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& MEDICAL POST



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PROFESSIONAL ADVANCEMENT ESCAPE

## ECOLOGICAL & CME TOUR OF ECUADOR (INCLUDING THE GALAPAGOS & ECUADORIAN AMAZON)

(WITH OPTIONAL 5 DAY EXTENSION TO PERU, INCLUDING MACCHU PICCHU)

November 14 - 28, 2012 (15 days, 14 nights)

### 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, Zanzibar, Kilimanjaro climb), India, South East Asia (Vietnam, Cambodia & Laos) 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)

## The Destinations... Quito, the Ecuadorian Amazon and the Galapagos Islands

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

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

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

And, lying 965km west of the mainland in the Pacific Ocean, the **Galapagos Archipelago** encompasses over 50 islands of volcanic origin that are spread out over an area of about 4,500 square kilometers. Perhaps more so than any other place in the world, the fauna of the Galapagos Islands, part of Ecuador, are incredibly unique. The fascinating species found on these islands includes 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 -

<http://ecuador.travel/>

Ecuador Tourist Board

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

Galapagos National Park

<http://www.galapagos.org>

Galapagos Conservation Organization

## The detailed itinerary...

### Day 1 – Nov 14, 2012 - Depart Toronto for Quito, Ecuador

Fly from Toronto to Quito, Ecuador.

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

**Day 2 – Nov 15 – Quito – Full day city tour including the “Middle of the World” (B,L,D)**

*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.*

Breakfast at the hotel.

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

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

And no visit to Quito would be complete without a journey high above the city on the Teleferico cable car. Built in 2007, this is one Quito's newest attractions which provide a spectacular view of the city and its surroundings, including more than 14 peaks of the Andes that is called the Volcanoes Avenue, as it reaches over 13,000 ft on the summit of Cruz Loma. (This component is weather dependent)

Welcome Dinner at La Ronda – one of the city's most traditional local restaurants, very colonial, with thick white-stucco walls, red carpeting, sloped wood ceilings, brick archways, dark-wood high-back chairs, and iron chandeliers.

Overnight at hotel.



**Day 3-6 – Nov 16 - 19 (4 days / 3 nights) – Ecuadorian Amazon Rainforest Ec lodge Program (B,L,D)**

An early morning start from Quito for a scenic road transfer (approximately 4 hours) through the spectacular Avenue of the Volcanoes and the snow crested Andes to the town of Shell on the periphery of the Amazon basin. From there, take a short (45 minutes) flight, from which you can fully appreciate the scale of the Amazon Basin to one of the Kapawi Achuar Community airstrips and then an electric canoe ride (30 minutes) upstream on the Capahuari river to the Kapawi ecolodge.



**Kapawi Ec lodge & Reserve** is located in one of the most remote and well protected parts of the Ecuadorian Amazon. Deep in the nearly two million acres of the Achuar people's territory, Kapawi is accessible only by air - flying in small planes over an unbroken green expanse of rainforest. The area is home to: about 500 species of birds, pink dolphins, giant otters, caiman, tapirs, capybaras, and more and, being located in the territorial lands of an indigenous nation still living as they have for generations and in intimate harmony with nature, Kapawi provides guests a range and depth of cultural experiences unmatched by any other rainforest lodges.



**Day 6 – Nov 19 – Kapawi ecolodge – Quito (B,L)**

Return from Kapawi by the same route as upon your arrival to the lodge. A stop will be made enroute in the spa town of Banos for lunch arriving in Quito late afternoon.

Evening at leisure. Overnight at hotel in Quito.

**Day 7 – Nov 20 – Quito Academic Program (B,L)**

Breakfast at the hotel.

**Physicians** – Academic program in the hotel in the morning followed by tours of local Quito public and private hospitals in the afternoon.

**Non-physicians** – escorted morning walking tour of La Mariscal Sucre area including the local market and the Gold Museum; free time in the afternoon.

Lunch will be provided in the hotel for all participants.

Evening at leisure, Overnight at the hotel.



**Day 8 – Nov 21 – Quito – Otavalo (B,L,D)**

Breakfast at hotel. Today head north into the foothills of the Andes to the beautiful area of lakes and distinct picturesque towns 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. Our first stop is Calderón, a small village that keeps the tradition of making colorful dough figurines of Indian dolls, llamas, flowers and even great Christmas ornaments. Observe how each figure is molded by hand, with dough of different colors carefully put together; then it is baked and varnished. Then cross the equator near Cayambe and proceed to Peguche, an Indian village very near Otavalo that is home to the artisans who do the weaving in their homes where we can learn about their culture and beliefs. Lunch is at one of the charming country inns or haciendas of the area. In the afternoon explore, and barter, at the many stalls full of ponchos, scarves, blankets, wall hangings, woven belts (fajas), hats, handbags, silverware and much more at the main market in Otavalo.

Before dinner you will have the opportunity to see a **local shaman demonstrate traditional healing techniques**

Dinner and overnight at a traditional hacienda in the area.

**Day 9 – Nov 22 – Otavalo – Lake Cuicocha / Cotacachi - Quito (B,L)**

Breakfast at hotel.

After breakfast, drive to the beautiful Cuicocha Lake, a flooded volcanic caldera, and take a walk along it's shores to witness the spectacular views. Then onto Cotacachi, a town famous for its production of fine leather goods before stopping at a music workshop to see how many of the Andes wood instruments are made and enjoy a short performance. Lunch will be in a local hosteria before returning to Quito late afternoon.

Evening at leisure. Overnight at the hotel in Quito.



**Day 10 – Nov 23 - Quito – Galapagos Islands (MV Galapagos Explorer II - 5 days/4 nights) (B,L,D)**



Breakfast at the hotel.

Transfer from hotel to airport for morning flight to Baltra in the Galapagos Islands to board the MV Galapagos Explorer II.

Cruise ship boarding early afternoon and set sail to see a selection of the fascinating islands, with their unique fauna and flora, of the Galapagos. In the afternoon stop at –

**Santa Cruz Island and the Charles Darwin Station and Puerto Ayora.**

**Santa Cruz Island** (Area> 986 km 2, Maximum Altitude: 864 meters, Volcano: (964 mt)) is famous for it's giant tortoises where you can walk into the lava tunnels closeby. The major human settlement of the archipelago is located in Puerto Ayora's town and the island also houses the Charles Darwin Research Station.

- Fauna: species of giant tortoises and land lizards.
- Flora: candelabra cactus, galapagos croton, thorn shrub, scalesia, White mangrove, black mangrove, red mangrove, poison apple, salt bush, prickly pear cactus
- Main attraction: Giant tortoises in captivity, visit the town of Puerto Ayora
- Type of terrain: streets and paths in the Galapagos National Park, Physical condition: low

**Day 11 – Nov 24 – Galapagos Cruise (Santa Cruz and Santiago Island) (B,L,D)**

In the morning visit **Bachas Beach, Santa Cruz Island**

- 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

**Santiago Island** (Area: 585 km 2, Maximum altitude: 920m) is one of the oldest of the islands and a place of great geological significance being the fourth territorial extension. At it's centre is a volcanic dome, surrounded by small cones with the last eruption being in 1890 and now vegetation is plentiful because of the humidity. In the afternoon, explore **Puerto Egas**, with it's volcanic pitch black shores being an excellent location to see shore and sea birds, while land birds can be observed a little more inland. At the end of the trail discover a colony of the endemic Galápagos fur seals while, at low tide, marine iguanas graze upon emerald green algae beds.

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

**Day 12 – Nov 25 – Galapagos Cruise (Genovesa Island) (B,L,D)**

**Genovesa Island** (Area: 14 km<sup>2</sup>, Maximum altitude: 76m) is unique consisting of the remains of a large submerged crater with the island itself being the exposed volcanic caldera where you can see very young lava flows on the flanks of the volcano. It's nickname is "Bird Island", due to the significant bird population and there is also a large Palo Santo forest.

In the morning, disembark at **El Barranco** -

- Fauna: great frigate bird, swallow tailed gull, barn owls, Galapagos fur seals, red billed tropicbird, warbler finch, vampire finch, large ground finch, red footed boobie, nazca boobies
- Flora: Galapagos Croton, yellow cordia, walteria ovata, incense tree
- Main Attraction: Cliffs, sea lions colony, barn owls search, favorite place for sea birds nesting.
- Type of terrain: lava and difficult paths, Physical condition: high

Then, in the afternoon, explore **Bahia Darwin** -

- Fauna :yellow warbler, Galapagos mockingbird, great frigate bird, yellow crowned night heron, swallow– tailed gull, barn owls, Galapagos sea lions, Galapagos dove, warbler finch, cactus large finch, large ground finch, vampire finch, red footed boobie, nazca boobies
- Flora: Galapagos carpetweed, Galapagos croton, scorpion weed, red mangrove, salt bush, yellow cordia, incense tree, prickly pear cactus.
- Main attraction: Frigate colonies, Nazca boobies, swallow –tailed gulls, red footed
- Type of terrain: beach, Physical condition: low
- 

**Day 13 – Nov 26 – Galapagos Cruise (North Seymour and Santa Cruz Island) (B,L,D)**

In the morning, visit **North Seymour Island** (Area: 2 km<sup>2</sup>, Maximum altitude: 28m) - one of the few uplifted islands in the Galápagos Archipelago, created by the rise of a submarine lava formation. The island is mainly flat and covered with low and dense vegetation – perfect for nestings of the blue footed boobies and Magnificent frigate birds.

- Fauna: yellow warbler, Galapagos mockingbird, magnificent frigate bird ,great frigate bird, swallow tailed gull, marine iguana, Galapagos sea lion, red billed tropic bird, medium ground finch, small ground finch, blue footed boobie.
- Flora: Maytenus octagona, Galapagos croton, thorn shrub, salt bush, yellow cordial, Galapagos incense tree, Jerusalem thorn, Galapagos carpetweed.
- Main Attraction; Island formed by raisings and for this reason is easy to find chorals and bones along the way and frigate colonies
- Type of terrain: rocky and lava, Physical condition: medium

In the afternoon, return to **Santa Cruz Island** where a bus ride takes you to the **El Chato highlands** to see the islands' most famous reptile - the giant tortoises in their wild habitat as well as the opportunity to explore the lava tunnels. The vegetation of the area includes the Scalesia Forest (an endemic giant daisy tree) and birds such as the vermilion flycatcher, will delight everyone with its scarlet feathers against an emerald green forest. Look for Darwin's finches (most of them from the tree-finch group), particularly the famous Woodpecker Finch.

- Fauna: Paint-billed crake, moorhen, cattled egred, Galapagos rail, white cheeked pintail duck, pied billed grebe, giant tortoise.
- Flora: Galapagos croton, guayabillo, water fern, heart leafed scalesia (an endemic giant daisy tree), matazarno, Galapagos pisonia, glory bower.
- Main Attraction: giant tortoises of the ecologic reserve "Primicias" and Tunel de lava "( lava tunnel)
- Type of terrain: vegetation, flat, Physical condition: low (medium for lava tunnels)

**Day 14 – Nov 27 – Galapagos Cruise (San Cristobal Island) - Quito (B, D)**

**San Cristobal Island** (Area: 558 km<sup>2</sup>, Maximum Altitude: 730 meters, Volcano - 759 m) includes the capital of the archipelago, Puerto Baquerizo Moreno.

Disembark the ship and visit the **San Cristóbal Interpretation Center**, located in a natural setting which allows visitors to obtain information that will help them understand more about the natural history of the Galápagos, with a great emphasis on human history and conservation. Afterwards, stroll through Puerto Baquerizo Moreno, with its streetside cafes and souvenir shops (and its own colony of seals right on the town beach – and often in its main square...) before flying back to mainland Ecuador.

Return flight from San Cristobal to Quito and rest of day at leisure in Quito.

Farewell Dinner at a traditional restaurant in Quito

Overnight Hilton Colon hotel.

**Galapagos images...**



Red lava crabs



Giant tortoise



Land iguana



Fur seal



Sea lion



Blue footed boobies

**Day 15 – Nov 28 – Quito – Toronto (B)**

Breakfast at hotel. If you are extending your trip to spend five days in Peru to exploring Lima, Cuzco and the Sacred Valley of the Incas and the spectacular Macchu Picchu you will take a morning flight from Quito to Lima. Otherwise, your final day will be at leisure to experience more of the fascinating UNESCO Heritage city of Quito before your transfer to the international airport for your overnight flight back to Canada.

**Day 16 – Nov 29 – Arrive back in Toronto**

## The accommodation...

### The cruise ship... Galapagos Islands cruise – GALAPAGOS EXPLORER II (5 days / 4 nights)

Built in 1990, with an overall length of 89m and reaching 17 knots, the **M/V Galapagos Explorer II** has been based in the Galapagos since 2000 and is one of the most elegant of the vessels cruising the Galapagos' waters. Designed to provide both comfort and scientific information to 100 passengers visiting the Galapagos National Park, this vessel travels up to the remotest islands of the Archipelago. The M/V Galapagos Explorer II was part of the International Cruise Line "Renaissance" and has operated in the Galapagos Islands since February 1998. Expert naturalist guides will offer an environmentally friendly and educational cruise focused in the Natural History of the Galapagos. The itinerary is shown on the map below (5 days / 4 nights – Saturday to Wednesday).

**Facilities on board:** 50 suites, boutique, library, conference room, restaurant (buffet breakfast/lunch, a la carte dinner), piano bar, pool bar, acuzzi, solarium, wildlife observatory deck, 24 hours coffee and tea station, medical assistance, massage suite, glass bottom dinghy, satellite communication.

**Suite features\*:** all suites on the ship feature –

- |   |   |
|---|---|
| <input type="checkbox"/> convertible double beds                  | <input type="checkbox"/> walk-in or large closets |
| <input type="checkbox"/> extra sofa bed for triple configurations | <input type="checkbox"/> satellite communication  |
| <input type="checkbox"/> mini-bar                                 | <input type="checkbox"/> internet                 |
| <input type="checkbox"/> television                               | <input type="checkbox"/> 110/220 volt outlets     |
| <input type="checkbox"/> marble bathroom                          | <input type="checkbox"/> hair dryer               |
| <input type="checkbox"/> private safety deposit box               | <input type="checkbox"/> vanity dresser           |

The ship has 5 decks, lowest through highest, being Magellan (lowest), Columbus, Marco Polo, Erickson, and Explorer (highest). We have an allocation of the following suite types –

**Classic suites** (Magellan and Columbus deck, irregular sizes – 235-250 sq ft, no balcony)

**Renaissance Panoramic suites** (Erickson deck, 284 sq ft, no balcony)

**Deluxe balcony suite** (Marco Polo deck, 235 sq ft, balcony)

It is not possible to choose specific cabin numbers.

**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 (maximum 16 members) 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 Explorer 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, a naturalist room (where the ship's research scientists monitoring physical and biological process of the islands) and even cocktail lessons and towel folding! Official web site <http://www.galapagosexplorer.com/abordo-en/abordo.html>



SEE OUR ARTICLE ON THE GALAPAGOS EXPLORER IN THE MEDICAL POST – NOV 3, 2009

## The hotel and hacienda bases...

### Hilton Colon, Quito

In the heart of the Mariscal Sucre downtown area on the Avenidas Amazonas, the Hilton Colon Quito hotel offers refined accommodation to both the discerning business and leisure traveler and is convenient for museums, local restaurants and nightlife and is a short (20 minute) walk from Quito's Old Town. 200 rooms (each with satellite TV, telephone, mini bar, 24 hour room service, a/c, wi-fi, safety deposit box), restaurant & bar, fitness centre & spa treatments, massage, conference centre and casino. Additional info at

[http://www1.hilton.com/en\\_US/hi/hotel/QUIHIHF-Hilton-Colon-Quito-hotel/index.do](http://www1.hilton.com/en_US/hi/hotel/QUIHIHF-Hilton-Colon-Quito-hotel/index.do)



### Hacienda Cusin, Otovalo... in the foothills of the Andes

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

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



SEE OUR ARTICLE  
IN DOCTORS  
REVIEW – NOV 2010

ASK FOR OUR  
ARTICLE IN THE  
MEDICAL POST  
JAN 2010

### The Amazon Ecolodge... KAPAWI ECOLODGE (4 days / 3 nights)



**As featured in the Medical Post (Jan 12, 2010) and Doctors review (Nov 2010)** from our 2009 & 2010 programs, Kapawi is located near the Ecuadorian and Peruvian border, in the Southern Ecuadorian Amazon Basin on the Pastaza River, a major tributary of the Amazon. This is one of the areas with the highest biodiversity on Earth, with 10,000 different species of plants and more than 540 different species of birds and Kapawi is located in one of the most pristine and well protected areas of the Basin. Deep in the territorial lands of the indigenous Achuar nation (7,000 people in 64 communities) still living as they have for generations and in intimate harmony with nature, Kapawi provides guests a range and depth of cultural experiences unmatched by any other rainforest lodges

<http://www.doctorsreview.com/features/i-prescribe-trip-ecuador/>

Since its launch over 10 years ago, the lodge has been recognized by many leading tourism organizations for its unique eco-lodge experience and natural, culturally sensitive interaction with the Achuar people. As part of its original transitioning objectives with the Achuar, the lodge has been 100% community owned and managed since 2007 with the Achuar staffing the lodge and working as native guides and specialized, bilingual naturalist guides. It is a member of the Rainforest Alliance which works to conserve biodiversity and ensure sustainable livelihoods by transforming land-use practices, business practices and consumer behaviour. [www.rainforest-alliance.org](http://www.rainforest-alliance.org)

#### Getting to Kapawi ecolodge

An early morning start from Quito for a scenic road transfer (approximately 4 hours) through the spectacular Avenue of the Volcanoes and the snow crested Andes to the town of Shell on the periphery of the Amazon basin. From there, take a short (45 minutes) flight, from which you can fully appreciate the scale of the Amazon Basin to one of the Kapawi Achuar Community airstrips and then an electric canoe ride (30 minutes) upstream on the Capahuari river to the ecolodge.

**Accommodations** - The lodge accommodates up to 50 guests and was built in accordance to the Achuar concept of architecture using traditional materials and techniques and incorporating eco-friendly, low-impact technologies. 18 double and triple cabanas are connected by a raised boardwalk and have private bathrooms, screened windows, sun heated showers and electricity (120v) provided by a solar panel system. Every cabana has a terrace with a hammock and deck chairs overlooking the rainforest from where you may relax and observe the daily visitors including hummingbirds, egrets and kingfishers or listen to the Amazon night sounds.

**Facilities** – Dining room, bar / reading room overlooking the lagoon, library, small shop (local Achuar handicrafts, personal care items), internet (\$\$)

**Activities** - A day in Kapawi starts at 6am, hot drinks and a light snack will wake you up, for a short hike in the forest or an early morning canoe trip for bird watching in the banks of the Capahuari river or to visit the parrots salt lick. Guests will be back for breakfast at 8am, then at 9am depart for a morning activity returning for lunch at the lodge at 1pm or you can take the lunch along to enjoy a beautiful picnic in the forest, returning to the lodge at around 5pm. For clients who decide to have lunch at the lodge you will usually start your afternoon activity at 3pm. At 7pm each evening, guests gather in the lodge to discuss the day's adventures and for a briefing with the guides on the following day's activities. Dinner is served at 7.30pm and, after dinner, clients will have the opportunity to do a night hike, caiman watching or to receive a lecture about the rainforest or the Achuar life.

The lodge provides multiple activities in programs that are characterized by their flexibility: the lodge's naturalists allow you to design day by day, with the rest of your group and your guide, the most suitable program for your interests and desired activity level. Most itineraries include visits to the Achuar communities, hikes in the rain forest, canoeing, fishing, bird watching, and other activities. The area is home to: about 500 species of birds, pink dolphins, giant otters, caiman, tapirs, capybaras, and more. You will also have the opportunity to spend a night camping in an Achuar indigenous community where you will be able to observe the local activities and customs and hear fascinating stories of a lifestyle that has barely changed in centuries.

Average physical condition is required to participate in several of the lodge's activities – however, according to your interests and physical condition (but not your age!), three alternative activity types are offered : easy, moderate, and difficult. These programs depend mainly on the distance and time you would like to spend on the rainforest trails; all other activities can be included in any program..... and there is always the option of taking some time to just relax on your porch on occasion and experience the sights and sounds of the Amazon...

Additional information at [www.kapawi.com](http://www.kapawi.com)



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

The specific details of our educational program will be available at a later date but will include the following -

- Quito conference with lectures by Canadian & Ecuadorian medical experts & interactive discussions
- Visits to public and private hospitals in Quito
- Lecture on global warming / impact on world health patterns in the Galapagos.
- Presentations on traditional healing methods by local indigenous people in the Amazon (herbal medicine) and a shaman in Otovalo in the Andes

In addition, there are opportunities available for any physician who would like to make a short presentation at the conference - please let us know if you are interested in speaking by completing the relevant section of the tour registration form. A certificate of attendance will be provided to all attendees of the Academic Program.

## The price... Cdn \$6,995 / person

<b>Pricing (exc. Insurance) / per person</b>	Inc. Air from Toronto
Per person (double occupancy) - includes Classic suite on MV Galapagos Explorer	<b>\$6,995 *</b>
Single supplement	\$2,000
Supplements to upgrade accommodation <ul style="list-style-type: none"> <li>• MV Galapagos Explorer               <ul style="list-style-type: none"> <li>• Renaissance Panoramic suite (SOLD OUT!)</li> <li>• Deluxe Balcony suite</li> </ul> </li> </ul>	\$ 500 (per person) - \$ 750 if single \$ 750 (per person) - \$1,125 if single
Single share matching fee	\$ 300 **
Transportation / hotel taxes and fees	\$ 585
Academic program registration fee	\$ 400 (per MD registrant)
Payable locally <ul style="list-style-type: none"> <li>- Galapagos Park Fee</li> <li>- International airport departure tax (estimate)</li> </ul>	US\$ 100 US\$ 41

\*\* 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.

If you wish to arrange your own international air to / from Quito, Ecuador, deduct \$800 / person from the above prices

## 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 \$6,995) plus cabin upgrade supplements, 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 Quito, Ecuador. Internal flights in Ecuador as per detailed itinerary.
- Modern, air conditioned coach transportation
- 4 days / 3 nights at Ecuadorian Amazon Kapawi Ecolodge, 6 nights at Hilton Colon (Quito), 1 night at a Hacienda in the Ecuador highlands
- 5 day / 4 night Galapagos cruise on the Explorer II
- 14 breakfasts, 12 lunches, 10 dinners
- Comprehensive daily itineraries including, island sightseeing, naturalists and lecture services, Amazon ecolodge activities, escorted tours of local cultural sites and museums
- Academic program and tour of local medical facilities in Quito
- All admission fees (except those specifically noted above)
- Services of local English speaking cultural and ecological experts
- Portorage

## Exclusions –

- Beverages (both soft drinks and alcoholic beverages)
- Gratuities
- Airport departure taxes (approx US\$41/person)
- Galapagos Park Fee (US\$100/person)
- Travel insurance – please note, **travel insurance (including medical and trip interruption coverage) is highly recommended** for this tour. Coverage is available through doctors-on-tour – please check for further details in our brochure.
- All items of a personal nature such as telephone / internet usage, laundry services etc

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.

**AMAZON ECOLOGES AND THE GALAPAGOS SHIPS HAVE LIMITED CAPACITY AND FILL UP SEVERAL MONTHS IN ADVANCE – OUR PREVIOUS TRIPS ON THIS ITINERARY HAVE BEEN OVERSUBSCRIBED AND THEREFORE WE 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.**

## Optional 5 day extension to Peru and Macchu Picchu... (Nov 28 – Dec 3, 2012)

And, for those of you who would like to experience more of the fascinating South American culture while you're closeby..?

We are also pleased to offer a 5 day / 4 night extension immediately following your Ecuador & The Galapagos adventure into Peru, visiting the capital, Lima, as well as the breathtaking archeological sites from the Inca period in Cuzco and Macchu Picchu. There will be a visit to a local hospital in Cuzco included in this extension. Please request our separate brochure for complete details.



## 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.

### Mandatory vaccinations

Ecuador – none

Peru – yellow fever

## Insurance information...

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

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

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

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

Total insurable costs	NON-MEDICAL PACKAGE				DELUXE PACKAGE			
	Age>	0-59	60-64	65-69	70-74	0-59	60-64	65-69
7000 - 7500	408	482	553	636	470	593	692	1,012
7500 - 8000	430	509	585	674	491	620	725	1,050
8000 - 8500	451	536	618	712	513	647	757	1,088
8500 - 9000	473	563	650	750	535	674	789	1,125
9000 - 9500	495	590	683	787	556	701	822	1,163
9500 - 10000	516	617	715	825	578	728	854	1,201
10000 - 10500	538	644	747	863	599	755	887	1,239
10500 - 11000	559	671	780	901	621	782	919	1,277
11000 - 11500	581	698	812	939	643	809	951	1,314
11500 - 12000	603	725	845	976	664	836	984	1,352
12000 - 12500	624	752	877	1,014	686	863	1,016	1,390
12500 - 13000	646	779	909	1,052	707	890	1,049	1,428
13000 - 13500	667	806	942	1,090	729	917	1,081	1,466

## 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

And finally, this is an article written by one of our Group Medical Directors, and published in Doctor's Review, who hosted our November 2009 program to Ecuador & 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 Eco Lodge about ½ hour from Machu Picchu, at the edge of the cloud forest. The Lodge sits on 100's of acres, grows its own organic vegetables and coffee, and has trained nature guides who conduct bird watching and nature hikes through parts of its own rainforest. Spectacular!

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

And then back to Quito. Quito is a wonderful city, with a rich history. We also had an opportunity to journey north to Otavalo. What a treat! We visited towns that each specialized in only one craft: leather; weaving; mazapan (ornaments made out of dough and then glazed in captivating designs and colours – our son brought back a spectacular chess set whose pieces depict the wildlife of the Galapagos). We visited a 3<sup>rd</sup> 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. Our group left early one morning from Quito. We were driven 4-5 hours southerly to Shell, a town on the border of the rain forest. We then split into 2 groups and boarded small airplanes. We flew about 50 minutes south east at about 6000 feet over the rain forest canopy, finally landing on a dirt runway deep in the rainforest and close to the Peruvian boarder. We were met by the staff from the Kapawi Ecolodge and ushered into a motorized "canoe" (a 40-50 foot long flat bottom boat) for a 40 minute ride to the lodge.

Kapawi Ecolodge is unique. It is a model for sustainable tourism. It was constructed by a private company and

once up and running it was transferred in 2007 to the Achuar people who now make up the majority of the staff at the lodge. The Achuar are the indigenous people of the area who have inhabited the rain forest there for thousands of years. They are in complete harmony with nature and their surroundings. Kapawi Ecolodge itself is on the banks of the Capahuari River which flows into the Pastaza River which in turn flows into the Amazon River. The Lodge can accommodate up to 40 visitors. The accommodations consists of units built in accordance with the Achuar concept of architecture-elliptical shaped with thatched roofs. The accommodations are extremely comfortable, each with a private bathroom and an exterior covered deck. Each of the individual "cabins" is connected by a raised boardwalk. The meals are lovely and the staff is friendly and attentive. But the activities are the main attraction. Twice a day there are excursions either on land or by boat, and, as well, usually an opportunity for one in the evening. In addition, there's bird watching-enough to make us all amateur ornithologists; kayaking; swimming, hiking; and fishing. One afternoon a group of us were taken up river by boat and had the opportunity to either kayak or float on a tube back to the Lodge (always under the watchful eyes of the guides). My son & I opted for tubes and floated gently downstream while my husband kayaked around us. True bliss! An experience we won't forget. I must say we were a little hesitant at first since there are lots of piranhas and caimans. The guides assured us that swimming was safe: the caiman are nocturnal and the piranhas are only attracted by blood. We arrived back at the lodge to witness the pink dolphins frolicking gracefully (not really pink but a pinkish-grey in colour) in front of us.

We also loved the night hikes. We set off in rubber boots supplied by the Lodge (needed on all excursions except boat rides) and donned our head lamps to discover an insect world beyond belief. Our guides pointed out and explained everything. Our son became a great "spotter" and when he looks at our pictures, can still remember the names of the various insects we captured digitally. Then there was the thrill of being on a river cruise at night to spot caimans and have a family of 5 capybara (the world's largest rodent-google it!) pop out in front of us.

And my husband noticed that all the time we were in the rainforest it was a totally peaceful experience- no anxiety or stress. Must have been all that clean air.

Our most unique experience there was an optional overnight visit to an Actuar village which was set in a large clearing (actually an abandoned runway). We set off in the late afternoon and were welcomed into one of the homes, the outer designed of which was similar to our own cabins. The experience was filled with rituals. Before any conversation was initiated, the woman of the home offered us Chicha, a home brewed drink made from manioc (cassava). The Actuar are very patriarchal, and all conversing was only with the man of the home. Our Actuar guide translated the conversations into Spanish and our Spanish guide translated into English for us. We had to introduce ourselves and provide some personal information, and the head of the household reciprocated. For the overnight stay, our guides brought air mattresses, tents and everything for dinner. There is no electricity and so once daylight is gone, people go to bed. Our guides cooked us dinner and the local women prepared some typical Achuar food for us to sample (delicious) as we dined under the stars. And off to bed by 9:00 pm since the Actuar day starts at 4:00 am. What a great and peaceful sleep! At 4:00am we awoke and were again welcomed back into the same home and were served a very black tea. The Actuar drink 4-5 gourds full (each with a caffeine equivalent of 5 cups of coffee) each morning and then go outside to purge themselves. This is a cleansing/detoxifying ritual and also was intended to strengthen the diaphragm for hunting with a blow gun (which is used less and less often now). Before leaving we had the opportunity to try creating local crafts (the women hand built clay bowls and the men worked at weaving combs). We then had a chance to purchase some of the local handicraft. This visit was truly a memorable experience that we never will forget, and certainly too difficult to do it justice in words.

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.*

## 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 6 months from the date of conclusion of their journey. Tour participants must also ensure that they comply with all visa and health requirements of countries they intend to visit. A tourist entry visa is not required for entry into Ecuador or Peru. Non Canadian citizens may have different requirements. It is the passenger's responsibility to ensure that all his or her passport, visa and mandatory health vaccination requirements for entry into the country are met and the cancellation penalties referred to above will apply if a passenger is not allowed into the destination country (or determines in advance of departure that he will not be allowed into the destination country) due to lack of proper documentation including, but not limited to, passport, visa, customs, health or currency provisions required by the destination country thus preventing him from participate in the tour. Final tour documents consisting of detailed tour itinerary, vouchers, and airline tickets will be forwarded approximately 2-3 weeks prior to departure subject to receipt of final payment .

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

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

**ACCOMMODATIONS:** Accommodations on twin occupancy basis, is provided at the hotels/lodges/camps/cruise ships as specified or similar. Single room supplements apply to persons occupying sole use of a room/cabin but travelling with other passengers on the same tour and sharing transport cost on transfers, game drives, coach tours, sightseeing and excursions. Quoted single room rate does not necessarily mean single occupancy of a double room, as several of the establishments offered have especially designed single occupancy units. Local accommodation ratings in overseas destinations outside of Canada may not always be consistent between individual properties in that particular destination nor are they necessarily comparable to an equivalent rating in North America. The right is reserved to substitute hotels/lodges/camps/cruise ships should conditions warrant such change for reasons beyond our control. Rooms/cabins are assigned by the respective supplier(s) on a run-of-the-house basis, in category (ies) as specified in the itinerary

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

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

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

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

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

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

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

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

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

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

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

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

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