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

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

April 3 - 17, 2014

The Organizers...

doctors-on-tour.ca >

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

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Dr. Joanne Holtby M.D., FRCPC >

Dr. Holtby is a psychiatrist at the North Bay Regional Health Centre in Ontario, has been practising psychiatry in rural Canada for over 22 years. After completing medical training at Memorial University of Newfoundland and University of Toronto, Dr Holtby worked on the admission wards of the Waterford Psychiatric Hospital and North Bay Psychiatric Hospital. She is currently working as a Regional Telepsychiatry Consultant and Psychiatric Rehabilitation Specialist at the North Bay Regional Health Centre.

Dr Holtby's private practise specialises in the understanding of body mind spiritual underpinnings of mental wellness and the treatment of mood and anxiety symptoms primarily with psychotherapy, hypnotherapy, stress reduction and self healing skill training and wellness practises.

Dr Holtby is an assistant professor of the Northern Ontario Medical School and active in lecturing, co chairing educational programming, psychotherapy training and supervision and breath body mind stress reduction skill training.

As well as being a vegetable, fruit and herb gardener, Dr Holtby can often be found foraging in the northern forests while learning of medicinal plant properties. She has a particular interest in indigenous understandings of disease, healing practises and ancestral knowledge. Dr Holtby is an avid world traveller, scuba diver and photographer. Dr Holtby is excited to be going on a second CME trip to Ecuador and the Galapagos Islands with doctors-on -tour while hosting the group and sharing her interest in stress reduction strategies.

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, Galápagos green turtle, sea cucumber, 13 endemic species of finch, Galápagos penguin, flightless cormorant, Galápagos hawk and sea lions to name but a sample. And, of course, the islands will always remain famous for the visit, in 1835, of Charles Darwin's ship, the Beagle. His observations of this amazing wildlife, their remarkable adaption to a hostile environment, and the subtle variations between races of the same species living on different islands led directly to his theory of natural selection and evolution.

Further information can be found at -

<http://ecuador.travel/>

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

<http://www.galapagos.org>

Ecuador Tourist Board

Galapagos National Park

Galapagos Conservation Organization

The detailed itinerary...

Day 1 – Apr 3, 2014 - Depart Toronto for Quito, Ecuador

Fly from Toronto to Quito, Ecuador.

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

Day 2-5 – Apr 4 - 7 (4 days / 3 nights) – Ecuadorian Amazon Rainforest Ecolodge Program (B,L,D)

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

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



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

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

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



Day 5 – Apr 7 – Sacha Lodge – Quito (B,L)

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

Evening at leisure. Overnight at hotel in Quito.

Day 6 – Apr 8 – 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.

During the course of the day you will have the opportunity to see a **local shaman demonstrate traditional healing techniques**. In Ecuador, Shamanism is a respected medical profession with practitioners being licensed through local and national associations of shamans and working closely with medical doctors to diagnose and treat many medical ailments. Shamans are believed to be able to talk to the spirit world, usually through spirits of their ancestors, the forest and even through animals. The role of the shaman is that of both diagnosis and healing and they work in conjunction with doctors practicing western medicine from a healing perspective depending on the level and type of healing that is deemed necessary.



The Shaman will diagnose, and also "cleanse" a person of bad spirits or sickness, by means of natural medicine mediums - they use water or alcohol in order to disappear bad energy by blowing it to the person and some will use plants, eggs or even animals, as part of this process.

Dinner and overnight at a traditional hacienda in the area.

Day 7 – Apr 9 – 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 (Time permitting). Lunch will be in a local hosteria before returning to Quito late afternoon.

Evening at leisure. Overnight at the hotel in Quito.



Day 8 – Apr 10 – 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 it's surrounding area, is considered one of the most beautiful regions in Latin America. Located at 9200 feet above sea level, but only 25 km from the Equator line, Quito enjoys a near perfect spring-like climate with mild, sunny mild days and cool nights almost year-round. Broad Ecuadorean smiles, racy salsa music and big bowls of hearty stews and soups warmly counter Quito's snowy mountainous backdrop. In the historic Old Town, superbly preserved baroque churches and monasteries exemplify the fusion of Spanish, Italian, Moorish, Flemish and indigenous influences while and contrast with the contemporary architecture of modern Quito, a cosmopolitan city of great cultural diversity.*

Breakfast at the hotel.

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

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 and may be in the morning or afternoon depending on Quito's weather of the day which can be unpredictable...)

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 9 – Apr 11 – 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.

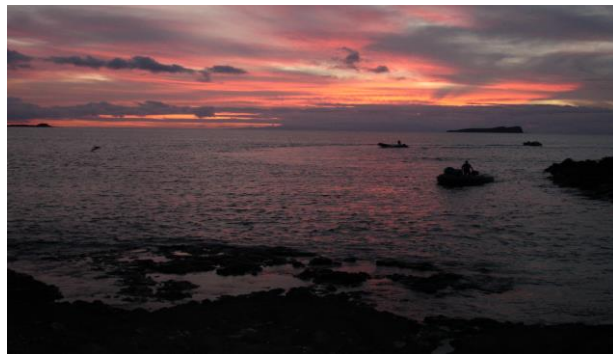
Non-physicians – escorted morning walking tour of La Mariscal Sucre area including the local market and the Central Bank Museum (known locally as the "Gold Museum"); free time in the afternoon.

Lunch will be provided in the hotel for all participants.

Evening at leisure, Overnight at the hotel.



Day 10-14 – Apr 12 - 16 – Quito – Galapagos Islands (M/V Santa Cruz – 5 days/4 nights) (B,L,D)



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

Breakfast at the hotel.

Transfer from hotel to Quito airport for morning flight to San Cristobal in the Galapagos Islands to board the MV Santa Cruz, anchored at Puerto Baquerizo Moreno.

San Cristóbal is geologically one of the oldest islands, reflected by its eroded volcanic peaks in the north and densely vegetated slopes in the south. The town of Puerto Baquerizo Moreno is the provincial capital of the Galápagos Islands.

Cabin assignment, introductory talk and lunch.

Sail to **Punta Pitt, San Cristobal Island** for an afternoon visit.

Punta Pitt is located at the east end of San Cristóbal Island. Wet landing. The trail includes an olivine beach approximately 90 meters and a trail that ascends to the top of a volcanic tuff hill passing through several natural viewpoint. Punta Pitt is composed of volcanic tuff substrate. High winds present there have led to natural erosion. The blue footed boobies nests in the interior (rare in the cliffs), red-footed boobies nest on bushes and masked boobies nest in the cliffs - it is the only Galapagos island where the three species of boobies can be found together. Another added attraction is the presence of sea lions. After the walk, if conditions are favourable, there is a chance to swim from the beach or snorkel at the nearby islets. (Type of terrain: paths, rocky. Physical condition: medium to high. Wet landing).

Day 11 – Apr 13 – Galapagos Cruise (Santa Fe Island, South Plaza Island) (B,L,D)

Morning visit to **Santa Fe Island**, afternoon visit to **South Plaza Island**

Santa Fe (Barrington) is one of the most picturesque anchorages within the archipelago. Its beauty is best appreciated from the trail which climbs the fault cliff overlooking the southern half of the bay. This plateau is also the best place to find the large land iguanas that are endemic to this island. Often they can be seen beneath the imposing *Opuntia* cacti that are also particular to Santa Fe. The two beaches are the sleeping grounds for sea lions, and snorkeling near the small island by the entrance of the bay can also be rewarding.

After breakfast, a wet landing on a sandy white beach with many sea lion harems. Bulls vie for the right of "Beach Master", while smaller males masquerading as females make stealthy mating moves. Galápagos hawks are often easily observed, perched atop salt bushes. The giant prickly pear cactus found here live up to their name with tree-sized trunks! The endemic land iguana, unique to this island, may be spotted during the afternoon walk. Snorkelling and swimming from the beach rounds off the rewarding experience, or if guests prefer, the glass-bottom boat for non-snorkellers. (Type of terrain: paths, rocky, beach. Physical condition: low – medium. Wet landing)

South Plaza is one of the smallest islands to be visited. A large colony of sea lions, numbering about 1,000 bulls, cows and pups, occupies the smooth rocks here. The small cactus forest is populated by land iguanas, which can be seen sunning themselves or feeding on *Opuntia* pads and fruits. Along the cliff edge nesting swallow-tailed gulls are the predominant seabirds, along with tropicbirds and shearwaters. During the rainy season the dormant ground cover undergoes a drastic change. The red *Sesuvium* turns bright green and the leafless evening-blooming *Portulaca* bursts into large yellow flowers relished by the land iguanas

Disembark (dry landing) in the channel between North and South Plaza Islands, where the island tilts toward the water, the approach makes for a lavishly colourful sight! The turquoise waters of the channel contrast brilliantly with the white sand and black lava of the shoreline. The rocks have grown thick with green seaweed in places, speckled with bright orange 'Sally Lightfoot' crabs. Further up the shore a carpet of scarlet *sesuvium* succulents serves as groundcover for a grove of luminescent green prickly-pear cactus. Yellow-grey land iguanas sit beneath these, waiting patiently for pears to drop. Along the coastline one finds sea lion colonies, while frigates, swallow-tailed gulls and shearwaters glide playing with the thermals that form along the cliffs of this small but amazing island. (Type of terrain: paths, beach. Physical condition: low. Dry landing.)

Day 12 – Apr 14 – Galapagos Cruise (Santa Cruz Island) (B,L,D)

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

Morning visit to **Charles Darwin Research Station**, afternoon visit to the **Santa Cruz Highlands**

In the morning, disembark (dry landing) for our visit to the Charles Darwin Research Station and the giant tortoise pens within an impressive giant prickly-pear cactus forest home to many land birds. These are the headquarters of scientific investigation, conservation and the National Park administration. Following the visit, transfer by bus to enjoy lunch in the cooler highlands of Santa Cruz Island, a completely different ecosystem. (Type of terrain: streets and paths in the Galapagos National Park, Physical condition: low. Dry landing.)

Physicians - there will also be a visit to the local hospital on Santa Cruz Island.

For the afternoon, several options are available, which can be chosen once you are on your cruise -

1. Trek along trails amid miconia forest in the highlands, home to many elusive birds including the dark-rumped petrel.
2. Mountain bike (mostly downhill) to Garrapatero Beach.
3. Sea kayak and relax on a beautiful, sandy beach.
4. Experience sustainable agriculture in an organic coffee plantation.

(Type of terrain: various depending on activity, Physical condition: low – medium)

Day 13 – Apr 15 – Galapagos Cruise (Espanola Island) (B,L,D)

Española (Hood) is one of the oldest of the islands. It is small and flat, with no visible volcanic crater or vent. **Gardner Bay** on the eastern shore offers the islands most magnificent beach. It is used by a transient colony of sea lions, and is a major nesting site for marine turtles. Around the small islets nearby, snorkelers will find fish and sometimes turtles and sharks. The trail leads from here to Punta Suarez, on the western tip of the island. Along the way you'll pass the nesting site of almost all the world's Waved Albatross, huge birds with a 6-foot wing span. **Punta Suarez** is one of the most outstanding wildlife areas of the archipelago, with a long list of species found along its cliffs and sand or pebble beaches. In addition to five species of nesting seabirds, Galápagos doves and sometimes Galápagos hawks can be seen. The Hood mockingbird is very curious and bold. Several types of reptiles, including the brilliantly colored marine iguana and the oversized lava lizard, are unique to this island. When heavy swells are running, Punta Suarez is also the site of a spectacular blowhole, with thundering spray shooting 30 yards into the air.

Morning visit to **Punta Suarez**, afternoon visit to the **Gardner Bay** – both on **Espanola Island**

Morning visit to **Punta Suárez** for an exciting walk on lava/boulder terrain to visit its unique sea bird colonies, including waved albatrosses (April - December), Nazca boobies, blue-footed boobies, swallow-tail gulls as well as a view of the Galápagos famous "blow-hole". Among its land birds, the Hood island mockingbird, Galápagos hawks, Galápagos doves and three species of Darwin's finches are common highlights. Also, look for red-green-black marine iguanas. (Type of terrain: paths, rocky. Physical condition: medium to high. Dry landing.)

In the afternoon, disembark at a white coral beach at **Gardner Bay** for a short walk to observe the sea lions, mockingbirds, finches or enjoy the beach. Later, expect great snorkeling in this area, or a ride aboard the glass-bottom boat. (Type of terrain: paths, rocky. Physical condition: medium to high. Wet landing.)

During the cruise, there will also be a visit to the ship's hospital and meeting with the ship's doctor to review on-board medical equipment and learn about common medical ailments at sea.

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

The itineraries and programme are subject to change without prior notice, due mainly to adjustments in the policies and regulations of the Galápagos National Park, weather conditions, seasonal changes and safety reasons.

Galapagos images...



Red lava crabs



Giant tortoise



Land iguana



Fur seal



Sea lion



Blue footed boobies

Day 14 – Apr 16 – Galapagos Cruise (Baltra) - Quito (B)

Disembark at Baltra Island. Transfer to the airport (Baltra) for return flight to Quito and rest of day at leisure in Quito.

Farewell dinner in the evening at one of Quito's fashionable restaurants. Overnight in Quito.

Day 15 – Apr 17 – Quito – Toronto (B)

Breakfast at hotel. If you are extending your trip to spend five days in Peru to explore Lima, Cuzco and the Sacred Valley of the Incas and the spectacular Macchu Picchu you will take a morning flight from Quito to Lima, Peru. Otherwise, you will return from Quito to Toronto.

The accommodation...

The cruise ship... Galapagos Islands cruise – M/V SANTA CRUZ (5 days / 4 nights)



With an overall length of 72m and with a speed reaching 13 knots, the first class **M/V Santa Cruz**, based in the Galapagos since 1998, is the only ship exclusively designed for exploring the Galapagos and it is one of the most elegant of the vessels cruising the Galapagos' waters. Designed to provide both comfort and scientific information to 90 passengers visiting the Galapagos National Park, this vessel travels up to the remotest islands of the Archipelago.

With several itineraries, each planned to offer the best of the archipelago in such a way as to ensure the continued preservation of this unique ecosystem, and 6 passionate and expert naturalists, the Santa Cruz offers an environmentally friendly and educational cruise focused in the Natural History of the Galapagos. The **Galapagos Naturalist Team** consists of a Chief Naturalist and five Naturalists who will not only escort guests ashore in small groups but will also provide on-board presentations and eye-catching lectures regarding natural history issues that complement your island excursions. Together with the Captain, they will plan the day's program and at night, they become your experts in explaining the beautifully arranged constellations of the southern skies.

The ship features a spacious interior and social areas with full air conditioning as well as a large bar, complete with a dance area. The elegant dining area offers buffet style breakfast and lunch, with a full service dinner served to your table. The expansive sundeck not only offers a bar, but also the perfect location for whale watching by day and stargazing the Southern Hemisphere's skies by night. Enjoy from a relaxing Jacuzzi or one of the reclining sun chairs.

One of the few ships in the Galapagos Islands with a glass bottom boat, the Santa Cruz offers a great alternative for those not apt to snorkel. The ship is complete with 49 cabins, accommodating up to 90 guests, all with private bathrooms and air conditioning. From a safety perspective, the ship has been certified with the highest International Classifications: ABS (*American Bureau of Shipping*), IMS (*International Management System for the Safe operation of Ships and for pollution prevention*) and SOLAS (*Safety Of Life At Sea*).

Facilities on board: 49 cabins, restaurant (buffet breakfast/lunch, a la carte dinner), lounge and pool bar, 24 hour tea/coffee station, boutique, gift shop, reading room and natural history library, conference room, jacuzzi, wildlife observatory deck, medical officer, glass bottom boat, e-mail / internet, radio, satellite telephone / fax communications. Snorkeling equipment is included and wet suits area available for hire for a small fee.

Cabin features*: all cabins on the ship feature twin beds, closet, vanity dresser, hairdryer, safety deposit box, 110/220 volt outlets, telephone.

The ship has 4 decks, lowest through highest, being Main (lowest), Upper, Boat and Sun (highest). We have an allocation of the following cabin types (all outside cabins) –

- Main deck - Main Standard twin : 2 twin beds, porthole, 125 sq ft
- Upper deck - Upper Standard twin : 2 twin beds, window, 125 sq ft
- Boat deck - Boat Standard twin (T) : 2 twin beds, window, 125 sq ft
- Boat deck - Boat Standard double : 1 double bed, window, 125 sq ft
- Boat deck - Boat Standard Plus twin : 2 twin beds, porthole, 130 sq ft
- Boat deck - Boat Superior double: 1 double bed, panoramic floor to ceiling window, 165 sq ft
- Boat deck - Boat Junior suite (T) : 2 twin beds, panoramic floor to ceiling window, 235 sq ft
- Boat deck - Boat Master suite (T) : 1 double bed, panoramic floor to ceiling window, balcony, 250 sq ft

T – (T)riple occupancy available

* It is not possible to choose specific cabin numbers.



Standard twin



Superior twin



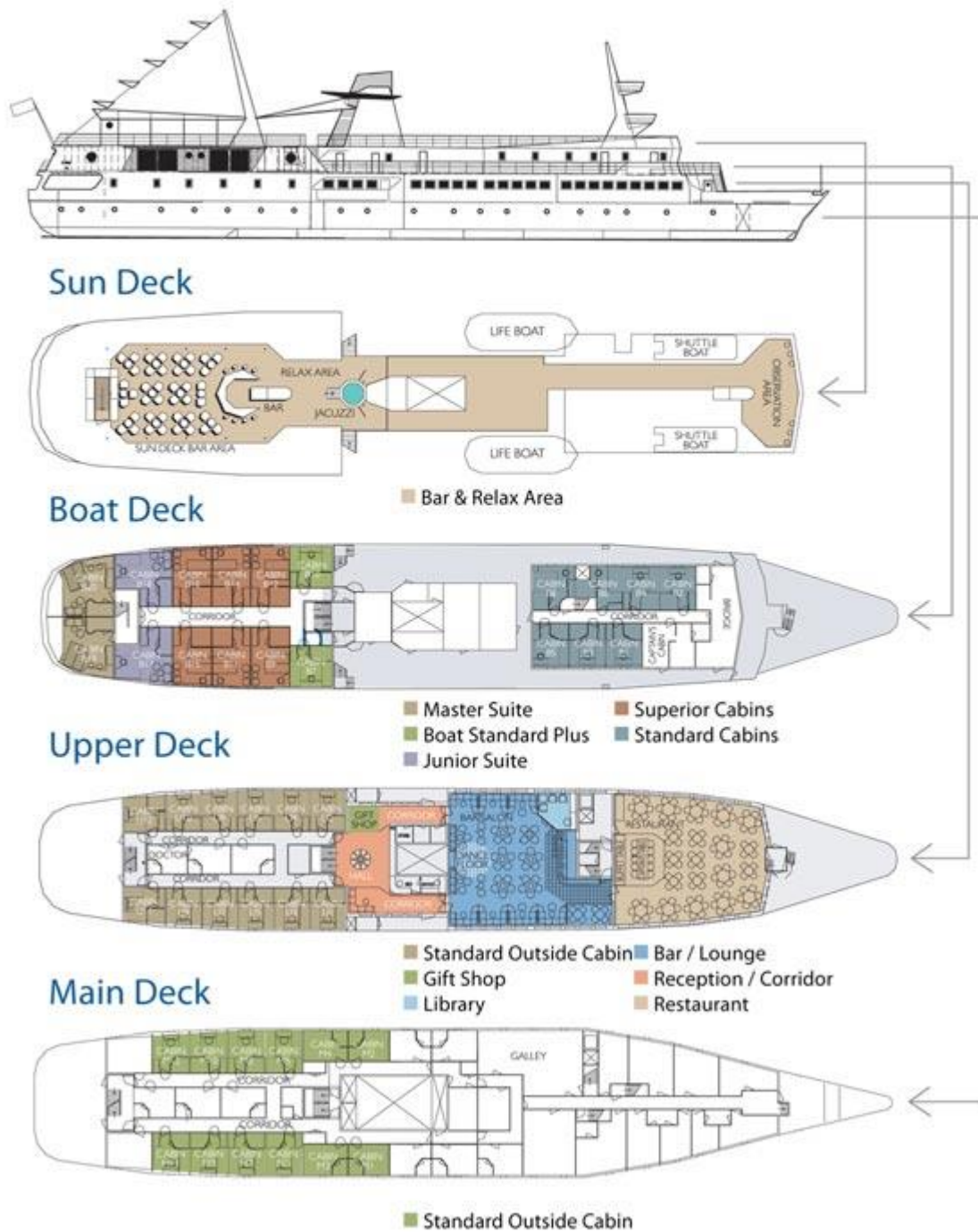
Junior Suite

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



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

DECK PLANS



The hotel and hacienda bases...

Hilton Colon, Quito (4*)

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

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



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

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

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



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

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



Location

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

Getting there

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



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

Facilities

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

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

Activities

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

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

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

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

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

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

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



The 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 **as noted in the detailed itinerary** -

- Quito conference with lectures by Canadian & Ecuadorian medical experts & interactive discussions. Keynote presentation from -
 - **Dr Alvaro Davalos, Quito, IAMAT** on -
 - **Discussion of local Ecuadorian health care issues (including insight into Tropical Medicine)**
- Visits to public and private hospitals in Quito
- Presentations on traditional healing methods by local indigenous people in the Amazon (herbal medicine) and a shaman in Otavalo in the Andes
- Visit to the local hospital on Santa Cruz Island (Galapagos)
- Visit to the M/V Santa Cruz ship's hospital and meeting with the ship's doctor to review on-board medical equipment and learn about common medical ailments at sea.

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.

Inclusions and Exclusions...

Inclusions –

- Round trip international flights from Toronto to Quito, Ecuador. Internal flights in Ecuador as per detailed itinerary.
- Modern, air conditioned coach transportation
- 4 days / 3 nights at Ecuadorian Amazon Sacha Ecolodge, 6 nights at Hilton Colon (Quito), 1 night at a Hacienda in the Ecuador highlands
- 5 day / 4 night Galapagos cruise on the M/V Santa Cruz
- 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
- Porterage

Exclusions –

- Beverages (both soft drinks and alcoholic beverages)
- Gratuities
- Airport departure taxes (approx US\$41/person)
- Galapagos Transit Control Card (Ingala card) (US\$10/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 AS SOON AS POSSIBLE IN ORDER TO GUARANTEE YOUR RESERVATION.

Optional 5 day extension to Peru and Macchu Picchu... (April 17 - 22, 2013)

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.

Mandatory vaccinations

There are no mandatory vaccinations required at the present time (September 2013) for entry into either Ecuador or Peru. A list of our medical recommendations will be provided closer to departure.

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>	0-54	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

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

"A great idea to be able to combine the two countries in one visit as it allows one to compare and contrast. The choice to meet with local physicians in both private and public hospitals provided an opportunity to experience health care outside of Canada"
Dr. Edo Teku, Toronto - Chile, Argentina and Patagonia Cruise, 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

"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 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 3rd generation family of musicians and makers of all types of pan flutes. They demonstrated how they make a simple pan flute, the sounds of each of the different instruments, and then put on a performance for us. We were captivated. We visited the Otavalo craft market which was an absolute kaleidoscope of colours. The wares are a bargain by North American standards and of course we always wished that we had bought more. The people are friendly and their clothing is so picturesque. An enchanting hacienda provided us with a refreshing overnight stay. None of us wanted to leave. Our guide Carlos was wonderful; he showed us his country and left us with a real understanding and appreciation for Ecuador and its people.

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

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

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

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

The fine print...

The Terms & Conditions contained herein are the terms under which 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.

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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.

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