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April 8 - 23, 2016



The Organizers...

Doctors-on-Tour >

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

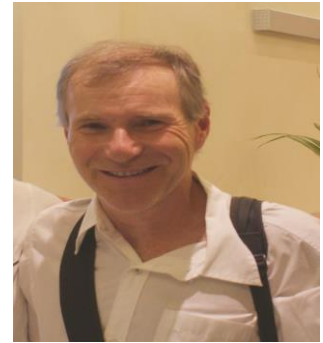
Additional information, including detailed program brochures downloadable in pdf format and recent testimonials, can be found at www.doctorsontour.ca. The company is a licensed retail travel organization under The Travel Industry Act of Ontario thereby affording complete protection of all monies paid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

Contact us at -

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Dr Peter Bloch, Oakville, Ontario >

Dr Peter Bloch lived in Chile for 20 years, having started medical school there, but completed his training at Western. He has been a Family Physician in Oakville since 1976 and is an avid world traveller, including his spirited hosting of several extremely successful CME cultural and ecological tours with Doctors-on-Tour since 2005 including Chile, Argentina, Vietnam & Cambodia, Ecuador & the Galapagos, Northern and Southern India, Kenya & Tanzania, Brazil, Spain & Portugal, South Africa and New Zealand.



Dr. Bloch may be contacted at -

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



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

To understand China, it is necessary to look back at the influences of its long history. From the days of the feudal system came a united China under the first emperor to rule the complete country. This was followed by the many dynasties that ruled China up to as late as 1912 after which it became a republic followed by a Communist regime from 1949. It is known as the “Middle Kingdom” as the Chinese once perceived their country as the centre of the world and while 50% of the country’s population lives in rural areas (even though only 10% of the land is arable), China also has some of the most populated cities in the world. Our 15 day air inclusive tour shows you the essentials of this diverse country - Beijing, Chengdu, Xi’an, Guilin and the Li River, before ending in one of the world’s great cities, cosmopolitan Shanghai.

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

Continue to Chengdu, famous for it’s panda sanctuary but where you will also visit the archaeological site of Sanxingdui and one of China’s sacred mountains, Leshan.

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

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

End your tour in vibrant Shanghai, the economic powerhouse of China where you can enjoy world class shopping, the historical Bund waterfront as well as a day trip to beautiful Suzhou, the Venice of China.

Further information can be found at -

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

The Academic Program (18 CME hours) ...

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

- Academic Program in Shanghai with both Chinese and Canadian speakers (includes a Presentation by the founder of Gouji center, an expert on medical herb cultivation with latest technologies)
- Visit a local clinic in Beijing for an introduction on the many elements and practices of Traditional Chinese Medicine (TCM)
- Beijing Tong Ren Tang (BJTRT) Chinese medicine store
- Blind massage (Beijing) and traditional Chinese massage (Shanghai)
- Learn about Tai Qi and Qigong at the Temple of Heaven (Beijing)
- Visit medical herbs cultivations (Chengdu)
- Workshop on Acupuncture – moxibustion (Xi'an)

In addition, any physician who would like to make a short presentation at the Academic Conference in Shanghai should contact the Group Medical Director, Dr. Peter Bloch (tel: 905-842-2660, e: pmbloch@yahoo.com) directly.

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

The detailed itinerary...

Day 1 – Apr 8, 2016 (Fri) - Depart Toronto for Beijing

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

Day 2 – Apr 9 – Arrive Beijing (D)

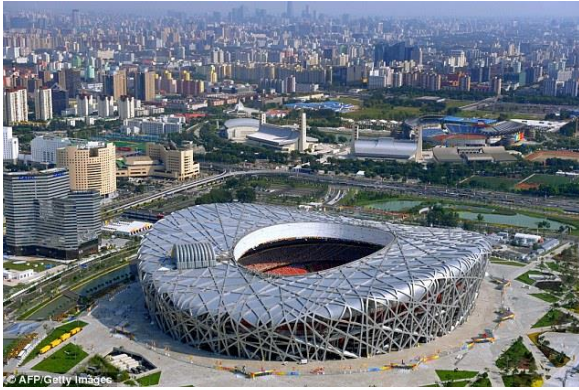


As the capital city of the PRC (the People's Republic of China), a municipality and a national central city, **Beijing** is viewed as China's political, cultural, financial decision-making and management center where the government and NPC (National People's Congress) are based. Beijing is one of the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

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

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

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



This fascinating city has become a thriving metropolis in recent years, and was brought back to the attention of everyone on the world stage in 2008 when it hosted the Olympic Games.

As you enjoy the ride to the hotel, you will notice the “**Bird’s Nest**”, the modern stadium now recognized as one of the symbols of modern China and a triumph of architecture and the involvement of Ai Weiwei, the well-known Chinese artist. It still stands as the site of the unforgettable 2008 Opening Ceremony and the majestic 100m final when Usain Bolt flew down the track during the Games.

In the evening, there will be a Welcome dinner in one of Beijing's local restaurants to experience the famous Beijing Duck.

Overnight in Beijing.

Day 3 – Apr 10 - Beijing (B, L)

Breakfast at the hotel.

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

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

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

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

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

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

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

All participants meet up for lunch in a local restaurant

In the afternoon, head over to the **Forbidden City**.

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



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

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

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

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

The last stop of the day will be a **Blind massage** for all participants.



Blind massage has a long history in China - the first blind masseur is said to be the 8th-century Buddhist who practiced the treatment after losing his sight during old age but it was only in the late 1990s that blind massage clinics began to proliferate. Blind massage is the same as other Traditional Chinese Medicine massages is so much that therapists need to have a thorough knowledge of the pressure points: they need to know how to knead, push and pull in order to manipulate it. With this treatment they can help ease muscle, tendon and ligament problem. The key difference with blind massage is not in the treatment method, but in the person doing it - being able to give a good massage is dependent on a person's tactile sensitivity and therefore blind people have a strong advantage in this.

Evening at leisure. Overnight in Beijing.

Day 4 – Apr 11 - Beijing (B, L)

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

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

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



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

Lunch in the school house close to the Wall.

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

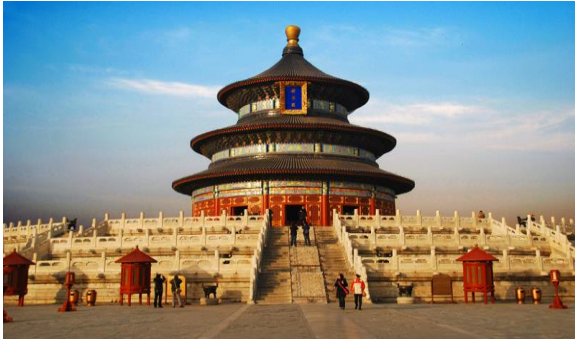
Return to Beijing. Evening at leisure and overnight in Beijing.

Day 5 – Apr 12 - Beijing - Chengdu (B, L)

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

Breakfast at the hotel and an early start as you will head over to the **Temple of Heaven**, one of Beijing's most iconic structures.

At this time of the day, you will see the various activities that the local Chinese people do in the morning. **Tai Qi, Qigong, Kung-fu, saber practice, meditation, tango, and gymnastics are just some of them.** Learn about how the Chinese like to prepare for their day with physical exercises that they consider essential for their health. You will also get to experience some of the more unusual types of exercise, such as people walking backwards whilst tapping the heads, arms and legs or people holding on to a fence and jumping up and down on the spot.



As well, some Chinese practice calligraphy with giant brushes and water on the park's flagstones that esthetically pleases for as long as the water evaporates.

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

Lunch at a local restaurant.

Transfer to the airport to take afternoon flight from Beijing to Chengdu.

Transfer and check in to your hotel. Evening at leisure and overnight in Chengdu.

Day 6 – Apr 13 Chengdu (B, L)

Breakfast at the hotel.

Morning visit to the **Wenshu Temple** (or Manjushri to the Indians), the best preserved Buddhist temple in Chengdu that still boasts a large number of worshippers. You will have a cup of tea in the House of Tea next door (the city is famous for it's tea drinking and this is one of the most popular).

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



Lunch at a local restaurant, and then head to the **Panda Breeding Center** located in the outskirts of Chengdu.



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

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



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

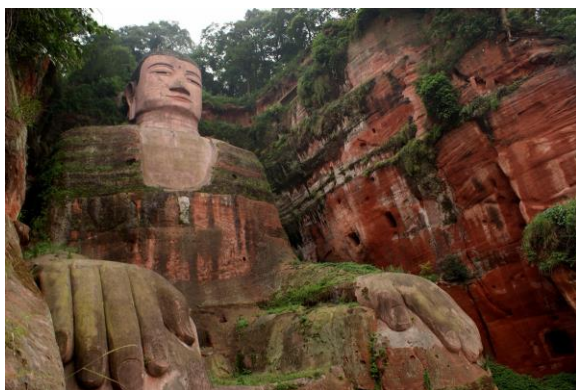
Overnight in Chengdu.

Day 7 – Apr 14 - Chengdu (B, L, D)

Breakfast at the hotel.

Tea tasting and culture introduction will be the activities for this morning, before leaving to **Leshan Mountain**.

On the way you will visit **medical herbs cultivations** as you continue your learning about TCM.



Leshan Mountain is actually reknown for its **Giant Buddha**, one of the largest in the world, carved into the side of a cliff more than 1200 ago to calm the anger of the Min River, which had inflicted floods upon the locals and mariners. It measure in at 71m high and 28m wide – truly a stone giant! You can get up close to its face to admire its 7m long ears, while taking the stairs down will let you get a real taste for the scale of this piece of art and will take you near to the toes, which alone measure 8.5m high !

Lunch at a local restaurant.

Afterwards, take a pleasant forest track through the **Oriental Buddha Park**, dotted with some small temples, thousands of small statues and the gargantuan artwork that is a lying-down Buddha which is over 170m long and which is, amongst similar works, the most impressive in the world.

Return to Chengdu. Evening at leisure and overnight in Chengdu.

Overnight in Chengdu.

Day 8 – Apr 15 - Chengdu - Xi'an (B, D)

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

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

Breakfast at the hotel. Transfer to the airport to take a morning flight from Chengdu to Xi'an.

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

And Xi'an is also a city of many cultures. During the day of the Silk Road, Muslim merchants from Central Asia came to China to do business and left their influence in Xi'an. Several Muslim minorities (totaling 15 million inhabitants) now live in China with the Hui minority now being predominant in Xi'an. Visit the Chinese-style **Mosque** and the vibrant neighborhood around it housing a number of butcher shops and different sorts of stores where men wear white skull caps and women wear colorful headscarves. At dinner, you will appreciate the unique ambiance of a **night market** as you dine on the neighborhood's specialties of spiced lamb kebabs, flat bread and mutton soup with noodles.



Overnight in Xi'an.

Day 9 – Apr 16 - Xi'an (B, L)

Breakfast at the hotel.

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

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

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

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

Lunch at a local restaurant and, in the afternoon, visit the famous **Terra Cotta Warriors**.



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

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

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

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

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

Evening at leisure. Overnight in Xi'an.

Day 10 – Apr 17 - Xi'an - Guilin (B, L)



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

Breakfast at the hotel.

En route to the airport for your flight to Guilin, stop and visit the **tomb of Emperor Jing**. The reign of Emperor Jingdi during the Han Dynasty (118-141 BC) is the exact opposite of the one with Qin Shi Huangdi. As it is, the reign of Qin Shi Huangdi was marked by cruelty and priority to military spending, while the reign of Jingdi was distinguished by his humanism and his vision of more diplomatic relations with foreign peoples.

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



Evening flight from Xi'an to Guilin.

Transfer and check in to your hotel. Evening at leisure and overnight in Guilin.

Day 11 – Apr 18 – Guilin - Li River Cruise (B, L)

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

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

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

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



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

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

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



In the evening, enjoy the show **Impressions Liu Sanjie**, created by the famous director Zhang Yimou of 'Raise the Red Lantern' fame. Here in the heart of the Karst formation countryside, hundreds of actors including local fisherman, imitate scenes from rural life by dressing up in traditional costumes of the minorities of the region.

Return by coach to Guilin.

Overnight in Guilin.



Day 12 – Apr 19 - Guilin - Shanghai (B, D)



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

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

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

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

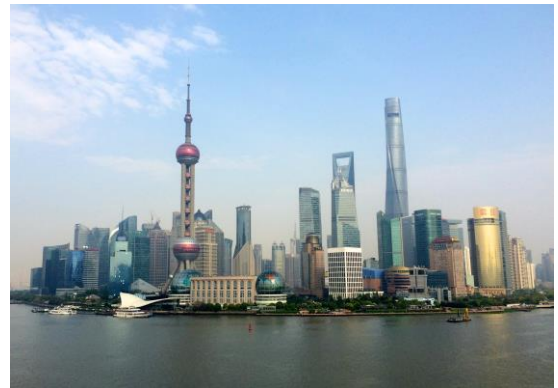


Upon arrival, your local guide will welcome you and help you enter the city on the **Maglev**, an electro-magnetic train of the latest fashion and a source of pride for the Shanghainese. During its construction, the municipal government paid for it to make transportation from the city to the airport more rapid and impress visitors.

As you ride the train, you will be able to note the speed on a small monitor in each train car. The train can go up to 430 kilometers per hour. It only takes about eight minutes to go 30 kilometers.

Continue your entrance into the city with the subway at Longyang station (the terminal station of the Maglev) until Lujiazui station in **Pudong district**. (your baggage will be picked up at the airport and directly transferred to the hotel while you enjoy traveling light into the city).

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



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

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



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

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

Dinner will be at one of Shanghai’s many fine restaurants.

Overnight in Shanghai.

Day 13 – Apr 20 - Shanghai (B, L)

Breakfast the hotel.

For physicians, Academic program in the morning at the hotel, with both Canadian and local speakers.

The program will include a **Presentation by the founder of Gouji center, an expert on medical herb cultivation with latest technologies.**

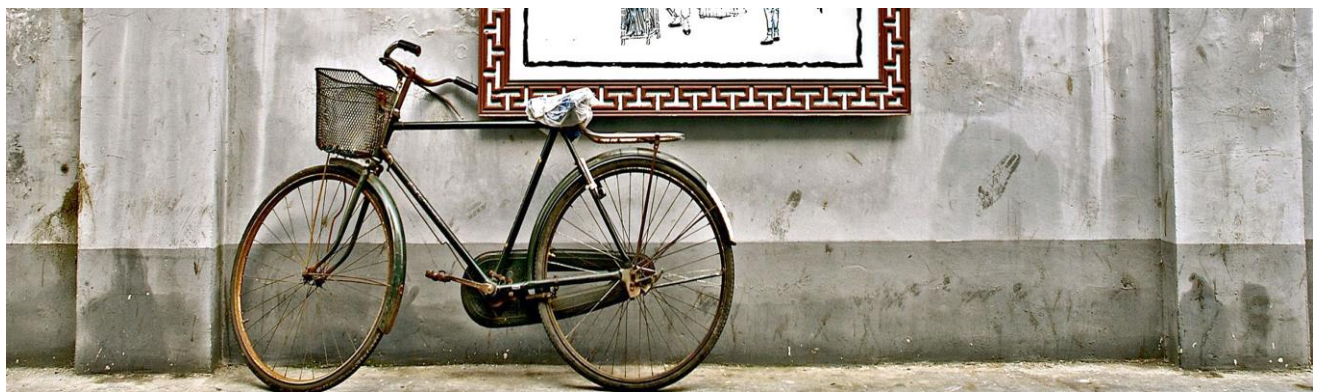
Partners Program : Nanjing Road, People's Square.

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

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



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



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

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



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

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



Day 14 – Apr 21 - Shanghai - Suzhou - Shanghai (B, L)



Breakfast the hotel and then travel to **Suzhou**. Suzhou is the most famous of the 'Venices of China' – a collection of small towns which are compared to the illustrious Italian city because of their intricate network of canals and stone bridges. The world-famous Suzhou Gardens are considered some of the most beautiful in the entire country.

Start your time in the town by taking a **morning bike ride** round the narrow streets of the old town. China's famous love affair with the bicycle over the last 15 years is no more evident than in Suzhou and is putting up a brave fight against the rise of the electric bike. Cycling along the cobbled streets, notice the white sculpted wooden facades and black tile roofs of the local houses; pass by the many canals and notice the locals who still often use the water to wash their clothes and clean their homes.

Lunch at a local restaurant and, later, discover the **Humble Administrator's Garden** and the **Master of the Nets Garden**, where you will witness the *penjing* (lit: the countryside in a flowerpot) also better known as 'Bonsai', which is originally Chinese and not Japanese, contrary to popular belief. Traditionally Chinese gardens are a miniature reproduction of nature: the presence of rocks represents mountains, ponds represent lakes and running water imitating rivers. The quest for harmony takes precedence over the rigorous geometrical planning that one sees in most Western gardens. Their shape is therefore never rectangular, encouraging visitors to wander around with only their thoughts and no definite aim. The Chinese believe that one should tend to his garden as one would his soul, a lifestyle practiced by retired scholars and rich merchants of the region.

In 14th century, Suzhou was also the first city in the world producing silk, a luxury product that fascinated the world and has been the source of many trade routes known as "Silk Road". Silk was in great demand and even prohibited in the Roman Empire as it was dwindling its gold reserves! Visit the fascinating **museum which presents the Silk weaving techniques** dating back over thousands of years and have greatly contributed to the enrichment of the entire country.

Return to Shanghai, where you finish your day with a **relaxing traditional Chinese massage (all participants)**.



Evening at leisure. Overnight in Shanghai.

Day 15 – Apr 22 – Shanghai (B, D)

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



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

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



Farewell dinner. Overnight in Shanghai

Day 16 – Apr 23 – Shanghai - Toronto

Breakfast the hotel.

Transfer to Shanghai airport for your return flight to Toronto (arrival back in Toronto same day, April 23).

The hotels...

Location	Hotels
Beijing (3 nights)	Novotel Peace Beijing (4*) http://www.novotel.com/gb/hotel-3115-novotel-beijing-peace/index.shtml
Chengdu (3 nights)	Holiday Inn Chengdu Oriental Plaza (4*) http://www.ihg.com/holidayinn/hotels/us/en/chengdu/ctuop/hoteldetail
Xian (2 nights)	Grand Mercure Xian Renmin Square (4*) http://www.mercure.com/gb/hotel-5974-grand-mercure-xian-renmin-square/index.shtml
Guilin (2 nights)	Grand Bravo Guilin (4*) http://www.grandbravo.com/default.aspx?lang=en
Shanghai (4 nights)	New World Shanghai (4*) http://shanghai.newworldhotels.com/en/

As denoted above, the accommodation will be in 4* properties. (In the unlikely event that a property needs to be changed it will be substituted with one of a similar standard)

**The price... Cdn \$6,995 / person
(Early Booking Price valid until January 25, 2016 – save \$500/person)**

Pricing (exc. Insurance) / per person - Cdn\$	Inc. Air from Toronto
Per person (double occupancy)	
- registrations up to January 25, 2016	\$6,995
- registrations after January 25, 2016	\$7,495
Single supplement	\$1,700
Single share fee (A)	\$ 300 **
Transportation / hotel taxes and fees	\$ 680
Academic program registration fee (per MD registrant)	\$ 600
China entry visa	\$ 50

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

REPEAT CUSTOMER DISCOUNT

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

CANADIAN \$ PRICING !

Please note, unlike many programs offered by other companies which are quoted in US\$, **our prices remain in Canadian\$** - and, with a premium now of over 40% (at December) when paying in US\$, this makes a significant difference.

NEW ! - ONLINE REGISTRATION FORM

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

<https://fs22.formsite.com/Doctorsontour/CHN1604/index.html>

REGISTER BY JANUARY 25, 2016 AND SAVE \$1,000/COUPLE !!

Inclusions and Exclusions...

Inclusions –

- Round trip international flights from Toronto to Beijing and Shanghai to Toronto
- All domestic flights (Beijing-Chengdu, Chengdu-Xian, Xian-Guilin, Guilin-Shanghai)
- Modern, air conditioned coach transportation
- All meet and greet services and arrival and departure transfers
- Accommodation for a total of 14 nights as specified in 4 star hotels
- 14 breakfasts, 10 lunches, 4 dinners in a combination of hotel and local restaurants
- Cooking class in Yangshou
- Comprehensive daily itineraries including escorted tours of local cultural sites and museums
- Cruise on the spectacular Li River
- All admission fees (except those specifically noted above) including tickets to Sichuan Opera (Chengdu), Impressions Liu Sanjie (Yangshou), Era Acrobatic show (Shanghai)
- Fully escorted tour including services of local English speaking cultural guides
- Academic program and visits to local medical facilities as indicated in the itinerary
- Hotel portorage

Exclusions –

- Beverages (both soft drinks and alcoholic beverages)
- Gratuities
- Travel insurance – please note, **travel insurance (including medical and trip interruption coverage) is highly recommended** for this tour. Coverage is available through Doctors-on-Tour – please check for further details in our brochure (page 23)
- China entry visa (\$Cdn50/person)
- All items of a personal nature such as telephone / internet usage, laundry services etc

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

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

Misc information you need to know...

Travel documentation and visas

An entry visa is required for Canadian citizens for entry into China (details of how to apply for your visa will be provided at time of booking). The current cost (at December 2015) is Cdn\$50. In addition, your passport must have an expiry date no earlier than 6 months after your scheduled departure date from China as well as having at least two completely blank pages.

Mandatory vaccinations - none

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

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 (\$ per person)	NON-MEDICAL PACKAGE								DELUXE PACKAGE				
	Age>	0-54	55-59	60-64	65-69	70-74	75-79	80-84	85+	0-54	55-59	60-64	65-69
4000 - 4500	345	362	416	464	530	746	870	984	416	424	526	617	973
4500 - 5000	373	390	451	509	581	808	931	1,053	443	454	561	659	1,022
5000 - 5500	400	419	487	550	632	867	989	1,118	469	480	594	698	1,069
5500 - 6000	426	447	522	592	679	926	1,048	1,185	496	509	626	740	1,116
6000 - 6500	454	475	557	635	729	985	1,107	1,252	523	535	659	780	1,162
6500 - 7000	480	503	591	677	778	1,043	1,166	1,318	549	562	692	820	1,209
7000 - 7500	508	531	626	718	827	1,102	1,225	1,385	576	589	726	860	1,257
7500 - 8000	534	559	661	761	876	1,161	1,283	1,452	602	616	759	900	1,304
8000 - 8500	561	588	697	804	926	1,219	1,342	1,516	627	644	792	941	1,350
8500 - 9000	588	616	731	845	974	1,278	1,401	1,583	654	671	825	981	1,398
9000 - 9500	615	644	768	888	1,024	1,337	1,459	1,649	680	697	858	1,021	1,444
9500 - 10000	640	672	802	930	1,072	1,396	1,518	1,716	707	725	891	1,061	1,491
10000 - 10500	667	701	835	968	1,116	1,445	1,572	1,776	734	754	923	1,098	1,535
10500 - 11000	694	731	867	1,005	1,159	1,494	1,626	1,835	761	784	956	1,136	1,578
11000 - 11500	721	761	900	1,043	1,202	1,542	1,680	1,894	788	814	988	1,174	1,621
11500 - 12000	748	791	932	1,081	1,245	1,591	1,734	1,954	815	843	1,021	1,212	1,664
12000 - 12500	775	820	964	1,119	1,288	1,639	1,788	2,013	842	873	1,053	1,250	1,707
12500 - 13000	802	850	997	1,157	1,332	1,688	1,842	2,073	869	903	1,085	1,287	1,751
13000 - 13500	829	880	1,029	1,194	1,375	1,737	1,896	2,132	896	933	1,118	1,325	1,794
13500 - 14000	856	909	1,062	1,232	1,418	1,785	1,950	2,191	923	962	1,150	1,363	1,837
14000 - 14500	883	939	1,094	1,270	1,461	1,834	2,004	2,251	950	992	1,183	1,401	1,880
14500 - 15000	910	969	1,126	1,308	1,504	1,882	2,058	2,310	977	1,022	1,215	1,439	1,923

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

For residents of Canadian provinces other than Ontario, insurance regulations state that travel insurance should be taken out directly with RBC Insurance, albeit through a direct web link hosted on our web site at www.DoctorsonTour.ca . You should purchase your travel insurance policy by clicking on the RBC Insurance button in the "Useful Links and Files" section of our Spain web page within the Upcoming Programs section of www.DoctorsonTour.ca .

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

Testimonials...

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Dr. Janel Gracey, London – Bali, 2012

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

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

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

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

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

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

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

Dr. Linda Rapson, Toronto – 2013

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

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

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

Dr. Ron Eliosoff, Ottawa - South India, 2013

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

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

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

Dyana Driscoll, Toronto – Brazil, 2013

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

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

"Fantastic experience! Every detail to perfection."

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

"Had a great time! Very well organized"

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

"Bob and I enjoyed the time shared with each of you in Bali, My expectations for the tour were met and exceeded .It really was a small window into the Balinese culture. To our group leaders, Thanks! Hope this isn't our last tour. You all were interesting and gracious, Terima Kasih. Salam Jalan"

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

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

"This was the best trip I have ever attended"
Jim Spence, Richmond Hill, On. - Spain Gourmet, 2015

"Thank you for your excellent guidance during our trip to Ecuador. the trip was very good, and the logistics and handling of the group were excellent"
Dr. David Spence, London, On - Ecuador (including the Galapagos and Amazon), 2015

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And about your Group Leaders, and Group Medical Director, Dr. Peter, and Mary, Bloch

"Very well organized ! - Peter & Mary were excellent in encouraging productive and enjoyable interactions between group members which resulted in a cohesive and unified group and resulted in the whole tour unfolding smoothly"
Dr. Elizabeth Weber, Toronto - Spain, 2011

"As usual, Dr. Peter & Mary (Bloch) were spectacular hosts. A wonderful trip!"
Andrea Maurice, Toronto – South India, 2013

"I am writing to let you know how much we enjoyed our recent trip to India. We all agreed that Peter and Mary were exceptional hosts. They were incredibly warm and welcoming and were on top of situations as they arose"
Dr. Ron Eliosoff, Ottawa - South India, 2013

"I want to give you some feedback on our amazing trip to South Africa. Our guide Craig was exceptional; lunch at La Petite Ferme was a highlight, great food, wine and scenery; in Swaziland, glass factory was very good the candle factory was great; Kapama River (Game) Lodge - amazing ! Soweto - great ! Overall it was a great trip, the group was easy to get along and of course Peter and Mary were great group leaders!"
Dr. Steve and Marg Szarka, Hamilton, On. - South Africa, 2014

"It was an amazing trip thru Vietnam, Cambodia & Laos. It exceeded all our expectations. Peter and Mary (Bloch) were gracious hosts. Their thirst for adventure and generosity of spirit added so much to our trip. The group we traveled with were a great bunch and we hope to cross paths in the future. The CMEs were informative and I enjoyed seeing the varied medical sites in each country"
Dr. Tom Stark, Timaru, New Zealand - Vietnam, Cambodia & Laos, 2014

"Thank you, Peter & Mary - you are wonderful at doing this !"
Dr. Linda Cohen, Montreal, Qc. - Vietnam, Cambodia & Laos, 2014

"Our guide was absolutely fabulous - she took superb care of us and added so much to the trip through her knowledge of New Zealand history, flora and fauna. Peter and Mary (Bloch) were wonderful medical leaders - calm, helpful, interesting and vivacious- kudos to them."
Drs. Peter & Louise Bobechko, Toronto, On. - New Zealand, 2015



Doctors-on- Tour – Ecuadorian Amazon



Doctors-on-Tour - India



Doctors-on-Tour – Spain



Doctors-on-Tour - Chile & Argentina

The fine print...

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

RESERVATIONS & DEPOSIT Early reservations are recommended to guarantee your reservation as several of the accommodation providers with which we make arrangements on your behalf have limited capacity. All services are strictly on a request basis, both for air travel and land requirements and subject to availability of seats and hotel/lodge/camp rooms and cruise cabins. A guaranteed non-refundable deposit of \$500 per person (\$600 per person for programs which include a cruise component), together with the applicable travel insurance premium, is required with your reservation request. Tour extensions and, where applicable, seat upgrades in aircraft cabin categories higher than economy, are also subject to additional non-refundable deposits as detailed in each specific program's brochure. Reservations made for travel within 105 days of the travel date will require full payment at the time of reservation. Certain non-standard arrangements may require higher deposit and the same will be advised to you at the time of booking. Please be aware that some airfares (outside of our group air blocks) require full payment at time of booking and will be advised to you accordingly at the time of your booking confirmation.

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

CANCELLATIONS & CHANGES: The deposit amounts (for both the main tour and any optional extensions reserved) are non-refundable. Cancellation penalties for bookings cancelled by the client after the final balance due date (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 DOT/OT/BIC of any or all components of the travel services offered herein, DOT/OT/BIC will have no responsibility beyond the refund of all monies received from the client, which will be deemed to constitute full settlement. Individual airfares purchased outside of our groups air blocks are subject to different rules and cancellation fees. Some airfares may be non-refundable once the booking is confirmed regardless of when it was made. Details will be provided at the time of booking confirmation.

TRAVEL INSURANCE: To protect against cancellation charges, we strongly recommend purchasing Cancellation Protection and Travel Interruption Insurance. In the event of illness, medical and hospital expenses are the traveler's responsibility and no refunds will be made, partial or total, for the purchased tour. We strongly urge that you purchase either the Non-Medical insurance (ie Cancellation Protection and Travel Interruption Insurance) or Deluxe Insurance (Non-Medical coverage plus Health coverage) packages offered by our DOT/OT/BIC through 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 6 months from the date of conclusion of visit to China. Tour participants must also ensure that they comply with all visa and health requirements of countries they intend to visit. A tourist entry visa is required for entry into China and the tourist entry visa must be obtained prior to departure from Canada

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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