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PROFESSIONAL ADVANCEMENT ESCAPE

## CME, CULTURAL & SAFARI TOUR OF SOUTH AFRICA

January 16 – 31, 2014

OPTIONAL 3 DAY EXTENSION TO VICTORIA FALLS, ZAMBIA



### The Organizers...

[doctors-on-tour.ca](http://doctors-on-tour.ca) >

Offering interesting and informative professional advancement programs since 2000, **doctors-on-tour.ca** is a specialist division of **on-tour**, a 100% Canadian owned and operated meeting management and group travel organization, which has developed a niche working with health care professionals to deliver a combination of vacation and education in exotic destinations. Our destinations include **South America (Brazil, Chile/Argentina, Ecuador/Peru), Africa (Kenya/Tanzania, South Africa, Zanzibar, Kilimanjaro climb), India, South East Asia (Vietnam, Cambodia, Laos & Bali) and Europe (Spain)**. More information about the company, including recent testimonials and downloadable copies of all of our brochures, can be found at our website, [www.doctors-on-tour.ca](http://www.doctors-on-tour.ca). The company is a licensed retail travel organization under The Travel Industry Act of Ontario (TICO reg # 50009110). The company can be contacted at 416-231-8466, toll-free 1-855-DOC-TOUR (362-8687), by fax 1-888-612-1459 or [info@doctors-on-tour.ca](mailto:info@doctors-on-tour.ca)

**Dr Peter Bloch, Oakville, Ontario** >

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



**The Destination... South Africa – Cape Town, Vineyard valley, Garden Route, Swaziland, Kwazulu- Natal, Kruger / Kapama Private Reserve, Johannesburg**



A land of golden beaches, jagged mountains, rich safari plains, barren deserts and fertile winelands; South **Africa** encompasses all these things. The teeming wildlife is as diverse and spectacular as the scenery, with everything from elusive leopards and plodding elephants to playful penguins.

South Africa's cities are also enormously varied, with hustling **Johannesburg** at its heart, and cosmopolitan **Cape Town** an enclave of European chic at the edge of the Atlantic Ocean. In between you can lose yourself for days on safari in the bush or explore quaint isolated towns breaking up the arid Karoo wilderness. The hot and humid seaside fun of **Durban** with its even hotter curries is another sharp contrast to the scattering of sedate resorts lining the pretty south coast Garden Route.

Abundant wildlife is one of South Africa's major attractions, with many game parks and reserves, including the world-famous **Kruger National Park** and **Hluhluwe / Umfolozi Reserve**, which deliver uniquely African sights, sounds, smells and memories - including the famed "Big Five" (lion, elephant, rhino, leopard and buffalo) as well as much more.

And, if the landscape sounds diverse, wait until you meet the people. South Africa boasts 11 official languages, mostly drawn from its indigenous population, while the colonialist legacy stirred Afrikaners, English and Indians into the mix. That blend has created a wonderful array of food, music and culture that offers something for everyone.

It's affectionately known as the Rainbow Nation, with a bright racially harmonious future although the legacy of Apartheid, or racial segregation, is still evident in places, and a visit to Johannesburg's moving Apartheid museum and a tour of a vibrant township like Soweto are cultural highlights. In stark contrast, the city centres are glowingly modern with bold new architecture interspersed between colonial buildings of the past. Cape Town has been chosen as the World Design Capital for 2014, heralding a year-long programme of design-focused events, while iconic Table Mountain has been named one of the New Seven Wonders of Nature, despite being extremely old.

On the political and economic side there is an underlying spirit of optimism and can-do attitude that continues from the glory days presided over by near-saint Nelson Mandela. The 2010 World Cup proved what the country can achieve when everybody pulls together, and left a legacy of improved transport, accommodation and sports facilities that benefit visitors and locals alike.

Further information can be found at -

<http://www.southafrica.net/za/en/>

## The Academic Program (approximately 15 CME hours) ...

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

- **Academic Conference** (2 \* 3 hours sessions) at the Protea Hotel Umfolozi and Kapama River Lodge with lectures by Canadian & South African medical experts & interactive discussions on current medical issues
- Visits to local, and contrasting, hospital facilities to meet with local physicians, review their facilities and learn about the health care system in the region -
  - **Mediclinic Panorama**, a private hospital in Cape Town
  - **Chris Hani Baragwanath Hospital**, a public hospital in Johannesburg
- Presentations on **African traditional healing practices** from a local **sangoma** (traditional healer)
- Visit to an **SOS Children's Village** in Cape Town

In addition, any physician who would like to make a short presentation at the Academic Conference should register their interest by completing the relevant section of the program registration form and the Group Medical Director on this program, Dr. Peter Bloch (905-842-2660, pmbloch@yahoo.com) will contact you directly. A certificate of attendance will be provided to all attendees of the Academic Program.

## The detailed itinerary...

### Day 1 – Jan 16, 2014 (Thu) - Depart Toronto for Cape Town

Daytime departure from Toronto to Washington to connect to your South African Airways flight to Cape Town (South Africa)

### Day 2 – Jan 17 – Arrive Cape Town



*Sitting snugly between the harbor and Table Mountain, and affectionately known as the Mother City, **Cape Town** is widely considered to be one of the most beautiful cities in the world. Add to this the rich history of the city, the cultural diversity of its citizens and the well developed tourism industry which offers a host of activities, and it is easy to see why Cape Town is one of South Africa's top tourist destinations attracting visitors from far and wide.*

*Referred to as the city bowl because of the way it is contained between mountain and sea, the heart of Cape Town incorporates neighborhoods of great historical significance such as the Bo Kaap, Tamboerskloof and Oranjezicht. Within the city limits, visitors can take a trip into the past by following the Footsteps to Freedom walk or visiting the Castle of Good Hope and the Slave Lodge. The beautifully landscaped Company Gardens with its views of Table Mountain and its tree-lined avenues has within its boundaries both the South African National Gallery and the South African Museum and is a must-see for visitors to Cape Town. The Kirstenbosch National Botanical Garden set on the eastern slopes of Table Mountain is often used for outdoor concerts and is another attraction that nature-lovers will appreciate.*

Evening arrival at Cape Town International Airport, where you will be met by your guide from our local tour operator partner who will assist you to your waiting coach.

Transfer to your hotel. Overnight Cape Town.

### Day 3 – Jan 18 - Cape Town (B, D)

Breakfast at the hotel.

This morning enjoy the ultimate 'Mother City' experience, designed to orientate and give you a full-colour insight into the extraordinary magic of Cape Town to see iconic buildings, snatches of its history, and experiences unique to this City. First up, it's the cable car to the summit of the legendary **Table Mountain** (weather permitting) and from there, you'll be able to see the City and surrounding layout of this southernmost tip of Africa. You'll drive past the country's oldest building, **The Castle**, and a short distance away, the **Company Gardens**, both historically fascinating and well conserved. Your drive continues past Parliament **Buildings, City Hall and the Slave Lodge**, and you'll sense the depth of history via their distinctive architecture. Colonial then changes to colourful, as you move up the cobblestoned hills to the **Malay Quarter**, and marvel at the ice-cream colours of the quaint **Bo-Kaap homes**.



This afternoon, take a visit to **Robben Island** (Weather Permitting). Cruel home of our Nelson Mandela for so many years, it's a highly charged and emotional moment when you visit the site of this suffering, and realize how far South Africa has come from those days. Here the leaders of the struggle against racial oppression, imprisoned for many long years, developed their concepts for a post-apartheid South Africa. Isolated from family and friends, the Mandelas, Sisulus, Mbekis, Kathradas and Sobukwes of the time proved heroic men of steel, never wavering in their hope of a new day. UNESCO's World Heritage Committee has chosen to mark this location for its 'triumph of the human spirit'.



This evening dinner will be served at **Gold Restaurant**. From the moment you walk through the glass doors into the aged brick interior, with its ancient doors, wooden beams and iron pillars, you will feel the heartbeat of a unique African restaurant in Cape Town. Start your evening with an interactive Djembe drumming session which will get you in tune with the African rhythms and songs for the rest of the night. A soothing hand washing ceremony will complete your interactive drumming experience. Sit down at your table in one of our beautiful dining areas, each adorned with unique African décor. A set 14 course menu consisting of Cape Malay cuisine and African cuisine will be served to you by a beautifully adorned member of staff who will explain each dish to you and from which country the dish originates.

Overnight in Cape Town.

#### Day 4 – Jan 19 - Cape Peninsular Tour (B,L)



Breakfast at the hotel and depart for a full day **Cape Peninsula tour**. The Fairest Cape...and it surely is! Sit back and relax, as you cruise along the exquisite stretch of coastline known as Millionaire's Paradise – from Camps Bay and Clifton to the exclusive beach hamlet of Llandudno – towards the charming working harbour of **Hout Bay**; embark on an up-close-and-personal **Seal Island cruise**. Back on terra firma, wind along the legendary Chapman's Peak Drive, hugging the cliffs and relishing the breathtaking ocean views, as you drive down to the wild and beautiful **Cape of Good Hope Nature Reserve**, an integral part of the world-renowned Cape Floral Kingdom. Take a ride up on the funicular for magnificent views.

Lunch a local restaurant. After lunch, meander back along the coast towards the City, visiting the historic naval port of **Simon's Town** and the endearing penguin colony at **Boulder's Beach**.

Evening at leisure. Overnight in Cape Town.

**Day 5 – Jan 20 - Medical / partners program - Franschhoek winelands (B,L)**

*The Cape's 18 official wine routes, and two brandy routes, are among the most scenic in the world, featuring many historic wine estates that date back centuries. South Africa's winelands stretch from the Cape Overberg in the south-western Cape, through the Little Karoo and the West Coast into the adjacent province of the Northern Cape. The Cape Winelands are the most well-known, and include the Route 62 wine route, said to be the world's longest wine route.*

*Most **Cape wine estates** are characterised by classic Cape Dutch-style buildings and massive vineyards with picturesque mountains as a backdrop. There is also a distinct European influence in number of regions, thanks to the arrival of French Huguenot, Dutch and German settlers during the 18th century. The **Franschhoek Wine Valley** is also famous for its food and is acknowledged as the 'gourmet capital of South Africa'.*



Breakfast at the hotel.

For **physicians**, there will be an early morning visit to the **Mediclinic Panorama**, a private hospital in Cape Town, to meet with physicians and learn about the health care system in the region. Mediclinic Panorama, the first hospital planned and commissioned just three years after the founding of the Mediclinic private hospital group, opened its doors in August 1986. Since its inception the hospital has been a huge success due to its carefully planned design, sophisticated equipment and facilities, its professional and dedicated staff and management and leading medical professionals. In 1995 Mediclinic Panorama opened two world-class special units, the Heart Unit and Oncology Unit, both of which have been a resounding success. In 1998, the hospital opened another two special units - its Endoscopy Unit and Neonatal Critical Care Unit, both of which set new standards in the way in which these health services are delivered. This multidisciplinary hospital offers local, national and international patients a broad spectrum of specialist medical services, modern facilities, high-tech equipment and outstanding nursing care.

Non-physicians will **visit the eKhaya eKasi Art Centre**. Founded in 2003, Art Aids Art promotes education, health and sustainable economic development in South Africa. Active in South African community development for thirteen years, Directors Dorothy Yumi Garcia, MA and Tom Harding, MA co-founded Art Aids Art after witnessing extreme poverty and a shortage of educational and other local services in Khayelitsha, South Africa's largest Black township. At the request of teachers, they coordinated a collection of the most-requested educational materials: multicultural children's books and black dolls. What began as a series of literacy workshops evolved into an ongoing holistic project involving the surrounding community, with the goal of meeting economic, health and educational needs and improving quality of life.

Following the medication education and partners programme, depart Cape Town for your winelands tour.

En route visit the **SOS Childrens Village** - Established in the year of South Africa's new democracy, Cape Town Village opened its doors to orphaned and abandoned children in 1994, and was honoured to be officially opened in 1996 by former President Nelson Mandela and our SOS-KDI President Helmut Kutin. Situated in Thornton, formally a "white" middle-class suburb, this Village is about 10km from Cape Town, and is home to 141 children. Because of it being set up at the time of South Africa's new democracy, it was the first Village that was able to take in SOS mothers and children of different races to live together under one roof. Up to eight children share a home with an SOS mother, and enjoy the love and security that living as a family brings. SOS Children's Villages is the world's largest private child welfare organization operating 400 villages in 131 countries. They provide needy children stable homes and the prospect of an independent future. Every child lives in a 'family' house with trained local women serving as 'mothers'.

<http://www.sosvillages.org.za/villages/cape-town>



Lunch will be **Le Petite Ferme Restaurant**. A tradition built tirelessly by three generations, lunches at La Petite Ferme Restaurant are legendary. A feast of culinary delights that beguile and entertain, the food reflects the creative energy and raw talent of a dedicated staff combined with an abundance of fresh local ingredients. The restaurant has furthermore been listed by Conde Nast Traveller as one of the top 15 'Best Value' establishments in the world.

After lunch, visit **Plaisir De Merle wine estate** for a fudge and wine tasting. Ever changing in hue, Plaisir de Merle's constant lies in producing pedigreed excellence. The sculpted frieze crowning the grand Cellar entrance tells a story of the exceptional people whose legacy continues to unfold through renewal and loyalty to the land. Plaisir de Merle is a rare treasure to be admired and will prove a highlight of your travels through the Paarl and Franschoek Winelands. Following your visit to the wine estate, enjoy a walkabout in the town of **Franschoek** stroll through this little town, absorbing the quaintness, and sneaking into the odd shop or two! We then make our way to visit The Huguenot Monument, dedicated to the cultural influences that Huguenots have brought to the Cape Colony after their immigration during the 17th and 18th centuries.

<http://www.plaisirdemerle.co.za/home>



Return to Cape Town. Evening at leisure. Overnight in Cape Town.



Day 6 – Jan 21 - Cape Town - Oudtshoorn - Knysna (B,D)



*Knysna is located along South Africa's famed Garden Route in the Western Cape. The town is famous for its oyster festival, warm people and the most magnificent views from Leisure Isle to the Heads. A visit to Knysna is a sublime mixture of adventure and relaxation and, for many, has become the pot of gold at the end of the Garden Route. It's famed attraction is the **Eastern and Western Heads**, a cavernous expanse where many a ship has met its doom. Today the **Featherbed Nature Reserve** pays homage to the richness of fauna and flora that Knysna has to offer. Also of note is the **Knysna Elephant Park** is where you can interact with and feed the relocated jumbo families.*

Breakfast at the hotel and drive along the famous Garden Route, admiring the spectacular scenery along Route 62 as we proceed to **Oudtshoorn, "Feather Capital of World"**. On the way, and at the head of the picturesque Cango Valley, visit the spectacular underground wonder of the Klein Karoo - the **Cango Caves**. Situated in a limestone ridge parallel to the well known Swartberg Mountains, you will find the finest dripstone caverns, with their vast halls and towering formations.

Thereafter proceed to a local **Safari Ostrich Ranch** where you will be taken on a guided tour to learn about the breeding and ranching of these fascinating birds. You will have an opportunity to purchase souvenir Ostrich eggs and leather goods at farm prices.

Check in at your hotel in Knysna. This evening dinner will be served at **JJ's Restaurant** located on the Knysna Waterfront. Overnight in Knysna.





**Day 7 – Jan 22 - Knysna (B,L)**

Breakfast at the hotel and transfer to the Knysna Waterfront to embark on a cruise and lunch on the Knysna Lagoon with the Featherbed Company. **The Featherbed Nature Reserve**, situated on the Western Head in Knysna, is the premier eco-experience on the Garden Route including a ferry trip on the Knysna Lagoon to the Western Head, 4x4 vehicle & trailer drive up the headland onto the Reserve, stopping at spectacular viewpoints, specialist guide giving information on history, fauna & flora, and an optional guided 2.2km walk through coastal forest and fynbos into ancient sea caves. Lunch will be at an outdoor restaurant setting under a canopy of Milkwood trees.



On return to the Waterfront, transfer to the **Knysna Elephant Park**. Here the resident family of African elephants (the southern-most elephants in the world...) and their guides will unravel the sad and mystical story of the Knysna forest elephants .... The educational tour of the Park offers a rare and exciting opportunity to get close to these gentle giants, who live in a controlled, free-range environment in the heart of the famous Garden Route. Visitors will have the opportunity to touch, feed and photograph the gentle giants. Elephants love eating, so don't forget your bucket of elephant feed! There are no barriers or fences to spoil the close encounter. Evening at leisure. Overnight in Knysna.

**Day 8 – Jan 23 – Knysna - Port Elizabeth ("Garden Route") - Durban (B,D)**



**Durban** is South Africa's self-styled 'playground', where year-round warm weather encourages visitors to make the most of the province's outdoor lifestyle. It is also known as 'surf city' for its magnificent bathing and surfing beaches, which stretch along the city beachfront from Durban harbour in the south to Umhlanga in the north. An expansive paved promenade offers access to the best of these beaches – the Golden Mile – where joggers, cyclists, dog owners, surfers, bodyboarders and walkers enjoy early-morning and late-afternoon exercise. Culturally, Durban exhibits a mix of Indian, Zulu and colonial influences, reflected in the city's architecture and cuisine. Curries, seafood and fusion food are popular at beachfront restaurants, Wilson's Wharf and at the gourmet hot spots and coffee shops that line Florida Road and Helen Joseph Road while the art-deco style Suncoast Casino complex, flanking the promenade, houses seafood and curry restaurants, movie theatres, a casino and coffee shops.

Breakfast at the hotel. Drive along the **Garden Route** and cross South Africa's Garden of Eden, a combination of deserted beaches, peaceful lagoons, tropical forests and majestic mountains. The thousand year-old Big Tree can be spotted between Knysna and Plettenberg Bay. Arrival at Port Elizabeth Airport for your short flight to King Shaka International Airport, Durban.

Check in at your hotel and freshen up prior to departing to dinner this evening which will be served at **Cape Town Fish Market** a vibrant Restaurant, Fish Market, Teppanyaki & Sushi Bar with chic yet informal surroundings. The décor places strong emphasis on Cape Town's picturesque landscape and captures the soul of bygone days in various fishing harbours through the use of historical photographs, obtained from various Cape Town museums. The passion, pain and humility of the fishing community in their quest to not only get the best catch but to ensure a fair price for their labours is clearly evoked. This juxtaposed with the use of stainless steel throughout the restaurant emphasises the restaurant's clean lines and further compliments the furniture and finishing's.

Overnight in Durban.

**Day 9 – Jan 24 - Durban - Umfolozi Game Reserve (KwaZulu-Natal) (B,D)**



*The **Hluhluwe-Umfolozi Game Reserve** abounds in natural, historical and cultural heritage. Located within Zululand (formally known as **KwaZulu-Natal**), Hluhluwe is Africa's oldest game reserve known for the great Zulu kings Shaka and Dingiswayo who cared for the land. This impressive game reserve encompasses around 96 000 hectares of pure African wilderness. and, because of decades of conservation, it is home to a diversity of wildlife including the renowned Big-5 (lion, elephant, rhino, leopard and buffalo) as well as the elusive cheetah, wild dog and nyala. The Game Reserve was founded back in 1895. and with extensive trail networks and waterhole viewing hides, visitors are able to get close views of Africa's stunning animal life. The reserve has also just recently upgraded its game capture unit into the Centenary Capture Center, leading the way in safe animal capture and sustainable utilization including it's.world renowned White Rhino conservation.*

Breakfast at the hotel.

Take an orientation tour of Durban, including the Botanical Gardens before departing for the Umfolozi Game Reserve in Zululand, located between the Transkei border to the south and that of Swaziland to the north.

Check in to your hotel in the Umfolozi reserve.



In the afternoon take a boat cruise on the Santa Lucia, a spacious double-decker boat on the St Lucia Estuary. This is a two-hour relaxed interpretative cruise from the smartest vantage point (the water...) where you'll get up close to the sight and sounds of hippo, crocodiles and other game species as well as maybe the haunting cry of the fish eagle.



Following your boat cruise return to your hotel for the remainder of the evening.

Boma Dinner and Zulu dance performance at the hotel in Umfolozi. Overnight in Umfolozi.

**Day 10 – Jan 25 - Umfolozi Game Reserve (B,L,D)**



Early wake up call prior to departing on your morning game drive in the Hluhluwe-Imfolozi park . This is the legendary park where a dedicated team made worldwide conservation history with their successful efforts to bring the white rhino back from the brink of extinction. You won't simply be captivated with this game-rich reserve and the extraordinary beauty of the terrain, but also with the sense of history having been made here. Your game drive is conducted in specially modified open safari vehicles to enhance your game viewing with qualified, experienced guides with their intimate knowledge of the animal movements and habitats as well as the flora and rich bird life.

Following your morning game drive return to your hotel.

**For physicians, there will be the first part of the Academic Presentations at the hotel.**

Non-physicians will be able to relax and enjoy the hotel facilities.

Lunch at the hotel followed by a visit to the **DumaZulu Game Lodge and Cultural Village**. Literally translated as “thundering Zulu”, Dumazulu offers you the opportunity to experience local traditions and dance whilst visiting our onsite Zulu village and cultural museum.

**There will also be a presentation by a local village Sangoma on traditional healing practices**

In South Africa, traditional healing is not a religion, but rather a cosmology. In traditional African healing, the physical, psychological, spiritual and ancestral worlds are interconnected and traditional healers are the mediums through which these worlds are communicated with.

Over 80% of the population regularly consult a traditional healing practitioner, either a **sangoma** (traditional healer) or **nyanga** (traditional diviner) - the Southern African version of the shaman, traditional doctors who communicate with the spirit world and who treat ailments with traditional medicines.





In a traditional healing ceremony, which happen throughout the year in both cities and rural areas, the sangomas and nyangas enter a trance state in which they commune with the spirit world and their ancestors. These men and women believe that their ancestors have singled them out to follow a calling to practice traditional South African healing. If a call to heal is not answered, they believe there is a negative impact on the person ignoring the call, such as illness, instability or even insanity.

It is not easy to become a sangoma. The *twasa* is a rigorous journey full of hardships, personal confrontations and overpowering visions, aimed at psychically preparing the person for his or her vocation. It is the traditional healer's work to act as a medium between the spirit and physical worlds to discover the hidden causes behind misfortune or illness and prescribe appropriate action.

<http://www.traditionalhealth.org.za/t/thokoza.html>

Return to the hotel for dinner and overnight in Umfolozi.

### Day 11 – Jan 26 – Umfolozi - Swaziland (B,L,D)



**Swaziland** is tiny - 193km by 145km, one million souls (and being the smallest country in the Southern hemisphere...) - and is tucked in between the mega-nodes of South Africa's Mpumalanga Province, KwaZulu Natal and Mozambique. It is a verdant hilly region known as the Switzerland of Africa and, as one of the few remaining Executive Monarchies in Africa, culture and heritage are deeply engrained in all aspects of Swazi life, ensuring an unforgettable experience for all who visit. And despite it's size, it's a stand-out state, packed full of stunning mountain scenery, winding rivers, friendly smiles, fascinating culture and great wildlife. <http://www.thekingdomofswaziland.com/>



Breakfast at the hotel and then drive to the enchanting **Kingdom of Swaziland**. Journey through stunning landscapes and nature conservations and stop at the **glass factory at Ngwenya** (Siswati name for "crocodile"). Here a small group of Swazi craftsmen and women (with age old artistry) breath life into enchanting interpretations of the animals and birds of Africa, imbuing each with its own irresistible personality. Since its rebirth in 1987, Ngwenya Glass has been an environmental success story as it's products, which include a range of tableware, drinking glasses, vases, jugs and ornamental African animals, are all handmade from recycled glass, mostly from soft drink bottles, gathered from all over Swaziland.

Not only are the people of Swaziland encouraged to collect the bottles, but Ngwenya Glass works with the local schools to instil in the children a sense of environmental awareness. In exchange for building materials and the sponsorship of the soccer team, the students must participate in roadside clean-up campaigns.

<http://www.ngwenyaglass.co.sz/>

Afterwards, visit the **Swazi Candles** factory, situated close to Manzini. The highly decorative Swazi Candles are hand-made using the age-old technique "millefiore" (literally "thousand flowers"), a technique that first surfaced in ancient Alexandria, but was perfected in the great glassmaking cities of Murano and Venice. On the African coast, these Venetian trade beads were used as a form of currency to barter for gold and ivory and they proved so popular that the North and West Africans came to make their own variation. Thus was born the African trade bead, albeit using special hard wax to create their colourful designs rather than glass



<http://www.swazicandles.com/>

A late lunch will be served at Sambane Restaurant located at Swazi Candles. Following lunch, transfer to the hotel and check in. Rest of the day at leisure to enjoy the hotel's facilities.

Overnight in Swaziland.

#### Day 12 – Jan 27 – Swaziland – Kruger / Kapama Private Game Reserve (B,L,D)



*The **Kruger National Park** is probably one of the most renowned game reserves in the world. Encompassing 20 million hectares of African flora and fauna, the Kruger National Park Game Reserve is a rich blend of natural wonders, historical heritage and archaeological sites, offering an authentic African wildlife experience that no visitor should miss. The Park was created in 1898 as a massive conservation effort in South Africa's Lowveld region. Cared for by SANParks, Kruger is uniquely diversified in both plant and animal life. This outstanding game reserve has become well-recognized around the world for its successful environmental management policies and techniques and, as such, it has become the flagship of all of the national parks in South Africa. While visiting this massive retreat, visitors can expect to view a wide variety of species out of the 363 tree species, 34 amphibians, 147 mammals, 507 birds, 49 fish and 114 reptile species which call the reserve home.*

*Visitors to Kruger National Park never fail to be impressed by the sheer beauty of the landscape and this world-renowned game park offers the opportunity to see a variety of wildlife. The big draw is the Big 5 but not to be forgotten is the Little 5 which is the ant lion, elephant shrew, rhino beetle, leopard tortoise and buffalo weaver. Marvel at thousands of giraffe and birding enthusiasts can look out for the Birding Big 6, namely the kori bustard, martial eagle, ground hornbill, saddle-bill stork, lappet-faced vulture and Pel's fishing owl. And flora isn't let out of the picture either - look for these stunning trees: baobab, marula, fever tree and mopane.*



Breakfast at hotel and start the day with a visit to the Swazi village of **Matsamo**, where you will enjoy a traditional African lunch and sample local dishes. Tour the area, experience a folk dance and other cultural performing arts in the village as you discover Swazi customs and language which possess a strong Sotho influence.

Then return to South Africa (clear customs at the Swaziland-South African border) and drive north in to the Kruger area and the Kapama Game Reserve, arriving at your lodge in the afternoon.

After checking in at the lodge (if time permits) freshen up before the evening's **game drive** followed by a delicious dinner in the dining room, or in the African-style boma.

Overnight at the lodge in Kapama.

The **Kapama Private Game Reserve** is a 16000 Ha private game reserve and represents a piece of Africa as it used to be. With the mighty Drakensberg mountains in the distance and the iconic Kruger National Park adjacent to the east, Kapama has distilled the finest wildlife safari offerings for the enjoyment of guests of it's luxury lodges. As part of the greater Kruger area, vast herds of buffalo, elephant and antelope are resident on Kapama, along with plentiful predators. The reserve is a slice of wilderness paradise far from the main Kruger Park which can sometimes become relatively crowded - it is a place of renewal and reconnection with the natural world. The iconic and most respected wild animals of Africa – the Big Five – are at home on Kapama, as are over 40 other mammal species and 350 different types of birds.



### Day 13 – Jan 28 – Kapama Private Game Reserve (B,L,D)



Today, a full day of activities - start off with an early morning wake up call and meet for tea and coffee prior to departing on your morning game drive that will allow you to take in the wild splendour and to search for big game amidst an amazing panorama. And, unless you've been up at dawn, driving out of camp as the morning sun illuminates thousands of glittering spider webs among the bushes, cruising slowly along the roads hoping for that overnight lion kill, or a leopard draped casually over the branch of a big tree, you've missed one of the world's greatest wildlife experiences. Upon returning to the lodge, a hearty breakfast will be served.

**For physicians, In between your morning and afternoon game drives, there will be the second part of the Academic Presentations at the lodge.**

For non-physicians, the safari lodge offers every comfort and convenience to relax in this pristine environment. Lunch will be served at the lodge as well as high tea a little later prior to departing on your afternoon game drive.



Return to the lodge early evening where dinner will be served in the boma. A **boma** is a traditional outdoor area (originally the meaning comes from a rural fortress or livestock pen also an outdoor entertainment area, usually thatched with open sides) where you will eat "African al fresco" under the stars accompanied by the night sounds of the savannah.



Overnight at the lodge in Kapama.



#### Day 14 – Jan 29 - Kapama - Panorama Route - Johannesburg (B,D)

*Known affectionately as the City of Gold, **Johannesburg** has been associated with wealth, opportunity and prosperity since gold was discovered on Langlaagte farm in 1886. It is a city that bustles with life and activity, and is the heart of South Africa in regard to politics, industry and the economy. Bright and bold, Johannesburg is filled with art, entertainment, local celebrities, music and theatre and dense with skyscrapers, townships, leafy suburbs and socialites. Recently revamped to host the World Cup games, the city built on a gold reef now offers supersized mall shopping, an electric nightlife and a flourishing art scene. Johannesburg does not forget its apartheid past: Constitution Hill, MuseuMAfrica and the Hector Pieterse Memorial & Museum all document the long walk to political freedom with compelling displays.*

An early breakfast at the lodge for your final game drive as the sun rises.

Check out of the lodge and depart for Johannesburg via the spectacular **Panoramic Route** in the northern Drakensberg - one breath-taking view after another.

The magnificent **Panorama Route** is best known for its cultural heritage and its dramatic landscapes. Stop at the **Blyde River Canyon Reserve**, home of the third largest canyon of its kind in the world with some of the best views in South Africa. Although the visual element dominates, all your senses are enriched by the wealth of plant and animal life that the region supports: klipspringer, dassies, grey rhebuck, oribi, kudu, bushbuck, bushpig, monkeys, bushbabies, chacma baboons, and just about every kind of bird... including the famous eagles of the region. Other highlights on this spectacular drive include the exquisite waterfalls in Graskop and Sabie, and the Gold Rush territory, **Pilgrim's Rest**, home to the early gold prospectors and a national monument in its entirety.

On arrival in Johannesburg check in to your hotel.

Dinner this evening will be at **Moyo's Melrose**. In the heart of Johannesburg, this multi-level modern restaurant - clad in copper with pressed pebble walls - embodies Africa's finest music and urban cuisine offerings.

Overnight in Johannesburg.

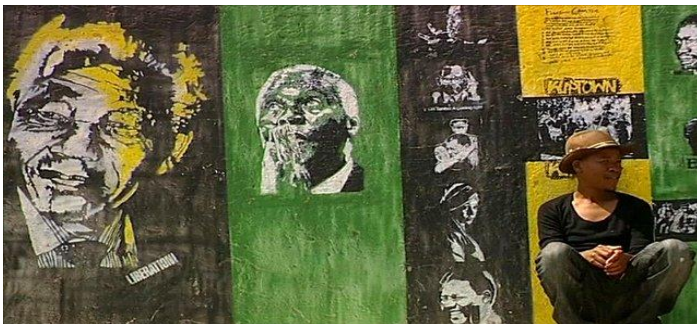


**Day 15 – Jan 30 (Thu) – Johannesburg – Toronto (Arriving Toronto Jan 31 (Fri) (B,L)**

Breakfast at the hotel.

For **physicians**, there will be a morning visit to the **Chris Hani Baragwanath Hospital** - the largest hospital in the world, occupying around 173 acres, with approximately 3,200 beds and about 6,760 staff members. The hospital is in the Soweto area of Johannesburg, South Africa. (Soweto was a separate municipality from 1983 to 2002, when it was amalgamated to the City of Johannesburg.) It is one of the 40 Gauteng provincial (ie public) hospitals, and is financed and run by the Gauteng Provincial Health Authorities. It is a teaching hospital for the University of the Witwatersrand Medical School, along with the Charlotte Maxeke Johannesburg Academic Hospital, Helen Joseph Hospital and the Rahima Moosa Mother and Child Hospital.

Non-physicians will visit **Brenthurst Gardens**, one of South Africa's most magnificent gardens which, in a city dedicated to change, has enjoyed a unique continuity. Of all the mansions built for the Randlords a century ago, this is the only one that has survived with its setting intact. The precipitous site of Brenthurst was one of the last to be sold, bought by Consolidated Goldfields of South Africa, who commissioned Sir Herbert Baker to design a house for their directors. Originally named Marienhof after Lippert's original homestead, the estate has been the home of the Oppenheimer family since 1922. Baker poised the house, with its tall Cape gables, high on the bare rock of the koppie, above a garden plunging with terraces and steep stone steps. Over the next half century, within its rugged setting and burgeoning forest, the garden gradually acquired a more elaborate structure and formality.



After the morning activities, visit the famous township of **Soweto**. Today, Soweto, is a place of tremendous contrasts being the richest township in South Africa, but also still blighted by poverty. It is the country's most political township and has played a major role in the history of South Africa and is home to the only street in the world where two Nobel Peace Prize winners (Desmond Tutu and Nelson Mandela) once lived.

Visit the **Hector Pieterse Museum**, and discover the cause of the tragic riots which led to his death and then continue to **Mandela House** and time to visit this fascinating little museum. Soweto is unlike a suburb you've ever seen or been to, yet the history of struggle encapsulated here is a cornerstone of the South African story.

Lunch will be served at **Sakhumzi's Restaurant** on the popular & historic Vilakazi Street, in Orlando suburb of Soweto. Vilakazi Street is host to the original homes of Nelson Mandela and Bishop Tutu, not least it also hosts the site upon which Hector Pieterse (the 13yr old) as 1st victim of Soweto Student Uprisings was shot dead by Apartheid police. The cuisine is African township whilst the ambience aspires to complement a heritage tourism theme.

Transfer to Oliver Tambo International Airport (Johannesburg) for your return flight to Toronto (via Washington, USA), evening departure (South African Airways).

**If you are extending your stay in Africa for 3 nights to visit the Victoria Falls, Zambia**, please refer to the extension itinerary later in this brochure.

#### Day 16 – Jan 31 (Fri) – Arrive Toronto

Arrival in Toronto on the afternoon of Jan 31, 2014



## The hotels...

Location	Hotels
Cape Town (4 nights)	Southern Sun Cape Sun (4*) <a href="http://www.tsogosunhotels.com/hotels/cape-sun/pages/overview.aspx">http://www.tsogosunhotels.com/hotels/cape-sun/pages/overview.aspx</a>
Knysna (2 nights)	Protea Hotel Knysna Quays (4*) <a href="http://www.proteahotels.com/protea-hotel-knysna-quays.html">www.proteahotels.com/protea-hotel-knysna-quays.html</a>
Durban (1 night)	Southern Sun Elangeni Hotel (4*) <a href="http://www.tsogosunhotels.com/hotels/elangeni-and-maharani/pages/overview.aspx">http://www.tsogosunhotels.com/hotels/elangeni-and-maharani/pages/overview.aspx</a>
Umfolozzi (2 nights)	Protea Hotel Umfolozzi (3*) <a href="http://www.proteahotels.com/protea-hotel-umfolozzi-river.html">http://www.proteahotels.com/protea-hotel-umfolozzi-river.html</a>
Swaziland (1 night)	Royal Swazi Sun (4*) <a href="http://www.suninternational.com/royal-swazi/royalswazispa/Pages/default.aspx">http://www.suninternational.com/royal-swazi/royalswazispa/Pages/default.aspx</a>
Kapama Private Reserve (2 nights)	Kapama River Lodge or Kapama Southern Camp (5*) <a href="http://www.kapama.co.za/kapama-river-lodge/">http://www.kapama.co.za/kapama-river-lodge/</a> <a href="http://www.kapama.co.za/kapama-southern-camp/">http://www.kapama.co.za/kapama-southern-camp/</a>
Johannesburg (1 night)	The Maslow Hotel (4*) <a href="http://www.suninternational.com/maslow/Pages/default.aspx">www.suninternational.com/maslow/Pages/default.aspx</a>

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

## The price... Cdn \$6,495 / person

Pricing (exc. Insurance) / per person	Inc. Air from Toronto
Per person (double occupancy)	\$6,495
Single supplement	\$1,200
Single share matching fee	\$ 300 **
Transportation / hotel taxes and fees	\$ 620
Academic program registration fee	\$ 500 (per MD registrant)
Payable locally - International airport departure tax (approx)	US\$40

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

## REPEAT CUSTOMER DISCOUNT

If you have travelled with doctors-on-tour before, you are eligible for our Repeat Customer Discount. Simply deduct 1% for each separate tour that you have travelled with the company on up to a maximum of 3% (ie travelled on one previous tour, deduct 1%; two tours, 2%; three or more tours, 3%). Please note, this discount is applicable to the base price (eg above \$6,495) plus single supplement / share matching fee and optional extensions only – it is not applicable to transportation / hotel taxes and fees, travel insurance and/or the academic program registration fee. In addition, it is subject to the payment (s) for the tour being made by cheque. The discount is to be made from the final balance payment with the deposit amount being paid in full.

## Inclusions –

- Round trip international flights from Toronto to Cape Town and Johannesburg to Toronto
- Domestic flight from Port Elizabeth to Durban
- Modern, air conditioned coach transportation
- All meet and greet services and arrival and departure transfers
- Accommodation for a total of 13 nights as specified
- 13 breakfasts, 7 lunches, 8 dinners in a combination of hotel and local restaurants (including wine tasting and lunch at a vineyard in the Franschoek / Stellenbosch winelands and a Boma dinner and Zulu dance performance)
- Comprehensive daily itineraries including escorted tours of local cultural sites and museums
- Excursion on a 4x4 in the private natural reserve of Featherbed
- Elephant interactions at Knysna Elephant Park
- Wildlife Boat cruise on the St Lucia Estuary
- 5 game drives in 4x4 safari vehicles (Umfolozi and Kapama Private Game Reserve) with professional local English speaking driver-guides
- Academic program and visits to local medical facilities as indicated in the itinerary
- All admission fees (except those specifically noted above)
- Services of a local English speaking cultural expert and guide
- Hosting by our Group Leader and Medical Director, Dr. Peter Bloch and his wife Mary
- Porterage

## Exclusions -

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

**OUR PROGRAMS HAVE LIMITED CAPACITY AND ARE SUBSCRIBED FOR MANY MONTHS IN ADVANCE AND THEREFORE RECOMMEND REGISTERING (WITH A NON-REFUNDABLE DEPOSIT OF \$600 PER PERSON, PLUS APPLICABLE TRAVEL INSURANCE PREMIUM) AS SOON AS POSSIBLE IN ORDER TO GUARANTEE YOUR RESERVATION.**

## Misc information you need to know...

### Travel documentation and visas

An entry visa is not required for Canadian citizens for entry into South Africa. However, your passport must have an expiry date no earlier than 30 days after your scheduled departure date from South Africa and must have at least two blank pages for entry stamps .

### Mandatory vaccinations - none

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



## OPTIONAL EXTENSION – VICTORIA FALLS, ZAMBIA

(3 NIGHTS : JANUARY 30 - FEBRUARY 2, 2014)



When explorer David Livingstone became the first white man to set eyes on the falls, he famously described the crashing waters as exuding such power that they must have been "gazed upon by angels in their flight," and promptly named them for his queen. A century and a half later, the might and influence of the British crown has waned, but the Zambezi River still pounds the Batoka Gorge, drawing travelers to witness the spectacle as the falls plummet 100m (328 ft.), twice the height of Niagara.

Straddling the western border between the beautiful but poverty-stricken state of Zimbabwe and hot new safari destination Zambia, Victoria Falls is justifiably called one of the **Wonders of the Natural World** and has been designated a UNESCO World Heritage Site, spanning almost 2km (1 1/4 miles), making it the largest show of its kind on Earth. The sight of more than 9 million liters of water crashing down into the Batoka Gorge is one not easily forgotten; on a clear day, the veil of roaring spray can be seen from up to 80km (50 miles) away, and provides perpetual moisture to nourish the rainforest that clings to the cliffs opposite Victoria Falls. It is this phenomenon that gave the falls its local name: *Mosi-Oa-Tunya* -- literally, "The Smoke That Thunders."

Further information at -

<http://www.zambiatourism.com/>

### Day 15 – Jan 30 – Johannesburg (B, L)

Daily program as per main itinerary (Day 15).

Evening at leisure as you spend an additional night in Johannesburg.

### Day 16 – Jan 31 – Johannesburg - Victoria Falls, Livingstone, Zambia (B)

Breakfast at hotel.

After breakfast transfer to Oliver Tambo International Airport (Johannesburg) for your morning flight to Livingstone, Zambia - the gateway to the Victoria Falls. Upon arrival at Livingstone International Airport, you will be met by a representative from our local tour operator partner who will assist you to your waiting coach for transfer to your hotel.

Spend the afternoon at leisure until you are collected for your late afternoon sunset cruise.

**Sunset and a sundowner on the Zambezi** - the perfect way to end yet another African day. Take on a lazy, leisurely sunset cruise aboard one of the finest boats on the Zambezi, the **African Queen**. Take a drink as the sun sinks over the water, and you'll be increasingly mesmerised by the exquisite views of the wild African bush. Float past the Mosi-oa-Tunya National Park, and you're very likely to spot crocodiles, hippos, astonishing birdlife, perhaps elephants and whatever else comes down to the riverbank to drink. It's always a surprise, always a great sense of anticipation. And as the sun sinks lower, enjoy a selection of local drinks and tasty snacks served on board. (Local beverages are included under the tour inclusions – all other drinks (imported wine and spirits) will be for guests own account at the cash bar)



Evening at leisure. Overnight in Livingstone.

### Day 17 – Feb 1 – Victoria Falls (B)



Breakfast at hotel and then take a **guided tour of the Falls**. An average 550 cubic litres of water from the Zambezi River crashes with great aplomb into the chasm below every minute, which is of course why the locals call Victoria Falls, Mosi-oa-Tunya, the smoke that thunders. The smoke is the permanent mist, spray, even rain, which hangs over the Falls and the surrounding forest...and the thunder? You'll hear it for yourself. The force and power of the Falls almost defies belief. Visit the Falls from the Zambian side, and when it's in full flow, you'll experience the showers from the crushing Falls below. Raincoats are a must!

The wide basalt cliff, over which the falls plummet, transforms the Zambezi from a wide placid river to a ferocious torrent cutting through a series of dramatic gorges. Be enthralled by this natural masterpiece that is over 500,000 years in the making as you enjoy a walking tour which includes views of the spectacular Devil's Cataract and Rainbow Falls.

Enjoy the afternoon at leisure to participate in some optional activities, explore the local craft markets in Livingstone or simply relax at your hotel.

Evening at leisure. Overnight in Livingstone.

### Day 18 – Feb 2 – Livingstone, Zambia - Johannesburg - Toronto (B)

Breakfast at hotel and some free before your transfer to Livingstone Airport for your early afternoon return flight to Toronto (connecting in Johannesburg, South Africa and Washington, USA) on South African Airways.

### Day 19 – Feb 3, 2014 (Mon) - Arrive Toronto

Arrival in Toronto on the afternoon of Feb 3, 2014

The hotels...	
Johannesburg, South Africa (1 night)	The Maslow Hotel (4*) <a href="http://www.suninternational.com/maslow/Pages/default.aspx">www.suninternational.com/maslow/Pages/default.aspx</a>
Livingstone, Zambia (2 nights)	David Livingstone Safari Lodge and Spa (4*) <a href="http://www.thedavidlivingstone.com/">http://www.thedavidlivingstone.com/</a>

Accommodation will be in 4\* hotels as noted above. (In the unlikely event that a property needs to be changed it will be substituted with one of a similar standard)



David Livingstone Safari Lodge and Spa

The price (to extend your stay...)	Cdn \$1,180 / person
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**Pricing (exc. Insurance)**

Per person (double occupancy) – standard room	<b>\$1,180</b>
Single person supplement	\$ 280
Transportation / hotel taxes and fees (per person)	\$ 260
ZAWA National Park fee	US\$10 (payable locally at the lodge)

**Included** in the price (Cdn\$1,180):

- Regional flights from Johannesburg - Livingstone (Zambia) - Johannesburg
- Modern, air conditioned coach transportation
- All meet and greet services and arrival and departure transfers
- Accommodation for a total of 3 nights as specified (including breakfast)
- Sunset cruise on the Zambezi (including drinks / snacks)
- Guided tour of Victoria Falls
- All admission fees (except those specifically noted above)
- Services of a local English speaking cultural expert and guide
- Porterage

**Exclusions**

- Beverages (both soft drinks and alcoholic beverages) unless specifically included above
- Gratuities
- Airport departure taxes
- Entry visa for Zambia (US\$50)
- ZAWA National Park fee (US\$10)
- Travel insurance
- All items of a personal nature such as telephone / internet usage, laundry services etc



## Misc information you need to know...

### Entry visas

An entry visa is required for Canadian citizens for entry into Zambia (this can be obtained upon entry into the country, cost at June 2013, US\$50). In addition, your passport must have at least two blank pages with an expiry date no earlier than 6 months after your scheduled departure date from Zambia.

### Mandatory vaccinations - Yellow fever

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 malaria precautions.

## Insurance information...

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

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

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

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

Total insurable costs	NON-MEDICAL PACKAGE						DELUXE PACKAGE				
	0-54	55-59	60-64	65-69	70-74	75-79	0-54	55-59	60-64	65-69	70-74
6500 - 7000	406	426	500	572	658	882	464	475	585	693	1,023
7000 - 7500	429	449	530	608	700	932	486	498	613	727	1,063
7500 - 8000	451	473	559	644	741	982	509	521	642	761	1,103
8000 - 8500	474	497	590	679	783	1,031	531	544	670	795	1,142
8500 - 9000	497	521	619	715	824	1,081	553	567	698	829	1,182
9000 - 9500	519	544	649	751	866	1,131	576	590	726	863	1,221
9500 - 10000	542	568	678	786	907	1,180	598	612	754	897	1,261
10000 - 10500	564	592	705	819	945	1,224	620	637	781	930	1,299
10500 - 11000	585	617	732	851	983	1,267	642	661	808	962	1,337
11000 - 11500	607	641	759	883	1,021	1,310	663	685	835	995	1,375
11500 - 12000	629	665	786	916	1,058	1,353	685	710	862	1,027	1,413

## Testimonials...

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

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

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

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

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

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

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

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

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

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

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

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

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

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

"The trip surpassed all my expectations. The country itself was far more interesting than I thought and the tour itself was very well organized. The wineries were a treat and the physicians and there spouses were lots of fun. I would be happy to do another trip! "  
Dr. Steven Traplin, Guelph – Spain Gourmet tour, 2011

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

"The Southeast Asia tour was a great success. Ellen and I are resonating with the sights, sounds and smells from the visit! "  
Dr. Ron and Ellen Pace, Waterloo – Vietnam, Laos & Cambodia, 2012

"We really enjoyed the tour of Bali and we were glad that we could do it with Dr. (Mel & Bonnie) Borins who showed us the real Bali and not the tourist angle. Every moment was an experience of it's own. Thank you so much for organizing such a unique experience"  
Dr. Nilam Clerk & Shobha Amin, Toronto - Bali, 2012

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

"We had a magical time in Machu Picchu - such a spiritual time at day break - our guide was great! Memorable and well organized. Many thanks for the fabulous trip - your company does such a great job and such an opportunity for us.. and what a great group of people to share such an amazing trip with."  
Dr. Paul Bates, London – Ecuador & the Galapagos, Peru 2012

"I have been fortunate to enjoy four trips with doctors-on-tour since 2009 - to Ecuador, Vietnam/Cambodia/Laos, India and Bali. All these tours were wonderful. Well-organized, excellent accommodations, top notch guides, remarkable CME experiences that broaden one's outlook on medicine and really great leaders of the tours. You should seriously consider taking one of these exotic trips. Beats lying on a beach!"  
Dr. Linda Rapson, Toronto – 2013

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

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



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

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

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

Andrea Maurice, Toronto, On. – South India, 2013

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

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

"The trip of a life time!"

Dr. Edo Teku, Toronto - Vietnam, Cambodia & Laos, 2013

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

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

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

Dyana Driscoll – Brazil, 2013



doctors-on-tour - Spain



doctors-on-tour - Ecuadorian Amazon



doctors-on-tour - India



doctors-on-tour - Bali

**And about your Group Leader and Medical Director, Dr. Peter Bloch**

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

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

## The fine print...

The Terms & Conditions contained herein are the terms under which on-tour.ca and doctors-on-tour.ca (being operating brands of Britcan International Consulting (B.I.C.) Inc) accepts reservations. Our liabilities are limited. When you make a payment of deposit and/or final payment, it is also an acknowledgement of receipt and acceptance of these terms and conditions.

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

**FINAL AND/OR BALANCE DUE PAYMENT:** Guaranteed payment of all balances due is no later than 105 days prior to departure date. If payment of the balance due is not received by the stipulated date, we reserve the right to cancel your reservation without refund of deposit.

**CREDIT CARD PAYMENTS:** Visa & MasterCard credit cards are accepted as form of payment. Credit card payments require that the passenger complete and sign our Booking Form as verification of their approval for the credit card to be charged both for the initial deposit as well as the future balance payments on the date they become due, together with any other charges due relating to the booking that have been requested by you in writing (including by electronic mail communication). No services will be provided without receipt of the signed Booking Form. Third party payments may have restrictions.

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

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

**TRAVEL DOCUMENTATION, VISA & OTHER IMMIGRATION REQUIREMENTS:** A Canadian citizen must be in possession of a passport that must remain valid for a minimum of 30 days from the date of departure from South Africa (and for a minimum of 6 months from the date of departure from Zambia if taking the optional Zambia / Victoria Falls extension). Tour participants must also ensure that they comply with all visa and health requirements of countries they intend to visit. A tourist entry visa is not required for entry into South Africa (but is required for entry into Zambia if taking the optional Zambia / Victoria Falls extension). Non Canadian citizens may have different requirements. It is the passenger's responsibility to ensure that all his or her passport, visa and mandatory health vaccination requirements for entry into the country are met and the cancellation penalties referred to above will apply if a passenger is not allowed into the destination country (or determines in advance of departure that he will not be allowed into the destination country) due to lack of proper documentation including, but not limited to, passport, visa, customs, health or currency provisions required by the destination country thus preventing him from participate in the tour. Final tour documents consisting of detailed tour itinerary, vouchers, and airline tickets will be forwarded approximately 2-3 weeks prior to departure subject to receipt of final payment .

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

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

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



**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/ as conditions warrant such change for reasons beyond our control. Accommodations on twin occupancy basis, is provided at the properties/hotels/lodges/camps as specified or similar. Single room supplements apply to persons occupying sole use of a room but travelling with other passengers on the same tour and sharing transport cost on transfers, game drives, coach tours, sightseeing and excursions. Quoted single room rate does not necessarily mean single occupancy of a double room, as several of the establishments offered have especially designed single occupancy units.

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

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

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

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

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

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

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

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

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

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

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

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

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