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CME, ECOLOGICAL & CULTURAL TOUR OF ECUADOR / GALAPAGOS & PERU

(INCLUDES GALAPAGOS CRUISE, QUITO, CUZCO & MACCHU PICCHU)

November 13 - 28, 2021



The Organizers...

Doctors-on-Tour

Doctors-on-Tour was created in 2000 and specializes in offering ecological, cultural, gastronomical and adventure travel to exotic destinations for physicians who want to combine learning and travelling. Our programs offer targeted educational programs offering updates on current topics of interest together with meetings and discussions with local health care representatives to specifically discuss common medical developments in, and challenges facing, the local health care systems in both Canada and the country where the meetings and discussions are being located. This also includes in-depth tours of hospital facilities (both public and private) in order to meet with local medical practitioners and review, and compare, facilities, techniques and practices on a firsthand 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, Morocco, South Africa, Zanzibar, Kilimanjaro climb), India, Bhutan, China, Japan, South East Asia (Vietnam, Cambodia, Laos & Bali), Malaysia/Singapore, New Zealand and Europe (Eastern Europe, Iceland, Spain).**

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

Contact us at - tel: 416-231-8466; toll free: 1-855-DOC-TOUR (362-8687); fax: 1-888-612-1459

e: info@doctorsontour.ca

Dr. Aly Abdulla, M.D. - Manotick, On.

Originally from Tanzania, Dr. Aly Abdulla initially started in genetic and biochemical engineering then moved onto family and sports medicine through the Universities of Calgary, Toronto, and Ottawa. Presently, he is a specialty consultant in sports medicine, family and community medicine, and medical management. This includes working with Olympic-level athletes as well as people with joint and muscle/skeletal problems.

In addition to operating a network of medical facilities, his roles also include that of both Assistant Professor Faculty of Medicine and Academic Clinical Professor Faculty of Nursing at the University of Ottawa as well as Chair Section of General and Family Practice Ontario Medical Association. He is on the medical editorial board of Wellness Options, The Health Journal, A Patient's Guide to Medical Information and is currently Editor in Chief for the Journal of Current Clinical Care Sports Medicine.



Aly has served as a medical expert for the television station the New RO, as well as being a writer for The Ottawa Sun and The Globe and Mail. He is also a peer reviewer for Canadian Family Physician and Annals of Family Medicine.

His accomplishments include Winner of the Top 40 Under 40 2007 from The Ottawa Business Journal, Winner of The Outstanding Family Physician of the Year 2008 for Eastern Ontario by the Ontario College of Family Physicians, and he recently won the OMA Advocate for Students and Residents Award in 2020.

Aly is currently a Candidate for OMA President Elect for 2021 and if you would like to support his candidacy, additional information may be found [here](#).

This will be Dr. Abdulla's second venture with Doctors-on-Tour after leading a program to Kenya and Tanzania a few years ago.

Dr. Abdulla may be contacted at –

e: kingsway@doctor.com

www.drallykhanabdulla.com/

The Destinations... Ecuador (including the Galapagos Islands) and Peru



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.

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 on these islands include the Galapagos land iguana, blue-footed booby, Galapagos green turtle, sea cucumber, 13 endemic species of finch, Galapagos penguin, flightless cormorant, Galapagos 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 adaptation 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 –

<https://ecuador.travel/> - Ecuador Tourist Board

<http://www.galapagos.org> - Galapagos Conservation Organization



From ancient cultures to bustling cities to extraordinary landscapes, few destinations have as much to offer visitors as **Peru**, an astonishingly varied country. Here you will find panoramic mountain ranges, vast deserts, beautiful beaches and tropical jungle, not to mention fantastically rich history, archaeology, wildlife and enduring indigenous cultures.

Images of the extraordinary remains of ancient civilizations will inevitably jump to mind. The Inca stronghold **Machu Picchu** is one of the most famous and photogenic archaeological sites in the world and the mysterious Nazca Lines boggle the brain, but there are hundreds of similarly fascinating and even older sites to discover.

All are set in stunning landscapes, whether parched desert coast, soaring sierra or remote rainforest overflowing with wildlife. Such a diverse landscape generates diverse pleasures; you can hike through snowy peaks one day and relax on the beach the next; paddle a dugout through lowland rainforest or hop on a traditional reed boat on some of the world's highest lakes.

The towns and cities of Peru are equally fascinating. **Lima's** shiny and modern Miraflores area and grand and imposing historical centre are an example of the wealth of the country at its height. Contrasting beautifully is the ancient capital of **Cuzco** with its steep, winding, cobbled street and its more than 1,000-year history. In between is everything from established cities to large communities to tiny indigenous villages, at extremes in altitude and temperature.

Peru is a hiker's dream, with some of the world's most picturesque and challenging mountain ranges in the world. The richness of accessible wilderness allows you to really immerse yourself in nature and discover the country for yourself. The country has so much to offer, and mesmeric music, well-stocked museums, rich culture and uncommonly friendly people and you have a destination with something for everybody.

Further information can be found at -

<http://www.peru.travel/en/> - Official Tourist Board site

<http://www.visitperu.com/> - Peru Tourist Bureau

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 varied program, suitable for all health care practitioners, will include the following –

- Medical tour of **Hospital Nacional “Adolfo Guevara Velasco” Essalud, Cuzco** to meet with local doctors and learn about the Peruvian medical system
- Visit the **Casa del Sol medical center (Cuzco)** which integrates traditional, natural, Andean and modern medicines
- **Hospital San Luis de Otavalo, Otavalo** to meet with local doctors and learn about the Ecuadorian medical system
- **Academic Conference on board M/N Santa Cruz II** with lectures by Canadian & Ecuadorian medical experts & interactive discussions
- Visit to the ship's hospital on the **M/N Santa Cruz II** to review its facilities and learn about common onboard medical issues and ship's emergency procedures from the ship's doctor

In addition, any physician who would like to make a short presentation at the Academic Conference on board the Santa Cruz II in the Galapagos should register their interest by completing the relevant section of the program registration form and the **Group Medical Director, Dr. Aly Abdulla** (e: kingsway@doctor.com) will contact you directly.

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

The detailed itinerary...

Day 1 - Nov 13, 2021 (Sat) : Depart Toronto for Lima, Peru

Fly from Toronto 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 2 - Nov 14 : Lima (B, L)



The capital and largest city in Peru, **Lima**, is located in the central part of the country and is a melting pot of cultures, Lima offers a mixture of European, Andean, African and Asian influences.

The city of Lima was founded by Francisco Pizarro on the Catholic feast day of Epiphany in 1535, earning it the nickname the “City of Kings”. It became the capital of the Spanish Viceroyalty of Peru and grew into the continent’s richest town. Lima was devastated by an earthquake in 1746 but was rebuilt quickly and became the capital of Peru upon independence in 1821. The beginning of the 20th century witnessed a population boom as the city began to industrialize and people started to move from the countryside into Lima.

Today, Lima is the major point of entry for visitors and has a well-developed tourist infrastructure. The Historic Centre of Lima, made up of the districts of Lima and Rímac, is one of the most charming areas of the city and was named a UNESCO World Heritage Site in 1988. The district houses colonial architecture and many churches that date from as early as the 16th century. Lima has been named the “Gastronomical Capital of the Americas” and is home to the highest concentration of museums in the country making the city a hub of Peruvian cultural activity.

Breakfast at hotel.

This morning, enjoy a city tour. The tour will begin with an exploration of **Colonial Lima**. First, you will stop off at the **Plaza de Armas** (Main Square) - explore the square by foot and admire the exteriors of the Government Palace, the Cathedral of Lima, and the City Hall, all examples of Lima’s still-present colonial architectural opulence. Afterwards, visit the **San Francisco Convent**, built in the 17th century, and its “**Catacombs**” ancient underground cemetery of Lima. Continue with a visit to the **Museum of the Banco Central de Reserva**. It issues metal and paper money, the Peruvian Sol and its main purpose is to preserve monetary stability and regulate the currency and credit of the financial system.

Finally, leave behind Lima's Historic Center and begin your journey through the streets of modern Lima as you head toward the most traditional of the residential zones of the capital: **San Isidro and Miraflores**. In San Isidro, you will pass through the heart of the city's financial district and then enjoy a panoramic view of the **Huaca Hullamarca Pyramid**, an important pre-Inca and Incan ceremonial center and cemetery built out of adobe mud bricks. Then travel to the district of Miraflores, a perfect spot to end the tour with wonderful views of the Pacific Ocean.

Lunch at a local restaurant

Afternoon and evening at leisure to continue to explore this fascinating city independently.

Overnight in Lima.

Day 3 - Nov 15 : 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.

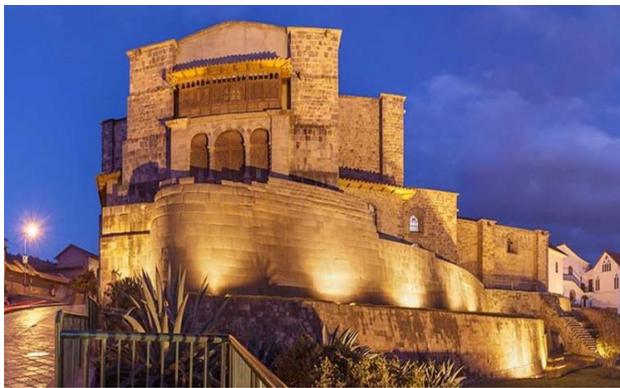
Breakfast at hotel and transfer to airport for flight to Cusco where you will be met upon arrival and transferred to the hotel.

For physicians, there will be a morning visit to the Hospital Nacional "Adolfo Guevara Velasco" Essalud, to meet with a local doctor and learn about the 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 –

- **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 weigh between 90 and 128 tons.
- **San Pedro Market:** Visit to the San Pedro market (Market of St. Peter), which being the city's main street market, will give you an opportunity to know the products of Cuzco, overwhelming you with the sights, aromas, tastes, and colors of the region.
- **Koricancha (the Golden 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. Admire its exquisite vestibules and priceless paintings from the Cusco School of the 17th century.



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

Overnight in Cuzco.

Day 4 – Nov 16 : 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 Cuzco. 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 Cuzco 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, avocados, 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.

Today, enjoy a tour of the **Sacred Valley of the Incas**. Leave Cusco and cross the Urubamba River towards **Chinchoero** town. Chinchoero's population is composed of twelve indigenous communities that maintain the *ayllu* system.

Since pre-Hispanic times, a co-evolutionary relationship built around management of biocultural resources with the mountain environment in Cusco Valley, Peru, has produced the "ayllu" mindset. The main objective of "ayllu" is the attainment of well-being or Sumaq Qausay; defined as a positive relationship between humans and their social and natural environments. To this end, great focus is given to achieving equilibrium between one's natural and social surroundings and to maintaining reciprocity between all "beings" including the Earth. This practice has proven pivotal to maintaining high biodiversity and has been described by scholars as the product of "common-field agriculture". Attesting to this, the majority of subsistence and agricultural activities in the valley are based on diversifying uses and the priorities and values of the communities.

Chinchoero is famous for the extraordinary beauty and quality of its textiles. Visit the weavers' workshop of **Nilda Callañaupa**, who 28 years ago decided to bring together like-minded women who shared her passion for weaving, and in time was able to motivate younger women who had lost interest in weaving to learn from their elders and connect once more with this ancestral art. She began working in the yard of her own house in Chinchoero, and in 1996 her project became the **Center for Traditional Textiles of Cusco**, a strong organization dedicated not only to the preservation, but also the commercialization of beautiful, high quality textiles.



Continue to the **Salt Pans of Maras**. The famous salt mines, exploited since Inca times, are made up by approximately 3,000 small pools each independently owned by local families who fill the pools with salt water until the water evaporates and the salt remains. The stark white of the steeply descending salt pans is juxtaposed against the green of the surrounding mountain slopes.

Lunch will be at a restaurant in Maras town.

In the afternoon, visit the town of **Ollantaytambo**, one of the last remaining Incan towns, which was once fiercely guarded by a massive fortress. Discover the large archaeological complex of what used to serve as a wayside inn for royal delegations on long journeys. Surviving structures here include multiple walls and towers that were used to protect the citadel from possible invasions as well as traces of ancient roads and aqueducts.



Transfer to Ollantaytambo station for your late afternoon **Inca Rail's "The Voyager" train to Machu Picchu** – a spectacular journey to the town of Aguas Calientes, also known as Machu Picchu Pueblo, situated at the end of the valley and the gateway to Macchu Picchu.

Dinner and overnight at hotel in Aguas Calientes.

Day 5 – Nov 17 : 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 Macchu 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. Other 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 your guided **tour of Machu Picchu Sanctuary Park**, entering the Park area to enjoy this awe inspiring archeological site in relative solitude before the trains from Cuzco arrive with passengers later in the morning (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**.

Locally known as The Intipunku, the Sun Gate, consists of two large stones that correspond to the winter and summer solstices, and on these dates the gates are illuminated by laser-like beams of light. It 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.

In addition to their symbolic importance, the gates will also give you remarkable views of both Machu Picchu and Huayna Picchu. This hike provides a different perspective of the ruins with a spectacular view over the mountain from where the Inca Trail approaches.

For those group participants that do not wish to take the hike, you may continue to explore the Machu Picchu Park independently.

Dinner and overnight at the hotel in Aguas Calientes.

Day 6 – Nov 18 : Machu Picchu – Cuzco (B, L)

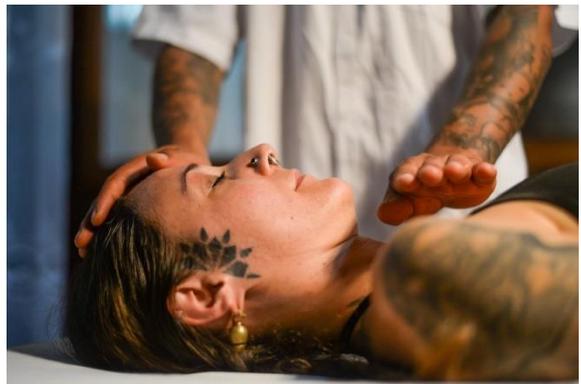
Breakfast at the hotel and some free time before transfer to Aguas Calientes station for your mid-morning Inca Rail's "The 360" (used to be known as the Vistadome) train to Ollantaytambo and the return road transfer to Cuzco.

A box lunch will be included.

Upon arrival back in Cuzco, physicians will visit the Casa del Sol medical center which integrates traditional and modern medicines.

Doctor Gladys Oblitas, the Director of the center, and who trained in Europe and in the Andean region, will give a presentation about the center's mission and the social aspects of their project as well as providing a demonstration along with her team.

<https://casadelsolcusco.com/>



This Center for Integral Medicine, rather than a place of formal medical care, is a medical center where the humanization of medicine is promoted, the integration of vibrational medicines (bioenergy medicine), traditional practices (Andean medicine), and modern medicine, rescuing the best of each therapeutic territory to awaken the immense self-healing potential that sleeps in every human being.

Non-physicians will have free time to continue to explore this World Cultural Heritage city.

Overnight in Cuzco.

Day 7 – Nov 19 : Cuzco - Lima – Quito (B)

Breakfast at hotel.

Transfer to Cuzco airport for morning flight to Lima. Connect in Lima for your onward flight to Quito (Ecuador).

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

Rest of the day and evening at leisure.

Overnight in Quito.

Day 8 – Nov 20 : Quito 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 its 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. Watch a short video Ecuador Tourism video of Quito at https://youtu.be/Ad_qTpxX-YE

Breakfast at hotel.



This morning, 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 of the great religious buildings of the New World; its impressive façade and atrium that lead to its Baroque interior influenced by Moorish style, Continue to **El Panecillo Hill**, and the statue of the Virgin Mary for a beautiful and impressive view of the Andean landscape.



Then continue to the **Equatorial Monument**, 16 miles North of Quito, stopping on the way for lunch, which marks the exact Middle of the World, latitude 0°, where you can stand with a foot on each hemisphere. The Ecuador Sun Dial is the first monument to the Middle of the World in the history of the Republic of Ecuador. It consists of a circular platform of river rock 54 meters in diameter arranged in a mosaic of light and dark tones in the form of the eight-pointed star known as the compass rose. In the center of this platform is found a 10 meter-high cylindrical post that serves as a gnomon or indicator of the shadows that mark the corresponding hours and months according to the apparent transit of the sun. The most important objective of the Sun Dial is to rescue, renovate and dignify the concept of the Middle of the World upon which sits the base of the cultural identity and the history of the Ecuadorians.

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. Return to Quito.

Evening at leisure.

Overnight in Quito.



Day 9 – Nov 21 : Quito - Imbabura / Otavalo - Quito (B, L)



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 hotel.

Today, head north of the city on a spectacular drive 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.

Stop at the village of **Cayambe** famous for the local biscuits "bizcochos" and, upon entering the Imbabura province, stop at Miralago for a short stop and a wonderful sight of the San Pablo Lake. Continue on to the provincial town of Otavalo.

Physicians – Visit to the Otavalo Provincial Hospital to meet with local physicians and 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.

Lunch will be at a 17th-century Ecuadorian hacienda in the Otavalo area.



In the afternoon, make a stop in one of the many cottage industry towns such as **Peguche**, home to the artisans who specialize in weaving or **Cotacahi**, and a town famous for its production of fine leather goods before returning to Quito.

Evening at leisure. Overnight in Quito.



Day 10-14 – Nov 22-26 : Quito – Galapagos Islands (M/N Santa Cruz II – 5 days Northern Itinerary cruise)



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 on these islands include the Galapagos land iguana, blue-footed booby, Galapagos green turtle, sea cucumber, 13 endemic species of finch, Galapagos penguin, flightless cormorant, Galapagos 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 Galapagos. The cruise itinerary together begins at Baltra airport, from which we will 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 serve as feeding grounds for various wading birds, including stilts, pintail ducks, and flamingos. As we continue our voyage, 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 fantastic tidal pools that are full of life and good snorkeling and swimming opportunities. The next day we visit the red-sand beach of **Rabida Island** along with a lovely trail around some cliffs and a popular spot for aquatic activities, with some of the best snorkeling in the Galapagos Islands! In the afternoon, we round out the day with a stop at **Bartolome Island**, which offers a volcanic viewpoint with room for hiking, swimming, and exploring the beach and the coast. Bartolome is one of the few spots in the Galapagos that will give you the chance to see Galapagos penguins. From here we sail northeast, crossing the equatorial line, to the sunken crater of **Genovesa Island**, home to thousands of marine birds where we will stop at both **Prince Philip's Steps** and **Darwin Bay**. It feels like a world a million miles from our own. We finish back at **Santa Cruz Island** with an incredible encounter with nature at the wild habitat of the giant **Galapagos tortoises** at a private reserve up in the highlands of Santa Cruz.

In 5 days, you can see 11 of the BIG15 Galapagos species! See them all at <http://galapagosbig15.com/>

Please note, the itineraries and program are subject to change without prior notice, due mainly to adjustments in the policies and regulations of the Galapagos 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 offshore. 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 10 – Nov 22 : 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 km², 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 in 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 hotel.

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

Sail to **Las Bachas (Bachus 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 11- Nov 23 : 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 km², Maximum altitude: 920m, Volcano: 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**, with its 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 its 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 lion colony, snorkelling opportunities*
- *Type of terrain: Beach, paths; Physical condition: low-medium; Wet landings*

Day 12 – Nov 24 : 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 flutter 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*

An extinct volcano **Bartolomé Island** (Area: 1.2 km², 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 snorkeling (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 – 300+ steps on decking); Dry landing*

Day 13 – Nov 25 : Galapagos Cruise (Genovesa Island - Prince Philip's Steps / Darwin Bay) (B, L, D)



Genovesa Island (Area: 14 km², 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 includes 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 will 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 will 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 snorkeling 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 will 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.

Day 14 – Nov 26 : Galapagos Cruise (Santa Cruz Island - Baltra) - Guayaquil (B)



One of the largest islands in the Galapagos, **Santa Cruz Island** (Area: 985 km², Maximum Altitude: 859m) is also home to the largest town (population 12,000) in the archipelago, Puerto Ayora. The Santa Cruz Highlands are known for their lush greenery. In fact, all the six different vegetation zones in the Galápagos are represented on Santa Cruz, stretching from the Littoral Zone up to the Fern-Sedge Zone at the top of Mount Crocker. The windward side of the island is more humid and diversified than the leeward side, which is very dry. The dominant winds are the southeast trade winds, and the garúa precipitation falls on the windward side of Santa Cruz.

The island's summit contains a shallow caldera that has been largely buried by youthful pit craters and cinder cones with well-preserved craters. The most recent eruptions may have occurred only a few thousand years ago with the effusion of sparsely vegetated lava flows from vents on the north flank and along the summit fissure and a gigantic lava tube measuring over 2,000m long is a main attraction on the island. A testimony to its volcanic history are Los Gemelos (The Twins), two deep pit craters situated in a scalesia forest filled with mosses, ferns, and birdlife, such as woodpecker finches, small and large tree finches, and vermilion flycatchers. The sinkholes are like rings on a tree showing the history of the island, volcanic layer by volcanic layer.

- *Fauna: black-necked stilt, cactus finch, cattle egret, dark-billed cuckoo, Galápagos mockingbird, Galápagos rail, great blue heron, ground finch, tree finch, lava gull, magnificent frigatebird, short-eared owl, striated heron, vermilion flycatcher, whimbrel, woodpecker finch, yellow warbler, giant tortoise, land and marine iguanas*
- *Flora: acacia, Galapagos croton, Guayabillo, heart-leafed scalesia, poison apple, matazarno, cat's claw.*
- *Main Attraction: Giant tortoises from Santa Cruz Island*
- *Type of field: flat, a little rocky (may be slippery when humid); Physical condition: low; Dry landing*

You will begin your last morning on the north shore of Santa Cruz Island. After breakfast, your luggage will be taken to the airport and you will finish your Galapagos expedition with one final highlight - a visit to the **Giant Tortoise Reserve** in the Santa Cruz highlands where you will see giant tortoises roaming around in the wild. These lush highlands include dense forests consisting of Galapagos daisies, orchids and bromeliads as well as several endemic land birds.

Following the visit, return to town and transfer to the airport in Baltra to take the flight back to Guayaquil.

Transfer to your hotel and evening at leisure.

Overnight in Guayaquil.

Specific Inclusions and Exclusions re M/N Santa Cruise II...

Inclusions

- Cabin accommodation,
- All meals
- Island sightseeing
- Naturalist guides and lecture services in English
- Conferences and lectures
- Snorkeling gear
- Use of kayaks, glass bottom boat, paddleboards
- Luggage handling
- 24/7 Medical care on board (but not the cost of medication)
- Taxes and transfers in the islands
- Internet / Wi-Fi only for guests on "Panorama Deck"

Exclusions

- Beverages (both soft drinks and alcoholic** beverages)
- Gratuities
- All items of a personal nature such as laundry services etc
- Internet / Wi-Fi ***
- Galapagos Park Inga Fee (US\$20/person) – payable locally at Quito airport pre flight to Galapagos
- Galapagos Park Entry Fee (US\$100/person) – payable locally upon arrival in Galapagos
- Wet Suits available for rent, US\$20+taxes per guest for 5 or 6 day cruises

** The ship charges guests who wish to bring bottles of wine and/or spirits aboard our vessels a corkage fee of US\$27+taxes.

*** Note: internet connections onboard consist in computer stations and wifi in the vessel's social areas; due to the Galapagos' remote location, internet connections are intermittent (and cannot be guaranteed) and low-bandwidth, fee of US\$40+taxes.

Galapagos images...



Red lava crabs



Giant tortoise



Land iguana



Fur seal



Sea lion



Blue footed boobies



Marine iguana & lava lizard



Red footed boobie



Flightless cormorant

Day 15 – Nov 27 : Guayaquil, Ecuador (B, D)

Guayaquil is Ecuador's largest and most populous city. Located on the western bank of the Guayas River inland from the Pacific Ocean, it is perfectly located to serve as the country's main port as well as being the country's principle commercial and manufacturing centre.

Before a settlement was established by the Spanish Conquistador Francisco de Orellano in 1538, the region that Guayaquil covers was a native village. Its location meant that it was a target for pirates during the 17th and 18th centuries. In 1820, a group of civilians and soldiers from the 'Granaderos de Reserva' defeated the Royalist guards' resistance (almost without bloodshed) to declare independence from Spain. This victory would later be viewed as key in the Ecuadorian War of Independence. The city became part of Republic of Ecuador in 1830. A fire devastated a great part of the city in 1869 and as a result, there are few colonial buildings today. Instead, Guayaquil offers a more modern and contemporary vibe than other Ecuadorian city.

One of the oldest parts of the city that is remaining is Las Peñas, the first neighborhood of Guayaquil with more than 400 years of history, where its characteristic wooden houses painted with bright colors sat on cobbled and narrow streets stand out. A climb up the 444 steps of Santa Ana Hill to its lighthouse affords a unique view of the city.



Today, much of Guayaquil's personality comes from it being a seaport. It offers a hot climate, great music and excellent seafood. Recent years have witnessed the city undergoing major changes that include more parks as well as a growing cultural scene focusing on theatre, film and art.

Watch a short video Ecuador Tourism video of Guayaquil at https://youtu.be/-xV7R_XqHAY

Breakfast at hotel.

This morning, experience a city tour starting with the Centennial Park in Avenue 9 de Octubre, the principal street in the downtown area. Pass by the San Francisco Plaza, Banco Central building, and Civic Plaza in front of the Government House and City Hall. Take a short walking tour to the municipal museum and Seminario Park, known as Īguana's Park due to the large number of its local inhabitants, in front of the Cathedral. Continue through Chile street up to the intersection with Avenue Olmedo, passing by the First State University of Guayaquil, an old building with white columns and wide windows, typical from Guayaquilenian architecture.

Drive alongside the **Malecon 2000**, an urban renewal project focusing on the old Simón Bolívar boardwalk along the west shore of the Guayas river. It is around 2.5 km long and several of the greatest historical monuments in the history of Guayaquil can be seen along its length, as well as museums, gardens, fountains, shopping malls, restaurants, bars, the first IMAX theater in South America, as well as boarding docks where several embarkations offer both daytime and nighttime tours up and down the Guayas River. It is considered a model of urban regeneration by global standards, having been declared a healthy public space by the Pan-American Organization of Health and the World Health Organization.

Stop at the South Market in Malecon 2000, to visit the Integration Plaza and artisans market, the Union Club and the first fort of Guayaquil where a statue of Jose Joaquin de Olmedo (first major of Guayaquil) stands in front of the Guayas River. Continue to the Civic Plaza and see the Moorish Tower, the City Hall, and La Rotonda Monument with its statues of Simon Bolivar and Saint Martin. Pass by Las Peñas, the old neighborhood where the city was born, located at the foot of Santa Ana Hill and finish the tour to the north of the city passing by the General Hospital and Cemetery.



Afternoon at leisure to continue to explore the city independently.

Farewell dinner at a local restaurant in Guayaquil.

Overnight in Guayaquil.

Day 16 – Nov 28: Guayaquil - Toronto (B)

Breakfast at hotel and some free time to continue to explore the city independently before being transferred to the airport for your flight from Guayaquil back to Canada (arrival in Toronto same day, Nov 28).

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.

SMALL SHIP LUXURY CRUISING - The **50-cabin M/N 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 M/N 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.

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
- Snorkeling 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 latest 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 only **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); 2 Voyageur Single cabins on Horizon Deck and 2 Explorer Triple cabins on Horizon Deck. 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 Voyageur Single Cabins (127 sq ft / 11.84 m2) – Horizon Deck
- 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. Complete details of the different cabin types, including a deck plan may be found at <https://www.santacruzgalapagoscruise.com/decks-and-cabins/>

* 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.

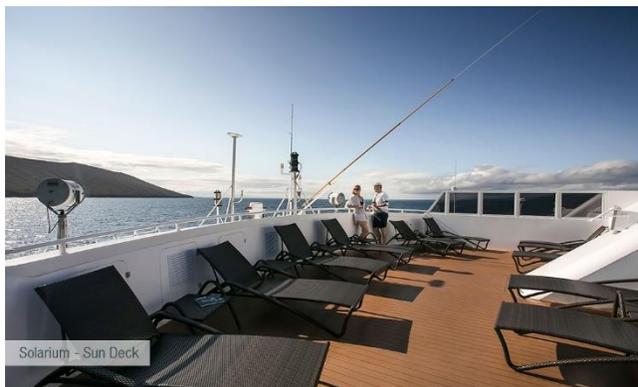
A full online brochure is available at https://issuu.com/metropolitantouring/docs/brochure_santa_cruz_ii

Check out videos on the Santa Cruz II at

<https://www.youtube.com/watch?v=ie9elsfXw9k> and <https://www.youtube.com/watch?v=thwKgg5hc6o&t=50s>

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

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



Solarium - Sun Deck



Beagle Restaurant

SANTA CRUZ II TOP FEATURES:

A vessel designed and built for wildlife exploration in remote areas

- Small groups – average just **11 guests per guide**
- 99% of visitor **sites are not shared** with other vessels
- Glass-bottom boat, kayaks, snorkelling, swimming, panga coastal exploration (**all aquatic activities** authorised by the National Park)
- A 58% increase in Passenger **Space Ratio (29.6)**
- **Barbecue** and al-fresco dining
- Separate lecture areas for **simultaneous presentations**
- 90% of all cabins include **convertible beds** and 72% (36) are **interconnected cabins**
- **No cabins at sea level**, near engines or generators
- A Cordon-Bleu **gastronomy director**
- A **medical doctor on board**, with a fully equipped infirmary, free of charge
- Sustainable cruise technology, including a **waste-water treatment plant**
- 31% reduction in fuel consumption compared with its predecessor, resulting in a **lower environmental footprint per guest**

The hotels...

Location	Hotels
Lima, Peru (2 nights)	Casa Andina Premium Miraflores (5*) https://www.casa-andina.com/en/destinations/miraflores/hotels/casa-andina-premium-miraflores
Cuzco, Peru (2 nights)	Costa del Sol (4*) https://www.costadelsolperu.com/hoteles/hotel-costa-del-sol-ramada-cusco/
Aguas Calientes, Peru (2 nights)	Macchu Picchu Hotel Sumaq (5*) http://www.machupicchuhotels-sumaq.com/
Quito, Ecuador (2 nights)	Hilton Colon (4*) http://www1.hilton.com/en_US/hi/hotel/QUIHIHF-Hilton-Colon-Quito-hotel/index.do
Quito, Ecuador (1 night)	Wyndham Quito Airport (4*) https://www.wyndhamhotels.com/wyndham/quito-ecuador/wyndham-quito-airport/overview?CID=LC:WY:20160927:RIO:Local
Guayaquil, Ecuador (2 nights)	Wyndham Guayaquil (4*) https://www.wyndhamhotels.com/wyndham/guayaquil-guayas-ecuador/wyndham-guayaquil/overview

All of the accommodation will be in 4* or 5* properties as noted above. (In the unlikely event that a property needs to be changed it will be substituted with one of a similar standard)

The price... Cdn \$11,495 / person (register by May 31, 2021 and save \$500/person)

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 May 31, 2021	\$ 11,495
- registrations after May 31, 2021	\$ 11,995
Single supplement - Explorer cabin, Horizon Deck (double cabin on single occupancy basis in Explorer cabin, Horizon Deck – upgraded cabins on higher decks have an additional surcharge – see below)	\$ 2,450
Supplements to upgrade accommodation on M/N Santa Cruz II	
<ul style="list-style-type: none"> • Explorer Double cabin, Expedition Deck • Explorer Double cabin, Panorama Deck • Darwin Suite, Panorama Deck 	\$ 450 (per person - \$900 if single occupancy) \$ 750 (per person) - \$1,500 single occupancy) \$ 1,500 (per person) - \$3,000 single occupancy)
Single share fee	\$ 300 **
Transportation / hotel taxes and fees	\$ 715
Academic program registration fee	\$ 800 (per MD registrant)
Payable locally	
- Galapagos Park Entry Fee	US\$ 100
- Galapagos Park Ingala Card	US\$ 20

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

Complete details of the different cabin types on the M/N Santa Cruz II, including a deck plan may be found at <https://www.santacruzgalapagoscruise.com/decks-and-cabins/>

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.

CANADIAN \$ PRICING !

Please note, unlike many programs offered by other companies including a Galapagos cruise component which are quoted in US\$ (and are also usually land only prices excluding air fare), **our prices remain in Canadian\$** - and, with a premium now of around 30% (at March 2021) when paying in US\$, this makes a significant difference.

COST EFFICIENT INVOICING !

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

NEW ! ONLINE REGISTRATION FORM

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

<https://fs22.formsite.com/Doctorsontour/GALPERU2111RegForm/index.html>

Full program information may also be found at –

<http://www.doctorsontour.ca/cme-programs-ecuador-peru-upcoming-2111.php>

REGISTER BY MAY 31, 2021 AND SAVE \$1,000/COUPLE !!

Inclusions and Exclusions...

Inclusions –

- International flights from Toronto to Lima, Peru and Guayaquil, Ecuador to Toronto.
- Regional flights – Lima-Cuzco, Cuzco-Lima, Lima-Quito, Quito-Galapagos, Galapagos-Guayaquil
- Modern, air conditioned coach transportation
- 11 nights 4* and 5* hotel accommodation
- 5 day / 4 night Galapagos cruise (Northern Islands itinerary) on the luxury expedition ship, M/N Santa Cruz II
- 15 breakfasts, 10 lunches, 8 dinners
- Comprehensive daily itineraries including, island sightseeing, naturalists and lecture services, escorted tours of local cultural sites and museums
- All admission fees (except those specifically noted above)
- Fully escorted tour including services of local English speaking cultural, ecological and naturalist experts
- Porterage (at hotels)
- CME program including tours of various local medical facilities spouses (Academic Program Certificate provided) with separate programs for spouses
- Hosting by our Group Leader and Medical Director, Dr. Aly Abdulla

Exclusions –

- Any meals or activities not mentioned above
- Gratuities (for both Galapagos cruise and land tour components in Peru and Ecuador)
- Galapagos Park Ingala Fee (US\$20/person) – payable locally at Quito airport pre flight to Galapagos
- Galapagos Park Entry Fee (US\$100/person) – payable locally upon arrival in Galapagos
- 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 with Manulife Insurance – please check for further details in our brochure (page 35)
- All items of a personal nature such as telephone / internet usage, laundry services etc

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 (WITH A NON-REFUNDABLE DEPOSIT OF \$700 PER PERSON, PLUS APPLICABLE TRAVEL INSURANCE PREMIUM) AS SOON AS POSSIBLE IN ORDER TO GUARANTEE YOUR RESERVATION AS WELL AS TO HAVE THE BEST CHOICE OF CABIN CATEGORY.

Misc information you need to know...

Travel documentation and visas

An entry visa 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 / Peru.

Citizens of other countries should check their requirements at <https://cibtvisas.ca/>

Mandatory vaccinations

Ecuador – none at the present time; Peru – none at the present time

Recommended medical precautions

A list of our full medical **recommendations** will be provided closer to departure – this will include up to date MMR, Hepatitis A/B, and typhoid vaccinations as well as high altitude medication such as Acetazolamide (Diamox) depending on your susceptibility to altitude, ie Quito (2850m) and Peru (Cuzco - 3400m, Macchu Picchu - 2400m). In the new COVID world, you should plan to bring -

- Hand sanitizer
- Anti-bacterial wipes
- Face mask (wearing a mask may still be the expected norm, whether at sites or indoors)
- Personal refillable water bottle

COVID-19

We recognize that, for the foreseeable future at least, COVID-19 has significantly changed the travel experience. We are continuously monitoring the developing situation in all of our worldwide destinations through guidance provided by the PHAC, CDC and WHO and we have been working with our exclusive local destination partners to ensure that travel to any destination that we offer is able to re-commence as safely as possible. Our new **Travel with Confidence** policy features new health and safety procedures from the moment you arrive to the moment you leave, with as little disruption as possible from your overall travel experience and this his policy will evolve as time goes on and as we continue to monitor the ongoing situation in each destination.

In addition to a Wellness Declaration Form that we will require you to complete and submit before joining your tour, each destination will have their own health screening requirements for entry. Entry screening will likely involve completing a COVID-19 questionnaire upon arrival at Immigration and may include the requirement of evidence of recent negative COVID-19 test results, temperature screening and/or proof of vaccination against COVID-19. It is likely that proof of medical insurance (including for COVID-19) may also be an entry requirement. A particular destination's requirements may obviously be subject to change as each country's specific situation evolves and we are monitoring each of our planned destinations in order that we may provide you with the most specific up to date information which will be provided to you prior to your tour balance payment being due.

Complete details of our Travel with Confidence policy including a list of our **COVID-19 health & safety protocols**, flexible booking conditions and Q&A regarding travelling during COVID-19 may be found at -

<http://www.doctorsontour.ca/covid-19-travel-with-confidence.php>

Specific COVID-19 protocols relating to the cruise component of this program on the **M/N Santa Cruz II** may be found at <https://youtu.be/WanCwVCMU5c>

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 the following insurance coverage options through Manulife Insurance, one of Canada's leading insurance providers –

NON-MEDICAL INCLUSIVE PLAN

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 cancellation penalties 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 PLAN

This plan provides coverage for all the components in the Non-medical Inclusive plan, plus unlimited health coverage while in the destination

"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).

PREMIUM PROTECTION PLAN ("PPP")

As a third option, Manulife is now also offering a new enhanced travel insurance policy, their **Premium Protection Plan ("PPP")**. This is Manulife's most comprehensive coverage, providing all the same types of coverage as the All-Inclusive plan (above) but with higher covered amounts in most areas. It is also a simplified policy in so much that, whereas the All-Inclusive plan and Non-medical Inclusive plan (above, and as is the case with most insurance company travel policies) have a list of specific covered events, the **PPP offers cancellation coverage for any unexpected and unforeseen event** (ie., any event, situation or circumstance that is beyond your control that prevents you from travelling) with only a few exclusions that apply.

An overview of the PPP may be found by clicking [here](#)

A comparison of the enhanced benefits provided by the PPP compared to Manulife's regular All Inclusive plan may be found by clicking [here](#)

And, in these uncertain times, a major benefit of the PPP is that coverage for reimbursement of inherent cancellation penalties under the **Cancel For Any Reason (CFAR)" coverage is increased to 80%** of the cancellation penalties incurred for all cancellation **up to 7 days or more before departure**.

Please note, the PPP is only available to clients under the age of 75 (at the date of purchase of the insurance coverage) and **must be purchased at the same time as the travel tour booking is made** (72 hour grace period).

A detailed overview of coverage benefits and limitations of each insurance policy that we offer through Manulife may be found at - <https://www.igoinstured.com/Direct/ManulifeGlobal.aspx?ag=ONTOTPR&lang=E>

Manulife's 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							
	Age>	0-54	55-59	60-64	65-69	70-74	75-79	80-84	85+	0-54	55-59	60-64	65-69	70-74	75-79	80-84
4000 - 4500	421	421	460	502	546	760	1,096	1,096	516	516	625	744	1,126	1,256	1,782	1,782
4500 - 5000	455	455	501	549	600	835	1,191	1,191	550	550	666	791	1,180	1,317	1,877	1,877
5000 - 5500	489	489	541	597	654	909	1,285	1,285	584	584	706	839	1,234	1,378	1,971	1,971
5500 - 6000	522	522	582	644	708	983	1,380	1,380	617	617	747	886	1,288	1,438	2,066	2,066
6000 - 6500	556	556	622	691	762	1,057	1,474	1,474	651	651	787	933	1,342	1,499	2,160	2,160
6500 - 7000	590	590	663	738	816	1,132	1,569	1,569	685	685	828	980	1,396	1,560	2,255	2,255
7000 - 7500	624	624	703	786	870	1,206	1,663	1,663	719	719	868	1,028	1,450	1,621	2,349	2,349
7500 - 8000	657	657	744	833	924	1,280	1,758	1,758	752	752	909	1,075	1,504	1,681	2,444	2,444
8000 - 8500	691	691	784	880	978	1,354	1,852	1,852	786	786	949	1,122	1,558	1,742	2,538	2,538
8500 - 9000	725	725	825	927	1,032	1,429	1,947	1,947	820	820	990	1,169	1,612	1,803	2,633	2,633
9000 - 9500	759	759	865	975	1,086	1,503	2,041	2,041	854	854	1,030	1,217	1,666	1,864	2,727	2,727
9500 - 10000	792	792	906	1,022	1,140	1,577	2,136	2,136	887	887	1,071	1,264	1,720	1,924	2,822	2,822
10000 - 10500	826	826	946	1,069	1,194	1,651	2,230	2,230	921	921	1,111	1,311	1,774	1,985	2,916	2,916
10500 - 11000	860	860	987	1,116	1,248	1,726	2,325	2,325	955	955	1,152	1,358	1,828	2,046	3,011	3,011
11000 - 11500	894	894	1,027	1,164	1,302	1,800	2,419	2,419	989	989	1,192	1,406	1,882	2,107	3,105	3,105
11500 - 12000	927	927	1,068	1,211	1,356	1,874	2,514	2,514	1,022	1,022	1,233	1,453	1,936	2,167	3,200	3,200
12000 - 12500	961	961	1,108	1,258	1,410	1,948	2,608	2,608	1,056	1,056	1,273	1,500	1,990	2,228	3,294	3,294
12500 - 13000	995	995	1,149	1,305	1,464	2,023	2,703	2,703	1,090	1,090	1,314	1,547	2,044	2,289	3,389	3,389
13000 - 13500	1,029	1,029	1,189	1,353	1,518	2,097	2,797	2,797	1,124	1,124	1,354	1,595	2,098	2,350	3,483	3,483
13500 - 14000	1,062	1,062	1,230	1,400	1,572	2,171	2,892	2,892	1,157	1,157	1,395	1,642	2,152	2,410	3,578	3,578
14000 - 14500	1,096	1,096	1,270	1,447	1,626	2,245	2,986	2,986	1,191	1,191	1,435	1,689	2,206	2,471	3,672	3,672
14500 - 15000	1,130	1,130	1,311	1,494	1,680	2,320	3,081	3,081	1,225	1,225	1,476	1,736	2,260	2,532	3,767	3,767

Total insurable costs (\$/person)	PREMIUM PROTECTION PLAN (PPP)		
	Age>	0-69	70-74
4000 - 4500	675	1,296	
4500 - 5000	750	1,440	
5000 - 5500	825	1,584	
5500 - 6000	900	1,728	
6000 - 6500	975	1,872	
6500 - 7000	1,050	2,016	
7000 - 7500	1,125	2,160	
7500 - 8000	1,200	2,304	
8000 - 8500	1,275	2,448	
8500 - 9000	1,350	2,592	
9000 - 9500	1,425	2,736	
9500 - 10000	1,500	2,880	
10000 - 10500	1,575	3,024	
10500 - 11000	1,650	3,168	
11000 - 11500	1,725	3,312	
11500 - 12000	1,800	3,456	
12000 - 12500	1,875	3,600	
12500 - 13000	1,950	3,744	
13000 - 13500	2,025	3,888	
13500 - 14000	2,100	4,032	
14000 - 14500	2,175	4,176	
14500 - 15000	2,250	4,320	

Coverage not available if age 75 or over at the date of purchasing insurance

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

For residents of Canadian provinces other than Ontario, insurance regulations state that travel insurance should be taken out directly with Manulife Insurance, albeit through a direct web link hosted on our web site, ie you should purchase your travel insurance policy by simply following the link below to take advantage of our preferred rates with Manulife) via our company's exclusive Manulife link:

<https://www.igoinsured.com/Direct/ManulifeGlobal.aspx?ag=ONTOTPR&lang=E>

Non-Canadian residents

For residents of countries outside of Canada (including the USA), insurance regulations allow us to sell “**Trip Cancellation**” insurance (this policy includes both trip cancellation and trip interruption coverage but not medical coverage). Hence it is not possible for non-Canadian residents to purchase either the All Inclusive or Premium Protection plans from Manulife. We do find that many of our overseas clients already have medical insurance through other channels and therefore, if this is the case, you may purchase “Trip Cancellation” coverage by following the link below to purchase the “Trip Cancellation” insurance policy (taking advantage of our preferred rates with Manulife) via our company’s exclusive Manulife link:

<https://www.igoinsured.com/Direct/ManulifeGlobal.aspx?ag=ONTOTPR&lang=E>

IMPORTANT INFORMATION

Travel insurance that may be available through your credit card

When considering any of the travel insurance policies above, 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. Also, most coverage through credit card benefits does not include Cancel For Any Reason (CFAR) coverage.

COVID-19

Due to its worldwide impact, COVID-19 has been deemed by all travel insurance companies, including Manulife, to be a “Known Event” at the time of the insurance policy purchase and hence the majority of claims relating to COVID-19 are excluded for both trip cancellation and medical insurance coverage in most circumstances, with the two most common situations that will apply to travelers being summarized below –

- Canadian Government Level 3 (Avoid All Non-Essential Travel”) or Level 4 (Avoid All Travel) Advisory in place regarding the travel destination at the date of claim
Any claims due to COVID-19 relating to either trip cancellation coverage or medical insurance coverage in destination are excluded
*Note: Manulife Insurance have recently announced that they will be offering a separate additional policy which will cover travelers for any medical costs in destination related to COVID-19 for clients traveling when a travel advisory is in place. **Details of this policy (COVID-19 Pandemic Medical Plan) may be found below.***
- Canadian Government Level 3 (Avoid All Non-Essential Travel”) or Level 4 (Avoid All Travel) Advisory is NOT in place regarding the travel destination at the date of claim
Medical claims in destination relating to COVID-19 are covered
Trip cancellation claims relating to the client cancelling due to concerns regarding travelling to the destination because of COVID-19 are excluded

Note: However, trip cancellation claims *will* be covered if you need to cancel your trip for one of the following events –

- You become ill due to COVID-19 *before* your departure from Canada and need to cancel your trip; or
- You experience an involuntary loss of employment due to COVID-19

Therefore, because trip cancellation claims relating to COVID-19 (with the exception of you contracting COVID or losing your job due to COVID-19) are not covered, it is even more important to purchase one of the insurance policies above at the same time as your travel tour booking is made in order that you have **Cancel For Any Reason (CFAR) coverage to protect yourself against cancellation penalties should you decide to cancel.**

COVID-19 PANDEMIC MEDICAL PLAN

The COVID-19 Emergency Pandemic Travel Plan for Travelling Canadians is designed to help cover medical expenses, including medical expenses if you have tested positive for COVID-19, in your destination. It also includes Trip Interruption insurance for hotel and meal expenses, and for a return flight if you are required, by a medical professional, to quarantine or self-isolate due to a positive COVID-19 test result or contact tracing. The plan provides for COVID-19 related medical expenses in destination such as emergency treatment, hospital allowance up to \$1.0m per insured (as well as coverage for up to \$5.0m per insured for any non COVID-19 related medical expenses).

This insurance is only available to Canadian residents and you must have a valid government health insurance plan in place for the duration of your trip.

This policy is sold separately from any other Manulife travel insurance policy as a standalone plan and can be purchased at any time before your departure, although for peace of mind we do recommend that you purchase the coverage at the same time as your trip booking. The insurance premium is determined by your age, the duration of your travel and the plan for which you qualify which may only be determined by completing an online insurance questionnaire on Manulife's web portal at the link below -

<https://www.igoinsured.com/Direct/ManulifeGlobal.aspx?ag=ONTOTPR&lang=E>

Once you have accessed this page, click on "Get a free quote", then "Quote/Purchase",
Step 1: "Enter Trip Details" - enter your general information on this page and click "Get Quote"
Step 2: "Select insurance plan" – select Manulife COVID-19 Pandemic

This will take you to an online medical questionnaire which will determine your eligibility and the applicable premium.

Testimonials

"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 your hospitality and service provided by your company and your partners on the ground in India"
Dr. Sudhir Pandya – Northern India, 2009

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

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

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

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

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

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

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

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

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

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

Dr. Janel Gracey, London – Bali, 2012

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

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

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

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

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

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

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

Dr. Linda Rapson, Toronto – 2013

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

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

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

Dr. Ron Eliosoff, Ottawa - South India, 2013

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

Dyana Driscoll, Toronto – Brazil, 2013

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

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

"Fantastic experience! Every detail to perfection."

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

"Had a great time! Very well organized"

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

"Bob and I enjoyed the time shared with each of you in Bali,

My expectations for the tour were met and exceeded .It really was a small window into the Balinese culture.

To (our group leaders) Bonnie and Mel, Thanks! Hope this isn't our last tour.

You all were interesting and gracious, Terima Kasih. Salam Jalan"

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

"I found the trip to Spain to be a great combination of site-seeing, CME and amazing gourmet meals and wines selected by an internationally famous chef. We visited several famous vineyards and were able to sample their wines. The visit to an ophthalmological institute was especially memorable, we watched lens surgery in close up. The visit was very well organized with time to explore cities on our own, as well as tours of architectural wonders. I strongly recommend this tour as a great experience"

Dr. John Cocker, Stouffville, On - Spain Gourmet, 2015

"Thank you for your excellent guidance during our trip to Ecuador. the trip was very good, and the logistics and handling of the group were excellent"

Dr. David Spence, London, On - **Ecuador (including the Galapagos and Amazon), 2015**

"Very well organized. Easy to travel. Guides were great! Bus drivers were amazing! Thank you for an amazing trip!
Janet Frache, Coaldale, AB - **Ecuador and Peru, 2015**

"Our guide (Vanessa) in Lima was excellent, extremely knowledgeable and flexible with the tour and (Fernando) in the Sacred Valley/Macchu Picchu was outstanding. Thank you for an excellent trip to Peru – We will be back!"
Dr. Valerie Boras, Lethbridge, AB - **Peru, 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

"The tour guides in each country were excellent. Fabulous trip!
Dr. Gail Neild, Woodbridge, On. – Vietnam, Cambodia & Laos, 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

"I am in withdrawal, eating salad. Good for the body, not as good for the soul as the food last week! What an awesome group of people to get to know! We felt truly blessed to enjoy Spain with all of you.
Dr. Wendy Reimer, Breslau, ON – Spain Gourmet, 2016

"An extremely interesting, informative and invigorating tour. The medical CME components were excellent and I'm glad that we were able to see and experience so much".
Dr. Paula Chalmers, Vancouver, B.C. - South Africa, 2017

"Myanmar was very well organized and our guide was excellent - the best I have ever had! The sites and activities in Bhutan were very enjoyable and the local medical facilities and clinics that we visited as part of the CME were good"
Dr. Brenda Cholin, North Battleford, SK - Myanmar & Bhutan, 2017

"It was an incredible tour - we saw so much !"
Dr. Mo Meghji, Kitchener, On. - Argentina & Chile, including Patagonia cruise, 2017

"This was a very good tour. The progress that the country has made over the years has been very significant. However, China still has multiple levels of Red Tape, both public and private that will not change ever, so it must be accepted. Overall a 9.5 out of 10 !"
Dr. Ted Erb, Waterloo, On. - China, 2017

"Everything was excellent! We had a wonderful time. Hotels were superb. Thank you again for the well organized, all details worked out, great trip!"
Dr. Andrea Cordas, Burlington, On. – South India, 2017

"It was our first trip with your company. John and I loved it. The itinerary was perfect. Busy days followed by quieter ones. Lorna and Ashley were lovely and so capable! The coordination was superb. Thank you. We had the trip of a lifetime!"
Dr. John Gapski, Mississauga, On. – **Ecuador & Galapagos, 2017**

"We really enjoyed traveling with an interesting group of professionals which gave us the opportunity to visit places where the public normally does not have easy entry. Excellent pre-departure information and the tour was well-balanced with a mixture of historic and social highlights, while travelling through very different landscapes and areas of the country. The public/private health care system was well described on the Groote Schuur Hospital tour and the children's' song and dance performance at SOS children's village in Cape Town was touching. Our local tour guide was outstanding [5+++] and provided excellent context for the political, economic and social aspects of SA. He was calm, professional, responded quickly to everyone's needs and was very proud of his country".
Helle & Tony Tosine, Toronto, On. – South Africa, 2017

"We really enjoyed New Zealand and the services provided by your company. The Academic Conference presentations were top caliber and contained information useful to both the specialist and generalist. I enjoyed getting to know and learning from the other group participants. We would recommend this trip and plan to travel with Doctors on Tour again".
Dr. John Britt, Winston-Salem, NC - New Zealand, 2018

We enjoyed our trip very much. The hotels we stayed in were superb, the itinerary was great and the guides, both in Bhutan and in Myanmar, were fabulous. Overall it was a wonderful, memorable trip. Thank you very much!
Dr. Sabine Ernsting, Adelaide, South Australia - Bhutan & Myanmar, 2018

So many highlights – favorites include Cape of Good Hope, Table Mountain, Kapama Game Reserve – because of excellent game rangers and trackers – saw the big 5 and so much more. Our local escort – excellent!!! Bus drivers also excellent. Coaches comfortable – great bonus to be able to charge cell phones inside buses. Bottom line – Awesome experience!!"
Dr. Cinda Lee, Toronto, ON - South Africa, 2018

"I found this to be a very well organized trip. It exceeded my expectations. I'd like to repeat it, but I'll join your other trips instead. Too much to see and to learn in this world."
Dr. Kas Tuters, Toronto, ON – Bali, 2018

"I totally loved Singapore and Malaysia. The local escorts were honestly a ten star. There was nothing they would not do for us".
Dyana Driscoll, Toronto, On. – Malaysia & Singapore, 2018

"This was an exceptional trip – thanks again! Everything was perfectly well orchestrated. It feels like we have been travelling for more than two weeks. We have learned so much. We will definitely recommend this trip to our friends. We have seen so many things. We have had exceptional guides. The group we travelled with was fantastic! Again, an amazing adventure!"
Dr. Collette Deslandres-Leduc, Montreal, Qc. – Ecuador and Peru, 2018

"Good guides, amazing sightseeing, loved the Patagonia cruise"
Dr. Chantal Breton, Kirkland, Qc. - Argentina & Chile, including Patagonia cruise, 2019

"Thanks for sending along (the song that you wrote about Bali) and for everything else. your stories, tips, enthusiasm, quiet presence and good company. This trip was certainly quite special. Please also pass on my thanks to Bonnie. Take good care"
Dr. Louise Lefort, Ottawa, On. – Bali, 2019

"This was an excellent unique tour combining both the cruise and a varied land component with spectacular sights ! Great group and local tour escort and cruise staff!"
Dr. Evelyn Brett, Toronto, On. – Iceland circumnavigation cruise and land, 2019

"Peter & Mary Bloch did an excellent job leading the group. The guides and others were very helpful and excellent - Amit 5*, plus Sheva and team. I thoroughly loved the trip. It exceeded my expectations. The people are so sweet and lots of smiles! This is a great place to visit."
Dr. Vickie Carducci, Kilworthy, On. - Northern India, 2019

"Malaysia was exhilarating! We had a wonderful, adventurous time, especially in the Borneo Rainforest. The local guides (Malek and Hirzan) were very friendly and helpful, very well versed in the history of Malaysia and we learnt a lot. The canopy walk was breathtakingly hair-raising. The tour was very well organized and the optional stay in Singapore was very relaxing. We look forward to more of your tours in the future".
Dr. Shiraz Walji, Calgary, AB - Malaysia & Singapore, 2019

"Our guide was excellent! Really enjoyed Singapore."
Dr. Trevor George Lewis, North York, On – Malaysia & Singapore, 2019

"Fantastic trip – well organized, packed with loads of things to do and see – but did not feel 'superficial'. Just loved the opportunity to do and see so much. The group was fantastic – made new friends. Ian was a great tour leader"
Dr. Lorraine Manzig, Toronto, ON – Ecuador & the Galapagos, 2019



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 a previous program to Ecuador & 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 vacation and (professional advancement) education 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 Machu Picchu Pueblo Hotel 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 – a truly memorable experience, totally peaceful experience and at one with nature - no anxiety or stress. Must have been all that clean air.

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 Actuar 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.

And click below for another article written about our Galapagos program published in The Medical Post...

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

The fine print...

Please take the time to read and understand the Terms and Conditions of booking set out below prior to booking a tour with us.

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.

Due to the current COVID situation, we are offering more **flexible terms and conditions** for all **reservations received and deposited up to and including April 30, 2021 for all tour departures up to December 31, 2021**. Where different to our standard Terms and Conditions, these flexible terms and conditions are noted in *italics* (and are highlighted in yellow) in the relevant section below.

1. 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, \$1,000 per person for Iceland cruises), 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.

If you decide to change your plans and no longer wish to participate in the particular tour that your deposit has secured, your deposit may be transferred to any of our overseas programs (either the same destination at a future date or a different destination) so long as you notify us before the tour balance payment date.

2. 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.

For our land based programs, balance payments are now due 65 days prior to your departure and for our programs that include a cruise component, balance payments are now due 95 days prior to your departure. In certain circumstances, and depending on group air arrangements, payment for air seats may be required earlier.

3. 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.

4. CANCELLATIONS & CHANGES: The deposit amounts (for both the main tour and any optional extensions reserved) are 100% non-refundable and non-transferable. 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. Bookings are non-transferable 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.

Airfares may be subject to different rules and cancellation fees including some airfares may be fully non-refundable once the booking is confirmed regardless of when it was made including upgraded air cabin classes (ie premium economy, business and first class cabins) which are subject to different rules and cancellation fees based on the individual fare class in which the seats are purchased.

If you decide to change your plans and no longer wish to participate in the particular tour that your deposit has secured, your deposit may be transferred to any of our overseas programs (either the same destination at a future date or a different destination) so long as you notify us before the tour balance payment date.

Cancellation penalties for bookings cancelled by the client after the final balance due date (65 days before departure; 95 days before departure for programs which include a cruise component) are as follows: 65 – 46 (95 - 46 days for programs which include a cruise component) days before departure – 25% of total price paid; 45 – 31 days – 50% of total price paid; 30 days or less – 100%.

5. 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 Inclusive insurance (ie Cancellation Protection and Travel Interruption Insurance), All Inclusive insurance (Non-Medical coverage plus health coverage), or the Premium Protection Plan insurance package (All Inclusive coverage with higher coverage limits) offered by DOT/OT/BIC through Manulife Insurance. COVID-19 is currently viewed as a pre-existing situation by all insurance companies, including Manulife Insurance, and therefore is an exclusion under those policies that include health insurance, ie All Inclusive and Premium Protection Plan insurance packages. For coverage relating to COVID-19 health claims while on your tour, Manulife offers separate coverage, ie COVID-19 Pandemic Travel Insurance. Some countries may require proof of medical insurance, including specifically for COVID-19.

6. 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.

For Canadian citizens, 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)
- A tourist entry visa is not required for entry into Argentina, Bali (Indonesia), Chile, Ecuador, Iceland, Japan, Morocco, New Zealand, Malaysia, Peru, Singapore, 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.

While COVID-19 remains an ongoing issue, some countries may introduce specific medical requirements for entry which may completing medical wellness declarations upon arrival and/or proof of a negative COVID-19 test and/or proof of having received an approved COVID-19 vaccination. Proof of medical insurance, including specifically for COVID-19, may also be required. As regulations and requirements continue to change by country, we will notify you of any specific necessary requirements for your destination closer to departure.

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.

7. 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.

8. 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.

9. 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.

10. 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.

11. AGE & HEALTH REQUIREMENTS:

Minimum Age: The minimum age for the majority of our tours is 12 at the time of travel.

Maximum Age: We have no upper age limit for our tours though we inform you that our tours may include some components for which group members need to be in good physical condition in order to be able to participate. We will provide details on mandatory and recommended health requirements but it is your responsibility to ensure that you obtain proper and detailed medical advice at least 6 weeks prior to travel for the latest health requirements and recommendations for your destination and how they impact your own personal health situation.

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

13. OPTIONAL TOURS & EXCURSIONS AND TOUR EXTENSIONS: It is our intent to operate any optional tours & excursions and tour 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.

14. 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.

15. SEATING ASSIGNMENT ON FLIGHTS: Our air arrangements are made via group contracts with the airlines and are therefore subject to more restrictive airline Terms & Conditions and policies than seats purchased individually from airline web sites. If you have a particular seat request, we will do our best to fulfill it subject to the policies of the airlines. Certain airlines assign group seating automatically for which the specific location within the group block is out of our control and to which the airlines do not provide access for us to change specific seat locations; and several airlines do not allow for specific advance seat assignment at all in which case specific seats will be assigned at airport check-in.

16. 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.

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

18. 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 behavior of other guests/groups nor the unlikely event of the withdrawal of services or facilities due to local cultural and political events, or strikes.

19. ACCEPTANCE OF RISK:

You acknowledge that participation in overseas travel involves a degree of personal risk and that you may be visiting places where the political, cultural and geographical attributes present dangers and physical challenges greater than those present in our daily lives. You acknowledge that you are choosing to travel at a time where you may be exposed to epidemics and/or pandemics including, but not limited to, the COVID-19 virus. We will take all reasonable steps to ensure your safety and may require you to follow additional safety protocols on your trip.

We use information from government foreign departments and reports from our own contacts in each destination, including our local destination supplier partners, assessing whether the itinerary should operate. However, it is also your own responsibility to acquaint yourself with all relevant travel information, including applicable health and safety risks and the nature of your itinerary. You acknowledge that your decision to travel is made in light of consideration of this information and you accept that you are aware of the personal risks attendant upon such travel. To the fullest extent permitted by law, we accept no liability in relation to these additional risks.

20. 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; war; civil commotion or insurrection; riot; blockade or embargo; fire; explosion; breakdown; union dispute, strike, lockout or other labor disputes or disruptions; earthquake; epidemic, pandemic or other health emergency; flood; windstorm or other extreme weather event; lack or failure of courses of supply; passage of any law, order, proclamation, regulation, restraint, ordinance, demand, requisition or requirement or any other act of any government authority, whether or not foreseeable, which would make it dangerous or not viable for a trip to commence or continue.

21. OUR RESPONSIBILITIES: DOT/OT/BIC makes arrangements with a network of third party suppliers, i.e., airlines, tour operators, ground handlers, accommodation providers, cruise companies, activity providers, coach and transfer companies, car rental companies, tour and local guides, government agencies, and other independent contractors and individuals to provide you with the travel services and other services you purchase. Although we take care in selecting these third party suppliers, we have no control over them and, therefore, cannot be responsible for their acts or omissions. In the unlikely event that a particular 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 by DOT/OT/BIC are subject to the applicable provincial Travel Industry Acts and Regulations and are subject to the conditions imposed by our third party 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.

22. SEVERABILITY: In the event that any term or condition contained in these Terms & Conditions is unenforceable or void by operation of law or as being against public policy or for any other reason then such term or condition shall be deemed to be severed from this contract or amended accordingly only to such extent necessary to allow all remaining terms and conditions to survive and continue as binding.

23. PRIVACY POLICY: Any personal information that we collect about you will be handled in accordance with our Privacy Policy and may be used for any purpose associated with the operation of a trip. In making this booking you consent to this information being passed on to the relevant persons such as our agents, service providers or other suppliers to enable us to operate the trip or, if permitted by any relevant e-marketing spam laws, to send you marketing material in relation to our events and special offers.