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September 16 - 29, 2017

The Organizers…

Dr Lorna D'Silva, Mississauga, Ontario >

Dr. Lorna D'Silva is a Family Physician who graduated from the University of Toronto and has been practicing in Oakville and Etobicoke for many years as well as being a consultant to several Pharmaceutical companies. She is an avid world traveler having visited most of Europe, Africa, the Americas and the Far East as well as being involved in missionary trips to Kenya and Peru. Dr. D'Silva has been a speaker at overseas medical educational programs and has a track record of presenting, planning and co chairing several successful and accredited programs including the weekly Halton Peel Family Physicians Educational Program. This is Dr. D'Silva's eighth venture with Doctors-on-Tour having previously led successful CME, cultural and ecological tours to North and South India, Ecuador & the Galapagos, Chile & Argentina, South Africa, New Zealand and, most recently, Spain in September 2016.

Doctors-on-Tour >

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

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

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The Academic Program (15 CME hours)…

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

- **Academic Conference on board M/V Santa Cruz** with lectures by Canadian & Ecuadorian medical experts & interactive discussions
- Visit to the M/N Santa Cruz II's ship's hospital and meeting with the ship's doctor to review on-board medical equipment and learn about common medical ailments at sea.
- Medical tour of **Otavalo Provincial Hospital, Otavalo** to meet with local doctors and learn about the Ecuadorian medical system
- Presentations on traditional healing methods by a shaman in one of the local Amazonian communities close to Sacha Lodge.
- Learn about herbal medicine through a "hands-on" rainforest walk (Quichua native) in the Amazon and a presentation on the Useful Plants of Sacha Lodge (from the 2005 professional study by Barry Thomson) *

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

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

The Destinations… Quito, the Ecuadorian Amazon and the Galapagos Islands

Ecuador is located in north-western South America, bounded by Colombia on the north, by Peru on the east and south, and by the Pacific Ocean on the west. Named after the Spanish word for equator, Ecuador straddles the equator and has an area of 272,045 square kilometres. Ecuador's mainstream culture is defined by Ecuador's mestizo majority and, like their fascinating ancestry, is a mixture of European and Amerindian influences infused with African elements inherited from slave ancestors. Ecuador's indigenous communities are largely integrated into that mainstream culture to varying degrees, but some may also practice their own unique cultures, particularly the more remote indigenous communities of the Amazon basin.

Quito is the perfect place to begin exploring Ecuador. See the historic sites of Quito's Old Town and the city's dozens of museums, visit its hundreds of shops, cafes, and restaurants and take a trip into the highlands and the fascinating markets of Otovalo at the crossroads of the Andes.

The **Ecuadorian Amazon** rainforest is one of the most breathtaking areas of the world. Under each broad leaf lies a whole new world, including 25,000 species of birds, 3,500 kinds of orchids and countless varieties of insects. This is the area with the greatest bio-diversity in the entire planet. Millions of different kinds of plants call this ecosystem their home. Over 50 varieties of multi-colored butterflies can be seen in their natural habitat. Search the trees for serpents and tarantulas, or watch as monkeys swing from branch to branch overhead and armadillos and ocelots prowl the forest floor. Visit a local indigenous community, many of whom are direct descendants of the Maya-Quiche culture of Central America. Watch how the women decorate traditional ceramics using their own hair as a paint brush and crushed, local stones as the base for paint. Or practice hunting your prey with a native, curare tipped blow gun which you've seen made in front of your eyes.

And, lying 965km west of the mainland in the Pacific Ocean, the **Galapagos Archipelago** encompasses over 50 islands of volcanic origin that are spread out over an area of about 4,500 square kilometers. Perhaps more so than any other place in the world, the fauna of the Galapagos Islands, part of Ecuador, are incredibly unique. The fascinating species found one these islands includes the Galapagos land iguana, blue-footed booby, Galápagos green turtle, sea cucumber, 13 endemic species of finch, Galápagos penguin, flightless cormorant, Galápagos hawk and sea lions to name but a sample. And, of course, the islands will always remain famous for the visit, in 1835, of Charles Darwin's ship, the Beagle. His observations of this amazing wildlife, their remarkable adaption to a hostile environment, and the subtle variations between races of the same species living on different islands led directly to his theory of natural selection and evolution.

Further information can be found at -

http://ecuador.travel/	Ecuador Tourist Board
http://www.galapagospark.org/	Galapagos National Park
http://www.galapagos.org	Galapagos Conservation Organization

The detailed itinerary…

Day 1 : Sep 16, 2017 (Sat) - Depart Toronto for Quito, Ecuador

Fly from Toronto to Quito, Ecuador.

After clearing customs and immigration, transfer from airport to hotel in Quito.

Evening at leisure. Overnight in Quito.

Day 2 : Sep 17 – Quito – Full day city tour including the "Middle of the World" (B, L)

*Built on a carpet of ancient Incan ruins, Ecuador's bustling capital of **Quito** was the first city in the world to be declared a UNESCO World Heritage Site being designated the "Heritage of Mankind". Located in the foothills of the Andean mountains and overlooked by Mount Pichincha, the city, and it's surrounding area, is considered one of the most beautiful regions in Latin America. Located at 9200 feet above sea level, but only 25 km from the Equator line, Quito enjoys a near perfect spring-like climate with mild, sunny mild days and cool nights almost year-round. Broad Ecuadorean smiles, racy salsa music and big bowls of hearty stews and soups warmly counter Quito's snowy mountainous backdrop. In the historic Old Town, superbly preserved baroque churches and monasteries exemplify the fusion of Spanish, Italian, Moorish, Flemish and indigenous influences while and contrast with the contemporary architecture of modern Quito, a cosmopolitan city of great cultural diversity.*

Breakfast at the hotel.

Today you will explore this diverse and unique city. Enjoy a walking tour of **Quito's colonial quarter**, the largest and best preserved of South America where you will visit the Independence Plaza, flanked by the Cathedral, the Presidential Palace, the Municipal Building and the Archbishop's Palace. Visit the temple of La Compañía de Jesús and its awesome gilded interior. Continue on to the Monastery of San Francisco, one the of great religious buildings of the New World; its impressive façade and atrium that lead to its Baroque interior influenced by Moorish style, with the winged Virgin of Quito at its main altar. Lunch at a local restaurant in Quito.

Enjoy lunch in the restaurant El Crater and then continue to the Middle of the World.

The **Equatorial Monument**,16 miles North of Quito, which marks the exact Middle of the World, latitude 0º, where you can stand with a foot on each hemisphere. Visit the **Ethnographic Museum** inside the monument, which shows the different Native American groups living in Ecuador. Beside the monument there is a colonial-style town, complete with main square, church, post office, bullring, cafeterias, restaurants and many gift shops with postcards and souvenirs.

Evening at leisure. Overnight in Quito.

Day 3 - 7 : Sep 18 - 22 – Galapagos Islands cruise

M/V Santa Cruz II – 5 days/4 nights - Northern Island itinerary (B, L, D)

*Lying 965km west of the mainland in the Pacific Ocean, the **Galapagos Archipelago** encompasses over 50 islands of volcanic origin that are spread out over an area of about 4,500 square kilometers. Perhaps more so than any other place in the world, the fauna of the Galapagos Islands, part of Ecuador, are incredibly unique. The fascinating species found one these islands includes the Galapagos land iguana, blue-footed booby, Galápagos green turtle, sea cucumber, 13 endemic species of finch, Galápagos penguin, flightless cormorant, Galápagos hawk and sea lions to name but a sample. And, of course, the islands will always remain famous for the visit, in 1835, of Charles Darwin's ship, the Beagle. His observations of this amazing wildlife, their remarkable adaption to a hostile environment, and the subtle variations between races of the same species living on different islands led directly to his theory of natural selection and evolution.*

Your five day **Northern Island Itinerary** cruise of discovery will show you some of the most beautiful islands in the Galápagos. The itinerary begins on Monday from the bay near Baltra airport, from where we'll sail to the glorious white beach of Las Bachas with a pair of brackish water lagoons only a few steps from the sea. These lagoons are the feeding grounds of various wading birds, from stilts to flamingos. On Tuesday, we explore two fascinating visitor sites on Santiago Island: Buccaneer Cove, home to a large number of marine birds, sea lions, and inter-tidal organisms, and Puerto Egas, with its great walk along pools full of life and good snorkelling and swimming possibilities. The next day we visit the red-sand beach of Rábida Island, a lovely trail around some cliffs and a popular spot for swimming, followed by the volcanic viewpoint of Bartolomé in the afternoon, combining a hike, a swim, a beach and coastal exploration – a top Galápagos day! From here we sail northeast to the sunken crater of Genovesa, a wild place home to thousands of marine birds, a world a million miles from our own. We finish in Puerto Baquerizo Moreno, the capital of the Galápagos Province. In 5 days, you can see 11 of the BIG15 Galapagos species !

Day 3 – Sep 18 – Galapagos Cruise (Baltra, Santa Cruz) (B, L, D)

Baltra *played an important role in the history of these islands. It was used by the U.S. Air Force during the Second World War; many U.S. Navy and crews of the submarines were stationed here to patrol the Pacific Ocean and protect the Panama Canal from enemy attack. During this period most of the indigenous fauna of the island was exterminated but land iguanas have recently been successfully re-introduced and can be seen near the Baltra airport. Ground finches, pelicans, frigate birds and the sea lions ("your Galapagos hosts" that can often be seen hanging around upon arrival at the dock to welcome visitors to the Islands) frequent the island which is a flat and dry, surrounded by reefs and few beaches with some vegetation such as cacti Opuntia (Prickly Pear Cactus) and other small trees. At the end of the war, the U.S. turned the base and its airport over to the government of Ecuador and today it is an Ecuadorian civil and military airport, as well as a naval base. As such, it is not actually within the boundaries of Galapagos National Park.*

Santa Cruz (*Area: 986 km 2, Maximum Altitude: 864m, Volcano: 964 m) supports one of the largest human populations of the five inhabited islands. Some 4,000 residents are distributed between the cattle-farming communities in the lush highlands and the coastal town of Puerto Ayora. Here you can visit the Charles Darwin Research Station to see the huge land tortoises, or los galápagos, which once flourished in the islands. The populations were decimated in the early 1800s by the whaling ships that stopped in the islands to fill their holds with fresh meat. On the north shore of the island, accessible only by sea, is an extensive mangrove lagoon called Black Turtle Cove. Here in the peacefulness of the mangroves turtles break the surface of the still waters, while fish, rays, and small sharks cruise below.*

Bachus Beach*, on the north shore of the island of Santa Cruz, is a white sand beach where you can see some sea turtles nesting sites; you will also experience a small lagoon where some migratory birds, herons, pelicans, zayapas (crabs), among other species, can be seen. The name Bachas originates from the World War II, when the American army left two barges thrown away on the beach. The first settlers could not pronounce the name correctly in English which led on the beach of Las Bachas. Coastal vegetation predominates is this zone; one of the most representative sea turtles nesting sites of Santa Cruz Island. It is a good place also to watch flamingos, as well as aquatic and migratory birds.*

Breakfast at the hotel.

Transfer from hotel to airport for morning flight from Quito to Baltra in the Galapagos Islands to board the MV Santa Cruz. Cabin assignment, introductory talk and lunch.

Sail to **Las Bachas (Bachas Beach)** for an afternoon visit.

- *Fauna: Greater flamingo ,magnificent frigate bird ,lava gull, marine iguana, lava lizard, white cheeked pintail duck, brown pelican, large ground finch, medium ground finch, green sea turtle.*
- *Flora: maytenus octogona, scorpion weed, White mangrove, black mangrove, red mangrove, Galapagos carpetweed.*
- *Main Attraction: Green sea Turtles ´Favorite place to nest and leave their eggs.*
- *Type of terrain: Beach, sand made of chorals; Physical condition: low; Wet landing*

Day 4 – Sep 19 – Galapagos Cruise (Buccaneer Cove / Puerto Egas - James Island) (B, L, D)

*Northwest of Santa Cruz Island**, Santiago Island**,also known as James Island (Area: 585 km 2, Maximum altitude: 920m, Volcanoe: 920 m, last eruption 1890) is one of the oldest of the islands and a place of great geological significance being the fourth territorial extension. Santiago is composed of a number of tuff cones and a central volcanic dome. The vegetation is dense in the highlands because of the humidity, and a scalesia forest covers the northwest side of the volcano. Once a favorite island of pirates and whalers, Santiago is now appreciated for its Galápagos fur seal grotto and newly plant-colonized lava flow on the southern coast. Unfortunately, settlers introduced goats, pigs, donkeys, and rats to Santiago Island, which devastated the landscape and caused it to go almost barren. At one time, the feral goat population was estimated to have reached about one hundred thousand, started by only four introduced animals in the early 1800s.*

Due to an extensive effort by the Galápagos National Park Service and the Charles Darwin Research Station, the goats have been eradicated and the vegetation on the island is returning to its natural state. Pigs were once the main predators of Galápagos green turtle eggs; but now, the pigs, too, have been entirely eradicated on Santiago. It has several unique landing spots including **Puerto Egas**, Espumilla Beach, **Buccaneer Cove** and Sullivan Bay.

Morning visit to **Bucaneer Cove**, afternoon visit to **Puerto Egas.**

In the morning, explore the coastline along the impressive cliffs of **Buccaneer Cove**, withe it's distinct purple sands, learning about the area's distant and recent history. Pirates used to refit their boats and search for water and giant tortoises here and years ago, several ceramic jars were found at the bottom of the bay; some were filled with marmalade — others, wine. Today, the cove is home to a large number of marine birds, sea lions, and inter-tidal organisms. Enjoy fantastic natural formations such as the "Elephant Rock", "The Bishop" and an impressive natural cave. This is a great site for snorkeling or panga ride.

In the afternoon, explore **Puerto Egas,** with it's volcanic pitch black shores being an excellent location to see shore and sea birds, while land birds can be observed a little more inland. Disembark at the beach, where there is time to enjoy a swim or snorkel amid a rocky shoreline, usually in the company of marine turtles. From here, a hike where there are ample opportunities to see land and marine birds amidst a landscape of tuff-stone layers and lava flows. At low tide, marine iguanas graze upon the algae beds and, at the end of the trail, discover a colony of the endemic Galápagos fur seals.

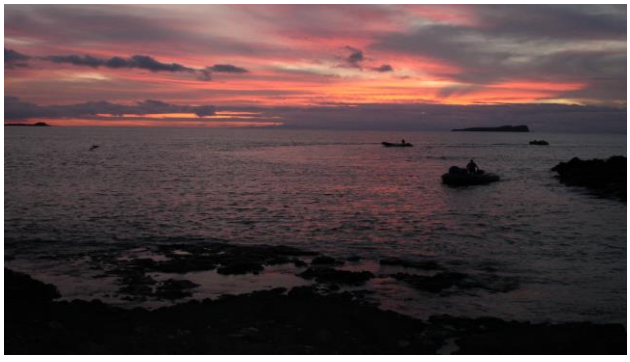
- *Fauna: Galapagos Mockingbird, galapagos hawk, marine iguana, galapagos fur seals, galapagos dove ,woodpecker finch, small ground finch, cactus finch, large ground finch, medium ground finch*
- *Flora: beach morning glory, thread leafed chaff flower, castela, yellow cordial, incense tree, galapagos lantana, gray matplan, prickly pear cactus*
- *Main Attraction: caves and salty mines, sea lions colony, snorkelling opportunities*
- *Type of terrain: Beach, paths; Physical condition: low-medium; Wet landings*

Day 5 – Sep 20 – Galapagos Cruise (Rabida Island, Bartolome Island) (B, L, D)

*Often called the geographic center of the Galápagos archipelago, **Rábida** — just south of Santiago — is predominantly composed of scoria, a particulate material created when hot lava meets seawater. Scoria has a high iron content, giving the island a red color. Rábida's single volcano is extinct, but it left behind a legacy: a spectacle of tall, red cliffs and a red-sand beach; which when played against the teal waters, makes this island visually stunning. On these red sands, marine iguanas and a noisy colony of Galápagos sea lions attempt to rest in the shade of nearby caves. Brown pelicans make homes by the beach in saltbushes. Behind the beach is a lagoon where wading birds and white-cheeked pintail ducks feed. A short trail inland leads through Littoral and Arid Zone plants, such as palo santos, prickly pear cacti, and spiny bushes. Galápagos doves, Galápagos mockingbirds, yellow warblers, and several species of Darwin's finches flitter in the vegetation, while blue-footed boobies and Nazca boobies linger in the cliffs. Unfortunately, introduced goats led to the extinction of several native species on the island, including geckos, land iguanas, and rice rats. In 1971, however, the Galápagos National Park Service successfully eradicated goats from Rábida, causing the island to bloom with diversified biota again.*

In the morning, disembark on **Rábida Island's** red-coloured beach, caused by the unusually high content of iron in the volcanic material. Our walk brings us close to a large colony of sea lions, marine iguanas, mockingbirds, yellow warblers and several species of Darwin's finches. Very close to the beach, a salt pond hosts migrating greater flamingos at certain times of year. This is a great place to snorkel from the beach, both for beginners as well as for experienced snorkelers, due to the unique combination of underwater species encounter (scores of near-shore and pelagic fish) and submarine landscapes. Non-snorkelers will enjoy a ride on the glass bottom boat or a panga ride. During navigation to our next island, dolphins are sometimes spotted!

- *Wildlife: sea lions, marine iguanas, mockingbirds, yellow warblers and several species of Darwin's finches*
- *Flora: black mangrove, Galapagos croton/milkwort, leatherleaf, muyoyo, prickly pear cactus, saltbush, spiny bush*
- *Main attraction: flamingos, sea lion colony, snorkelling opportunities.*
- *Type of terrain: beach; Physical Condition: Low: Wet landing*



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An extinct volcano ***Bartolomé Island (****Area: 1.2 km ², Maximum altitude: 114m) appears to be geology in its purest form: The island is dotted with craters, cinder cones, lava flows, spatter cones, and broken lava tunnels which run down from the summit. And, as an extinct volcano, it hosts a variety of red, orange, green, black and bright soils, bright volcanic formations and recent volcanic cones. And just offshore is Pinnacle Rock, the tuff cone that is probably the most famous (and most photographed) landmark in the Galápagos. Although at first glance, words that describe a moonscape — such as barren and desolate — might come to mind, Bartolomé supports a starkly beautiful complex of life. Some Arid and Littoral Zone plants have taken hold. On the slopes of the volcano, low-to-the-ground gray matplant thrives in the volcanic sand; and spurge, which forms a small tuft of green with tiny, white flowers, pushes up. Endemic lava cacti adorn some of the older lava. Species include brown pelican, Galapagos penguins, tintorera sharks and sea turtles.*

In the afternoon, a wet landing on the golden beach of this famous island, dominated by the imposing Pinnacle Rock. There's great snorkelling (with the possibility of seeing a Galapagos penguin...) and swimming from the beach plus the chance to ride the glass bottom boat. But the highlight is a moderately steep hike to the summit of this diminutive island that boasts fantastic views of the archipelago - Pinnacle Rock, Sullivan Bay, and Daphne Major and Minor. The climb is aided by a wooden deck-like staircase, resting platforms and handrails – the view from the top is worth the effort! A panga ride will also take you around the colossal Pinnacle Rock.

- *Wildlife: brown pelican, Galapagos penguins, white tip reef sharks,green sea turtles.*
- *Flora: Galapagos Carpetweed, maytenus octogena, thorn shrub, white / red mangrove, salt bush.*
- *Main attraction: a panoramic view of the archipelago and Pinnacle Rock.*
- *Type of terrain: wooden staircase (360 steps), beach.*
- *Physical Condition: High (if making the climb to the summit); Dry landing*

Day 6 – Sep 21 – Galapagos Cruise (Prince Philip's Steps/ Darwin Bay - Genovesa Island) (B, L, D)

Genovesa Island *(Area: 14 km 2, Maximum altitude: 76m). Less than half a degree north of the Equator, Genovesa is often referred to as "Bird Island" for the vast numbers of pelagic seabirds that come here to nest. Great frigatebirds, red-footed boobies, swallow-tailed gulls (including Galapagos gulls; the only nocturnal gulls in the world), and storm petrels all breed here by the thousands. However, there are no land reptiles — with the exception of some very small marine iguanas. This is due to the direction of the ocean currents, which couldn't carry the terrestrial animals here. Marine fauna around this island include sea lions and the smallest marine iguanas in the Galapagos Islands. The island has a single volcano that emerged only 76 m above the sea surface. The crater is located in the center of the island contains a lagoon and ships sail directly into its large, breached caldera to anchor. Due to its remote location and lack of freshwater, Genovesa remains almost unaltered; there are no introduced species on the island.*

The morning starts with a visit to **Prince Philip's Steps**, one of two landing sites, which was given its name after the visit of Prince Philip of the United Kingdom in the 1960s, which helped stimulate international interest in the survival of the Galápagos. You will take a panga ride along the cliffs (where you may meet some Galápagos fur seals...) and then disembark for a steep climb (90 feet,) up some stairs to reach a flat rocky plateau. After negotiating the steps, you'll enter an Arid Zone forest of low palo santos, where great frigatebirds drape themselves in the trees and Nazca boobies and red-footed nest on the ground. The trail, which is on top of an old pahoehoe lava flow, then heads inland to the east coast where hot, fluid lava once flowed into a fracture, leaving a big crack. Standing here, you'll be surrounded by a cloud of Galápagos storm petrels, which nest in large numbers in the crevices and lava tubes. This same colony is occupied at night by Madeiran storm petrels. Well-camouflaged short-eared owls hide in the crack so they can launch attacks on the other birds.

Those not wishing to disembark can enjoy a longer panga ride along the cliffs (depending on weather conditions).

In the afternoon, land at the beautiful white, coral-sand beach of **Darwin Bay** to enjoy some swimming and/or snorkelling at this beautiful natural harbour. Galápagos sea lions come here to swim; and red-footed boobies, Nazca boobies, and great frigatebirds nest throughout the year in the saltbushes nearby. Then, take an easy stroll past the beach, you'll find tidal lagoons with lava gulls and yellow-crowned night herons. Above on the cliff, swallow-tailed gulls lay big, speckled eggs in nests made of white coral pieces and black volcanic gravel. Red-footed boobies and frigates hover, taking advantage of the rising winds. Near the end of this walk, thousands of storm petrels flutter at the cliff's edge, where they nest in crevices. Short-eared owls can sometimes be seen, hunting the storm petrels during daylight hours.

- *Wildlife: great frigatebird, Nazca boobie and red-footed boobie, Galápagos storm petrel, Galápagos fur seal, Galápagos green turtle, Galápagos sea lion, various finches, lava gull/heron, short eared owl, small marine iguanas*
- *Flora: red mangrove, salt bush, Galapagos croton, Galapagos shore petunia, lava / prickly pear cactus*
- *Main attraction: variety of nesting birds.*
- *Type of terrain - Prince Philip's Steps: steps, paths; Physical Condition: Medium-High (due to initial steps); Dry landing*
- *Type of terrain - Darwin Bay: beach, paths; Physical Condition: Low; Wet landing*

During the cruise, there will be the following CME activities which will take place when the ship is sailing between the island visits -

- Lectures by Canadian physicians & interactive discussions
- Visit to the ship's hospital to learn about common onboard medical issues

The exact days / times will be notified with your complete documentation package.

The itineraries and programme are subject to change without prior notice, due mainly to adjustments in the policies and regulations of the Galápagos National Park, weather conditions, seasonal changes and safety reasons. For island excursions, you will always go ashore by zodiac (known locally as a panga) while the ship anchors off shore. There are two different kinds of island excursion landings, ie

- *Dry landing: guests step from the zodiac (panga) onto rocks or a dock.*
- *Wet landing: as the zodiac (panga) edges onto a sandy beach, guests step into around 20 cm (8 inches) of water and wade ashore.*

Day 7 – Sep 22 – Galapagos Cruise (San Cristobal) - Otavalo (B, D)

San Cristóbal *(Area: 558 km 2, Maximum Altitude: 730m, Volcano: 759m) is geologically one of the oldest islands, reflected by its eroded volcanic peaks in the north and densely vegetated slopes in the south. The provincial capital of the Galápagos,* ***Puerto Baquerizo Moreno****, lies at the head of Wreck Bay at the southwest tip of the island. One of the archipelago's two airports is here (the other is on Baltra Island). It is the only island in the Galápagos with permanent freshwater, held in a small lake named* ***El Junco*** *near the top of the island. Because of this availability of water, the island was settled early in Galápagos history. In fact, Charles Darwin's first stop in the Galápagos was on San Cristóbal in 1835 when the island was the home of the archipelago's governor. In the mid 1800s, the small, farming community of El Progresso was a penal colony for criminals from Ecuador. It was later taken over by Manuel Cobos, who treated the convicts as slave laborers. During an insurrection, the convicts murdered Cobos.*

In 1998, the Galápagos National Park Service opened the ***San Cristóbal Interpretation Center*** *here, giving visitors the opportunity to learn more about the plants, ecosystems, wildlife, and human history of the archipelago. On the eastern side of the island is* ***Punta Pitt****, an unusual place carved from the tuff formations of an ancient volcano and graced with a green-sand beach. This is the only place in the islands where you can see all three species of boobies nesting — blue-footed, Nazca, and red-footed. An endemic species of lava lizard also makes its tracks on the olivine crystals. The island is also the home of the* ***Galapaguera Tortoise Reserve****, which was established to preserve the San Cristóbal subspecies of giant tortoise. San Cristóbal originally had two populations of Galápagos giant tortoises: one in the northeast, consisting of approximately 1,400 individuals; and one in the south in an area adjacent to the current preserve, which became extinct.*

Disembarkation in the morning and then a visit to see the breeding programme of **giant tortoises at Cerro Colorado**. It is located in the South East of San Cristobal Island and is also one of the few places where you can see *Calandrinia galapagosa*, an endemic plant to the island in danger of extinction. The site was built in 2002 to increase the population of the giant tortoise population also endemic to San Cristobal, one of the 11 populations of Galapagos land tortoises (*Geochelone Chathamensi*). It includes 12 hectares) of dry forest in the area of Cerro Verde. Because of the fertility of the captive breeders, this program has yielded its first results in 2005-2006 after the arrival of 11 new members. There is also a small interpretation center where visitors learn about these reptiles and the conservation and breeding programs. Along the trail you can observe different birds such as mocking birds, yellow warblers and small ground finch, tree finch and flycatchers.

- *Fauna: yellow warbler,Chatham mockingbird, Galapagos flycatcher, small tree finch, small ground finch, giant tortoise .*
- *Flora: Acacia, Galapagos croton, Guayabillo, heart-leafed scalesia, poision apple, matazarno, cat´s claw.*
- *Main Attraction: Giant tortoises from San Cristobal Islands*
- *Type of field: high, rocky and humid; Physical condition: medium; Dry landing*

Following the visit, return to town and transfer to the airport to take the flight back to Quito.

Overnight in Quito.

Galapagos images…

Red lava crabs

Giant tortoise

Land iguana

Fur seal

Sea lion

Blue footed boobies

Upon arrival in Quito, head north of the city into the foothills of the Andes to the beautiful area of lakes and distinct picturesque towns of **Imbabura province** where many of the inhabitants of Quito have their weekend escapes. This is the land of the Otavaleños including South America's most famous indigenous trading fair at Otavalo.

For the next 2 nights, you will stay in a 17th-century Ecuadorian hacienda close to Otavalo. The haciendas of Ecuador are vestiges of the colonial period. Currently, many of the owners of the estates have converted them into luxury hotels that offer an escape from big cities and a glimpse into the life of the field in the Ecuador. Many of these haciendas are still dedicated to agriculture aside from being hotels.

Dinner and overnight at the hacienda in the Otavalo area.

Day 8 : Sep 23 – Imbabura / Otavalo (B, L, D)

Imbabura *is commonly known as "the land of lakes", due to its high number of water reserves compared to other provinces. Lakes, volcanoes, valleys and paramo are some of the main components of Imbabura's landscape. Towns like* ***Otavalo*** *have a large indigenous population that produces handicrafts and multicoloured woven goods for export, made by hand, which represent the indigenous culture of the northern sierra. In the same way, and there are many other small towns that each have their own production speciality.*

Breakfast at hacienda.

Some free time to relax in the morning at your charming, 400 year old Hacienda – walk through the grounds of this lush, botanical paradise or just relax around the fireplace of the cozy lounge.

Then, head into the provincial center, Otavalo

Physicians – Visit to the **Otavalo Provincial Hospital** to learn about the Ecuadorian medical system.

Non-physicians – Spend time at South America's most famous market in Otavalo - explore, and barter, at the many stalls full of ponchos, scarves, blankets, wall hangings, woven belts (fajas), hats, handbags, silverware and much more.

For lunch, visit another historic hacienda in the area.

In the afternoon, proceed to **Peguche**, an Indian village very near Otavalo that is home to the artisans who specialize in weaving, Visit a local weaving factory to see how the fine woolen products (tapestries, wall hangings, sweaters) are made on traditional weaving machines as well as stopping at a **music workshop** to see how many of the Andes wood instruments are made and enjoy a short performance.

Dinner and overnight at the hacienda in the Otavalo area.

Day 9 – Sep 24 – Otavalo - Quito (B, L)

Breakfast at hacienda.

In the morning, drive to the beautiful **Cuicocha Lake** (literally “Lake of the Guinea Pig”), a flooded volcanic caldera, and take a walk along it’s shores to witness the spectacular views. Then onto **Cotacahi**, a town famous for its production of fine leather goods.

Lunch will be taken at a lakeside restaurant before returning back to Quito in the afternoon.

Evening at leisure.

Overnight at a hotel in the Quito airport area because you will have an early flight tomorrow as you head into the Ecuadorian Amazon for the next part of your adventure

Day 10 - 13 : Sep 25 - 28 (4 days / 3 nights) – Ecuadorian Amazon Rainforest Ecolodge Program (B, L, D)

Breakfast at hotel and a short transfer to Quito airport for your morning flight from Quito to Coca.

Fly over the high Andes and down to the Amazon frontier town of Puerto Francisco de Orellana (called Coca by the locals). From here you travel by motorized canoe two and a half hours down the Napo River, followed by a short walk through a thick palm forest to **Sacha Lodge** - your home for the next three nights and base for an incredible Amazon adventure!

Sacha Lodge is located within a 5000-acre private ecological reserve in Ecuador's Amazon region, an accessible yet pristine rainforest sanctuary and home to about 500 species of birds, pink dolphins, giant otters, caiman, tapirs, capybaras, and more. Among this lodge's exclusive attractions are a 940-foot long canopy walkway and tower giving unparalleled access and views of the treetops, one of the largest butterfly houses in Ecuador, and the Yasuni parrot lick. Combining these natural attractions with excellent food, comfortable lodging and some of the best guides in the whole Amazon area, Sacha commands a respected reputation amongst Amazonia ecolodges. For bird-lovers in particular this is considered to be one of the best lodges in Latin America.

During your stay you will learn about herbal medicine through a "hands-on" rainforest walk (Quichua native) and a presentation on the Useful Plants of Sacha Lodge (from the 2005 professional study by Barry Thomson) *

There will also be presentation on traditional healing methods from a local village shaman.

Day 13 : Sep 28 – Sacha Lodge – Quito (B, D)

Breakfast at the lodge.

Return from Sacha by the same route as upon your arrival to the lodge arriving in Quito in the afternoon.

Farewell dinner at a traditional restaurant in Quito.

Overnight in Quito.

Day 14 – Sep 29 - Quito (B)

Breakfast at hotel.

You will have some free time on this final day to further explore this UNESCO capital before being transferred to the airport for your return flight to Toronto.

Note : **If you are extending your trip to spend six days in Peru** to explore Lima, Cuzco and the Sacred Valley of the Incas and the spectacular Macchu Picchu you will take a flight from Quito to Lima, Peru. See full information on this optional extension later in this brochure.

The accommodation…

The cruise ship… Galapagos Islands cruise – M/N SANTA CRUZ II (5 days / 4 nights)

With an overall length of 72m and with a speed reaching 10.5 knots, the M/N Santa Cruz II is one of the newest expedition vessels operating in the Galápagos Islands and was brought into operation in October 2015 replacing its legendary predecessor, the MV Santa Cruz.

The 50-cabin Santa Cruz II is a chic new way to explore the wonders of the Galápagos Islands in style and comfort offering guests the unrivalled service and guiding fort which its predecessor became so well know while ensuring the utmost care is taken to preserve the islands' delicate ecosystem via the latest in sustainable sailing technologies.

The Santa Cruz II has five spacious decks, with modern interiors designed by renowned ship designer, Richard Nilsson. Created with the ethos of stylish simplicity at its heart, the ship ensures sumptuous surroundings from which to take in the magnificent vistas of the enchanted islands. Relax in the beautifully designed communal areas and viewing platforms, including indoor and outdoor dining options, two lounge bars, a well-stocked library, two indulgent ocean view hot tubs and a state of the art gym.

Luxury ratios of crew and guides to passengers guarantee quality individual attention with 90 guests accommodated in 50 contemporary designed cabins across three decks. Guests can choose from luxuriously appointed single, double and triple cabins, or opt for one of the three even more exclusive Darwin Suites, an exceptional standard of accommodation on the Panorama Deck, where guests will receive elevated service and carefully refined extras such as a take-home Galápagos coffee table book, a tablet loan and a CD of Expedition photos and videos at the end of your cruise capturing those special memories.

Creative Ecuadorian and international cuisine will be prepared under the watchful eye of the ship's Cordon-Bleu trained gastronomic director. Freshly caught fish and seafood and locally grown organic fruit and vegetables will feature heavily on menus served in the colourful Beagle Dining Room and al fresco on the Panorama Deck.

Designed to provide both comfort and scientific information to guests visiting the Galapagos National Park, the ship offers four, five and nine night educational itineraries in the Northern, Eastern and Western Galápagos Islands sailing to some of the remotest islands of the Archipelago focused in the Natural History of the Galapagos while planned in such a way as to ensure the continued preservation of this unique ecosystem. On each itinerary, there is a **Galapagos Naturalist Team** consisting of an Expedition Leader and seven naturalist guides who will not only escort guests ashore in small groups but will also provide on-board presentations and eye-catching lectures regarding natural history issues that complement your island excursions. Together with the Captain, they will plan the day's program and at night as they also become your experts in explaining the beautifully arranged constellations of the southern skies. Activities can be tailored to each guest's personal interests and range from daily land expeditions to a host of aquatic activities, including ocean kayaking, snorkelling with sea lions and glass bottom boat expeditions – all of the options permitted by the Galápagos National Park.

Facilities and amenities -

- Bar & Lounge
- Restaurant
- Al-fresco dining-BBQ
- Gift Shop
- Gym
- 24h Coffee station (coffee, tea, chocolates and chilled water)
- Satellite telephone
- WiFi hotspot (intermittent/low bandwidth)
- PA system
- Snorkelling equipment (included)
- Hair dryer
- iPod/MP3 docking station
- Safe deposit box (in cabin)
- Hot tub (2)
- Reading room and natural history library
- Multiple purpose room
- Air conditioned throughout
- Wetsuit rental
- Glass bottom boat
- Kayaks
- 24/7 infirmary (medical doctor on board)

Certifications: For passenger and crew safety, the vessel is fully compliant with all IMO, MARPOL, and SOLAS guidelines

Cabin Categories -

The Santa Cruz II's Swedish-designed cabins **reflect the latested in cruise trends**. Comfortable spaces and large picture windows illuminate the interior spaces and allow guests to take in the views, offering elegant relaxation areas after a day of active exploring. The ship has 50 cabins for 90 guests, 36 of which can be interconnected, offering flexibility for guests from single travellers to families. 43 **Explorer Double Cabins** are located on the Horizon (23), Expedition (17), and Panorama Decks (3). In addition, there are three **Darwin Suites** on the Panorama Deck with double picture windows, will provide superb comfort and deluxe amenities for more discerning guests.

- 43 Explorer Double Cabins (163 sq ft / 15.2 m2) - Horizon, Expedition and Panorama Decks
- 2 Explorer Triple Cabins(192 sq ft / 17.8m2) - Horizon Deck
- 3 Darwin Suites (325 sqft / 30.0m2) - Panorama Deck

Interconnected cabins are available for families.

* It is not possible to choose specific cabin numbers

Explorer Double Cabin

Darwin Suite

Cabin amenities and features -

Explorer Cabin (163 sq ft / 15.2 m2) - Horizon, Expedition and Panorama Decks)

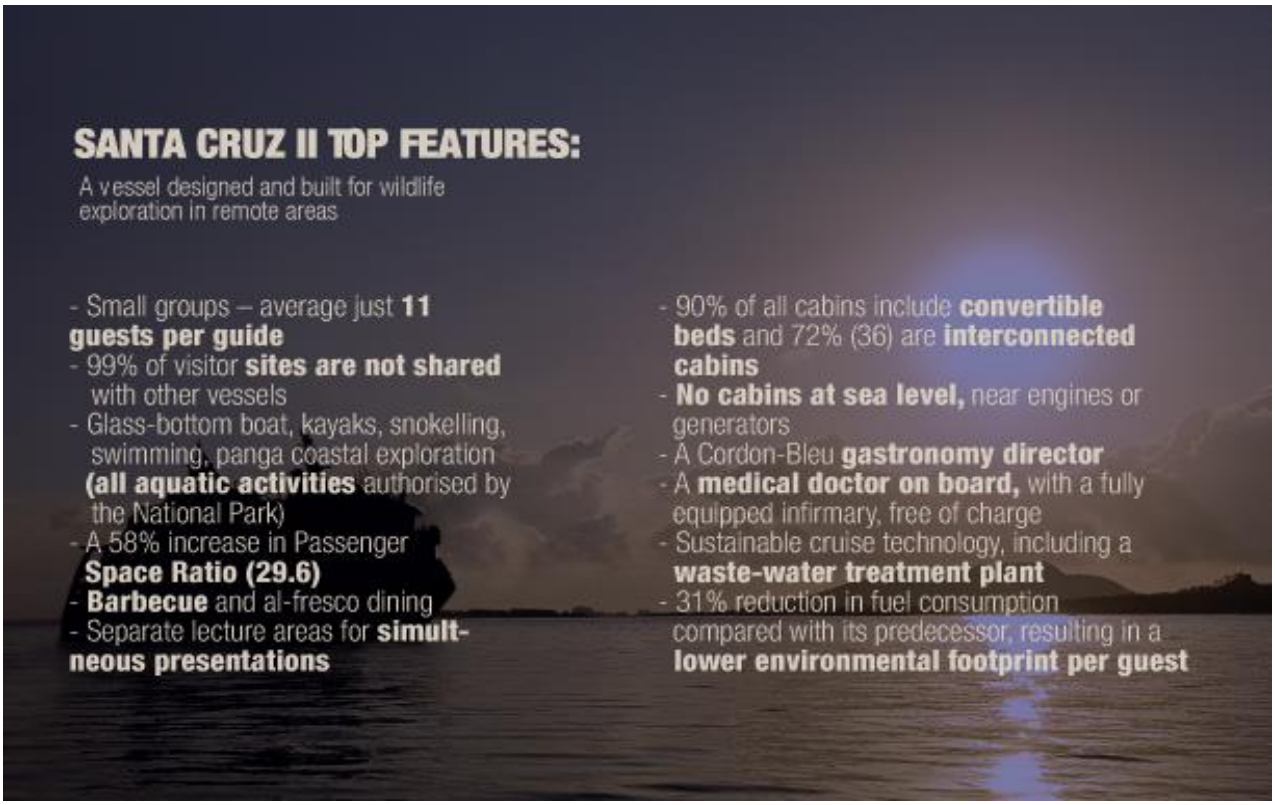
- Convertible (2 twin to 1 double) beds in 90% of cabins
- Air conditioning
- Picture window
- Hair dryer
- iPod/MP3 docking station
- Public address system
- In-room safe
- Reading lights

Darwin Suite (325 sqft / 30.0m2) - Panorama Deck

- 1 queen sized bed
- Separate sitting area
- Inset tablet in each suite
- L'Occitane-en-Provence amenities in bathrooms
- Bathrobes
- Deluxe extra pillows
- Special edition take-home coffee table book
- Air conditioning
- 2 Large picture windows
- Hair dryer
- iPod/MP3 docking station
- Public address system
- In-room safe
- Reading lights
- Free Internet access in ship's hot-spots (one access code per room)*
- Wetsuit usage included
- Turn-down service delicacy
- In-cabin national & international magazines
- Expedition photos and videos on CD

Activities

The reason that you travel to Galapagos is to experience the islands and their unique Fauna. Therefore, we have designed your programs in such a way that they allow you to perceive Galapagos from different perspectives: guided hikes, relaxing beach walks, snorkeling and swimming – even the ship's own glass bottom boat for those who wish a more relaxing option to view the diversity of the marine wildlife. The islands are visited twice a day and always involve a leisurely hike in a small group led by your own naturalist guide, allowing you to experience close encounters with nature. Transportation to each island is by ship's Zodiac as the Santa Cruz anchors offshore – part of the Galapagos Conservation Authority's regulations. There are both dry and wet (beach) landings dependent on each island and some of the hikes are on rocky, uneven terrain which require a certain level of physical condition (see physical condition rating for each island landing in the main body of the itinerary). Other activities include star gazing, scientific and ecological onboard conferences, and natural history lectures.



A full online brochure is available at https://issuu.com/metropolitantouring/docs/brochure_santa_cruz_ii

And check out the video “Introducing the Santa Cruz II” at https://vimeo.com/131458873

And click below for an article written about our Galapagos program published in The Medical Post…

http://www.doctorsontour.ca/medical-post-2009.php

The hotel and hacienda bases…

Hilton Colon, Quito (4*)

In the heart of the Mariscal Sucre downtown area on the Avenidas Amazonas, the Hilton Colon Quito hotel offers refined accommodation to both the discerning business and leisure traveler and is convenient for museums, local restaurants and nightlife as well as a short taxi drive from Quito's Old Town. 200 rooms (each with satellite TV, telephone, mini bar, 24 hour room service, a/c, wi-fi, safety deposit box), restaurant & bar, fitness centre & spa treatments, massage, conference centre and casino. Additional info at

http://www1.hilton.com/en_US/hi/hotel/QUIHIHF-Hilton-Colon-Quito-hotel/index.do

Hacienda Cusin, Otavalo (4*) … in the foothills of the Andes

Hacienda Cusin is a restored, 17th-century Andean estate close to the famous market town of Otavalo. Guest rooms, are furnished with antiques and select Andean craft, have log-burning fireplaces, beamed-ceilings & gardens. Ancient lakebed soil, a predictable equatorial sun and avid gardeners have created several acres of year-round flowering gardens including cobblestone lanes, fountain patios, belladonna, bougainvillea, agapantha, foxgloves, orchids, palms, which attract over 50 species of birds**.** Often snow-capped 15,000ft/4,570m Imbabura & Cotacachi mountains are reflected in Lago San Pablo.

http://www.haciendacusin.com/index.html

In the unlikely event that a property needs to be changed it will be substituted with one of a similar standard.

The Amazon Ecolodge… SACHA ECOLODGE (4 days / 3 nights)

Location

Sacha Lodge is east of the town of Coca on the Napo River in Ecuador's Amazon region within a 5000-acre private ecological reserve.

Getting there

From Quito, a 25-minute flight takes you over the Andes Mountains' majestic snow-covered peaks and down over 8500 feet (2600 meters) into the Amazon Region. The flight destination is the port town of Puerto Francisco de Orellana, locally known as Coca, where you will be met by your guide and taken to a private dock to boarding a covered motorized canoe for a 2-hour, 50-mile (80-kilometer) trip down the sediment-rich waters of the Napo, the largest river in Ecuadorian Amazonia.

During the journey you may spot handsome shore birds such as herons, kingfishers, spoonbills and ospreys between the scattered native huts as you travel steadily away from civilization. Upon arrival to Sacha Lodge's private reserve, take your first walk along a raised boardwalk through dense flooded palm forest where several species of monkeys are often sighted. The path leads to Pilchicocha lake, a blackwater paradise where dugout canoes await to carry you across the lake to the lodge.

Facilities

The lodging at Sacha was carefully designed to offer comfort to the traveler yet preserve the environment and rainforest ambience. All of the 26 cabins, with high thatched roofs and private shaded terraces, are constructed with traditional materials to meld into their lush surroundings. Each of the cabins has a private bathroom with flushing toilet and hot shower, insect screens, electrical outlets, ceiling fans and hammocks overlooking the jungle where you may see fauna such as toucans, agoutis and monkeys right outside the cabin.

Meals are prepared buffet style in the restaurant and cater to a wide variety of tastes and above the main bar and lounge is a raised lookout, offering a scenic view of Pilchicocha Lake and excellent opportunities to birdwatch.

Activities

Days during your stay at Sacha Lodge are filled with discovery. Activities are spread out over a wide area and allow visitors to explore several distinct but equally fascinating habitats. Several trails lead through pristine terra firme forest, where 150 foot kapok trees tower above and roots form huge buttresses to give trees support. Others follow strategically raised boardwalks in seasonally flooded forests, where walking on the ground would be nearly impossible during most of the year due to groundwater.

A favorite activity is to paddle dugout canoes along tannin-rich black-water creeks and lakes, where luxuriant lianas, orchids, bromeliads and palm trees thrive. And wherever an outing may lead the possibilities of spotting animals, from the tiny pygmy marmoset to the feared ocelot or puma, are endless. Swimming and piranha fishing are also popular and, for the adventurous visitor, there are night walks and canoe trips in search of caiman and other nocturnal creatures.

A typical day at Sacha begins at sunrise or earlier, in order to take advantage of the cool morning hours when the rainforest's animals are most active. In the afternoon, visits begin at around 3:00 and often continue into the evening, when the nocturnal insect and frog chorus begins.

Sacha Lodge's guests are divided into small groups for activities, each of which are led by not one but two guides. One is a native guide, raised in the area and with expert knowledge of the rainforest's medicinal and other useful plants. This guide will often share stories from local culture, and lead the way with accustomed eyes that are incredible for spotting the jungle's hidden creatures. The second guide to accompany each group is a bilingual naturalist, who has been educated in the biology and ecology of the rainforest and who will translate for the native guides as well as share their own scientific knowledge about any plants and animals you may encounter.

Sacha Lodge offers a number of very unique sites to its visitors. A **130-foot observation tower** and a **940-foot canopy walkway** both give visitors a chance to get above the rainforest canopy for incredible views of the area. These areas are also great places to observe toucans and macaws and, with luck, spot noisy howler monkeys or a three-toed sloth. Another site is the **butterfly house** where over 40 local butterfly species are bred. Visitors can see the process of breeding and raising these colorful insects and wander through the "flying room." Finally, there's the **Yasuni Parrot Lick**. Just a short distance from Sacha Lodge is Ecuador's most famous parrot lick, where visitors can observe dozens of the magnificently colored birds feeding on the clay.

Average physical condition is required to participate in several of the lodge's activities – however, according to your interests and physical condition (but not your age!), different activity levels are offered which depend mainly on the distance and time you would like to spend on the rainforest trails; all other activities can be included in any program….. and there is always the option of taking some time to just relax in your hammock and experience the sights and sounds of the Amazon…

Additional information at http://www.sachalodge.com/

The price… Cdn $9,495 / person ($500/person savings if register by April 24, 2017)

Pricing (exc. Insurance) / per person - - Cdn$	Inc. Air from Toronto
Per person (double occupancy) - includes Explorer Double cabin, Horizon Deck on M/N Santa Cruz II (other cabin types have a supplement)	
- registrations up to April 24, 2017	$ 9,495
- registrations after April 24, 2017	$ 9,995
Single supplement (single occupancy only available in Horizon Deck cabins – upgraded cabins not possible for single passengers)	$ 2,400
Supplements to upgrade accommodation on M/N Santa Cruz • Explorer Double cabin, Expedition Deck • Explorer Double cabin, Panorama Deck • Darwin Suite, Panorama Deck	 $ 400 (per person) $ 600 (per person) $ 1,200 (per person)
Single share matching fee	$ 300 **
Transportation / hotel taxes and fees	$ 655
Academic program registration fee	$ 600 (per MD registrant)
Payable locally - Galapagos Park Entry Fee - Galapagos Park Ingala Card	 US$ 100 US$ 20

** Single share matching fee – can't find a traveling partner but don't want to pay a single supplement? We'll keep our eyes open for similar clients and try and find you a compatible person to share a room with.

CANADIAN $ PRICING !

Please note, unlike many programs offered by other companies including a Galapagos cruise component (and which are also usually land only prices excluding air fare), which are quoted in US$, **our prices remain in Canadian$** - and, with a premium now of over 35% (at March 2017) when paying in US$, this makes a significant difference.

COST EFFICIENT INVOICING !

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

REPEAT CUSTOMER DISCOUNT

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

NEW ! - ONLINE REGISTRATION FORM

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

https://fs22.formsite.com/Doctorsontour/GALAMAZ1709RegistrationForm/index.html

Inclusions and Exclusions…

Inclusions –

- Round trip international flights from Toronto to Quito, Ecuador. Internal flights in Ecuador as per detailed itinerary.
- Modern, air conditioned coach transportation
- 5 day / 4 night Galapagos cruise on the MN Santa Cruz II
- 4 days / 3 nights at Ecuadorian Amazon Sacha Ecolodge,
- 5 nights at Hilton Colon (Quito),
- 3 nights at a Hacienda in the Ecuador highlands
- 13 breakfasts, 10 lunches, 10 dinners
- Comprehensive daily itineraries including, island sightseeing, naturalists and lecture services, Amazon ecolodge activities, escorted tours of local cultural sites and museums
- Academic program and tour of local medical facilities in Quito
- All admission fees (except those specifically noted above)
- Fully escorted tour including services of local English speaking cultural, ecological and naturalist experts
- Porterage

Exclusions –

- Beverages (both soft drinks and alcoholic beverages)
- Gratuities
- Galapagos Transit Control Card (Ingala card) (US$20/person)
- Galapagos Park Fee (US$100/person)
- 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

AMAZON ECOLODGES AND THE GALAPAGOS SHIPS HAVE LIMITED CAPACITY AND FILL UP SEVERAL MONTHS IN ADVANCE – OUR PREVIOUS TRIPS ON THIS ITINERARY HAVE ALWAYS BEEN OVERSUBSCRIBED AND THEREFORE WE RECOMMEND REGISTERING AS SOON AS POSSIBLE IN ORDER TO GUARANTEE YOUR RESERVATION AS WELL AS TO HAVE THE BEST CHOICE OF CABINS ON THE M/N SANTA CRUZ II.

REGISTER BY APRIL 24, 2017 AND SAVE $1,000/COUPLE !!

Misc information you need to know…

Travel documentation and visas

An entry visa for Ecuador is not required for Canadian citizens but your passport must have an expiry date no earlier than 6 months after your scheduled departure date from Ecuador.

Mandatory vaccinations

There are no mandatory vaccinations required at the present time (March 2017) for entry into Ecuador. A list of our medical recommendations will be provided closer to departure.

A list of our full medical **recommendations** will be provided closer to departure – this will include up to date MMR, Hepatitis A/B, typhoid vaccinations as well as malaria precautions for the Ecuadorian Amazon component and Altitude mountain sickness precautions for those that may be susceptible to the effects of high altitude (Quito 9,200ft) .

OPTIONAL EXTENSION – HIGHLIGHTS OF PERU

LIMA, CUSCO, MACHU PICCHU & THE SACRED VALLEY OF THE INCAS

(6 NIGHTS : SEPTEMBER 29 - OCTOBER 5, 2017)

Day 14 – Sep 29, 2017 - Depart Quito, Ecuador for Lima, Peru

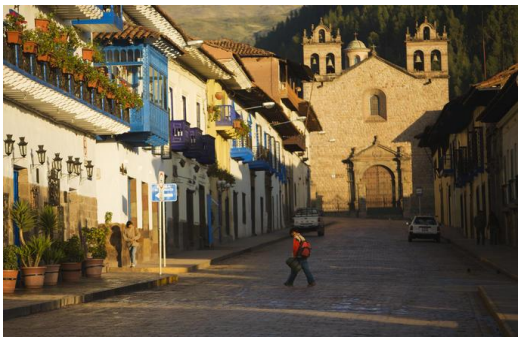
Breakfast at hotel.

Free time to explore this UNESCO capital before your flight from Quito to Lima, Peru.

After clearing customs and immigration, you will be met upon your arrival by a representative of our local tour operator partner in Peru. Transfer from airport to hotel.

Overnight in Lima.

Day 15 – Sep 30 – Lima – Cuzco (B, D)



*The city of **Cuzco**, the ancient capital of the Incan Empire, was placed on the World Cultural Heritage List by UNESCO in 1983, and is without a doubt one of the most important destinations in Peru. There are Incan buildings waiting for you to discover them among its cobble-stoned streets, ones like the Koricancha and the palace of Inca Roca as well as Andean Baroque structures from the Colonial Period like the Cathedral and the Church of the Company of Christ. In addition, you can visit the picturesque neighborhood of San Blas where the best artisans in the department have set up their workshops. This magical city also has an exciting nightlife with cafes, restaurants, and bars for all tastes. Just ten minutes away from the city, there are the massive walls of the Sacsayhuamán fortress, and a few kilometers from there, you find the archeological sites of Qenko, Pukapukara, and Tambomachay, Incan buildings constructed completely with stone. It is also the gateway to the Sacred Valley of the Incas and access, by train, to Macchu Picchu.*

Breakfast at hotel and transfer to airport for flight to Cusco where you will be met upon arrival and transferred to the hotel.

For physicians, there will be an early morning visit to the **Regional Cuzco Hospital**, to meet with a local doctor and learn about the local health care system in the region.

Non-physicians will enjoy free time to relax and acclimatize to the city's high elevation (11,000 ft)

In the afternoon, embark on a city tour of this charming old city. Cuzco was the capital of the Inca Empire and, according to legend, the city was built by Inca Pachacuti, who transformed Cuzco from a sleepy city-state into the vast empire of Tahuantinsuyu. The first Spaniards arrived in 1533, and undertook the construction of a new city on the foundations of the old Inca city, replacing temples with churches and palaces with mansions for the conquerors. The tour will include -

- **Koricancha (Sun temple)**: As Cuzco was the center of the Tahuantinsuyo (Inca Empire), this is one of the most important of Inca temples. Originally a temple of the Killki culture, its walls served as the foundation for the construction of the Convento de Santo Domingo
- **Cathedral**: The first Cuzco Cathedral was built in 1539 at the Suntur Wasi Inca site; in 1560, the construction of a new cathedral on the Kiswir Kancha lot, palace of Inca Wiracocha, was ordered. The actual Cathedral was finished in 1664, a century after.
- **Sacsayhuaman:** The best known Inca ruin nearby Cuzco is the fortress of Sacsayhuaman, likely a religious construction for cosmology veneration and investigation (although some investigators believe it had a military function). The construction is herculean given the size of the megaliths, some of which weight between 90 and 128 tons.

Dinner will be at one of the city's local restaurants.

Overnight in Cuzco.

Day 16 – Oct 1 – Cuzco – Urubamba Sacred Valley of the Incas – Machu Picchu (B, L, D)

*The Urubamba Valley, better known as **El Valle Sagrado de los Incas (the Sacred Valley of the Incas)**, is a relaxed and incomparably beautiful stretch of small villages and ancient ruins spread across broad plain and rugged mountain slopes northwest of Cusco. The magnificent Inca ruins found from Pisac to Ollantaytambo and beyond -- some of the finest not only in Peru, but also in all of the Americas -- are testaments to the region's immense ceremonial importance. The Incas built several of the empire's greatest estates, temples, and royal palaces between the sacred centers of Cusco and Machu Picchu, positioned like great bookends at the south and north ends of the valley.*

Through the valley rolls the revered Río Urubamba, a pivotal religious element of the Incas' cosmology. The Incas believed not only that the flow of the Urubamba was inexorably tied to the constellations and the mountain peaks, but also that the river was the earthbound counterpart of the Milky Way. With the river as its source, the fertile valley was a major center of agricultural production for the Incas, who grew native Andean crops such as white corn, coca, potatoes, and other fruits and vegetables in expansive fields and along

spectacularly terraced mountain slopes. The valley continues to serve as a breadbasket for Cusco, providing grains, peaches, avocadoes, and much more. The villages of the Sacred Valley remain starkly traditional - Quechua-speaking residents work the fields with primitive tools and harvest salt with methods unchanged since the days of the Incas, and market days remain important rituals.

Breakfast at hotel followed by full day Sacred Valley tour, including the following highlights –

- **Chinchero:** Chinchero´s population is composed of twelve indigenous communities that maintain the *ayllu system*, even though it does not correspond anymore to the organization system in force before the Spanish conquest.

- **Maras:** Maras is recognized because of the salt mines, exploited since Inca times. The mines are made up by approximately 3,000 small pools, and the work consists in filling them with salt water until the water evaporates and the salt remains.

- **Ollantaytambo:** It was also an important administrative center with probable military functions if one considers the walls and towers. There are also traces of ancient roads and aqueducts.

Lunch at a local restaurant before transfer to Ollantaytambo station for your late afternoon Executive Class **Inka Rail train to Machu Picchu** – a spectacular journey to the town of Aguas Calientes situated at the end of the valley and the gateway to Macchu Picchu.

Check in to your hotel, the **Inkaterra Machu Picchu Pueblo Hotel,** a pueblo of whitewashed bungalows in an Andean style village within a secluded 12 acres of exquisite beauty nestled into terraced hills, where guests follow stone pathways to their rooms, located in comfortable one or two-story casitas. Facilities include a spa and first class restaurant offering stunning views of the rushing Vilcanota River.
http://www.pueblohotel.info/

Dinner and overnight at hotel.

Day 17 – Oct 2 – Machu Picchu (B, L, D)

*Standing 2,430 m above sea level, in the midst of a tropical mountain forest in an extraordinarily beautiful setting, the **Historic Sanctuary of Machu Picchu** was probably the most amazing urban creation of the Inca Empire at its height. As the last stronghold of the Incas and of superb architectural and archaeological importance, Machu Picchu is one of the most important cultural sites in Latin America*

Set on the vertiginous site of a granite mountain sculpted by erosion and dominating a meander in the Rio Urubamba, Machu Picchu is a world renowned archaeological UNESCO site and it's giant walls, terraces and ramps seem as if they have been cut naturally in the continuous rock escarpments. The construction of this amazing city, set out according to a very rigorous plan, comprises one of the most spectacular creations of the Inca Empire. It appears to date from the period of the two great Incas, Pachacutec Inca Yupanqui (1438-71) and Tupac Inca Yupanqui (1472-93).

While the Inca people certainly used the Andean mountain top, erecting many hundreds of stone structures from the early 1400's, legends and myths indicate that Machu Picchu (meaning 'Old Peak' in the Quechua language) was revered as a sacred place from a far earlier time. Whatever its origins, the Inca turned the site into a small (5 square miles) but extraordinary city. Invisible from below and completely self-contained, surrounded by agricultural terraces sufficient to feed the population, and watered by natural springs, Machu Picchu seems to have been utilized by the Inca as a secret ceremonial city. Two thousand feet above the rumbling Urubamba River, the cloud shrouded ruins have palaces, baths, temples, storage rooms and some 150 houses, all in a remarkable state of preservation. These structures, carved from the gray granite of the mountain top are wonders of both architectural and aesthetic genius. Many of the building blocks weigh 50 tons or more yet are so precisely sculpted and fitted together with such exactitude that the mortar-less joints will not permit the insertion of even a thin knife blade. Little is known of the social or religious use of the site during Inca times.

Machu Picchu also provides a secure habitat for several endangered species, notably the spectacled bear, one of the most interesting species in the area. Others animals include: dwarf brocket, the otter, long-tailed weasel, pampas cat and the vulnerable ocelot, boa, the Andean cock of the rock, and the Andean condor.

Early breakfast at hotel before you guided **tour of Machu Picchu**, entering the Park area to enjoy this awe inspiring archeological site in relative solitude before the majority of the daily trains from Cuzco arrive (this is one of the **points of differentiation of our program,** as many other tours only visit Machu Picchu for the day from their Cuzco base with no overnight stays in Aguas Calientes – a totally different experience)

Rediscovered by Hiram Bingham more than a century ago, Machu Picchu is considered one of the Seven Wonders of the World. Its architectural beauty, spectacular natural landscapes and the energy held in its enigmatic structures will take your breath away. You will follow in the footsteps of the ancient Incans as you explore this magical citadel along with your guide. After the tour, enjoy lunch at the Machu Picchu Sanctuary Lodge located just outside the gates of the Machu Picchu Park.

In the afternoon, take a short (approximately 1-1.5 hours each way, optional, moderate fitness level required) guided trek to the **Sun Gate**. The Sun Gate is the point at which ancient travelers (and now hikers) of the Inca Trail (bearing the Incan Ruler and his entourage on their backs) would have caught their first sight of Machu Picchu.

This hike provides a different perspective of the ruins with a spectacular view over the mountain from where the Inca Trail approaches. Otherwise you may continue to explore the Machu Picchu Park independently.

Dinner and overnight at the hotel (Aguas Calientes).

Day 18 – Oct 3 – Machu Picchu – Cuzco (B)

Breakfast at the hotel and some free time before transfer to Aguas Calientes station for your mid-morning Vistadome train to Ollantaytambo and road transfer to Cuzco.

In the afternoon -

For **physicians**

There will be a **Shaman presentation**, using local herbs & explanation of the natural medicine used by Peruvian ancestors. This is known as "**Tribute to the earth"**: In the Andean world, pre-Hispanic religious fervor has survived until today in age-old rites that link Man to Nature, where the earth enjoys huge symbolic importance. The Pachamama or Earth goddess, dwells in the Urkhupacha, the Underworld, and provides her fruits to feed Man. Thus, within the reciprocal nature of the Andean people, villagers make offerings to her. These offerings include coca leaves, chicha, wine and jungle seeds called huayruros, believed to have magical powers.

The coca leaf, a sacred plant which serves to mediate between the inner world (the Apu and the Pachamama) and the outer world (that of Man) is found in countless mestizo religious celebrations in communities in the country's interior and even urban centers.

Non-physicians will visit San Pedro Market, the city's main street market, which will give you an opportunity to know the products of Cusco, overwhelming you with the sights, aromas, tastes, and colors of the region.

Rest of the day, and evening, at leisure to continue to explore this World Cultural Heritage city.

Overnight in Cuzco.

Day 19 – Oct 4 – Cuzco - Lima (B, L)

Breakfast at hotel and transfer to the airport for your morning flight to Lima where you will be met upon arrival and transferred to the city for lunch in a local restaurant.

In the afternoon, enjoy a city tour where the highlights will be -

- Convento de San Francisco
- Central Reserve Bank Museum
- Plaza de Armas
- Miraflores and San Isidro district

Evening at leisure. Overnight in Lima.

Day 20 – Oct 5 – Lima - Toronto (B)

Breakfast at hotel.

Transfer to the airport and return flight to Toronto.

The hotel bases…

Lima, Peru (1 night)	Wyndham Costa del Sol (4*) https://www.wyndhamhotels.com/wyndham/lima-peru/wyndham-costa-del-sol-lima-airport/overview?CID=LC:WY:20160927:RIO:Local
Cuzco, Peru (2 nights)	Costa del Sol Ramada (4*) http://www.ramada.com/hotels/peru/cusco/hotel-costa-del-sol-ramada-cusco/hotel-overview
Aguas Calientes, Peru (1 night)	Inkaterra Machu Picchu Pueblo Hotel (5*) http://www.inkaterra.com/inkaterra/inkaterra-machu-picchu-pueblo-hotel/the-experience/
Lima, Peru (1 night)	Four Points by Sheraton Miraflores (4*) http://www.starwoodhotels.com/fourpoints/property/overview/index.html?propertyID=3762&language=en_US&localeCode=en_US

As denoted above, the accommodation will be in a combination of 4 and 5 star properties. (In the unlikely event that a property needs to be changed it will be substituted with one of a similar standard)

The price (to extend your stay…) Cdn $3,890 / person

Pricing (exc. Insurance) / per person

Per person (double occupancy)	**$3,890**
Single person supplement	$ 980
Transportation / hotel taxes and fees (per person)	$ 480
Academic program registration fee (per MD registrant)	$ inc in main program

Pricing above is subject to change due to the fluctuating costs of local airfares – booking your reservation ASAP, with an additional non-refundable deposit of $400 guarantees the rates quoted above

Inclusions and Exclusions…

Inclusions

- International flight from Quito, Ecuador to Lima, Peru
- Internal flights in Peru as per detailed itinerary
- Private, modern, air conditioned transportation
- Accommodation in first class properties as per detailed itinerary
- 6 breakfasts, 3 lunches, 3 dinner
- Comprehensive daily itineraries including privately escorted tours of local cultural sites and museums
- Visit to local medical facilities in Cuzco
- All admission fees (except those specifically noted above)
- Services of local English speaking cultural guides / tour escorts **
- Porterage at hotels

Exclusions

- Beverages (both soft drinks and alcoholic beverages)
- All items of a personal nature such as telephone / internet usage, laundry services etc
- Domestic and international (airport taxes
- Gratuities
- Travel insurance

Misc information you need to know…

Travel documentation and visas

An entry visa for Peru is not required for Canadian citizens but your passport must have an expiry date no earlier than 6 months after your scheduled departure date from Peru.

Mandatory vaccinations

There are no mandatory vaccinations required at the present time (March 2017) for entry into Peru. Our recommendations are the same as for the main Ecuador tour, ie MMR, Hepatitis A/B, typhoid vaccinations as well as Altitude mountain sickness precautions for those that may be susceptible to the effects of high altitude (highest = Cusco, 11,000ft)

Travel insurance information… Coverage available through Manulife Insurance

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

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

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

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

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

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

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

Total insurable costs ($/person)	NON-MEDICAL INCLUSIVE								ALL-INCLUSIVE PLAN							
Age >	0-54	55-59	60-64	65-69	70-74	75-79	80-84	85+	0-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
4000 - 4500	345	353	396	438	496	734	848	1126	426	433	539	620	977	1216	1637	1719
4500 - 5000	372	380	429	476	539	799	913	1202	453	460	571	658	1021	1275	1713	1806
5000 - 5500	399	407	461	514	582	864	977	1278	480	487	604	696	1064	1335	1788	1892
5500 - 6000	426	434	494	552	625	929	1042	1353	507	514	636	733	1107	1394	1864	1979
6000 - 6500	453	461	526	590	669	994	1107	1429	534	541	669	771	1150	1454	1940	2065
6500 - 7000	480	488	558	627	712	1058	1172	1504	561	568	701	809	1193	1513	2015	2151
7000 - 7500	507	515	591	665	755	1123	1237	1580	588	595	733	847	1237	1572	2091	2238
7500 - 8000	534	542	623	703	798	1188	1301	1656	615	622	766	885	1280	1632	2166	2324
8000 - 8500	561	569	656	741	841	1253	1366	1731	642	649	798	922	1323	1691	2242	2411
8500 - 9000	588	596	688	779	885	1318	1431	1807	669	676	831	960	1366	1751	2318	2497
9000 - 9500	615	623	720	816	928	1382	1496	1882	696	703	863	998	1409	1810	2393	2583
9500 - 10000	642	650	753	854	971	1447	1561	1958	723	730	895	1036	1453	1869	2469	2670
10000 - 10500	669	677	785	892	1014	1512	1625	2034	750	757	928	1074	1496	1929	2544	2756
10500 - 11000	696	704	818	930	1057	1577	1690	2109	777	784	960	1111	1539	1988	2620	2843
11000 - 11500	723	731	850	968	1101	1642	1755	2185	804	811	993	1149	1582	2048	2696	2929
11500 - 12000	750	758	882	1005	1144	1706	1820	2260	831	838	1025	1187	1625	2107	2771	3015
12000 - 12500	777	785	915	1043	1187	1771	1885	2336	858	865	1057	1225	1669	2166	2847	3102
12500 - 13000	804	812	947	1081	1230	1836	1949	2412	885	892	1090	1263	1712	2226	2922	3188
13000 - 13500	831	839	980	1119	1273	1901	2014	2487	912	919	1122	1300	1755	2285	2998	3275
13500 - 14000	858	866	1012	1157	1317	1966	2079	2563	939	946	1155	1338	1798	2345	3074	3361
14000 - 14500	885	893	1044	1194	1360	2030	2144	2638	966	973	1187	1376	1841	2404	3149	3447
14500 - 15000	912	920	1077	1232	1403	2095	2209	2714	993	1000	1219	1414	1885	2463	3225	3534

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

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

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

www.doctorsontour.ca/manulife-travelinsuranceguide.php

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

Testimonials…

What our physicians 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

"We really enjoyed the tour of Bali and we were glad that we could do it with Dr. (Mel & Bonnie) Borins who showed us the real Bali and not the tourist angle. Every moment was an experience of it's own. Thank you so much for organizing such a unique experience"
Dr. Nilam Clerk & Shobha Amin, Toronto - Bali, 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

"This was a fantastic trip that I will cherish forever. Your programs are well planned and excellent. We look forward to doing another one soon"
Dr. Ricki Sabga, Leamington – **Ecuador & the Galapagos, 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**

"What an amazing trip this was ! You 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

“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

“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

“A wonderful trip that I would recommend to anyone”
Dr. Janel Gracey, London – 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 Fournier, 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

"I wanted to let you know that the trip to East Africa was excellent. The safari was well organized from beginning to end and John, our knowledgable guide, unfailingly and graciously coped with all the challenges of the adventure. This was my third trip to Tanzania in the past 2 years and I came away feeling that I had finally seen the positive side to this beautiful country. We were fortunate to see far more animals than we had anticipated and the drivers took time to let us watch various scenarios play out rather than simply snapping a picture and moving quickly on. Having compared this safari to reports from others and to my previous one to the Ngorongoro Crater last year, I can honestly say that this was superior in every way. I definitely would recommend it to interested others.
Dr. Pat Barry, Burlington - 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**

"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 ! 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 I 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

"Let me commend your team for this most excellent adventure. Both Lorna and Ashley have done an amazing job on every issue, always seeking consensus, to help us throughout the journey. They deserve a tremendous vote of appreciation".
Dr. Fred Engle, Toronto, On. - Chile, Argentina and Patagonia Cruise, 2014

"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

"A brief note from Hillary and me to thank you for the flawless organization. The guides were superb and the choice of events, above and beyond the usual tourist musts. These were a lot of fun, while adding to our understanding of local cultures".
Dr. Alan Barkun, Montreal, Qc. - 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 fantastic - the best I have ever been with. A very informative trip.
Dr. Yusuf Mnyusiwalla, Waterloo, On. - New Zealand, 2015

"The trip to South Africa was awesome - I would rank it up there with my favorite so far with Doctors on Tour. The people in our group were wonderful - it was a total joy and I can see now why South Africa is one of your favorite destinations"
Dyana Driscoll, Toronto, On.- South Africa, 2015

"Bob and I enjoyed the time shared with each of you in Bali,
My expectations for the tour were met and exceeded .It really was a small window into the Balinese culture.
To (our group leaders) Bonnie and Mel, Thanks! Hope this isn't our last tour.
You all were interesting and gracious, Terima Kasih. Salamat Jalan"
Dr. Bob & Evelyn Lawler, Gibsonia, PA - Bali 2015

"We had a fabulous experience, enjoying a fun group of travelers and loving the beautiful art and history of Spain. The warm, friendly and family culture feeling of Spain was memorable and a testimony to the connections of Chef Fernando Garcia".
Dr. Gerry Mittler, Vancouver, BC - Spain Gourmet, September 2015

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

"The trip was exceptional in every way. Our guide was more than just a tour guide - the knowledge she shared was detailed and interesting - what an ambassador for her country ! The high level of care that she offered was above and beyond anything that we have ever experienced. We thoroughly enjoyed every minute of this trip ! Thank you !"
Dr. Les Marien, Orangeville, On - New Zealand, 2016

"An enjoyable and enlightening tour"
Dr. Brian Davies, Sarnia, On. - China, 2016

"A great exposure to Balinese culture and the spiritual aspects behind their healing philosophy"
Dr. Karyn Klapecki, Toronto, On. - Bali, 2016

"A most excellent tour escort - genial, helpful, very knowledgeable and organized. Very well chosen sights and experiences"
Dr. Michael Garner, Montreal, Qc. - South Africa, 2016

Doctors-on- Tour – Ecuadorian Amazon

Doctors-on-Tour - India

Doctors-on-Tour – Spain

Doctors-on-Tour - Chile & Argentina

Doctors-on-Tour – South East Asia

Doctors-on-Tour – China

And finally, this is an article written by one of our Group Medical Directors, and published in Doctor's Review, who hosted our November 2009 program to Ecuador with the optional extension to Peru…

ECUADOR (including the Galapagos, Amazon & Quito) and PERU

An article by Dr. Rachel Kassner– Group Medical Director, Doctors-on-Tour - November 2009

A physician fines a wonderful way to combine education and travel

My husband, our 12 year old son and I just returned from what I can only describe as a trip of a lifetime. We were on an exceptional tour with several other physicians organized by doctors-on-tour, a Toronto based company specializing in offering a combination of *vac*ation and (professional advancement) *edu*cation to exotic worldwide locations. We spent almost 2 weeks visiting Ecuador, the Galapagos and the Amazon rainforest, and then several of us continued on to Peru for another 5 days.

It's difficult to choose what was the most spectacular part of the trip. Let me first mention Peru, even though it was the last stop on our trip. Although I'd been to Peru before, I think that we all agreed that there was something magical about our visit to the Inca sites, and to Maccu Picchu in particular. My husband, who didn't expect to be moved by it, was awestruck. This incredible site was not lost on our son- he's still talking about it. What the Incas achieved and what still survived (in spite of the destruction by the Spaniards) is mind boggling. They were a civilization advanced beyond belief. The guides were extremely knowledgeable, and we felt that it wasn't just sightseeing, but an education. We stayed at the fabulous Inkaterra Eco Lodge about ½ hour from Machu Picchu, at the edge of the cloud forest. The Lodge sits on 100's of acres, grows its own organic vegetables and coffee, and has trained nature guides who conduct bird watching and nature hikes through parts of its own rainforest. Spectacular!

But no, Peru wasn't the highlight for us. We loved Ecuador. After a couple of nights in Quito, we flew on to the Galapagos Islands. The Galapagos, made famous by Darwin, are part of Ecuador and are situated in the Pacific Ocean over 900 km. west of the mainland. We were met at the airport by the crew of the Galapagos Explorer II, a 100 passenger ship that sails among the various islands. We spent 4 nights aboard the ship. All the wildlife in the Galapagos is heavily protected and access is strictly controlled. The ship has its own Galapagos born and trained guides who are walking encyclopedias on the geological history of the Islands and the wildlife endemic to each. Twice a day we would board zodiacs from the ship and head out for about 3 hours to visit a particular island. The guides made sure that we didn't miss a thing: land and sea iguanas; Sally Lightfoot crabs; the incredible frigate bird with his red gullet puffed out like a balloon to attract a mate; blue footed boobies; sea lions in abundance; enormous land tortoises; penguins; flightless cormorants; other birds in large numbers and varieties; and more and more species too numerous to mention. We also had a number of snorkeling opportunities, and there's no bigger thrill than swimming with the sea lions as they frolic around you.

And then back to Quito. Quito is a wonderful city, with a rich history. We also had an opportunity to journey north to Otavalo. What a treat! We visited towns that each specialized in only one craft: leather; weaving; mazapan (ornaments made out of dough and then glazed in captivating designs and colours – our son brought back a spectacular chess set whose pieces depict the wildlife of the Galapagos). We visited a 3rd generation family of musicians and makers of all types of pan flutes. They demonstrated how they make a simple pan flute, the sounds of each of the different instruments, and then put on a performance for us. We were captivated. We visited the Otavalo craft market which was an absolute kaleidoscope of colours. The wares are a bargain by North American standards and of course we always wished that we had bought more. The people are friendly and their clothing is so picturesque. An enchanting hacienda provided us with a refreshing overnight stay. None of us wanted to leave. Our guide Carlos was wonderful; he showed us his country and left us with a real understanding and appreciation for Ecuador and its people.

As incredible as all of this was, I think that our family felt that if we had to choose the most unique and spectacular part of the trip, it was the 4 days we spent in the Amazon rain forest.

Amidst all of this travel and moving from locale to locale, there was still time for a CME component. There were presentations on various topics from members of our group; a discussion on Ecuadorian health care by a local physician in Quito; visits to both public and private hospitals; a presentation by a biologist in the Galapagos; a visit to the ship's infirmary, and a hands-on introduction to natural and herbal medicines by our guide in the rainforest. There was also a local shaman who performed a cleansing ritual on one of our group that left us all agape!

This was a fabulous way to visit exotic places and still get first hand knowledge and understanding of health care as it exists other than in our North American environment.

Dr. Rachel Kassner is a family physician in Charlottetown, PEI and travels extensively. She is formerly the Head of the Department of Family Medicine at the Queen Elizabeth Hospital in Charlottetown and is also the President of the Medical Society of Prince Edward Island as well as being a physician liaison on the project to implement unified electronic health records Province-wide.

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 ($700 per person for programs which include a cruise component), together with the applicable travel insurance premium, is required with your reservation request. Tour extensions and, where applicable, seat upgrades in aircraft cabin categories higher than economy, are also subject to additional non-refundable deposits as detailed in each specific program's brochure. Reservations made for travel within 95 days (105 days for programs which include a cruise component) of the travel date will require full payment at the time of reservation. Certain non-standard arrangements may require higher deposit and the same will be advised to you at the time of booking. Please be aware that some airfares (outside of our group air blocks) require full payment at time of booking and will be advised to you accordingly at the time of your booking confirmation.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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