

PROFESSIONAL ADVANCEMENT ESCAPE

CULTURAL & CME TOUR OF NORTHERN INDIA - RAJASTHAN & THE GOLDEN TRIANGLE

February 14 – March 2, 2015

The Organizers...

Dr. Joanne Holtby M.D., FRCPC >

Dr. Holtby is a psychiatrist at the North Bay Regional Health Centre in Ontario, has been practising psychiatry in rural Canada for over 22 years. After completing medical training at Memorial University of Newfoundland and University of Toronto, Dr Holtby worked on the admission wards of the Waterford Psychiatric Hospital and North Bay Psychiatric Hospital. She is currently working as a Regional Telepsychiatry Consultant and Psychiatric Rehabilitation Specialist at the North Bay Regional Health Centre.

Dr Holtby's private practise specialises in the understanding of body mind spiritual underpinnings of mental wellness and the treatment of mood and anxiety symptoms primarily with psychotherapy, hypnotherapy, stress reduction and self healing skill training and wellness practises.

Dr Holtby is an assistant professor of the Northern Ontario Medical School and active in lecturing, co chairing educational programming, psychotherapy training and supervision and breath body mind stress reduction skill training.

As well as being a vegetable, fruit and herb gardener, Dr Holtby can often be found foraging in the northern forests while learning of medicinal plant properties. She has a particular interest in indigenous understandings of disease, healing practises and ancestral knowledge. Dr Holtby is an avid world traveller, scuba diver and photographer. This is Dr. Hottby's second venture with Doctors-on-Tour having previously led a CME and ecological tours to Ecuador & the Galapagos in April 2014.

Doctors-on-Tour >

Offering interesting and informative professional advancement programs since 2000, **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 to deliver a combination of vacation and education in exotic destinations. Our destinations include **South America (Brazil, Chile/Argentina, Ecuador/Peru), Africa (Kenya/Tanzania, South Africa, Zanzibar, Kilimanjaro climb), India, South East Asia (Vietnam, Cambodia, Laos & Bali), New Zealand and Europe (Spain)**. More information about the company, including recent testimonials and downloadable copies of all of our brochures, can be found at our website, www.DoctorsonTour.ca . The company is a licensed retail travel organization under The Travel Industry Act of Ontario (TICO reg # 50009110). The company can be contacted at 416-231-8466, toll-free 1-855-DOC-TOUR (362-8687), by fax 1-888-612-1459 or info@doctorsontour.ca

The Destinations... Rajasthan and The Golden Triangle

India - where will you find a more colourful land? The sights and sounds will excite you; the palaces, forts and old walled cities will thrill you; the varied and exotic scenery will captivate you and the warm and smiling people will charm you. Many images, but few are more powerful than the heritage of the Moghul Empire in **Rajasthan** where much of our tour is based – a legendary land defined by the patchwork of kingdoms and principalities that were, till independence, ruled by maharajas, rajas, ranas and rawals. From the cackle of it's colour charged towns and cities to the luminous splendour of it's sun-kissed desert and it's forts and palaces (several of which have been converted into splendid Heritage hotels and our accommodation will include some of these), Rajasthan is romantic and historic India wrapped in gaudy royal robes where bards still roam the countryside, picking out complex tunes on single-stringed instruments, and sing of heroic battles, chivalry and sacrifices.

You will see **Delhi**, the political and cultural capital and a captivating combination of ancient and modern in contrasting Old and New Delhi. Museums, monuments to the myriad of dynasties that have established their capital in Delhi over the centuries, great shopping and wonderful restaurants.

Travelling west, first travel to **Jodhpur**, originally capital of the kingdom of Marwar and bordering the Thar Desert, with it's Meherangarh Fort dominating the once indomitable Blue City below, where you can bargain for a pair of boxed cuff trousers (the original jodhpurs...) and historic regalia. Heading south, we stop in **Ranakpur** (one of the holiest places in the Jain faith) to marvel at its dazzling 15th century temple complex made of milk white marble, before coming to **Udaipur**, the Venice of the East, a seductive, gated Rajput city situated romantically on the banks of Lake Pichola with it's floating Lake Palace and palaces and temples at every turn. Then onto **Deogarh**, one of the best kept secrets in this area, with it's Vishna & Jain temples from the Gupta period and renowned school of miniature painting and then to **Pushkar**, a lake town with many bathing ghats and temples and an important Hindu pilgrimage centre.

And, of course, no tour of India is complete without visiting the "Golden Triangle" and it's famed cities of Jaipur and Agra. **Jaipur**, the "City of Victory", is the vibrant capital of Rajasthan with it's magnificent palaces and temple, exquisite gardens and bustling bazaars, and the impressive pink Amber Fort. Then, on the way to **Agra** and the Taj Mahal, stop in **Fatehpur Sikri** – a masterpiece of Muslim architecture and unique as an almost intact Mughal city. Satisfied and marveling at the snapshot of so much of India's medieval and religious cultures, return to Delhi for your flight home

Further information can be found at -

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

<http://www.rajasthanitourism.gov.in/new/site/index.htm>

The detailed itinerary...

Day 1 – Feb 14, 2015 (Sat) - Depart Toronto for Delhi

Day 2 – Feb 15 – In transit

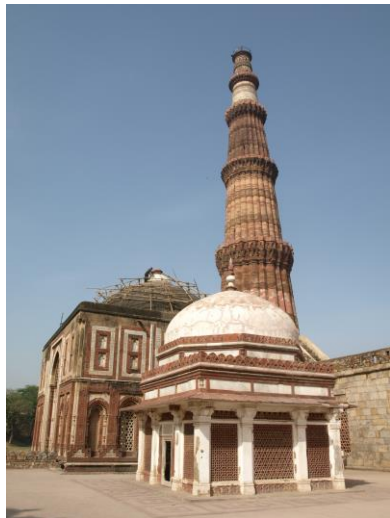
Day 3 – Feb 16 – Delhi (B,L,D)

Arrive Delhi by International flight.

*A city of great character, of contrasts and convolutions – this is **Delhi**, the capital city of India. A city with antiquity dating back over 2,000 years, it is also a modern metropolis with fast cars and neon lit shopping malls. So varied are the shades of Delhi's different faces, it is difficult to grasp it in a short span of time. It's history encompasses all the various kings and emperors who fixed their royal citadels here—Indraprastha, Lal Kot, Quila Rai Pithora, Siri, Jahanpanah, Tughlakabad, Ferozabad, Dinpanah, Delhi Sher Shahi or then Shahjahanabad. But, combined and integrated into one, these 'new cities' have always been called Delhi and howsoever many names it may have acquired, Delhi has always been intrinsically identified with power and imperial sway.*

You will be met on your arrival and then be transferred to your hotel for immediate check-in. Overnight in Delhi.

Breakfast at the hotel. After some free time in the morning to acclimatize from your international flight, the rest of the day will be spent on a sightseeing tour of **New Delhi**.



The **New Delhi** area reflects the legacy the British left behind. The division between New and Old Delhi is the division between the capitals of the British and the Mughals respectively. The division in the walled city and New Delhi also marks the division in the life-styles. The walled city is all tradition where one will be able to glean a past life-style in all its facets, colors and spells. New Delhi in contrast, is a city trying to live up to the best of 21st century standards.

Drive past the imposing **India Gate**, the **Parliament building** and the **Rastrapathi Bhawan**, the President's Residence. Continue to visit the **Qutub Minar**, which is the tallest stone tower in India. The Qutub Minar was started in 1199 AD by Qutub-ud-Din Aibak and completed by the sultan's successor and son-in-law, Iltutmish. The building is 72.5 m high and has 379 steps from the bottom to the top. The Minar is tapering with the diameter of the base is 14.3 m while at the top floor it is 2.7 m. The Qutub Minar is still the highest stone tower as well as one of the finest Islamic structures ever raised in India.

Lunch, and your Welcome Dinner, will be taken at one of many of Delhi's fine restaurants.

Overnight in Delhi.

Day 4 – Feb 17 - Delhi (B,L,D)

Breakfast at the hotel.

Physicians program – Visit to **Mahesh Yogi Institute of Herbal medicine** to learn about **Ayurvedic medicine** and **Acupuncture** – two of the local healing techniques used in this region. India has 5000 years old tradition of Ayurveda Medicine which has supported human and animal health care in the entire south and south-east asia. Ayurveda provides an integrated approach to preventing and treating illness through lifestyle interventions and natural therapies and is based on herbal remedies to treat various human ailments against major human diseases. These remedies are available in the form of injectables, ointments, oils, tablets and liquids to be used orally. The healing technique also involves various naturopathic treatments

Non-physicians – will enjoy a separate activity in old Delhi including a visit to an Indian family to have morning tea – a longstanding tradition in India.

Lunch will be provided at a local restaurant before an afternoon tour of **Old Delhi**. The former centre of Moghul Power, Old Delhi offers ancient monuments, narrow streets and bustling bazaars. Sights include the vast Red Fort, built in 1648, the **Jama Masjid**, the greatest mosque in India and completed in 1658 by Shah Jahan who also built the Taj Mahal,. Visit "**Chandni Chowk**" or Silver Street, experiencing the sights and sounds of this very busy avenue heading west from the Fort. Chandni Chowk - literally means "moonlit crossroads" and an area which best represents the "super-Oriental" - the glory and the guile; the grandeur and the grime, with its crowded bazaars, twisting lanes, maze of small streets strange aromas, the pungent odour of Oriental spices, the cries of shopkeepers, coolies and "rickshaw-walas" and the clatter and whirr of furious industry.



You will also visit, **Raj Ghat**, the simple memorial to Mahatma Gandhi. The memorial is a black marble platform that marks the spot of Gandhi's cremation on 31 January 1948. It is left open to the sky while an eternal flame burns perpetually at one end. It is located on the banks of the river Yamuna in Delhi in India on one of the main arteries of the city - officially known as Mahatma Gandhi Road.



Dinner at a local restaurant.

Overnight in Delhi.

Day 5 – Feb 18 - Delhi – Jodhpur (B,L,D)



*A flourishing trading center of the 16th century, the fortress city of **Jodhpur**, which stands at the edge of the Thar Desert, is now the second largest city of Rajasthan. Jodhpur was founded in 1459 AD by Rao Jodha who claimed to be descendent of lord Rama. The city has a history of battles and royalty as is highly evident by the huge Meherangarh fort overlooking the city. Did you know that the famous baggy/tight riding trousers called Jodhpuris take their name from this city?*

After breakfast, take a short late morning flight to Jodhpur.

On arrival transfer to the hotel. Lunch at a local restaurant.

In the afternoon, visit the **Mehrangarh Fort** (citadel of the Sun) that evokes the very spirit of the Rathores, the ruling local Rajput clan. Explore its various palaces with their delicate friezes and respective museums, displaying treasures of the royal family. North of Mehrangarh Fort, and connected to it by road, **Jaswant Thada** is a pillared marble memorial to the popular ruler Jaswant Singh II (1878-95), who purged Jodhpur of dacoits, initiated irrigation systems and boosted the economy. The cenotaphs of members of the royal family who have died since Jaswant are close by his memorial; those who preceded him are remembered by chhatris at Mandor. This south-facing spot is also the best place from which to photograph the fort, looming above the sheer rocky Mehrangarh plateau. Also visit the museum in the Umaid Bhawan Palace.

Dinner and overnight at the hotel in Jodhpur.



Day 6 – Feb 19 – Jodhpur (B,L,D)

Breakfast at the hotel.

Academic Conference in the hotel in the morning including keynote presentations from **Group Medical Director, Dr. Joanne Holtby** on -

- **Coherent Breathing** : an experiential breath, body, mind stress reduction strategy for personal and patient care
- **Mindfulness: An Introduction**

The Conference will be followed by lunch and, in the afternoon, **a tour of the Mathura Das Mathur government hospital** to review the public health system and its facilities.

Non-physicians will visit the museum at **Hotel Taj Umaid Bhawan Palace**, a museum focusing on the 20th century history of the Jodhpur Royal Family, who are still in residence in a different part of the palace. Afterwards, enjoy the thrills of a tuc-tuc ride on the way to the local market where you will then be escorted on a walking tour to experience the sights and sounds of daily life in Rajasthan. After lunch, maybe purchase a colorful local **saree or turban as you enjoy a demonstration** of the saree & turban wearing at the hotel.

In the early evening enjoy a **Bishnoi Village** jeep safari - a great outdoor adventure & taste of the local culture. Witness Rajasthan's desert life, wildlife & beauty and watch local craftsmen (carpenters, black smith, cobblers) at work with traditional means, see green Opium fields, and enjoy the beautiful dunes. The villages and the landscape around Bishnoi are absolutely untouched with inhabitants living in a total natural set up.

Dinner and overnight at the hotel in Jodhpur.



Day 7 – Feb 20 - Jodhpur – Ranakpur - Udaipur (B,L,D)

*Cradled in a verdant valley in the valley in the Aravalli Hills, on the banks of the river Maghai, stands one of the five holiest places of the Jain faith, 15th century **Ranakpur**. Just 96 km from Udaipur, Ranakpur is renowned for its magnificent temples of dazzling white marble. The four-temple complex, far away from any town or village, is completely in harmony with the ascetic ideology of Jainism. The architectural highlight is Jain Temple with its sequence of elegant domes, turrets and cupolas that rise majestically from the hillside, supported by more than 1,400 marble pillars adorned with breathtakingly intricate carvings.*



After breakfast leave for Udaipur.

En-route visit Ranakpur temples Lunch will be at a local restaurant in Ranakpur.

Continue onwards to Udaipur and check in at the hotel.

Dinner at a local restaurant and overnight in Udaipur.

Day 8 – Feb 21 - Udaipur (B,L,D)



*Often known as 'Venice of the East' and the 'City of Lakes', **Udaipur** is the most romantic of all the Rajasthan cities and one of the most exotic places in Asia. The city's palaces, havelis, temples set it apart from the rest of the cities. It is also popular for its crafts, performing arts and its famed miniature paintings. The Lake Palace (Jag Niwas) located in the middle of Pichola Lake is the finest example of architectural and cultural marvel. The grand City Palace on the banks of the lake along with the Monsoon Palace (Sajjan Garh) on the hill above enhances the beauty of this magnificent city. You can see the city from a boat or from the rooftop of palaces, the view is marvelous, it makes you forget the world. The smooth rolling hills that surround Udaipur are as overpowering as the city itself.*

Maharana Udai Singh founded Udaipur in 1559 AD. According to a legend Udai Singh was guided by a holy man meditating on the hill near Pichola Lake to establish his capital on that very spot. Surrounded by Aravali Ranges, forests and lakes this place was less vulnerable to external invasion than Chittaurgarh. Maharana Udai Singh died in 1572 and was succeeded by Maharana Pratap who valiantly defended Udaipur from Mughal attacks.

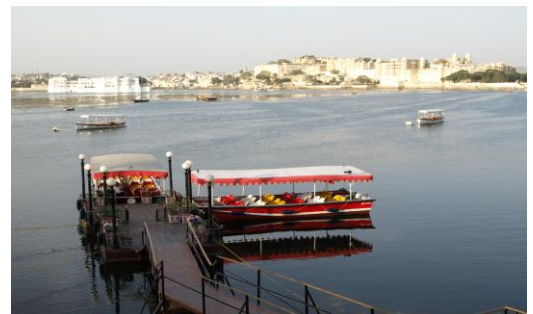


After breakfast you will proceed to visit the vast and exquisite **City Palace**, a well-fortified, majestic white monument. The main entrance, a triple-arched gate named the Tripolia, was built in 1725 and is a marvel. The Suraj Gokhada, the Balcony of the Sun, where the Suryavanshi Maharanas of Mewar presented themselves in times of trouble to the people to restore their confidence, is also a fascinating sight.

Later visit the **Jagdish Temple**, a 16th-century temple dedicated to Lord Vishnu, it is the largest and most splendid temple in Udaipur.

In the afternoon enjoy a cruise by private boat on the placid waters of **Lake Pichola**. The lake is surrounded by splendid hills, palaces, bathing ghats, temples and embankments - in the middle of the lake, stop and visit **Jag Mandir Palace**, which covers almost four acres and is noted for its marble pavilion and an imposing dome. You'll see people doing their laundry on the shores of the lake against the backdrop of the massive City Palace and the old city.

Dinner at a local restaurant and overnight in Udaipur.



Day 9 – Feb 22 - Udaipur – Deogarh (B,L,D)

Deogarh lies on the borders of Mewar, Marwar and Merwara, about 80 miles north-east of Udaipur. Its chieftain known as 'The Rawat' was one of sixteen umraos (feudal barons) privileged to wait upon the Maharana of Udaipur, the capital of Mewar such feudal estates, called thikanas were granted by the ruling Maharana to a nobleman either due to blood relationship or for an act of bravery. Deogarh is situated in the rugged hills of Aravallis, which makes gentle treks and bird watching an ideal way to see the surrounding area, including the Raghosagar Lake, with the palace on its banks, which attracts numerous migratory birds. It also has a bazaar, which is particularly good for textiles. It is also renowned as a school of miniature painting.



After breakfast leave for Deogarh. En route, visit **Sas Bahu Temple** dating back to the 10th century. The term 'Sas-Bahu' suggests 'Mother-in-law and Daughter-in-law' respectively. The temple is dedicated to Lord Vishnu and it is made in two structures, one by a mother-in-law and another, by a daughter-in-law. The temple of Sas is comparatively larger than that of the Bahu. The 'Bahu' temple has an octagonal ceiling, which is adorned with beautifully carved eight intricate female figures. The 'Sas' temple has a torana (archway) in its front and it is believed that the image of the Lord Vishnu was swung from the torana along with hymns in the praise of lord on ceremonial occasions. Both the temples are constructed on a common platform facing towards the east direction and are famous for their wonderful carvings.



Continue to Deogarh for check in (via jeep transfer to this Heritage hotel, as the village of Deogarh does not accommodate coaches...) and lunch at the Deogarh Mahal - a beautiful Heritage property.



In the afternoon, you visit the **Fort Seengh Sagar** to watch the magnificent **miniature painting**. Some Deogarh miniatures adorn the personal collection of the present Rawat. Frescoes of this art form can also be seen on the fort walls. Several rooms are decorated with murals done by local painters after whom the Deogarh School of painting has acquired fame the world over. (Please note, this is subject to the rooms being open as this is a private collection)

Dinner and overnight at the hotel in Deogarh.

Day 10 – Feb 23 - Deogarh (B,L,D)

Breakfast at the hotel. Today will be at leisure to relax in the hotel grounds or by the pool or maybe to walk down into the nearby village of Deogarh and it's colorful bazaar where you can interact with locals in this charming Rajasthan village.

For **physicians** there will be a visit to a local dispensary in the village in the morning - a dispensary provides free healthcare, arranging health checkup camps and awareness programs for the local people.

In the late afternoon you will explore the area on a **jeep safari** with it's ruined forts and local villages finishing with drinks and Indian hors d'oeuvres at the side of one of the area's lakes.

Lunch and dinner will be served at the Deogarh Mahal. Overnight in Deogarh.



Day 11 – Feb 24 - Deogarh – Pushkar (B,L,D)



*Amongst the grandeur of Rajasthan, discover a unique gem – **Pushkar** a mellow and serene little town right on the edge of the desert. Lord Brahma, the creator of the world in a search for his abode on earth, performed the supremely spiritual vedic yagna at Pushkar. It is thus the site of the only Brahma Temple in the world. A city of Pilgrimage from time immemorial with over 500 temples and ghats, Pushkar begets a legacy of timeless architectural heritage and radiates an ambience of peace and spirituality that casts a lure to visit again and again. Apart from its religious significance, Pushkar is known for its Cattle and Camel fair held every year in the month of Kartik (October/November), which attracts visitors in their thousands.*

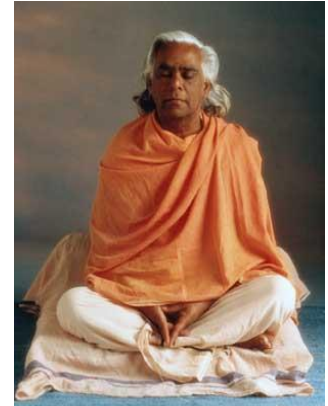
After breakfast leave for Pushkar arriving in time for lunch at the hotel..

After lunch at the hotel you will be taken on a walking tour of Pushkar where you will visit the sacred temple of **Lord Brahma** and view the pilgrims at the religious **bathing ghats**. This is similar to Varanasi and the Ganges but set amongst relative peace and tranquility without the hordes of tourists. Devout Hindus believe that it is essential to visit Pushkar at least once in their lifetime and no pilgrimage is considered complete without a dip in the holy Pushkar lake. There will also be plenty of time to explore the village, walk down into the traditional bathing ghats and bargain at the towns plethora of shops clinging to the side of the lake.

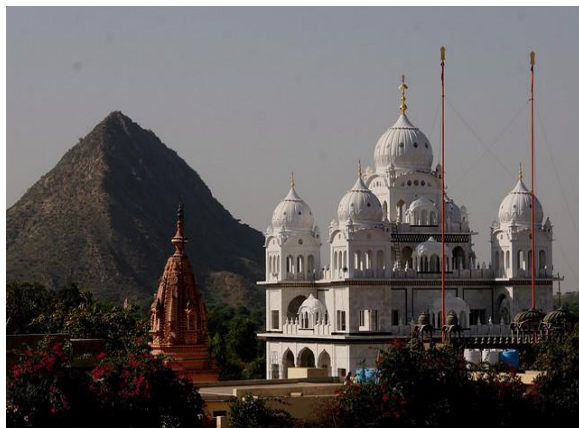
Dinner and overnight at the hotel in Pushkar.

Day 12 – Feb 25 - Pushkar – Jaipur (B,L,D)

Before breakfast at the hotel you will make an early morning visit to a local **Ashram** in Puskar. Ashrams, literally “places of striving”, are common throughout India as a retreat for spiritual and personal development. You will participate in a yoga session and about learn many different kinds of **ancient yoga techniques** (Meditation, Pranayama, Kriya Yoga, Swara Yoga and Karma Yoga) and how yoga therapy can be beneficial in relieving several medical conditions including back pain, high blood pressure, migraines problem, menstrual disorders.



Yoga and Ayurvedic medicine are complimentary sister sciences and. generally, a person undergoing Ayurvedic treatments is advised to practice Yoga and Meditation since it helps isolate the mind from all thoughts, worries and anxieties. While Ayurveda deals chiefly with the health of the body and mind, Yoga deals with spiritual health.



After returning to the hotel for breakfast, your tour of Rajasthan continues with a drive to Jaipur. On the way out of Pushkar, you will make a stop at one of the **Sikh temples** in the area. The Sikh religion emerged during the early 16th century in the state of Punjab in North India. It propounds monotheism, i.e. worship of one God. It also opposes the caste system and believes that all men (and women) are equal. Their founder, Guru Nanak, had early leanings to both Muslim and Hindu beliefs and the ideas of *karma* and rebirth from Hinduism are accepted. Though the Sikhs constitute less than 2 percent of the Indian population, they have become a distinct element in the configuration of the Indian religious tradition and the Indian society and are a distinctive culture with their flowing beards and colorful turbans.

En route to Jaipur, stop for lunch at **Roopangarh Fort** at the end of a delightful walk through Kisangarh village and it's curious, and colourful, local inhabitants. Then continue your drive to Jaipur arriving late afternoon.

Dinner is at one of Jaipur's many local restaurants. Overnight in Jaipur.

Day 13 – Feb 26 - Jaipur (B,L,D)



Popularly known as the *Pink City*, **Jaipur** was founded in 1727 AD by one of the greatest rulers of the Kachhawaha clan, the astronomer king *Sawai Jai Singh*. The pink color was used at the time of making to create an impression of red sandstone buildings of Mughal cities - and repainted in 1876, during the visit of the *Prince of Wales*. Also known as the ‘The city of victory’, Jaipur presides over the fascinating desert state and its people: surrounded by rugged hills, each crowned by a formidable fort; and beautiful palaces, mansions and gardens dotted throughout its precincts. The palaces and forts of yesteryear that were witness to royal processions and splendour are now living monuments and except for the busy traffic of bicycles, cars and buses, little seems to have changed with a timeless quality to Jaipur's bazaars and its people.

After breakfast at the hotel, you will be driven just outside Jaipur to the **ancient capital of Amber** to see the fabulous **Amber Fort**. Maharaja Mansingh, Mughal Emperor Akbar's most successful General, started the construction of Amber Fort in the 17th century. Before the City Palace was constructed in Jaipur, Amber was the seat of power. The fort is surrounded by fortified battlements and overlooks the Moat Lake. Ruins and remains are spread over the Aravalli hills and sprawling crenulated walls lattice the surrounding area.

At the foot of the hill you will mount your caparisoned elephant for the slow but steady climb up to the main gate, making your entrance in the time honoured fashion. The Fort, completed in the early 18th century, took over 100 years to build and now, although deserted, offers a fascinating insight into the lifestyle of the Moghul ruling families. Lunch at a local restaurant.



In the afternoon, continue the city tour of Jaipur, including the imposing **City Palace**, still home to the Maharaja, although several of the rooms are now open to the public and many antiques and artifacts belonging to the ruling family are housed here, including a collection of weaponry. You will also visit the Hawa Mahal, "Palace of the Winds", and, if time permits, the open-air **Jantar Mantar Observatory** to see the vast astronomical instruments.

Finally, visit the local **S.O.S Children's Village** (a non-profit, non-government, voluntary organization), to view the facilities and where you will be able to provide medical advice to the caregivers. SOS Children's Villages is the world's largest private child welfare organization operating 400 villages in 131 countries. They provide needy children stable homes and the prospect of an independent future. Every child lives in a 'family' house with trained local women serving as 'mothers'.

<http://www.sos-childrensvillages.org/>

Dinner and overnight at the hotel in Jaipur.



Day 14 – Feb 27 - Jaipur – Agra (B,L,D)

After breakfast, **physicians** will visit a local hospital in Jaipur to learn about **Allopathic practices**. The term "allopathy" was formed in 1842 by C.F.S. Hahnemann to designate this particular treatment as opposed to homeopathy, The Allopathic system of therapy that he founded is based on the concept that disease can be treated with drugs (in minute doses) thought capable of producing the same symptoms in healthy people as the disease itself.

Non-physicians will have a choice of free time to enjoy then leisure facilities of the hotel or a trip to one of Jaipur's many shopping areas.



En-route to Agra, visit **Fatehpur Sikri**, the deserted red sandstone city, built by the Great Mughal Emperor Akbar as his capital and palace in the late 16th century. It was abandoned soon after it was built when the local wells went dry and it remains today in much the same condition that it was over 300 years ago. It is complete with palaces and mosques and used to be a town larger than London when it was originally constructed. Now it is an extraordinary place to wander around with its buildings in near perfect condition.

Lunch at a local restaurant before driving to Agra where, the next morning at sunrise, you will marvel at the splendours of the Taj Mahal. Dinner and overnight at the hotel in Agra.

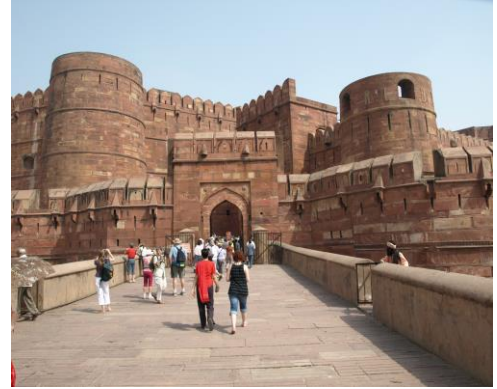
Day 15 – Feb 28 - In Agra (B,L,D)

Agra in terms of ambiance is still associated with its Mughal period. The Mughals besides being great rulers were also great builders and they preserved their best architectural wonders for Agra & its neighbourhood. It has many wonderful monuments and the Taj Mahal, the greatest of them all, is a masterpiece of Mughal architecture at its best. The massive but elegant Agra Fort, the magnificent Taj, are each unique and outstanding. Their architectural genius can also be seen in the forts, palaces and aesthetically laid out gardens - each one a silent witness to a grand style of a golden era. Great empires have flourished in Agra and then grown to engulf the whole country. Great battles were fought on this soil, as can be gathered from its checkered history. It's line-up of monuments today stand mute testimony to the splendour of a bygone era and the visionary far-sightedness of the many monarchs who once ruled different parts of this state. As visitors walk down the narrow, bustling streets, they can't help but wonder if the man contentedly smoking a hookah is a direct descendant of some bygone Mughal. Even the majority of the buildings in the modern areas of town such as the cantonment, date back over a hundred years.



Before breakfast you will taken on a sunrise tour of the **Taj Mahal**. Little needs to be said about this architectural wonder which is the main raison-de-etre for every tourist's visit to Agra. Built by Shah Jahan, the Taj is a white marble memorial to his beautiful wife Mumtaz Mahal. This monument took 22 years to be completed and was designed and planned by Persian architect Ustad Isa. Apart from its stunning design balance and perfect symmetry, the Taj is also noted particularly for its elegant domes, intricately carved screens and some of the best inlay work ever seen.

After breakfast, visit **Agra Fort** - the seat and the stronghold of the Mughal Empire under successive generations. This was the seat of Mughal rule and administration and the present structure owes its origins to Akbar who erected the walls and gates and the first buildings on the eastern banks of Yamuna River. Shah Jahan added the impressive quarters and the mosque while Aurangzeb added the outer ramparts. Visit its Hall of Public Audience and its Royal Pavilions.



Lunch will be at a local restaurant and in the afternoon you will visit **Mother Teresa's Charity Mission** – a home to orphans. This home hosts children of all age groups starting from infants & including mentally retarded children. Sisters and trained staff fill their lives with affection & provide them with clothing, food & quality education in order to make them self dependent in their future. The Mother Teresa home is instrumental in the upbringing of all the children and is also a home for old age people who are mentally sick. During your visit you may provide medical assistance to old people & the children and can interact with Sisters & Brothers (volunteers at Home) and brief them about first aid treatment that can be helpful to them in an emergency situation.

Farewell dinner at a local restaurant and overnight at the hotel in Agra.

Day 16 – Mar 1 - Agra – Delhi, Depart Delhi (B,L,D)

Breakfast at the hotel. Later leave Agra for Delhi by road. Lunch will be en route and upon arrival in Delhi later in the afternoon you will transferred to a hotel in the airport area to relax and have dinner before a late evening transfer to the airport for your international flight back to Canada leaving in the early morning of March 2.

Day 17 – Mar 2 (Mon) - Return flight : Delhi - Toronto

Return flight to Toronto, afternoon arrival

The hotels...

City	Hotels
Delhi (3 nights)	The Lalit Hotel www.thelalit.com/the-lalit-new-delhi/overview
Jodhpur (2 nights)	Indana Palace Jodhpur http://www.indanahotels.com/accommodation/
Udaipur (2 nights)	Radisson Blu Udaipur Palace Resort & Spa http://www.radissonblu.com/resort-udaipur
Deogarh (2 nights)	Deogarh Mahal www.deogarhmahal.com
Pushkar (1 night)	Hotel Pushkar Palace http://www.hotelpushkarpalace.com/pp.htm
Jaipur (2 nights)	The Lalit Jaipur http://www.thelalit.com/the-lalit-jaipur/
Agra (2 nights)	Wyndham Grand Agra http://www.wyndhamgrandagra.com/

Accommodation will be in first class hotels including some nights in “Heritage style” hotels - forts and palaces that have opened their doors to visitors as luxury hotels and resorts. Often run by members of the erstwhile ruling families, these have given a new lease of life not only to the building but also to the culture. (In the unlikely event that a hotel needs to be changed it will be substituted with a property of an equivalent standard)

The Academic Program...(15 CME hours)

The Academic Program on this tour will focus on **Health and Healing** and will explore healing strategies in this part of the world. It will include presentations by local practitioners in several of the local healing techniques such as on Ayurvedic medicine, Therapeutic yoga, Allopathic practices, and Acupuncture and will include tours of local medical facilities including hospital visits in Delhi, Jodhpur and Jaipur as well as visits to an S.O.S Children’s Village and Mother Theresa’s Charity Mission in Agra **as indicated in the detailed itinerary.**

The Academic Conference in Jodhpur will feature keynote presentations from the Group Medical Director, Dr. Joanne Holtby on **Stress Reduction Strategies and Mindfulness**. In addition, any physician who would like to make a short presentation at the Academic Conference should contact Dr. Holtby directly -

e: Dr.Joanne.Holtby@nbrhc.on.ca, tel : 705 474 8600 x3552, directly.

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

The price... Cdn \$5,295 / person (Early Booking Price valid until November 17, 2014)

Pricing (exc. Insurance) / per person	Inc. Air from Toronto
Per person (double occupancy)	\$5,295 *
Single supplement	\$1,400
Single share matching fee	\$ 300 **
Transportation / hotel taxes and fees	\$ 685
Academic program registration fee	\$ 550 (per MD registrant)

* **After the Early Booking rates expire on November 17, 2014 the pricing will increase to \$5,795**

** 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.

We can also arrange **connecting flights** to Toronto from some other Canadian cities – please enquire for “add-on” pricing

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.

Inclusions and Exclusions...

Inclusions –

- Round trip international flights from Toronto to Delhi, India.
- Private, modern, air conditioned coach transportation
- All meet and greet services and arrival and departure transfers
- Accommodation for a total of 14 nights in first class properties
- 14 breakfasts, 14 lunches, 14 dinners in a combination of hotel and local restaurants
- Soft drink/water with meals (in local restaurants)
- Comprehensive daily itineraries including escorted tours of local cultural sites and museums
- Jeep safari to Bishnois Villages
- Jeep safari in Deogarh
- Boat ride on Lake Pichola, Udaipur
- Elephant/Jeep ride at Amber Fort, Jaipur
- Cycle Rickshaw ride in Jaipur
- Visit to Taj Mahal including Tonga (horse & carriage) ride from parking to Taj Mahal
- Academic program and visits to local medical facilities as indicated in the itinerary
- All admission fees (except those specifically noted above)
- Services of a local English speaking cultural expert and guide
- Porterage at hotels

Exclusions –

- Beverages (excluding those specifically included above)
- Gratuities for guide
- Visa fees for India (visas should be obtained in advance of arrival)
- 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.
- All items of a personal nature such as telephone / internet usage, laundry services etc

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

OUR PROGRAMS HAVE LIMITED CAPACITY AND WE THEREFORE RECOMMEND REGISTERING (WITH A NON-REFUNDABLE DEPOSIT OF \$500 PER PERSON, PLUS APPLICABLE TRAVEL INSURANCE PREMIUM) AS SOON AS POSSIBLE IN ORDER TO GUARANTEE YOUR RESERVATION. PLEASE NOTE OUR EARLY BOOKING DEADLINE OF NOVEMBER 17, 2014 TO SAVE \$1,000 / COUPLE

Misc information you need to know...

Travel documentation and visas (as at October 2014)

Travel documentation and visas

An entry visa is required for Canadian citizens for entry into India. Cost for Canadian passport holders, Cdn\$64 (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 180 days after your scheduled departure date from India.

Mandatory vaccinations

There are no mandatory vaccinations required at the present time for entry into India. A list of our medical recommendations will be provided closer to departure. This will include up to date MMR, Hepatitis A/B typhoid & polio vaccinations as well as malaria precautions.

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	NON-MEDICAL PACKAGE						DELUXE PACKAGE					
	Age>	0-54	55-59	60-64	65-69	70-74	75-79	0-54	55-59	60-64	65-69	70-74
5000 - 5500		362	379	441	498	571	785	424	434	538	632	968
5500 - 6000		386	405	472	536	615	838	448	460	567	670	1,010
6000 - 6500		410	430	504	575	660	891	473	484	596	705	1,052
6500 - 7000		434	456	535	612	704	944	497	509	626	742	1,094
7000 - 7500		459	481	567	650	748	997	521	532	657	778	1,137
7500 - 8000		483	507	598	689	793	1,051	544	557	687	814	1,179
8000 - 8500		508	531	631	727	838	1,104	568	582	716	851	1,221
8500 - 9000		531	557	662	765	881	1,157	592	607	746	888	1,265
9000 - 9500		556	582	694	804	927	1,210	616	631	777	923	1,307
9500 - 10000		580	608	726	841	971	1,264	640	656	807	960	1,350
10000 - 10500		602	632	753	874	1,009	1,307	662	680	834	993	1,388
10500 - 11000		623	657	780	906	1,047	1,350	684	704	861	1,025	1,426
11000 - 11500		645	681	807	939	1,084	1,393	705	728	888	1,057	1,463
11500 - 12000		666	705	834	971	1,122	1,436	727	753	915	1,090	1,501

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

"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

"I would like to thank you very much for a wonderful trip.
The Galapagos experience and the snorkeling was memorable.
I especially loved the Amazon rainforest/jungle experience.
That was the highlight of my trip. I loved every second of it.
The overnight (Achuar village) experience was the absolute best.
Your planning of the trip was personal and perfect.
Your choice of guide was impeccable. Carlos was the best guide we have ever had in our travelling experience.
The group bonded and I would to travel again with them.
My wife and I have done quite a bit of travelling in the past few years, and your expertise and personal touch made
the trip worry-free, professional, interesting, knowledgeable, and extremely unique.
We will definitely travel with you again.
In fact, we are already saving money for our next trip with you."
Dr. Rick Black, Ancaster - Ecuador & The Galapagos, 2009

"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

"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

"In addition to exploring the fantastic sights, and tastes, 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

"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 there spouses were lots of fun. I would be happy to do another trip! "
Dr. Steven Traplin, Guelph – Spain Gourmet tour, 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 Southeast Asia tour was a great success. Ellen and I are resonating with the sights, sounds and smells from the visit! "
Dr. Ron and Ellen Pace, Waterloo – Vietnam, Laos & Cambodia, 2012

"Excellent! Loved the trip and well worth it. Life changing experience, excellent speakers and very well organized. Met some great people and will keep in touch for future trips. Will definitely book another doctors-on-tour trip in the future"
Dr. Janel Gracey, London – Bali, 2012

"A great idea to be able to combine the two countries in one visit as it allows one to compare and contrast. The choice 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

"We had a magical time in Machu Picchu - such a spiritual time at day break - our guide was great! Memorable and well organized. Many thanks for the fabulous trip - 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

"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

"Our group had a great time during our Delhi extension, and of course, the visit to the Taj Mahal at sunrise was breath-taking. The hotels were fantastic and the food excellent"
Helle Tosine, Toronto – North India extension, 2013

"Just back from the South India tour and it was amazing!!! I am already keen to return to the north on one of your tours. I am a total convert to the doctors on tour trips!! I really enjoyed the varied itinerary...Kumar was outstanding, very professional and certainly made the trip run smoothly, never an easy job in a group

that size, different personalities, etc....but he really was exceptional. Lacuma was also fantastic, very capable and organized. So....well done!!"

Dr. Susan Smith, Fredericton, N.B. – South India, 2013

"Lakuma (our guide) was very good – knowledgeable, well organized and pleasant. The Kerala backwater cruise was beautiful and the Kerala Palace an exceptionally beautiful property. As usual, Dr. Peter & Mary (Bloch) were spectacular hosts. A wonderful trip!"

Andrea Maurice, Toronto, On. – South India, 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, its people and customs. Excellent!"

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

"Excellent trip – hotels, guides, food and company and we saw such wonderful sites. Mel (Borins) was a great trip leader"

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 – 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

"The experience was fantastic. Thoroughly enjoyed ourselves"

Dr. Pat Stansberry, Sherwood Park, AB - Ecuador (Galapagos) & Peru, 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, Fredericton, N.B. - 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

"The trip was amazing, beyond my wildest expectations!!"

Dr. Kathy Hoegler, Guelph, On. - 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



doctors-on-tour - Spain



doctors-on-tour - Ecuadorian Amazon



doctors-on-tour - India



doctors-on-tour - Bali

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 rooms. A guaranteed non-refundable deposit of \$500 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 of your departure 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 70 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 (70 days before departure) are as follows: 70 – 41 days before departure – 25% of total price paid; 40 – 21 days – 50% of total price paid; 20 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 of any or all components of the travel services offered herein, doctors-On-Tour 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, VISA & OTHER IMMIGRATION REQUIREMENTS: A Canadian citizen must be in possession of a passport that must remain valid for a minimum of 180 days 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 entry into India which must be obtained prior to departure. 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: Accommodations on twin occupancy basis, is provided at the 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. Local accommodation ratings in overseas destinations outside of Canada may not always be consistent between individual properties in that particular destination nor are they necessarily comparable to an equivalent rating in North America. The right is reserved to substitute hotels/cruise ships should conditions warrant such change for reasons beyond our control. Rooms/cabins 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 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 doctors-on-tour.ca 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 at the time of booking and are subject to availability and also any applicable flight class supplement.

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

CONSUMER PROTECTION: 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.