sleep.



Day 19 – Aug 31 - BARAFU CAMP ~ UHURU PEAK(19,340 ft./5,895 mt.) – 5.9kms

UHURU PEAK ~ MWEKA CAMP(10,200 ft./3,110 m) – 14.5kms (B, L, D)



The steaming hot drink will arrive very early on this momentous day. A midnight wake-up call is the start of the longest section of the ascent (12-17 hours of trekking). You begin at 12:30 to 1am. The temperatures range from just below freezing at midnight, to between 10 deg. F (-12 deg. C) to -10 F. (-23 deg. C) just before dawn at the summit. The winding path of endless switchbacks will take form and shape in the shadows of the Ratzel and Rebmann glaciers at early dawn, and behind you the spires of Mawenzi will be silhouetted against the red glow of the sun from beneath the clouds - a thrilling sight, with the Kibo saddle still in darkness beneath you, and the crater's ice-walls looming ahead.

After about 6 hours of walking, you will come to the edge of the crater, at Stella Point, at 19,000 feet (5,790 mt.), which is the end of the steep track. From here, there is a gentle slope upward about 1 hour to Uhuru Peak. – the world's highest solitary peak (19,340 ft).

It's the best view in Africa. After a short time at the summit, descend the steep scree trail back to Barafu Camp for some rest, then again summon your strength for further descent to Mweka Camp to spend your last night on the mountain.



Day 20 – Sep 1 - MWEKA CAMP ~ MWEKA GATE (6,000 ft. /1,830 m) – 5.9kms - Return flight to Toronto (B, L)

In the morning there is a 4 hour walk down to the Mweka Gate where you will have lunch and be awarded your climbing certificates. You will then be transferred back to your hotel where a day room (and a hot shower and real bed..) await you allowing you to rest, or celebrate, before taking your evening flight back to Toronto.

Day 21 – Sep 2 - Arrive Toronto

The cost...

Pricing (exc. Insurance) / per person

Per person (double occupancy in tent or lodge) \$3,000

Single supplement \$ 300

Additional non-refundable deposit of \$400/person required at the time of booking.

We have chosen our climbing operator with care to ensure the highest standards of guides, porters, equipment, mountain cuisine and safety – all key factors in ensuring that you have the best possible chance of succeeding at reaching the summit. Inclusions and inherent standards are listed below -

Inclusions -

Mountain fees:

- Park Fees
- Campsite fees
- Emergency Rescue Fees

Camping equipment and other gear:

- Mountain Hard wear Trango 3.1 sleeping tents (a triple tent used as a double or single (with supplement), each tent with a custom-made ground sheet covering the both vestibules, to allow clean & dry storage of gear, and keeping water, mud or dust from entering the tent.
- Large cold-weather sleeping mats (closed cell foam) for each climber
- Large custom designed and fabricated weatherproof geodesic dining tent with 2 doors, windows that open for ventilation, and full floors. At night, the tent is lit with solar LED light. This tent is used for breakfast, lunch (if bad weather), and dinner.
- Aluminum dining tables and large aluminum chairs with backs and arm rests, for all meals.
- Wash stands provided for washing hands before each meal.
- Wash basins provided for each trekker.
- Fresh hand towels are provided before each meal.
- Large private toilet tents only for our guests, with portable flush toilets on a stable base. For 8+ climbers, two toilet tents are provided.
- Hot water prepared for climber's bottles at night

Mountain Cuisine

- Three meals a day. Menus are developed by a professional cook who has trained staff in up-market safari bush camps where equipment and resources are minimal. Much of the food is prepared in a kitchen at the mountain base, for tasty and energizing meals necessary for high altitude mountain trekking.
- Specialty food such as dried fruits, chocolates and cheeses.
- Mountain cool boxes to keep foods fresh.
- Homemade cookies and breads.

Safety Equipment:

- Oxygen for emergency use (for groups of 6+, 2 kits (100 lt medical oxygen bottle, regulator & masks) are provided)
- Portable Hyperbaric Chamber (Gamow bag)
- Pulse-oximeter (to allow climbers to check their blood oxygen levels)
- Mobile phones - carried by the head guide and all assistant guides, for daily communications with the base in Arusha. All guides carry extra batteries for their phones.
- VHF 2-way handheld radios (with extra batteries) carried for quick communication between head and asst. guides
- Stretcher (and convertible litter)

- Comprehensive medical/first aid kits as per WFR (Wilderness First Responder) / NOLS (National Outdoor Leadership School) USA guidelines

Guides and porters

- Professional Mountain Guides, all head guides (at least 1 per trip) currently certified by NOLS USA as WFR (Wilderness First Responder) or WAFA (Wilderness Advanced First-Aid)
- Ratio of at least one head guide for every three climber, to ensure personalized attention.
- Ratio of approximately 4 porters to every climber
- Each guide has a team of four core assistants who perform specific tasks in the camp, which allows the head guides to focus on the climbers, not just the logistics.
- Cooks and Porters – the selection and treatment of porters is key for the success of the ascent and the specialist climbing company that has been contracted supports standards that have been established by the Kilimanjaro Porter's Assistance Project (KPAP) – many climbing companies use untrained, and underpaid, porters which can put both their, and your, safety in jeopardy. Based at the foot of Kilimanjaro, in Moshi, KPAP is a Tanzanian non-governmental organization committed to improving the working conditions of the porters. <http://www.kiliporters.org/>. Standards adhered to are as follows -
 - Paying adequate porter wages and bonuses
 - Guaranteeing wages if a porter is unable to complete the trek
 - Providing professional waterproof and windproof raingear to all porters
 - Providing closed-cell sleeping pads in tented sleeping accommodations with floors
 - Inspecting porters before treks to ensure adequate footwear, warm clothing and sleeping gear, plus eye protection
 - Adhering to written safety precautions and treatments equal to that for paying trekkers
 - Paying a porters' health care and injury costs
 - Providing hearty meals (without subtracting from a porter's wage)
 - Upholding mandated weight limits for porter loads
 - Paying porters for removing waste left on the mountain by other companies
 - Providing transportation from Marangu Village (where most porters are based) to the gate for each staff member on each trek, and return transport home at the end of each trek. Many companies only hire porters who are 'available' at the gate to the trek.
 - Providing annually professional wilderness first-aid training, language courses, and specific task-training courses for porters

Exclusions –

- Emergency transport costs
- Gratuities to guides and porters
- Personal expenses
- Personal medical kit
- Bottled mineral water
- Sleeping bags and other personal trekking gear. Trekking gear such as synthetic sleeping bags, Gore-Tex outer wear, warm layers, trekking poles, etc are available for rental at the mountain base
- Travel insurance

Accreditations of climbing operator –

- Mountain operators' license
- Active member of TATO, the Tanzania Association of Tour Operators, and KIATO, the Kilimanjaro Association of Tour Operators
- Active member of the Kilimanjaro Porter's Assistance Project (KPAP).

Insurance information...

We strongly recommend that you take out travel insurance to provide you with peace of mind 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 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

Deluxe 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.

Total insurable costs Age>	NON-MEDICAL PACKAGE				DELUXE PACKAGE			
	0-59	60-64	65-69	70-74	0-59	60-64	65-69	70-74

8500 - 9000	450	537	622	717	507	638	748	1,058
9000 - 9500	472	564	654	755	528	665	781	1,096
9500 - 10000	494	591	687	793	550	692	813	1,134
10000 - 10500	515	618	719	831	571	719	846	1,172
10500 - 11000	537	645	752	868	593	746	878	1,210
11000 - 11500	558	672	784	906	615	773	910	1,247
11500 - 12000	580	699	816	944	636	800	943	1,285
12000 - 12500	602	726	849	982	658	827	975	1,323
12500 - 13000	623	753	881	1,020	679	854	1,008	1,361

Misc information you need to know...

Travel documentation and visas

An entry visa is required for Canadian citizens for entry into each of Kenya & Tanzania (details of how to apply for your visa will be provided at time of booking). In addition, your passport must have an expiry date no earlier than 6 months after your scheduled departure date from Kenya & Tanzania.

Mandatory vaccinations

Yellow fever (Tanzania)

Testimonials...

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

“A thoroughly enjoyable week – informative lectures, well organized tours and great company!
Dr. Dagnija Kalnins, Port Credit – Los Cabos, Mexico, 2003

“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

“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

And specifically from our inaugural **Kenya & Tanzania program in March 2010...**

“We had a wonderful holiday! It was amazing - I just loved it! Our guide was kind, very helpful and
knowledgeable and made sure our safari experience was the very best. Can't wait to see my pictures!”
Dr. Marnie Rice, Midland – Kenya, Tanzania & Zanzibar, 2010

“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. He was 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 – Kenya & Tanzania – March, 2010

“We thoroughly enjoyed the recent trip to East Africa.
All lodges were excellent. The event was a huge success. A lifetime highlight”
John Bright - Kenya & Tanzania – March, 2010

The fine print...

The Terms & Conditions contained herein are the terms under which on-tour.ca and doctors-on-tour.ca (being operating brands of Britcan International Consulting (B.I.C.) Inc) 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. A guaranteed non-refundable deposit of \$600 per person (together with the applicable travel insurance premium is required with your reservation request. Tour extensions are also subject to additional non-refundable deposits as detailed in our brochure. Reservations made for travel within 95 days 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.

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. Credit card payments require that the passenger complete and sign our Booking Form as verification of their approval for the credit card to be charged both for the initial deposit 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 electronic mail communication). No services will be provided without receipt of the signed Booking 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 (105 days before departure) are as follows: 95 – 61 days before departure – 25% of total price paid; 31 – 60 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 doctors-on-tour.ca of any or all components of the travel services offered herein, doctors-on-tour.ca 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.

TRAVEL INSURANCE: To protect against cancellation charges, we strongly recommend purchasing Cancellation Protection and Travel Interruption Insurance. Cancellation insurance must be purchased at time of initial deposit. 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 doctors-on-tour through RBC Insurance.

TRAVEL DOCUMENTATION AND VISAS: 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. 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 Kenya & Tanzania (including Zanzibar) . Visas are not required for Botswana, Namibia & Rwanda. Non Canadian citizens may have different requirements. It is the passenger's responsibility to ensure that all his or her passport and visa requirements are met and no refund will be made if a passenger is not allowed into the destination country due to lack of proper documentation. 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 . For late bookings, express delivery of documents will require a courier delivery fee of \$30 to cover extra handling and processing.

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: Accommodations on twin occupancy basis, is provided at the hotels/lodges/camps as specified or similar. Single room supplements apply to persons occupying sole use of hotel/lodge room 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. The right is reserved to substitute hotels should conditions warrant such change for reasons beyond our control. Rooms are assigned by the respective supplier(s) on a run-of-the-house basis, in category (ies) as specified in the itinerary.

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 individual safaris and holidays 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 select safaris and holidays. 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 locations, adjoining rooms, non-smoking rooms, bed preferences, special dietary meal requests, these cannot be guaranteed and doctors-on-tour.ca cannot be held responsible if such requests cannot be fulfilled. Requests for upgrading rooms are subject to additional charges. Any deviations to the standard program arrival and departure flight dates should be notified at the time of booking and are subject to availability and also any applicable flight class supplement.

CONSUMER PROTECTION: doctors-on-tour.ca is 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 doctors-on-tour.ca and doctors-on-tour.ca bears no responsibility for such illness or inconvenience. doctors-on-tour.ca 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: doctors-on-tour.ca 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 : doctors-on-tour.ca 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 described in this brochure is not available we reserve the right to provide an alternate hotel / lodge 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.

doctors-on-tour.ca 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 doctors-on-tour.ca. 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 doctors-on-tour.ca. 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. doctors-on-tour.ca can assume no responsibility for lost tickets or coupons. The liability of doctors-on-tour.ca 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.