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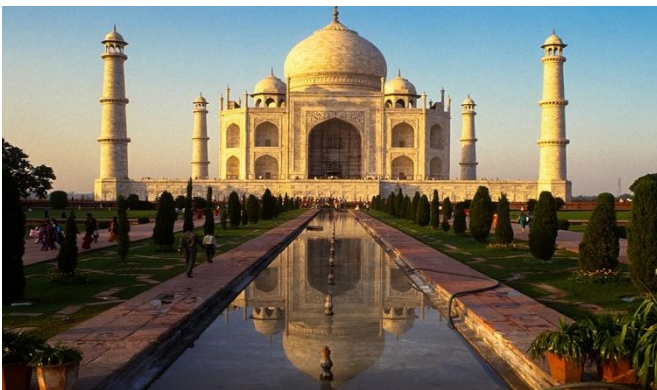
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DR. RACHEL KASSNER & Doctors-on-Tour present a

CULTURAL & CME TOUR OF NORTHERN INDIA (RAJASTHAN & THE GOLDEN TRIANGLE) and BHUTAN

NOVEMBER 19 – DECEMBER 7, 2026



The Organizers...

Doctors-on-Tour >

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

Additional information, including detailed program brochures downloadable in pdf format and recent testimonials, can be found at www.doctorsontour.ca. The company is a licensed retail travel organization under The Travel Industry Act of Ontario thereby affording complete protection of all monies paid prior to departure. (TICO registration no. 500091110).

Contact us at – tel / fax: 416-231-8466; toll free: 1-855-DOC-TOUR (362-8687); e: info@doctorsontour.ca

(Group Medical Director)

Dr. Rachel Kassner (Group Medical Director) was born and raised in PEI where she first started practicing medicine. She then spent 16 years practicing in Toronto, and then returned to Charlottetown in 2001 to continue her practice as a Family Physician. She is the former head of the Department of Family Medicine at the Queen Elizabeth Hospital, is Past President and Past Chair of the Medical Society of PEI and is a past member of the governing Council of the College of Physicians and Surgeons of PEI, where she was Vice-Chair.



She was formerly the physician liaison on the project to implement unified electronic health records Province-wide, a member of the PEI Provincial Cancer Coordination Steering Committee, a member of the former PEI Narcotic Prescription Monitoring Program Committee, and a member of the former Medical Advisory Board of the Dairy Farmers of Canada.

Rachel retired from her family practice in 2020 and continued to do locums and clinic work until her full retirement in 2023. This is Dr. Kassner's sixteenth venture with Doctors-on-Tour having previously led CME programs to Ecuador, the Galapagos and Peru, Kenya, Tanzania & Zanzibar, South East Asia, Brazil, Spain, South Africa, China, New Zealand, Eastern Europe, Iceland, Morocco and, most recently in November 2024, Malaysia. Dr. Kassner will be accompanied by her husband, Joel Palter.

Dr. Kassner may be contacted at – tel: 1-902 393-9949, email: jrpalter@gmail.com

Just a few of the client comments from our previous India & Bhutan tours...

"Everything was excellent! We had a wonderful time. Hotels were superb. Thank you again for the well organized, all details worked out, great trip!"

Dr. Andrea Cordas, Burlington, On. – India, 2017

"The DoT group leaders did an excellent job leading the group. The guides were very helpful and excellent - Amit 5, plus Sheva and team. I thoroughly loved the trip. It exceeded my expectations. The people are so sweet and lots of smiles! This is a great place to visit."*

Dr. Vickie Carducci, Kilworthy, On. - Northern India, 2019

"We enjoyed our trip very much. The hotels we stayed in were superb, the itinerary was great and the guides were fabulous. Overall, it was a wonderful, memorable trip. Thank you very much!"

Dr. Sabine Ernsting, Adelaide, South Australia - Bhutan & Myanmar, 2018

The Destinations... Rajasthan and The Golden Triangle



India - where will you find a more colourful land? The sights and sounds will excite you; the palaces, forts and old walled cities will thrill you; the varied and exotic scenery will captivate you and the warm and smiling people will charm you. Many images, but few are more powerful than the heritage of the Moghul Empire in **Rajasthan** where much of our tour is based – a legendary land defined by the patchwork of kingdoms and principalities that were, till independence, ruled by maharajas, rajas, ranas and rawals. From the cackle of it's colour charged towns and cities to the luminous splendour of it's sun-kissed desert and it's forts and palaces (several of which have been converted into splendid Heritage hotels and our accommodation will include some of these), Rajasthan is romantic and historic India wrapped in gaudy royal robes where bards still roam the countryside, picking out complex tunes on single-stringed instruments, and sing of heroic battles, chivalry and sacrifices.

You will see **Delhi**, the political and cultural capital and a captivating combination of ancient and modern in contrasting Old and New Delhi. Museums, monuments to the myriad of dynasties that have established their capital in Delhi over the centuries, great shopping and wonderful restaurants.

Travelling west, first travel to **Jodhpur**, originally capital of the kingdom of Marwar and bordering the Thar Desert, with it's Meherangarh Fort dominating the once indominatable Blue City below, where you can bargain for a pair of boxed cuff trousers (the original jodhpurs...) and historic regalia. Heading south, we stop in **Ranakpur** (one of the holiest places in the Jain faith) to marvel at its dazzling 15th century temple complex made of milk white marble, before coming to **Udaipur**, the Venice of the East, a seductive, gated Rajput city situated romantically on the banks of Lake Pichola with it's floating Lake Palace and palaces and temples at every turn.

No tour of India is complete without visiting the "Golden Triangle" and its famed cities of Jaipur and Agra. **Jaipur**, the "City of Victory", is the vibrant capital of Rajasthan with its magnificent palaces and temple, exquisite gardens and bustling bazaars, and the impressive pink Amber Fort. Then, on the way to **Agra** and the **Taj Mahal**, stop in **Fatehpur Sikri** – a masterpiece of Muslim architecture and unique as an almost intact Mughal city. Satisfied and marveling at the snapshot of so much of India's medieval and religious cultures.

Further information can be found at –

<https://www.incredibleindia.gov.in/en>

<http://www.tourism.rajasthan.gov.in/>

The mystical Himalayan Kingdom of Bhutan (Thimphu, Punakha & Paro)



Gracefully hidden in the Himalayas is the tiny **Kingdom of Bhutan**, sharing its borders with China and India. Preserving its unique tradition, culture and pristine environment for decades, Bhutan derives its name from Sanskrit word 'Bhu-utthan' meaning Highlands, and can rightfully be called the last Shangri-la in the Himalayan Kingdom because of its remoteness, spectacular mountain terrain, varied flora and fauna and its unique ancient Buddhist monasteries.

This country of rolling hills and towering crags exudes charm. The mountains are magnificent, the forest are dense, the people are delightful, the air is pure, the architecture inspiring, the religion exciting and the art superb. Like timeless images from the past, one encounters the full glory of this ancient land through its strategic fortresses known as Dzong, numerous ancient temples, monasteries and stupas which dot the countryside, prayer flags which flutter along the high ridges, wild animals which abound in dense forests, foamy white waterfalls which are the ethereal showers, and the warm smile of its friendly people.

For centuries the Bhutanese have treasured the natural environment, looking upon it as a source of life. This traditional reverence for nature has brought Bhutan into the 21st century with a pristine environment. Bhutan is one of the ten bio-diversity hot spots in the world and one of the 221 global endemic bird areas. Its ecosystem harbors some of the most exotic species of the eastern Himalayas with an estimated 770 species of birds and 50 species of rhododendrons, besides an astonishing variety of medicinal plants and orchids.

Buddhism permeates Bhutan as can be seen through its monasteries, ubiquitous monks and the Tibetan-style culture. With a relatively small population of about 700,000 people, the Bhutanese people enjoy a simple lifestyle which they inherited from their forefathers. More than 80% of the total population lives in small villages sparsely scattered over rugged mountainous terrain and Bhutan has been rated the happiest country in South Asia - the current King continues to drive this unique philosophy of Gross National Happiness where development is measured using a holistic approach of well-being, not just based on gross domestic product.

Tourism is controlled by the Royal Government of Bhutan that recognizes that tourism is an important means of achieving socioeconomic development as well as helping to promote understanding among different cultures and lifestyles. Towards achieving this objective, the Royal Government, since the inception of tourism in 1974, has adopted a very cautious approach to growth and development of the tourism based on principle of sustainability that is 'tourism must be environmentally and ecologically friendly, socially and culturally acceptable and economically viable'.

Our tour will take you to **Thimphu**, the capital of Bhutan with its many cultural attractions and important Buddhist highlights and interspersed with bustling markets and museums specializing in textiles, folk heritage, and traditional Bhutanese arts and crafts. Then, drive through the mountains, passing the 108 stupas of Dochu La, to **Punakha**, the ancient winter capital located in a sub-tropical valley where rhododendron and magnolia bloom and orange and banana trees flourish. Conclude your stay in this captivating hidden kingdom in **Paro**, a resort town nestled among the Himalayas and the site of the 15C Paro Dzong, National Museum and the perfect base for a hike to **Tiger's Nest**, a breathtaking monastery clinging to a cliff that is one of the most important icons of Bhutan.

Further information can be found at - <http://www.kingdomofbhutan.com/> and <https://bhutan.travel>

The Academic Program... (17 CME hours)

The Academic Program on this tour will focus on **Health and Healing** and will explore healing strategies in this part of the world. It will include presentations by local practitioners in several of the local healing techniques and will include tours of local medical facilities. Complete details of our Academic Program will be provided in your full documentation package, however, **as noted in the detailed itinerary**, the program will include the following -

- Visit to **Maharishi Ayurveda Hospital** to learn about holistic healing practiced by this specialist hospital including Ayurveda, therapeutic yoga and herbal medicine (Delhi)
- **Medical Meeting in Jodhpur** with presentations by Canadian & Indian medical experts & interactive discussions on current medical issues
- Participate in a **traditional yoga session** and learn about the therapeutic benefits of this ancient holistic practice (Jodhpur)
- Tour of the **Sawai Man Singh Hospital** to meet with local doctors and review the public health system and its facilities (Jaipur)
- Visit **Mother Teresa's Missionaries of Charity**, a home for orphaned children of all age groups as well as the elderly (Agra)
- Visit to **Jigme Dorji Wangchuck National Referral Hospital (JDWRH)**, a local public hospital in Thimphu to meet with physicians and learn about the local health care system in Bhutan
- Visit to the **National Institute of Traditional Medicine** (Thimphu)
- Presentation on the therapeutic healing benefits of **Bhutanese traditional Hot Stone Baths** (Paro)

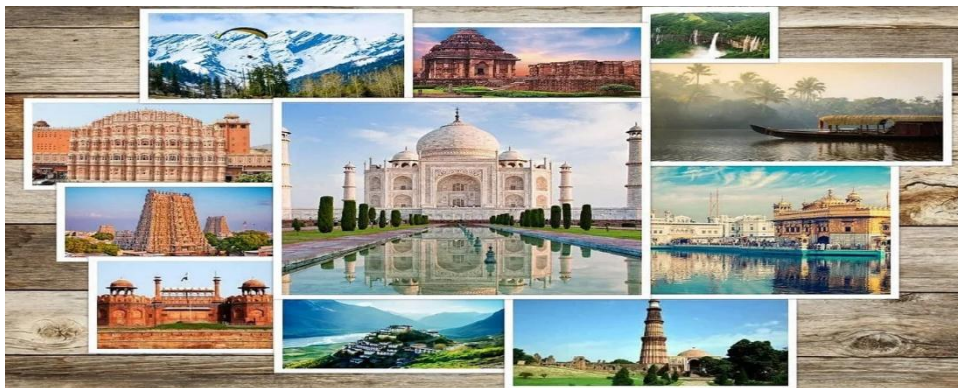
In addition, any physician who would like to make a short presentation at the Academic Conference should register their interest by completing the relevant section of the program registration form and the **Group Medical Director, Dr. Rachel Kassner** (tel: 1-902 393-9949, e: jrpalter@gmail.com) will contact you directly.

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



Tour highlights...

- Explore the political and cultural capital of bustling **Delhi**, a captivating combination of ancient and modern with no shortage of museums, monuments and other opportunities to learn and immerse yourself
- Wander the historic forts of the blue city, **Jodhpur**, a jewel on the edge of the Thar Desert
- Relax on a **cruise on Lake Pichola** and gaze upon the intricate lake-side temples and palaces as beautiful **Udaipur** builds up around you, historically considered the most romantic city in all of India
- Complete the "**Golden Triangle**" with visits to India's absolute must-see's: vibrant **Jaipur** and its magnificent palaces and temples like the Amber Fort, and the greatest of all romantic gestures, **Agra's Taj Mahal**
- Experience Bhutan's thriving Buddhist culture on visits to magnificent dzongs (fortress-monasteries...), museums and local homes in **Thimphu, Punakha and the country's capital, Paro**
- **Visit a monastery or school** in Bhutan where you may attend a short prayer session, chat with young monks about their day, spin a wheel or ring a bell
- Test your skills at **archery**, Bhutan's national sport with a traditional bamboo bow & arrow
- Explore the Bhutan's rich craft heritage as you **browse the markets** for traditional handicrafts
- Travel the **Dochu-La Pass** and see the Himalayan peaks
- Hike to the cliff-perched Taktshang Monastery (**Tiger's Nest**)
- Watch snow lions dance and monks pacify demons during one of the country's colourful **tsechu** (festivals)



The detailed itinerary...

Day 1 - Nov 19, 2026 (Thu) : Depart Toronto

Depart Toronto for your flight to Delhi, India.

Specific flight times / routing will be forwarded upon registration.

Day 2 - Nov 20 : Arrive Delhi

Arrive Delhi by International flight where you will be met by your local Indian Tour Escort who will be with you for the duration of the India component of your tour. During the transfer to your hotel, your Tour Escort will give you some brief information about your hotel, its surrounding and about Delhi as well as explaining your program in the city for the following days.

Overnight in Delhi.

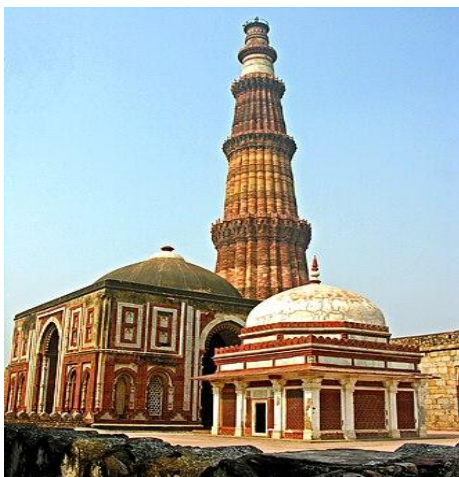
Day 3 - Nov 21 : Delhi (B, L, D)

*A city of great character, of contrasts and convolutions – this is **Delhi**, the capital city of India, is a world within itself. With its kaleidoscope of scents, sounds, and sights, Delhi never fails to captivate. From its rich history, dating back over 2,000 years, and architectural marvels to its delectable cuisine and vibrant nightlife, the city offers an unforgettable experience.*

One of the world's oldest continuously inhabited cities, Delhi's roots date back to the era of the ancient Mahabharata, when the city was known as Indraprastha, the legendary home of the Pandavas. Since then, the city has seen empires rise and fall, from the Delhi Sultanate and the Mughals, who left behind architectural marvels, to the British, who shaped parts of it.

While Delhi is a melting pot of varied cultures, what sets it apart is its diverse character. Here, you can experience the best of both worlds - the timeless elegance of a bygone era alongside the exhilarating energy of a modern megacity. On the one hand, you'll find the vibrant chaos of narrow lanes, centuries-old monuments, and old-world charm. On the other, the city offers vast green spaces, modern buildings, swanky malls, and colonial-era architecture.

Breakfast at the hotel. After some free time in the morning to acclimatize from your international flight, the rest of the day will be spent on a sightseeing tour of **New Delhi**.



The **New Delhi** area reflects the legacy the British left behind. The division between New and Old Delhi is the division between the capitals of the British and the Mughals respectively. The division in the walled city and New Delhi also marks the division in the life-styles. The walled city is all tradition where one will be able to glean a past life-style in all its facets, colors and spells. New Delhi in contrast, is a city trying to live up to the best of 21st century standards.

Drive past the imposing **India Gate**, the **Parliament and Secretariat Buildings** and the **Rastrapathi Bhawan**, the President's Residence. Continue to visit the **Qutub Minar**, which is the tallest stone tower in India. The Qutub Minar was started in 1199 AD by Qutub-ud-Din Aibak and completed by the sultan's successor and son-in-law, Iltutmish. The building is 72.5 m high and has 379 steps from the bottom to the top. The Minar is tapering with the diameter of the base is 14.3 m while at the top floor it is 2.7 m. The Qutub Minar is still the highest stone tower as well as one of the finest Islamic structures ever raised in India.

Lunch, and your Welcome Dinner, will be taken at one of many of Delhi's fine restaurants.

Overnight in Delhi.

Day 4 - Nov 22 : Delhi (B, L, D)

Breakfast at the hotel.

Physicians program – Visit to **Maharishi Ayurveda Hospital** to learn about holistic healing practiced by this specialist hospital including Ayurveda, therapeutic yoga and herbal medicine. India has 5000 years old tradition of Ayurveda Medicine which has supported human and animal health care in the entire south and south-east Asia. Ayurveda provides an integrated approach to preventing and treating illness through lifestyle interventions and natural therapies and is based on herbal remedies to treat various human ailments against major human diseases. These remedies are available in the form of injectables, ointments, oils, tablets and liquids to be used orally. The healing technique also involves various naturopathic treatments

More details on the principles of Ayurveda may be found at -

<http://www.maharishiyurvedaindia.org/about-ayurveda.html>

Non-physicians – will enjoy a separate activity in old Delhi including a **visit to an Indian family** to have morning tea and interact with the family members – a longstanding tradition in India.

Lunch will be provided at a local restaurant before an afternoon tour of **Old Delhi**. The former centre of Moghul Power, Old Delhi offers ancient monuments, narrow streets and bustling bazaars. Sights include the vast **Red Fort**, built in 1648, and the **Jama Masjid**, the greatest mosque in India and completed in 1658 by Shah Jahan who also built the Taj Mahal. Visit "**Chandni Chowk**" or Silver Street, experiencing the sights and sounds of this very busy avenue heading west from the Fort. Chandni Chowk - literally means "moonlit crossroads" and an area which best represents the "super-Oriental" - the glory and the guile; the grandeur and the grime, with its crowded bazaars, twisting lanes, maze of small streets strange aromas, the pungent odour of Oriental spices, the cries of shopkeepers, coolies and "rickshaw-walas" and the clatter and whirr of furious industry. Take a cycle rickshaw ride – the ultimate way to experience a journey through the streets and alleys of bustling streets of Old Delhi.



You will also visit, **Raj Ghat**, the simple memorial to Mahatma Gandhi. The memorial is a black marble platform that marks the spot of Gandhi's cremation on 31 January 1948. It is left open to the sky while an eternal flame burns perpetually at one end. It is located on the banks of the river Yamuna in Delhi in India on one of the main arteries of the city - officially known as Mahatma Gandhi Road.



Finish off the afternoon with a visit (via rickshaw through fascinating parts of Old Delhi) to the **Kathika Cultural Centre**, a one-of-a-kind museum and cultural space dedicated to celebrating and preserving the vibrant, living cultures of Delhi. The museum is housed within two, well restored 19th-century *havelis*, offering an intimate and atmospheric setting. The space hosts cultural experiences including performing arts, heritage talks (*baithaks*) and interactive cultural engagement.

Its collection includes archival photographs, decorative arts, textiles, and traditional crafts. Visitors gain insight into Delhi's layered history through multimedia exhibits, storytelling sessions, and live demonstrations. The experience is authentic, thoughtfully curated, and very different from conventional museum visits — making it particularly appealing to culturally curious travelers. <https://www.kathika.in/>

Dinner will be at the restaurant situated inside one Kathika's old havelis.

Overnight in Delhi.

Day 5 - Nov 23 : Delhi – Jodhpur (B, L, D)

Breakfast at the hotel.

After breakfast, take a short morning flight to **Jodhpur**, one of the main cities in **Rajasthan**.

Rajasthan, known as the "Land of Kings" and India's largest desert state, is a captivating destination in northern India that mesmerise travellers from around the world. The state presents a harmonious blend of lively cities, hospitable locals, exquisite cuisine, majestic palaces, and grand forts. Rajasthan offers a perfect travel experience, seamlessly fusing timeless allure with contemporary charm. This enchanting state beckons you with a symphony of vibrant cultures, a canvas painted with tales of valour, and landscapes that will steal your heart. It is a living, breathing testament to India's rich history, vibrant culture, and diverse landscapes. Come, step into the pages of a fairy tale, where palaces and forts whisper stories of valour, where deserts stretch endlessly, and where the spirit of adventure and discovery knows no bounds.

<https://www.incredibleindia.gov.in/en/rajasthan>



Nestled in the heart of the Thar Desert in the royal state of Rajasthan, India, lies the enchanting city of **Jodhpur**, often referred to as the "Blue City" and the "Sun City." Steeped in history, culture, and architectural splendour, Jodhpur beckons travellers from far and wide with its majestic forts, vibrant bazaars, and timeless charm.

Founded in 1459 AD by Rao Jodha who claimed to be descendent of lord Rama, the city has a history of battles and royalty as is highly evident by the huge Meherangarh fort overlooking the city. Over the years, Jodhpur emerged as a flourishing centre of trade, commerce, and craftsmanship, attracting merchants, artisans, and travellers from across the Indian subcontinent and beyond.

<https://www.incredibleindia.gov.in/en/rajasthan/jodhpur>

On arrival transfer to the hotel.

Lunch at a local restaurant.

In the afternoon, visit the **Mehrangarh Fort** (citadel of the Sun) that evokes the very spirit of the Rathores, the ruling local Rajput clan. Explore its various palaces with their delicate friezes and respective museums, displaying treasures of the royal family. North of Mehrangarh Fort, and connected to it by road, **Jaswant Thada** is a pillared marble memorial to the popular ruler Jaswant Singh II (1878-95), who purged Jodhpur of dacoits, initiated irrigation systems and boosted the economy. The cenotaphs of members of the royal family who have died since Jaswant are close by his memorial; those who preceded him are remembered by chhatris at Mandor This south-facing spot is also the best place from which to photograph the fort, looming above the sheer rocky Mehrangarh plateau. Also visit the museum in the Umaid Bhawan Palace.

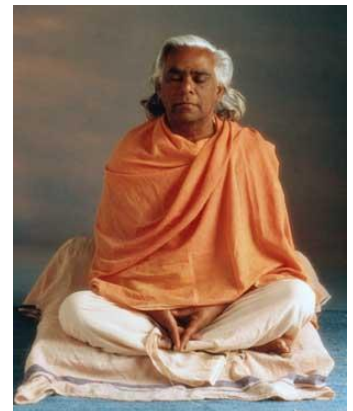
Dinner and overnight at the hotel in Jodhpur.



Day 6 - Nov 24 : Jodhpur (B, L, D)

An early morning start as you participate in a **traditional yoga session** and learn about four main paths of Yoga (Karma Yoga, Bhakti Yoga, Raja Yoga and Jnana Yoga) and the five principles for physical and mental health.

Yoga is an ancient holistic practice that originated in India and is designed to harmonize the body, mind, and spirit. Through a combination of physical postures (asanas), breathing techniques (pranayama), and meditation, yoga helps improve flexibility, strength, balance, and overall physical well-being. Yoga therapy can be beneficial in relieving several medical conditions including back pain, high blood pressure, migraines problem, menstrual disorders while also promoting mental clarity, reducing stress, enhancing concentration, and encouraging a sense of inner peace. Practicing yoga regularly can help travelers rejuvenate their bodies, relax their minds, and experience a deeper connection with themselves and their surroundings.



Yoga and Ayurvedic medicine are complimentary sister sciences and, generally, a person undergoing Ayurvedic treatments is advised to practice Yoga and Meditation since it helps isolate the mind from all thoughts, worries and anxieties. While Ayurveda deals chiefly with the health of the body and mind, Yoga deals with spiritual health.

Return to the hotel for breakfast followed by a split program -

Physicians - Morning medical meeting at hotel in Jodhpur with presentations by Canadian & Indian medical experts & interactive discussions on current medical issues.

Non-physicians - maybe purchase a colorful local **saree or turban** as you enjoy a **demonstration** of the saree & turban wearing.



Lunch will be at local restaurant followed, in the afternoon, by a visit to **Hotel Taj Umaid Bhawan Palace**, a museum focusing on the 20th century history of the Jodhpur Royal Family, who are still in residence in a different part of the palace.

Afterwards, enjoy the thrills of a **tuc-tuc** ride on the way to visit the clock tower and local bazaars experiencing the sights and sounds of daily life in Rajasthan.

Later in the afternoon, experience a **Bishnoi Village** jeep safari - a great outdoor adventure & taste of the local culture. Witness Rajasthan's desert life, wildlife & beauty and watch local craftsmen (carpenters, black smith, cobblers) at work with traditional means, see green Opium fields, and enjoy the beautiful dunes. The villages and the landscape around Bishnoi are absolutely untouched with inhabitants living in a total natural set up.



Dinner and overnight at the hotel in Jodhpur.

Day 7 - Nov 25 : Jodhpur – Ranakpur - Udaipur (B, L, D)

*Cradled in a verdant valley in the valley in the Aravalli Hills, on the banks of the river Maghai, stands one of the five holiest places of the Jain faith, 15th century **Ranakpur**. Just 96 km from Udaipur, Ranakpur is renowned for its magnificent temples of dazzling white marble. The four-temple complex, far away from any town or village, is completely in harmony with the ascetic ideology of Jainism. The architectural highlight is Jain Temple with its sequence of elegant domes, turrets and cupolas that rise majestically from the hillside, supported by more than 1,400 marble pillars adorned with breathtakingly intricate carvings.*

Breakfast at the hotel.

After breakfast, depart for **Udaipur** by road and head south through classic *Marwar* country (historic desert heartland of western Rajasthan known for its Thar Desert landscapes, Rajput forts, camel culture, and the distinctive Marwari language and traditions) with its wide, open roads next to dry scrubland and mustard fields interspersed with camel carts, small temples, and rural settlements before climbing up into the **Aravalli range**, one of the world's oldest mountain systems where the air cools, and the vegetation becomes denser as you travel along curving forest roads.

Stop for a visit to the **Jain Temples of Ranakpur**, one of India's greatest architectural masterpieces, built entirely of white marble and famous for their 1,444 uniquely carved pillars displaying the magic of light and shade. The complex was built over 50 years in the 15th century by the Jain businessman, Seth Dharna who had a celestial vision to build a temple, dedicated to Adinath, the founder of the Jain religion. Set in a quiet forested valley of the Aravalli hills, the complex blends spiritual serenity with astonishing craftsmanship, making it one of the most celebrated Jain pilgrimage sites in Rajasthan.



Lunch will be at a local restaurant in Ranakpur.

Continue the drive to **Udaipur** - a scenic, peaceful journey with winding roads through the Aravalli Hills and rural Rajasthan past small villages and farms on the arid, golden landscapes - one of the most beautiful drives in the region.

Check in at the hotel.

Dinner at a local restaurant

Overnight at the hotel in Udaipur.

Day 8 - Nov 26 : Udaipur (B, L, D)



Often known as 'Venice of the East' and the 'City of Lakes', **Udaipur** is the most romantic of all the Rajasthan cities and one of the most exotic places in Asia. The city's palaces, havelis, temples set it apart from the rest of the cities. It is also popular for its crafts, performing arts and its famed miniature paintings. The Lake Palace (Jag Niwas) located in the middle of Pichola Lake is the finest example of architectural and cultural marvel. The grand City Palace on the banks of the lake along with the Monsoon Palace (Sajjan Garh) on the hill above enhances the beauty of this magnificent city. You can see the city from a boat or from the rooftop of palaces, the view is marvelous, it makes you forget the world. The smooth rolling hills that surround Udaipur are as overpowering as the city itself.

Maharana Udai Singh founded Udaipur in 1559 AD. According to a legend Udai Singh was guided by a holy man meditating on the hill near Pichola Lake to establish his capital on that very spot. Surrounded by Aravali Ranges, forests and lakes this place was less vulnerable to external invasion than Chittaurgarh. Maharana Udai Singh died in 1572 and was succeeded by Maharana Pratap who valiantly defended Udaipur from Mughal attacks.

<https://www.incredibleindia.gov.in/en/rajasthan/udaipur>



After breakfast you will proceed to visit the vast and exquisite **City Palace**, a well-fortified, majestic white monument. The main entrance, a triple-arched gate named the Tripolia, was built in 1725 and is a marvel. The Suraj Gokhada, the Balcony of the Sun, where the Suryavanshi Maharanas of Mewar presented themselves in times of trouble to the people to restore their confidence, is also a fascinating sight.

Later visit the **Jagdish Temple**, a 16th-century temple dedicated to Lord Vishnu, it is the largest and most splendid temple in Udaipur, as well as **Sahelion-Ki-Bari** (Queen's resort for her friends).

In the afternoon enjoy a cruise by private boat on the placid waters of **Lake Pichola**. The lake is surrounded by splendid hills, palaces, bathing ghats, temples and embankments - in the middle of the lake, stop and at **Jagmandir Island** with its **Jag Mandir Palace**, which covers almost four acres and is noted for its marble pavilion and an imposing dome. You'll see people doing their laundry on the shores of the lake against the backdrop of the massive City Palace and the old city.

Dinner and overnight at the hotel in Udaipur.



Day 9 - Nov 27 : Udaipur – Jaipur (B, L, D)

Breakfast at the hotel.

After breakfast leave for Jaipur, via Deogarh.

En route, visit the **Sas Bahu Temple** dating back to the 10th century. The term 'Sas-Bahu' suggests 'Mother-in-law and Daughter-in-law' respectively. The temple is dedicated to Lord Vishnu and it is made in two structures, one by a mother-in-law and another, by a daughter-in-law. The temple of Sas is comparatively larger than that of the Bahu. The 'Bahu' temple has an octagonal ceiling, which is adorned with beautifully carved eight intricate female figures. The 'Sas' temple has a torana (archway) in its front and it is believed that the image of the Lord Vishnu was swung from the torana along with hymns in the praise of lord on ceremonial occasions. Both the temples are constructed on a common platform facing towards the east direction and are famous for their wonderful carvings.

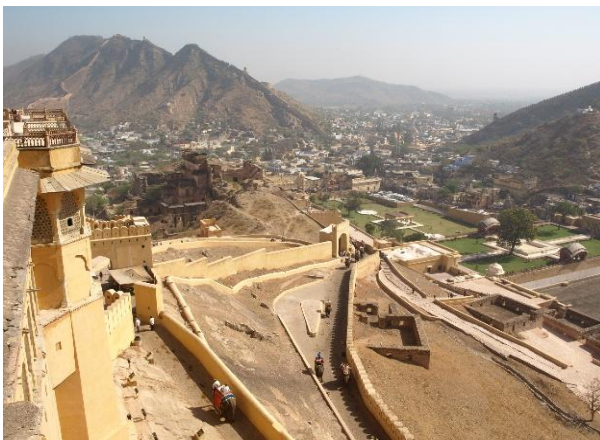


Continue to Deogarh where lunch will be at the Deogarh Magal, a beautiful Heritage property in the town.

Continue your drive to Jaipur through the rugged Aravalli hills into the wide plains of eastern Rajasthan, arriving late afternoon.

Dinner and overnight at the hotel in Jaipur.

Day 10 - Nov 28 : Jaipur (B, L, D)



Popularly known as the Pink City, Jaipur was founded in 1727 AD by one of the greatest rulers of the Kachhawaha clan, the astronomer king Sawai Jai Singh. The pink color was used at the time of making to create an impression of red sandstone buildings of Mughal cities - and repainted in 1876, during the visit of the Prince of Wales. Also known as the 'The city of victory', Jaipur presides over the fascinating desert state and its people: surrounded by rugged hills, each crowned by a formidable fort; and beautiful palaces, mansions and gardens dotted throughout its precincts. The palaces and forts of yesteryear that were witness to royal processions and splendour are now living monuments and except for the busy traffic of bicycles, cars and buses, little seems to have changed with a timeless quality to Jaipur's bazaars and its people.

<https://www.incredibleindia.gov.in/en/rajasthan/jaipur>

After breakfast at the hotel, you will be driven just outside Jaipur to the **ancient capital of Amber** to see the fabulous **Amber Fort**. Maharaja Mansingh, Mughal Emperor Akbar's most successful General, started the construction of Amber Fort in the 17th century. Before the City Palace was constructed in Jaipur, Amber was the seat of power. The fort is surrounded by fortified battlements and overlooks the Moat Lake. Ruins and remains are spread over the Aravalli hills and sprawling crenulated walls lattice the surrounding area. Visit the **Jagmandir** or the Hall of victory glittering with mirrors, **Jai Mahal** and **Temple of Kali**.

At the foot of the hill you will mount your caparisoned elephant for the slow but steady climb up to the main gate, making your entrance in the time honoured fashion. The Fort, completed in the early 18th century, took over 100 years to build and now, although deserted, offers a fascinating insight into the lifestyle of the Moghul ruling families.



Lunch at a local restaurant.

In the afternoon, continue the city tour of Jaipur, including the imposing **Maharaja City Palace**, a large palace complex and historically (and still currently) the seat of the Maharaja of Jaipur, although several of the rooms are now open to the public with many antiques and artifacts belonging to the ruling family housed here, including a collection of weaponry.

Adjacent, also visit the adjacent **Hawa Mahal ("Palace of the Winds")**, a five-story façade with 953 *jharokha* windows, built in 1799 and constructed as an extension to the women's chambers (*Zenana*) of the City Palace designed so the royal women could watch street life unseen.

And finally, if time permits, a visit to the **Royal Observatory** to see the vast astronomical instruments.



Finish off the day with an inspirational visit to **Sakhi Bal Niketan and Amar Seva Samiti** – learn about the work of this non-governmental organization and place of education for children of domestic workers, rickshaw pullers and other poor families.

The organization also runs evening classes for women who work for their livelihood during the day.



<https://www.facebook.com/amarsevasamiti.org/about>

Dinner at a local restaurant. Overnight at the hotel in Jaipur.

Day 11 - Nov 29 : Jaipur – Fatehpur Sikri - Agra (B, L, D)

Breakfast at the hotel.

In the morning, there will be a split program -

Physicians will visit the **Sawai Man Singh Hospital** in Jaipur to continue to learn about the Indian medical system. **Sawai Man Singh Hospital** is the biggest government hospital in the state and it is one of the few government "super specialty" hospitals. The construction of the hospital building began in 1934 and the hospital is named after Sawai Man Singh II, then King of Jaipur. The hospital also provides practical training to the students of the Sawai Man Singh Medical College.

<http://jaipursearch.com/medical/smshospital.htm>

Non-physicians will have free time to continue exploring the city maybe taking in one of Jaipur's many shopping areas.

Mid-morning departure for **Agra** in the state of **Uttar Pradesh**. Few states embody India's essence like Uttar Pradesh, boasting profound cultural and religious significance for Hindus, Muslims, Sikhs and Buddhists alike, witnessing the rule of various empires and dynasties through antiquity.



Lunch, en-route, will be at the Umed Lake Palace before visiting the UNESCO site of **Fatehpur Sikri**, the deserted red sandstone city, built by the Great Mughal Emperor Akbar as his capital and palace in the late 16th century. It was abandoned soon after it was built when the local wells went dry and it remains today in much the same condition that it was over 300 years ago. It is complete with palaces and mosques and used to be a town larger than London when it was originally constructed. See the halls of Public and Private Audience, the royal apartments and the Panch Mahal and, in the religious section, the Jumma Masjid (one of India's largest mosques) and the exquisite tomb of Salim Chisti. It is an extraordinary place to wander around with its buildings in near perfect condition.

Continue the drive to Agra.

Dinner and overnight at the hotel in Agra.

Day 12 - Nov 30 : Agra – Delhi (B, L, D)

Agra in terms of ambiance is still associated with its Mughal period. The Mughals besides being great rulers were also great builders and they preserved their best architectural wonders for Agra & its neighbourhood. It has many wonderful monuments and the Taj Mahal, the greatest of them all, is a masterpiece of Mughal architecture at its best. The massive but elegant Agra Fort, the magnificent Taj, are each unique and outstanding. Their architectural genius can also be seen in the forts, palaces and aesthetically laid out gardens - each one a silent witness to a grand style of a golden era. Great empires have flourished in Agra and then grown to engulf the whole country. Great battles were fought on this soil, as can be gathered from its checkered history. Its line-up of monuments today stand mute testimony to the splendour of a bygone era and the visionary far-sightedness of the many monarchs who once ruled different parts of this state. As visitors walk down the narrow, bustling streets, they can't help but wonder if the man contentedly smoking a hookah is a direct descendant of some bygone Mughal. Even the majority of the buildings in the modern areas of town such as the cantonment, date back over a hundred years.

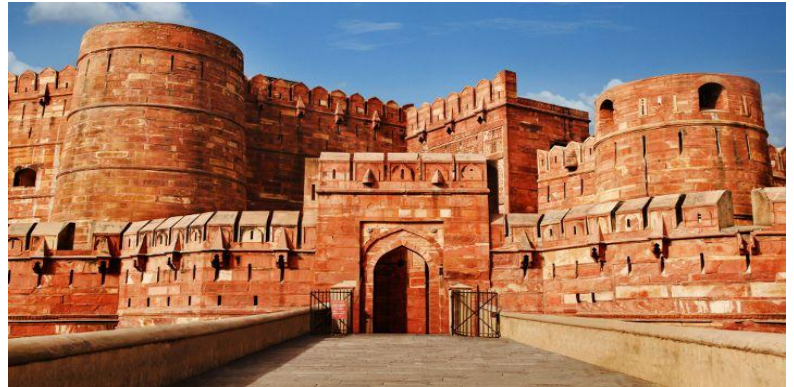
Before breakfast you will taken on a sunrise tour of the iconic **Taj Mahal**, one of Agra's three UNESCO World Heritage sites and the main raison-de-etre for every tourist's visit to Agra.

Imagine a monument so exquisite, it has inspired poets, artists, and dreamers for centuries. A place where love and beauty are forever enshrined in marble, standing as a testament to the heights of human creativity and devotion. The Taj Mahal was built by the third Mughal emperor of India, Shah Jahan a white marble memorial to his beloved wife Mumtaz Mahal, who died during childbirth. Although it is not known for sure who planned the Taj Mahal, the name of an Indian architect of Persian descent, Ustad Ahmad Lahori, has been cited in many sources. As soon as construction began in 1632, masons, craftsmen, sculptors, and calligraphers were summoned from Persia, the Ottoman Empire, and Europe to work on the masterpiece. It took 22 years of hard labour and 20,000 labourers to build the mausoleum. Apart from its stunning design balance and perfect symmetry, the Taj is also noted particularly for its elegant domes, intricately carved screens and some of the best inlay work ever seen.



Return to the hotel for breakfast.

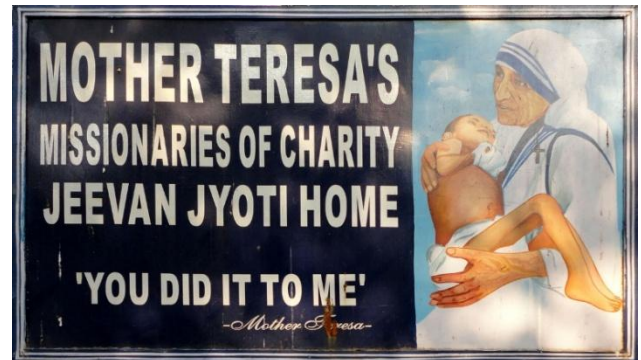
After breakfast, visit the 16th-century Mughal monument known as the **Red Fort of Agra** – another UNESCO site and the seat and the stronghold of the Mughal Empire under successive generations. This was the seat of Mughal rule and administration and the present structure owes its origins to Akbar who erected the walls and gates and the first buildings on the eastern banks of Yamuna River. This powerful fortress of red sandstone encompasses, within its 2.5-km-long enclosure walls, the imperial city of the Mughal rulers. It comprises many fairy-tale palaces, such as the Jahangir Palace and the Khas Mahal, built by Shah Jahan; audience halls, such as the *Diwan-i-Khas*; and two very beautiful mosques.



Lunch will be at a local restaurant.

In the afternoon, visit **Mother Teresa's Missionaries of Charity**, a home for orphaned children of all age groups as well as the elderly, many of whom are mentally retarded. Witness the nuns' nurturing care for orphaned children and the elderly. The smiling children enjoy visitors; spend time chatting with them as they play and study. Nuns will happily provide you with a short tour of the premises and during your visit you may provide medical assistance to the old people & the children as well as interacting with the Sisters & Brothers who volunteer at the Mission and brief them about first aid treatment that can be helpful to them in an emergency situation.

Mother Teresa, known in the Catholic Church as Saint Teresa of Calcutta, was born in Skopje (now the capital of the Republic of Macedonia). After living in Macedonia for eighteen years she moved to Ireland and then to India, where she lived for most of her life. Mother Teresa received a number of honors, including the 1962 Ramon Magsaysay Peace Prize and 1979 Nobel Peace Prize. Mother Teresa instituted the Missionaries of Charity in India in 1950, and at the time of her death, it was operating 610 missions in 123 countries.



Drive to Delhi.

Check into your hotel for a late dinner.

Overnight at a hotel close to the airport in Delhi for your morning flight the following day to start the second component of this fascinating tour in the... **Kingdom of Bhutan**.

Day 13 - Dec 1 : Delhi - Paro (Bhutan) - Thimphu (B, L, D)

Thimphu is the largest city in Bhutan. Ranging 2,248-2,648 metres above sea level, in the hills of Thimphu Valley and along the banks of the Thimphu Chuu River, the city was established in 1955, with the king then declaring it Bhutan's capital in 1961.

The capital town of Bhutan and the centre of government, religion and commerce, Thimphu is a unique city with unusual mixture of modern development alongside ancient traditions. Home to civil servants, expatriates and a monk body, Thimphu maintains a strong national character in its architectural style.

Within Thimphu's various districts are monasteries, Dzongs (fortresses), and other culturally- rich, historic sites scattered throughout, as well as modern libraries, museums, and galleries.



And, with a population of about 90,000, it is perhaps still the world's only capital city without a traffic light as all traffic is directed by white-gloved officers...

Breakfast at the hotel before your late morning flight from Delhi to Paro, the gateway to the Kingdom of Bhutan.

The flight to Paro stands as one of the most breathtaking experiences in the entire Himalayan region. This journey treats you to captivating vistas and an exhilarating descent into the Kingdom of Bhutan. As you step off the aircraft, Bhutan's first welcome gift to you is the refreshingly cool and pristine mountain air

Upon arrival in Paro, you will complete your entry visa formalities before being met by your local tour escort who will present you with a 'tashi-khaddar', a traditional white scarf symbolizing an auspicious reception for guests.

(Doctors-on-Tour will organize for the required visa clearance letter to be issued by the Tourism Council of Bhutan prior to travelling which must then be produced at Immigration upon arrival in order to obtain your actual visa which will be stamped into your passport).

Drive to Thimphu, the road taking you through the picturesque Paro valley, eventually leading to the convergence of the Paro and Thimphu rivers at a place called **Chuzom**. Three different style of stupas; Tibetan, Nepalese and Bhutanese adorn this confluence. Shortly before reaching Chuzom, you will see on your left **Tschogang Lhakhang**, "the temple of the excellent horse". It is a private temple, built in 15th century, as the result of visitation from Balaha, the excellent horse, a manifestation of Chenrezig, the compassionate Buddha.

On arrival in Thimphu, check into the hotel.

Dinner and overnight at the hotel in Thimphu.

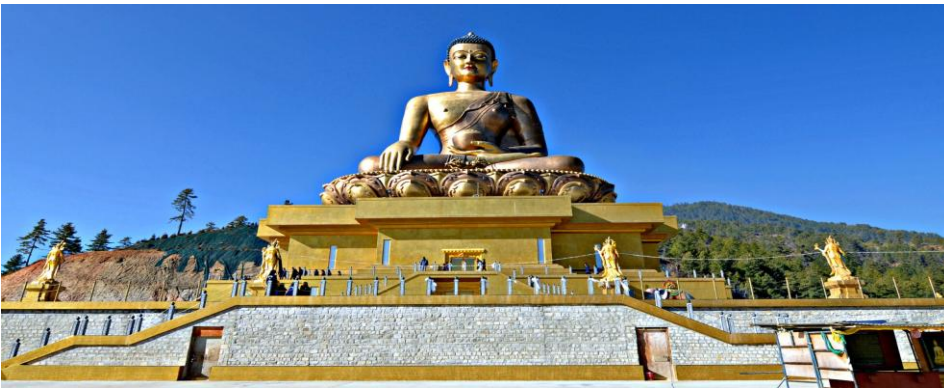
Overnight in Thimphu (altitude 2,320m).

Day 14 – Dec 2 : Thimphu (B, L, D)

Breakfast at the hotel followed by a full day of sightseeing and medical visits.

This morning, visit **Buddha Dordenma**, located atop a hill in Kuenselphodrang Nature Park. The statue fulfils an ancient prophecy dating back to the 8th century A.D that was discovered by *Terton Pema Lingpa* (Religious Treasure Discoverer) and is said to emanate an aura of peace and happiness to the entire world. This massive statue of Shakyamuni made of bronze and is gilded in gold, measures 51.5 meters in height - 125,000 smaller Buddha statues have been placed within the Buddha Dordenma statue, each of these also have been cast in bronze and gilded.

You can pay your obeisance and offer prayers to the Buddha, the largest statue in the country and then walk around and take a glimpse of the valley.



The group will then separate -

Physicians will visit the **Jigme Dorji Wangchuck National Referral Hospital (JDWRH)** to meet with local physicians and learn about the local health care system in Bhutan. This is the apex institution of Bhutan in delivering health care services in the country. It was established in 1972 as a General Hospital which was extended in 1994 with opening out of new services. It was then named as Jigme Dorji Wangchuck National Referral Hospital, in honour of the third Druk Gyalpo His late Majesty Jigme Dorji Wangchuck. The hospital caters to the population of Thimphu districts and also the non-referred patients from neighboring districts and referred cases from the 20 districts hospitals.

www.jdwrh.gov.bt

Non-physicians will visit the **Textile Museum**: The Textile Museum is operated by the National Commission for Cultural Affairs of Bhutan, was established in 2001 and has a good collection of exclusive and antique Bhutanese textile artifacts. The museum was set up with an objective to promote encourage weavers to continue the weaving of traditional Bhutanese textile and to promote Bhutan in the field of textile art.

Lunch at a local restaurant.



After lunch, visit **Simply Bhutan**, an exclusive project under the Bhutan Youth Development Fund (YDF), built to offer a unique experience to its visitors. It is a living museum and studio encapsulating the cultural heritage of the Bhutanese people. A unique hallmark of Simply Bhutan is that it is fully operated by young people and job seekers, who receive hands-on training in business and management fundamentals, customer service, and essential life skills. The revenue generated through Simply Bhutan directly supports YDF's youth development programs, benefiting vulnerable and disadvantaged young people across Bhutan. As a visitor, you not only enjoy a memorable cultural experience but also contribute meaningfully toward "a better today and a brighter tomorrow" for the youth of Bhutan.

Later, visit the **Zilukha Nunnery** in Drubthob Goemba.

Built by the 16th emanation of Thangtong Gyalpo, Drubthob Rikey Jadrel, this is the only nunnery in the capital city of Thimphu. Located above Zilukha Lower Secondary School, overlooking Traschichhoe Dzong, the nunnery is home to about 60 nuns who lead a life of spiritualism, prayer and meditation.



This is followed by a visit to **Trashichhoe Dzong** : this impressive fortress/monastery (also know as 'the fortress of the glorious religion') was initially built in 1641 and houses the Secretariat building, the throne room of His Majesty, the King and various government offices. During the warmer summer months, the monk body headed by His Holiness, the Je Khenpo, makes its home in the Dzong. The National Assembly Hall is housed in a modern building on the other side of the river from the Dzong.

The final activity of the day will be exploring **Ka Ja Throm**. Previously known as the Centenary Farmers Market (CFM), Kaja Throm marks a significant transformation in Thimphu's urban landscape and designated as the Market Quarter where leisure, culture, knowledge, employment, and tourism economies converge. The upgraded Kaja Throm is a vibrant and bustling market centre where the modern and traditional elements of Bhutanese life converge.

Dinner and overnight at the hotel in Thimphu.

Day 15 – Dec 3 : Thimphu (B, L, D)



Breakfast at the hotel followed by another day of sightseeing and medical visits.

Start your day with a visit to -

National Library - the history of Bhutan lies imprinted in a vast collection of ancient Buddhist texts and manuscripts, some dating back several hundred years, which are preserved at the National Library. The library also has modern academic books on Himalayan culture and religion as well as printing blocks for prayer flags.

Later, head to the **Choki Traditional Art School** .

Founded in 1999 by the late Dasha Choki Dorji, Choki Traditional Art School is located in the serene village of Kabesa, just 10km north of Thimphu. A beacon of hope for children from disadvantaged backgrounds, the school offers free art education, food, and lodging. For over two decades, it has empowered students to embrace Bhutan's rich artistic heritage, with its alumni playing key roles in preserving and promoting the nation's cultural identity. Here, art, tradition, and spirituality come to life.



The experience at Choki Traditional Art School includes -

- Begin with **Spiritual Connection**: Your journey starts with a sacred butter lamp lighting ceremony in front of the majestic Guru Rinpoche statue, a symbol of enlightenment and peace, setting the tone for a day of discovery.
- **Introduction to Choki Traditional Art School**: Immerse yourself in Bhutanese artistry through a short documentary about the school's mission to preserve traditional crafts. Sip signature mint tea while learning about its dedication to empowering young artisans.
- **Hands-On Experience**: Unleash your inner artist in a traditional painting workshop guided by senior students, creating a masterpiece to take home as a memento of your journey.
- **Explore a 17th-Century Treasure**: Step into a 340-year-old building consecrated by Druk Desi Tenzin Rabgye and blessed by The Divine Madman, offering a unique glimpse into Bhutan's cultural history.
- **Live Art Demonstrations**: Witness traditional arts firsthand with live demonstrations of Lhadi Painting, Sculpting, Wood Turning, Bamboo Crafts, Textile Weaving, Tailoring, and Embroidery, fostering a deeper appreciation for Bhutan's artistic legacy.

Lunch at a local restaurant after which the group will separate into a split program in the afternoon.

Physicians will visit the National Institute of Traditional Medicine (Indigenous Hospital).

One of the ancient names for Bhutan is *Menjung*, which means **The Land of Medicinal Herbs**, and its traditional medicine and rich pharmacopoeia dates back to 7th-century Tibet, as well as borrowing heavily from Indian Ayurvedic practices. Today, Bhutan, although modernized with time, still places an emphasis on traditional medicines and both Traditional and Allopathic methods of medicine are practiced and implemented in the kingdom without any sense of competition and discrimination. The Bhutanese people enjoy and have the right to attend to both types of medicinal treatments, which ever turns out to be most effective for his/her disease.



Established in 1978, this government facility researches, prepares and dispenses traditional herbal and other medicines. Drawing on the Kingdom's rich abundance of medicinal herbs, the Institute collects medicinal plants from remote corners of the Bhutanese Himalaya such as Lingzhi, Laya and Lunana, carefully prepares traditional Bhutanese medicines following age-old practices and then distributes pills, tablets, ointments and medicinal teas to regional health-care units around the country. The institute has a facility for outpatients, research and production / quality control of traditional medicines as well as conducting training programs for practitioners and students of traditional medicine.

When you enter the courtyard of the complex, you'll start to sense the aroma from the various herbs that are being dried, crushed, grounded and processed. Of particular interest is *yartsa goenbub* (*Cordyceps Sinensis*), the high-altitude cure-all 'Himalayan Viagra' that is actually a caterpillar that has been mummified by a fungus. The curious 'worm-root' sells for up to US\$25,000 per kilogram in China. Lasgang root is said to do wonders for a sore throat. Their prescription for sinusitis is to known to work better than modern medicines, as far as locals are concerned.

You will have the opportunity to meet and interact with local doctors, gaining valuable insight into the philosophy and practice of traditional Bhutanese medicine. There is also a small museum detail at the facility.

<http://www.nitm.edu.bt/>



For non-physicians, visit **Changangkha Lhakhang**, the oldest surviving temple in Thimphu. It is a fortress like temple and monastic school perched on a ridge above Thimphu, south of Motithang. The temple was established in 12th century on a site chosen by the revered Lama Phajo Drugom Shigpo, who came from Tibet and is regarded as the founder of the Drukpa lineage in Bhutan. The central statue here is Chenrezig in a manifestation with 11 heads. For generations, parents have journeyed here to seek blessings for their newborns from the protector deity Tamdrin. Children are blessed with a phurba, a ritual dagger, and adorned with a sacred thread as part of this cherished tradition. From the temple courtyard, there is fascinating view of Thimphu valley.

Later, all participants will meet up again for a visit to the **King's Memorial Chorten**. Built in 1974 to honour the third king who wished to erect a monument to world peace and prosperity, it is a striking white structure crowned with a golden spire, situated near the heart of Thimphu, and ranks among the city's most iconic landmarks, offering an ideal opportunity to engage with locals who gather to circumambulate the chorten, spin the large red prayer wheels, and offer prayers at a small shrine within the gates (circumambulating the chorten once is considered to accumulate good merits and beneficial to all the sentient beings). This incredible structure is considered the most visible religious landmark of Bhutan.

A **chorten** in Bhutan is a Buddhist stupa—one of the country's most sacred and ubiquitous religious structures—built to symbolize the enlightened mind of the Buddha and to accumulate spiritual merit. A chorten is a receptacle for offerings, and in Bhutan, all chortens contain religious relics. Chortens are often situated in locations considered inauspicious – river junctions, crossroads, mountain passes, and bridges – to ward off evil. The classical chorten shape is based on the ancient Indian form of a stupa.

Each of the chorten's five architectural elements has a symbolic meaning. The square or rectangular base symbolizes the earth. The hemispherical dome symbolizes water. The conical or pyramidal spire symbolizes fire (the spire has 13 step-like segments that symbolize the 13 steps leading to Buddhahood). On top is a crescent moon and a sun, symbolizing air, and a vertical spike symbolizing ether or the sacred light of the Buddha. Inside is placed a carved wooden pole called a *sokshing*, which is the life-spirit of the chorten.

Finish off another memorable day take an exploratory walk around Thimphu main street and market area. Also visit the **Local Crafts Bazaar**, to browse through examples of Bhutan's fine traditional arts. From handwoven textiles and bamboo products to wooden carvings and handmade paper, it offers visitors an authentic glimpse into Bhutan's rich craft heritage—all in a relaxed, open-air setting.



Dinner and overnight at the hotel in Thimphu.

Day 16 - Dec 4 : Thimphu - Punakha (B, L, D)



***Punakha** served as the capital of Bhutan and seat of government until 1955 and it is still the winter seat of Je Khenpo (the chief abbot). Linked to some of the most momentous events in Bhutanese history, in 1651 Punakha was chosen to be the capital and two and half centuries later, in 1907, Punakha was, again the place where Bhutanese people elected the first king, Gongsar Ugyen Wangchuk. Blessed with a temperate climate and owing to its natural drainage from Pho Chhu (male) and Mo Chhu (female) rivers, the fertile Punakha valley produces abundant crops and fruits. Located at an elevation of 1300m above sea level, Punakha enjoys mild winters and is popular year round destination. There are splendid views of the distant Himalayas at Dochula pass (alt. 3,880m - see photo, left) on the Thimphu – Punakha road.*

Breakfast at hotel and then drive to Punakha across **the Dochula pass** (3,080m) which offers a mesmerizing panorama of the snow-capped peaks of the eastern Himalayas. When the skies are clear, the following peaks of the eastern Himalayas can be seen from this pass (left to right): Masagang (7,158m), Tsendagang (6,960m), Terigang (7,060m), Jejegangphugang (7,158m), Kangphugang (7,170m), Zongphugang (7,060m), a table mountain that dominates the isolated region of Lunana - finally Gangkar puensum, the highest peak in Bhutan at 7,497m.

At the summit of the Dochula Pass, stop to take in the view and admire the **Druk Wangyal Chortens**, mani wall, and prayer flags which decorate the highest point on the road. These 108 memorial chortens were commissioned by the eldest Queen Mother, Her Majesty Ashi Dorji Wangmo Wangchuck, to honor the Bhutanese soldiers who were killed in a military operation against Indian insurgents in 2003. The number 108 is a sacred number in Tibetan Buddhism, and the chortens were constructed in three different sizes, and in three separate layers representing the varying ranks of the soldiers. Each chorten is beautifully adorned and adds to the scenic beauty of the pass.



On arrival in Punakha, check into the hotel and have lunch.

In the afternoon, visit **Chimi Lhakhang**. This famous monastery is situated on a hillock in the centre of the valley, and is dedicated to Lama Drukpa Kuenley, who in the late 15th century used humour, songs and outrageous behaviour to dramatize his teachings and due to this also known as 'Divine Madman'. The temple within is also known as the temple of fertility as it is widely believed that for couples who do not have children, if they pray at this temple, they are usually blessed with a child very soon. Fittingly, therefore, it showcases the unique symbolism of phallus symbols in Bhutan, which are believed to ward off evil and promote prosperity.

To access the monastery, it is about 45 minute walk across the field from the road. The trail leads across rice fields to the tiny settlement of Pana, meaning 'field' and then follows a tiny stream downhill to Yoaka and across more fields before making a short climb to Chimi Lhakhang. Strolling through the village near the temple provides you with rare insights into the daily lives and lifestyles of the villagers. <https://www.chimilhakhang.com/>



For those who do not wish to go for this walking excursion, there is an alternate visit to **Sangchen Dorji Lhuendrup Lhakhang** : Perched on a ridge amid pine trees and overlooking valleys of Punakha and Wangdue gleams this temple housing a 14-foot main bronze statue of Avalokiteshvara and Tsepamay (Buddha of longevity). The temple complex also houses a permanent higher learning and meditation centre for nuns where, apart from religious training, it provides life skill training such as tailoring, embroidery, statue making and thangka painting.

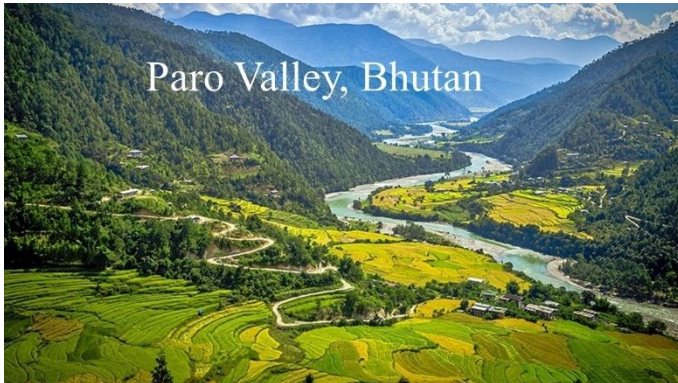


Later, visit **Punakha Dzong** also known as the Palace of Great Happiness, built strategically at the junction of Pho Chhu and Mo Chhu rivers in 1637 by Shabdrung Ngawang Namgyal to serve as the religious and administrative centre of the region, Punakha Dzong has played an important role in Bhutan's history. Damaged by four catastrophic fires and an earthquake, the Dzong has been fully restored by the present King. The Dzong still serves as the winter residence of the monk body.

End the day with an exploratory walk around Punakha market and its small center - a typical Bhutanese town walkable, and relaxed, with everyday life on display and mountains visible from almost every angle.

Dinner and overnight at the hotel in Punakha (altitude 1,300m).

Day 17 - Dec 5 : Punakha - Paro (B, L, D)



The beautiful valley of **Paro**, in the western part of Bhutan, encapsulates within itself a rich culture, scenic beauty and hundreds of myths and legends. It is home to many of Bhutan's oldest temples and monasteries, National Museum and country's only airport. Mount. Chomolhari (7,314m) reigns in white glory at the northern end of the valley and its glacial water plunge through deep gorges to form Pa Chhu (Paro river). Paro is also one of the most fertile valley in the Kingdom producing a bulk of the locally famous red rice from its terraced fields.

<https://www.visitbhutan.com/destination-detail.php?id=1>

The town of Paro is a charming centre located in the Paro Valley. Sitting at an elevation of 2280m, on the bank of Pa Chhu River, this historic town is close to the Tibetan border, and was once a centre of two important trade routes to Tibet. Closeby, are two of Bhutan's most famous sites, Rinpung Dzong and Taktshang (meaning Tiger's Nest) Monastery. Along with other surrounding monasteries and fortresses, Paro Town, features a main street lined with colourful, traditional architecture with buildings comprised of small shops, institutions, and restaurants.

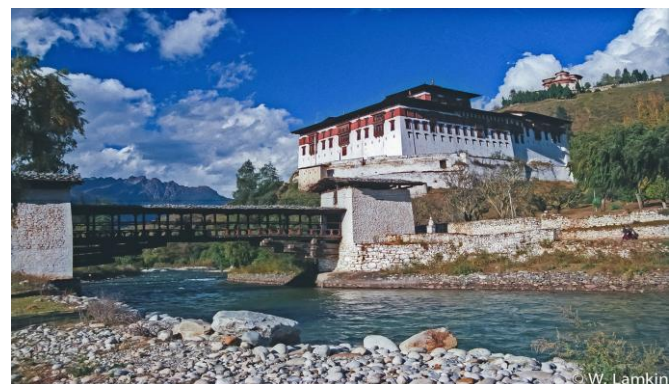


Filled with ancient customs, magnificent architecture, and elaborate scenery throughout, Paro is a quiet, spiritual place to enjoy nature, and a sense of peace and tranquility.

Breakfast at the hotel and then drive to Paro along the scenic highway through a stunning valley steeped in rich culture and surrounded by breathtaking natural beauty. To the north, Mount Chomolhari (7,314 meters) stands majestically in pristine white, while its glacial waters cascade through deep gorges to form the Paro River, known locally for its fertile terraced fields that yield the famous red rice.

On arrival in Paro, check into the hotel.

After lunch at the hotel, proceed to visit **Rinpung Dzong (Paro Dzong)**, meaning ("fortress of the heap of jewels"), which has a long and fascinating history. It is a large monastery and fortress, constructed in 1646 and with its towering five stories, Rinpung Dzong was used as an effective defense against numerous invasion attempts by the Tibetans. Rebuilt after a fire in 1907, the Dzong now houses a sacred collection of masks and costumes, dating back centuries, as well as fine wall paintings illustrating Buddhist lore such as the four friends, the old man of long life, the wheel of life, scenes from the life of Milarepa, Mount. Sumeru and other cosmic Mandala.



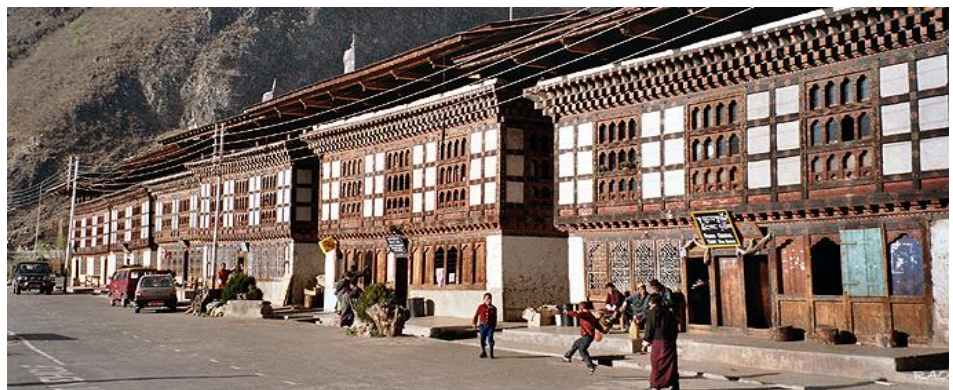
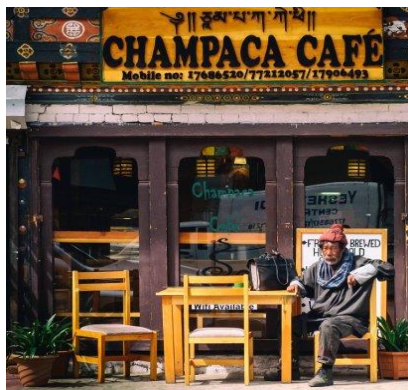
Later in the afternoon, you will have the opportunity to visit a wellness centre to learn about the therapeutic benefits of the traditional **Hot Stone Bath** for which Bhutan is famous.

A form of **traditional Bhutanese medicine**, the alchemy behind Bhutan's hot stone baths draws on both Indian Ayurvedic practices and the traditional medicine of 7th-century Tibet. The hot stone bath is widely practiced in Bhutan and it is a ritual in itself as riverside rocks are heated till red hot and gradually dropped into a wooden tub filled with Menchu (water with medicinal properties infused with local herbs such as lemongrass, juniper, and native medicinal plants) and scattered with Artemisia leaves.

The burning rocks heats the water gradually and thus release minerals in to the water. The bath is deeply tied to Bhutanese wellness traditions — blending the practical benefits of heat therapy with centuries-old knowledge of herbal medicine and that is believed to cure skin ailments, joint pains, hypertension, stomach disorder, arthritis, and many other minor diseases. It also relieves muscle tension, improves circulation, and calms the mind. Traditionally these baths are done near a river bed with plenty supplies of stones and water and preferably after dark in the open air. However, more luxurious version of hot stone bath are also offered by different hotels and resorts.



For those not opting for a hot stone bath, take a **stroll through Paro town and its local community market** - the heart of Bhutanese daily life and culture offering a glimpse into the traditions, flavors, and crafts of Bhutan. From fresh organic produce and aromatic spices to handmade textiles and unique handicrafts, Paro Market is a must-visit for anyone wanting to experience the authentic lifestyle of Bhutanese people. It's not just a marketplace—it's a cultural hub where locals gather, share stories, and celebrate their heritage.



Dinner and overnight at hotel in Paro (altitude 2,280m).

Day 18 - Dec 6 : Paro (B, L, D)



Breakfast at hotel.

Today, depending on your physical condition, there are two different options until mid afternoon.

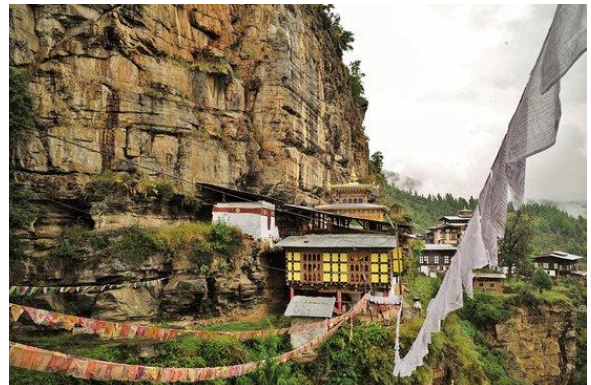
OPTION A

In the morning, hike to **Dzongdrakha Goemba** (*moderate walking with an elevation gain of 210m to a height of 2,600m, 3 mile hike, approximate round trip walking time including visiting the site is 2 - 2 1/2 hours*)

Local oral tradition states that when Guru Rinpoche first came to Bhutan, he came from Nepal, first landing at Drakarpo, and then Dzongdrakha before arriving at Taktshang (Tiger's Nest) farther north up the valley. Located approx 20 minute drive from Paro, these temples are built on a cliff above Bondey village. The Dzongdrakha village has numerous temples and is known for most of their men being either fully ordained monks or gomchens (lay monks who don't take vows of celibacy). Ironically it is the women who work in the fields and are the bread earners unlike in any other part of the country.

Often called a mini Takstang or Tigers Nest (see main panoramic photo above and optional activity trek below), **Dzongdrakha** is a cliff-side temple complex on the western side of the Paro Valley. Four shrines make up the complex, dedicated to Drolma (Tara), Tsheringma (Goddess of Longevity), Guru Rinpoche and the Buddha of the Future, Maitreya. The first building you come to is the private Jongsarbu Lhakhang, founded in the 18th century by the meditation master Gyam Dorje, and fronted by a lovely suntala (mandarin) tree. The main statue is of Sakyamuni in his princely Jowo form, flanked by the local protector Tsetsho Chen and a tshomen (mermaid spirit). The Tshering Lhakhang is dedicated to the goddess of longevity.

If you wish, climb the log ladder here to the cave-like Droley Lhakhang, which houses several papier mâché statues that were once used during local festivals. Parents who have just given birth to a son are supposed to come to this chapel to offer thanks. Nearby is the Guru Lhakhang, where the caretaker will tell you stories about local spirits, flying saints and magical spells, and point out sacred dagger marks in a nearby stone. Behind the main statue is a hidden chorten that allegedly has to be enclosed to prevent it flying away; the caretaker can open a little door at the back to reveal part of the chorten. The final building is the small Lhamey Lhakhang.



The approach walk is gentle and far less strenuous than the hike to Tiger's Nest, taking only about 30-40 minutes from the road to reach the temple complex, making it an accessible yet rewarding excursion. The trail begins following a dirt path which turns to climb through forests of rhododendron and oak trees with white monkeys on it. The entire village of Dzongdrakha, set up over the cliffs, stretches horizontally along the ledge, affording beautiful views of the valley below.

A tranquil village of eight farmhouses and four temples has the main temple complex situated on the cliff just above Bondey Valley.

Following your morning hike, visit the 16th-century **Neyphug monastery and orphanage** where some sixty orphans are homed. This relatively unknown and rarely visited Monastery is about 7 kilometers deep into the mountains over Paro Valley along a mountain road. It is a beautiful place offering a profound sense of peace and seclusion and the school is led by Neyphug Trulku Rinpoche, the founder of the school. In 2005, he returned to Bhutan as Professor of Buddhism and saw much suffering among the poor. Daily life is rugged and those living in remote areas have little means of support, surviving under extreme poverty and threats of chronic illness; he came across many orphans and abandoned children whose parents could not afford to take care of them and their desolate conditions, helplessness and hopelessness touched him deeply and inspired him to start a school.



OPTION B

For the morning and early afternoon, there is also the option of taking a longer and more strenuous trek to the spectacular **Takshang Monastery, also known as the Tiger's Nest** (*challenging trek with an elevation gain of 500m to a height of 3,120, 4 mile trek, approximate round trip walking time including visiting the site is 4-5 hours. Only recommended for those in good physical condition and not afraid of heights!*)

For those taking this option, this trek would replace the hike to **Dzongdrakha Goemba and Neyphug monastery and orphanage** (ie Option A) above.

Takshang Monastery is located 10kms away from Paro and is one of the most venerated sacred sites of the Himalayan world. It clings to a sheer 900m cliff above the valley and the buildings enshrine a cave where the great saint Guru Rinpoche, the father of Bhutanese Buddhism, meditated. The legend has it that Guru Rinpoche is said to have flown to the site of the monastery on the back of a tigress from Tibet and meditated in the cave there for three months. Although the main building of the temple was destroyed by a fire in 1998, much of the building has been restored to its original splendour and the hike up to the viewpoint is worthwhile and fulfilling. A pilgrimage to Takshang is the dream of a lifetime for the devout.

The hike to the monastery can be broken down into various stages (all of which can be undertaken or just the first and / or the second stage for those that do not wish to continue up to the Tigers Nest monastery itself but who just wish to enjoy the view of the monastery) -

The first stage is the trek to the cafeteria which is situated on a rocky outcrop across a ravine from the monastery. This leg of the trek takes approximately 45 to 60 minutes, depending on your level of fitness and ascends a series of switchbacks through juniper and pine forests. We do not recommend taking one of the small ponies that are available for this first leg as they can be unstable and prone to stumbling on the uneven ground). At the beautiful, traditional café called Taktsang Cafeteria (a wooden teahouse restaurant) you can stop for some tea or coffee and biscuits and savour the impressive view of Paro Valley below and the monastery above.

For those who wish to continue past the cafeteria, and who are in good physical condition, (and do not have vertigo...), the 2nd stage of the walk is from the cafeteria to the lookout opposite the monastery. This leg takes close to one hour. From here, you have a spectacular viewpoint of the monastery perched on the other side of the ravine.

The 3rd stage is the trek/climb down the 475 steps in the cliff face to the bottom of the ravine which crosses over a stream and waterfall before the path again ascends another 300+ steps to the entrance of the monastery (just prior to the entrance you'll be asked to pack up your belongings and stow them in a locker). Once here, you will be able to enter into the monastery and view the cave where Shabdrung Ngawang Namgyal meditated (cameras are not allowed inside the monastery due to it being a sacred location). The visit and climb to the entrance and back to the lookout will take approximately one hour.

The climb is steep in some places and can be unstable under foot, particularly on the downward legs as steps are only found between the view point and the monastery with the remainder of the path being dirt. Pathways / steps (some on the side of the cliff) are approximately 2 meters wide and guardrails are not in place the whole so to be sure of foot and not have a fear of heights is important.

Despite this, the journey is certainly worthwhile on account of the superb views en route. The viewpoint at the end of the second stage is at the same height (3,120m) as the actual monastery at the end of the third stage.

Watch a short video of Tigers Nest at <https://www.youtube.com/watch?v=F8a6-xHd2bw&t=14s>



Tigers Nest



View from the cafeteria

After lunch, all group members will meet up and visit a **Traditional Farm House**.

Rich in history, the beautiful Paro Valley is a place where time stands still. In addition to a thriving commercial farming industry, the region is known for subsistence farming using time-honoured methods. Known fondly as the 'rice bowl' of the Bhutanese kingdom, the Paro Valley grows large amounts of red rice, the staple starch of the nation, farmed on its fertile fields and terraces. The region's commercial enterprises and family-owned farms also yield copious amounts of millet, wheat, apples, potatoes, as well as a range of seasonal vegetables native to the area.

The beauty of Bhutan is embellished by the clusters of quaint farm houses. Bhutanese farm houses are very colorful, decorative and traditionally built with mud and stones and without the use of single nail - all houses follow the same architectural pattern.

Visitors have the opportunity to experience the warmth of Bhutanese hospitality, savor authentic local cuisine, witness traditional farming practices, and immerse themselves in the tranquil ambiance of the countryside. It's a unique and enriching way to connect with the traditions and way of life that have endured for generations in this picturesque region of Bhutan.

Here you'll also have an opportunity to try your hand in **Archery** using a traditional bamboo bow & arrow.

Archery is Bhutan's national sport and integral part of all special occasions. But here's the thing – nobody really cares if they miss. The whole village shows up, brings snacks, and turns it into this massive hangout session. Kids are running around, old ladies are gossiping, and the archers are basically just having a laugh with their buddies.



Return to the hotel with some free time to relax after your exertions of the day.

For your last evening in Bhutan, enjoy a **Traditional Cultural Program**. All Bhutanese art, dance, drama and music has its roots in the Buddhist religion and these traditional Bhutanese cultural programs are a vibrant and captivating display of the kingdom's rich heritage and deeply rooted customs. These performances serve as a cherished medium for preserving and promoting Bhutanese culture among both locals and visitors alike. Adorned in colourful traditional attire, dancers gracefully weave stories from mythology, folklore, and daily life, accompanied by the enchanting sounds of traditional musical instruments like the *dramnyen*, flute, and drums including a spectrum of subgenres, ranging from folk to religious song and music. The intricate choreography and rhythmic movements, often symbolizing spiritual beliefs and nature's harmony, transport the audience to a bygone era. These cultural programs, whether held during festive celebrations, religious events, national and special occasions, instil a profound sense of pride and identity in the hearts of the Bhutanese people, celebrating their enduring cultural legacy and ensuring its continuity for generations to come.



Dinner and overnight at hotel in Paro.

Day 19 - Dec 7 : Return flight : Paro - Delhi - Toronto

After breakfast, transfer to Paro airport for the flight for Delhi with onward flight back to Toronto.

Specific flight times / routing will be forwarded upon registration.

The hotels...

City	Hotels
NORTH INDIA	
Delhi (3 nights)	The Lalit Hotel (4+*) www.thelalit.com/the-lalit-new-delhi/overview
Jodhpur (2 nights)	Radisson Jodhpur (4*) https://www.radisson.com/jodhpur-hotel-rj-342-001/indrdjp
Udaipur (2 nights)	The Lalit Laxmi Vilas Palace (4*) https://www.thelalit.com/the-lalit-udaipur/
Jaipur (2 nights)	Holiday Inn Jaipur City Centre (4) https://www.ihg.com/holidayinn/hotels/us/en/jaipur/jaicc/hoteldetail
Agra (1 night)	Grand Mercure Agra (4+*) https://all.accor.com/hotel/C0W7/index.en.shtml?msocid=392d88b07081635b23fe9d0071ba6267
Delhi (1 night)	Radisson Blu Hotel Dwarka (4+*) https://www.radissonhotels.com/en-us/hotels/radisson-blu-new-delhi-dwarka
BHUTAN	
Thimphu (3 nights)	Hotel Druk (4*) http://drukhoteles.com/thimphu/
Punakha (1 night)	Lobesa Boutique Resort (4*) https://www.wangchukhotel.com/lobesa-boutique/
Paro (2 nights)	Tashi Namgay Resort (4*) http://www.tashinamgayresort.com/

The majority of the accommodation will be in 4* hotels. (In the unlikely event that a hotel needs to be changed it will be substituted with a property of an equivalent standard)

The price... Cdn \$10,995 / person
(Early Booking Price valid until May 19, 2026 – save \$500/person)

Pricing (exc. Insurance) / per person - Cdn\$	Inc. Air from Toronto
Per person (double occupancy)	
- registrations up to May 19, 2026	\$10,995
- registrations after May 19, 2026	\$11,495
Single supplement	\$ 2,450
Single share fee (A)	\$ 300 **
Transportation / hotel taxes and fees	\$ 745
Academic program registration fee (per MD registrant)	\$ 975

(A) 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. However, if we are unable to find you a suitable companion the single supplement will be payable.

Connecting flights from several Canadian cities available upon request (supplement applies).

Upgrades are available to **Premium Economy** and **Business class** cabins (see our registration form for details).

REPEAT CUSTOMER DISCOUNT

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

COST EFFICIENT INVOICING !

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

CANADIAN \$ PRICING !

Please note, unlike many programs offered by other companies which are quoted in US\$ (and are also usually land only prices excluding air fare), **our prices remain in Canadian\$** - and, with a premium now of almost 40% (at April 2026) when paying in US\$, this makes a significant difference.

ONLINE REGISTRATION FORM

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

<https://fs22.formsite.com/Doctorsontour/INDNORBHUT2611/index.html>

Full program information may also be found at –

<http://www.doctorsontour.ca/cme-programs-northindia-bhutan-upcoming-2611.php>

REGISTER BY MAY 19, 2026 AND SAVE \$1,000/COUPLE !!

Inclusions and Exclusions...

Inclusions –

- Round trip international flights from Toronto to Delhi, India.
- Internal flights in India and from Delhi to / from Paro, Bhutan as per detailed itinerary.
- Private, modern, air conditioned coach transportation (including bottled water)
- All meet and greet services and arrival and departure transfers**
- Accommodation for a total of 17 nights in 4* properties
- 17 breakfasts, 16 lunches, 16 dinners) in a combination of hotel and local restaurants
- Soft drink / bottled water with meals
- Comprehensive daily itineraries including escorted tours of local cultural sites and museums
- All admission fees (except those specifically noted above)
- Rickshaw ride in Old Delhi
- Jeep safari to Bishnois Villages, Jodhpur
- Boat ride on Lake Pichola, Udaipur
- Elephant / Jeep ride at Amber Fort, Jaipur
- Visit to Taj Mahal
- CME program including tours of various local medical facilities (Academic Program Certificate provided) with separate programs for spouses
- Fully escorted program including services of local English speaking cultural experts
- Porterage
- Bhutan Royalty Fee
- Bhutan mandatory Government Sustainable Development Fee (US\$600/person, ie US\$100/person/day)

** meet and greet services and airport arrival and departure transfers are included if you are travelling on our group arranged flights – if you choose to arrange your own international flights (and they arrive / depart at different times to the group flights) additional private transfer costs will apply

Exclusions –

- Any meals or activities not mentioned above
- Digital camera and video fees at certain attractions
- Personal expenses (laundry, telephone / internet usage, drinks excluding those included above)
- Gratuities for local tour escort / guides and drivers
- International airport departure tax
- Entry visa for each of India & Bhutan
- Travel insurance – please note, **travel insurance (including medical and trip interruption coverage) is highly recommended** for this tour. Coverage is available through Doctors-on-Tour with Manulife Insurance – please check for further details in our brochure (page 37)

Online registration is available at : <https://fs22.formsite.com/Doctorsontour/INDNORBHUT2611/index.html>

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.

OUR PROGRAMS HAVE LIMITED CAPACITY AND ARE SUBSCRIBED FOR MANY MONTHS IN ADVANCE. WE THEREFORE RECOMMEND REGISTERING (WITH YOUR DEPOSIT, PLUS APPLICABLE TRAVEL INSURANCE PREMIUM) AS SOON AS POSSIBLE IN ORDER TO GUARANTEE YOUR RESERVATION.

Misc information you need to know...

TRAVEL DOCUMENTATION AND VISAS (as at April 2026)

India

An **entry visa** is required for Canadian, USA, UK and Australian citizens for entry into India. In addition, your passport must have an expiry date no earlier than 6 months after your scheduled departure date from India and 2 blank pages for stamping by the Immigration Officer upon arrival in India.

The cost of the visa is currently (April 2026) Cdn\$140.

An e-visa can be applied for at the following link -

<https://indianvisaonline.gov.in/evisa/tvoa.html>

Please note, for an e-Tourist Visa (maximum 30 day validity), applicants of the eligible countries/territories may apply online minimum 4 days in advance of the date of arrival and no more than 30 days in advance from the proposed date of travel.

Guidance notes on completion of this e-visa application will be forwarded closer to departure.

Bhutan

All travellers must obtain a **visa clearance prior to travel to Bhutan**. This Visa Clearance Letter is issued by the Tourism Council of Bhutan and will be processed by our licensed Bhutanese tour operator partner. Your passport must have an expiry date no earlier than 6 months after your scheduled departure date from Bhutan and, in order to process your Bhutan visa application, **we will require a clear readable colour copy of your passport** (page containing passport no. and photo in JPEG format) forwarding to us by e-mail (photos taken with smartphones are not accepted by the Bhutanese authorities – it must be a properly scanned image), as well as colour passport size photo. The cost of the visa is currently (April 2026) US\$40. At your point of entry into Bhutan, you will be required to show your visa clearance letter, such that the actual visa will then be stamped into your passport.

Mandatory vaccinations – NONE

There are no mandatory vaccinations required at the present time (April 2026) for entry into either India or Bhutan (unless you have travelled to a Yellow Fever infected country in the six months prior to arrival, in which case proof of Yellow Fever vaccination is required at Immigration).

Recommended medical precautions

A list of our **medical recommendations** will be provided closer to departure. Travellers should always ensure that they are up to date on **routine vaccines** such as measles-mumps-rubella (MMR), diphtheria, tetanus, pertussis, polio, varicella (chickenpox), influenza and COVID-19. In addition, up to date typhoid and Hepatitis A/B vaccinations and malaria precautions are also recommended for travel to India & Bhutan together with altitude mountain sickness medication for parts of the Bhutan itinerary.

Travel insurance information... Coverage available through Manulife Insurance

We strongly recommend that you take out travel insurance to protect you against the unexpected due to, in particular, limited provincial health care coverage afforded to Canadians while traveling overseas and the cancellation provisions inherent in your booking. We offer the following insurance coverage options through Manulife Insurance, one of Canada's leading insurance providers –

NON-MEDICAL INCLUSIVE PLAN

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

ALL INCLUSIVE PLAN

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

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

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

PREMIUM PROTECTION PLAN ("PPP")

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

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

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

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

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

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

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

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

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

Total insurable costs (\$/person)	PREMIUM PROTECTION PLAN (PPP)			
	Age>	0-69	70-74	75+
4000 - 4500	675	1,296		Coverage not available if age 75 or over at the date of purchasing insurance
4500 - 5000	750	1,440		
5000 - 5500	825	1,584		
5500 - 6000	900	1,728		
6000 - 6500	975	1,872		
6500 - 7000	1,050	2,016		
7000 - 7500	1,125	2,160		
7500 - 8000	1,200	2,304		
8000 - 8500	1,275	2,448		
8500 - 9000	1,350	2,592		
9000 - 9500	1,425	2,736		
9500 - 10000	1,500	2,880		
10000 - 10500	1,575	3,024		
10500 - 11000	1,650	3,168		
11000 - 11500	1,725	3,312		
11500 - 12000	1,800	3,456		
12000 - 12500	1,875	3,600		
12500 - 13000	1,950	3,744		
13000 - 13500	2,025	3,888		
13500 - 14000	2,100	4,032		
14000 - 14500	2,175	4,176		
14500 - 15000	2,250	4,320		

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

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

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

Non-Canadian residents

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

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

IMPORTANT INFORMATION

Travel insurance that may be available through your credit card

When considering any of the travel insurance policies above, if you believe you may have coverage through your **credit card** we would strongly advise checking with the credit card company the actual coverage afforded to ensure it covers medical, trip cancellation and trip interruption as not all of these items are covered (or may only offer limited coverage as to trip duration or insured \$amount in the event of a claim - sometimes as low as only \$1,000 per person) by all kinds of cards. Also, most coverage through credit card benefits does not include Cancel For Any Reason (CFAR) coverage.

Testimonials

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Dr. Janel Gracey, London – Bali, 2012

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

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

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

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

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

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

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

Dr. Linda Rapson, Toronto – 2013

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

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

"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, On. – 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 in a group that had so many different personalities.... he really was exceptional. Lacuma was also fantastic, very capable and organized. So....well done!!"

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

"Kumar and Lakuma were wonderful guides and enriched our experience immensely. This was a wonderful tour – thanks!"

Dr. Jeff Sloan, Napanee, On. – 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

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

Dr. Ron Eliosoff, Ottawa - South India, 2013

"Excellent trip – hotels, guides, food and company and we saw such wonderful sites.

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, Toronto – Brazil, 2013

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

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

"Fantastic experience! Every detail to perfection."

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

"Had a great time! Very well organized"

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

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

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

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

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

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

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

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

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

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

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

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

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

"I really enjoyed this tour - Rajasthan and Agra are beautiful. Our tour escort, Kumar, has great people skills, and has been very attentive to everyone's needs - Himanshu has been an excellent guide and is very knowledgeable. We would love to return to India on your South India program"
Dr. Rajalaxmi Wong, North Bay, On. - North India, 2015

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

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

"I found the trip to Spain to be a great combination of site-seeing, CME and amazing gourmet meals and wines selected by an internationally famous chef. We visited several famous vineyards and were able to sample their wines. The visit to an ophthalmological institute was especially memorable, we watched lens surgery in close up. The visit was very well organized with time to explore cities on our own, as well as tours of architectural wonders. I strongly recommend this tour as a great experience"
Dr. John Cocker, Stouffville, On - Spain Gourmet, 2015

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

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

"The tour guides in each country were excellent. Fabulous trip!
Dr. Gail Neild, Woodbridge, On. – Vietnam, Cambodia & Laos, 2016

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

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

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

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

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

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

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

Dr. Ted Erb, Waterloo, On. - China, 2017

“Everything was excellent! We had a wonderful time. Hotels were superb. Thank you again for the well organized, all details worked out, great trip!”

Dr. Andrea Cordas, Burlington, On. – South India, 2017

“It was our first trip with your company. John and I loved it. The itinerary was perfect. Busy days followed by quieter ones. Lorna and Ashley were lovely and so capable! The coordination was superb. Thank you. We had the trip of a lifetime!”

Dr. John Gapski, Mississauga, On. – Ecuador & Galapagos, 2017

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

Helle & Tony Tosine, Toronto, On. – South Africa, 2017

“We really enjoyed New Zealand and the services provided by your company. The Academic Conference presentations were top caliber and contained information useful to both the specialist and generalist. I enjoyed getting to know and learning from the other group participants. We would recommend this trip and plan to travel with Doctors on Tour again”.

Dr. John Britt, Winston-Salem, NC - New Zealand, 2018

We enjoyed our trip very much. The hotels we stayed in were superb, the itinerary was great and the guides, both in Bhutan and in Myanmar, were fabulous. Overall it was a wonderful, memorable trip. Thank you very much!

Dr. Sabine Ernsting, Adelaide, South Australia - Bhutan & Myanmar, 2018

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

Dr. Cinda Lee, Toronto, ON - South Africa, 2018

“I found this to be a very well organized trip. It exceeded my expectations. I'd like to repeat it, but I'll join your other trips instead. Too much to see and to learn in this world.”

Dr. Kas Tuters, Toronto, ON – Bali, 2018

“I totally loved Singapore and Malaysia. The local escorts were honestly a ten star. There was nothing they would not do for us”.

Dyana Driscoll, Toronto, On. – Malaysia & Singapore, 2018

“This was an exceptional trip – thanks again! Everything was perfectly well orchestrated. It feels like we have been travelling for more than two weeks. We have learned so much. We will definitely recommend this trip to our friends. We have seen so many things. We have had exceptional guides. The group we travelled with was fantastic! Again, an amazing adventure!”

Dr. Collette Deslandres-Leduc, Montreal, Qc. – Ecuador and Peru, 2018

“Good guides, amazing sightseeing, loved the Patagonia cruise”

Dr. Chantal Breton, Kirkland, Qc. - Argentina & Chile, including Patagonia cruise, 2019

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

Dr. Louise Lefort, Ottawa, On. – Bali, 2019

“This was an excellent unique tour combining both the cruise and a varied land component with spectacular sights ! Great group and local tour escort and cruise staff!”

Dr. Evelyn Brett, Toronto, On. – Iceland circumnavigation cruise and land, 2019

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

Dr. Vickie Carducci, Kilworthy, On. - Northern India, 2019

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

Dr. Shiraz Walji, Calgary, AB - Malaysia & Singapore, 2019

“Fantastic trip – well organized, packed with loads of things to do and see – but did not feel ‘superficial’. Just loved the opportunity to do and see so much. The group was fantastic – made new friends. I was a great tour leader”

Dr. Lorraine Manzig, Toronto, ON – Ecuador & the Galapagos, 2019

“Your tours are great. Thanks for the experience!”

Dr. Ikenna Ezeilo, Lethbridge, On. – South East Asia, 2020

“We enjoyed our experience in Iceland. Rachel and Joel (Kassner) do a great job as group leaders.”

Dr. John Britt, Winston Salem, NC - Iceland circumnavigation cruise and land, 2022

“Fun, food, fellowship, culture, history, knowledge, perspectives, some ailments & mishaps — all packed in 12 days. Thanks everyone for enriching Kitty & my life! This is by far the most magical CME trip we’ve ever had for the past 3 decades! 🍷🍷”

Dr. Wing Lim, Sherwood Park, AB - Spain Gourmet tour, 2022

“We are having a fantastic time.

Great group - have made many new friends.

We are ecstatic to be here.

(our local tour escort) Malik is a kind and patient person who gives 110% of himself - he truly goes above and beyond to make sure everyone is happy.

Thank you. Thank you Thank you.”

Drs. Loraine Manzig and Kevin Sliwicz, Toronto, On. - Malaysia & Singapore, 2022

“Excellent guidance and interesting sites. Sahara desert trip was fantastic - really enjoyed the drive out over the dunes - camel ride excellent ! Felt safe at all times, including in the cities. A very good cultural experience leading to a great appreciation of this beautiful country”.

Dr. Les Marien, Orangeville, On. - Morocco, 2022

“Need another vacation after this trip as we saw so much! The group was fantastic and fun to be with. We enjoyed everyone’s company!”

Dr. Nihad Ali-Ridha, Toronto, On. – Vietnam, Cambodia & Laos, 2023

“Thank you so much for arranging this very special adventure.

It was wonderful! I so wish I had done it sooner so I could do it again.

Our local tour escort (Dion) was so knowledgeable, willing to share the history of the country in a way that helped us understand the WHY as well as the WHAT of the history of that breathtakingly beautiful country while he made us each feel welcome and valued as visitors. He obviously loves his homeland and has reason to do so.

The group was very compatible and new friendships were made. Caroline was very efficient”.

Dr. Pat Barry, Burlington, On. – South Africa, 2023

"The Japan experience ranks among the very best offered by DoT - seamlessly blending the country's rich history and culture with outstanding cuisines and activities. The farewell Kimono dinner with Geisha entertainment was particularly noteworthy as well as the beauty of the Five Lakes region, majesty of Mt. Fuji, the ryokan experience and the many beautiful Japanese gardens and historic sites! Outstanding experience!"

Dr. Bruno Salena, Ancaster, On. - Japan, 2023

This was an excellent trip – my 2nd time with Doctors-on-Tour to Iceland and I would do it again! I enjoyed seeing a few new locations and different restaurants (thanks to Thordis). I can't recommend this trip highly enough! As all of your tours have been, it was well planned, well organized and very good value. Thanks so much. See you next year in Japan!

Dr. Mary Bruckschwaiger, London, On. - Iceland Circumnavigation Cruise and Land, 2023

"A wonderful trip. A busy itinerary but allowed freedom for personal time. Cannot say enough about the knowledge, enthusiasm and energy of our guides - always willing to cheerfully go that extra mile. Hotels were all high quality and well located."

Dr. Stephen Pond, Fredericton, NB – Spain, 2023

"Our trip to Morocco exceeded all expectations. We left with a better understanding of the country, its people and culture. The information, locations, activities and meals were exceptional. Our knowledgeable tour guide Mustapha answered any and all questions with pride. Our driver Mohamed was incredible and we always felt safe with him at the wheel. Our group leader and medical director Dr. Rachel Kassner, along with her husband Joel, had our days and nights running smoothly. They included the entire group and went above and beyond to care for everyone. A trip we will always remember. We loved the format of the trip and will definitely be booking with you in the future"

Dr. Moses Rambaran, Miramichi, NB - Morocco, 2024

"We had a wonderful time on this tour. It was well organized and supported, Dr. Steve Szarka and Marg were excellent leaders of the tour and our guide, Shioji, was excellent. The Bonsai and gold leaf programs were great. The distillery visit was wonderful! I enjoyed the lectures and appreciated the opportunity to participate in the lecture series"

Dr. David Bach, London, ON – Japan 2024

"Malik is a super guide – fun, honest, sincere, knowledgeable, quite open about his life and various experiences – endearing. Rachel is a super leader. She reads the room and takes action quickly. Plus, she's warm and enthusiastic and connects with everybody. Great variety on this tour. The order is exactly right – the rainforest is truly the climax. Many different kinds of walks through the rainforest and all neat! The other guests on the tour were wonderful. We've found on every trip with Doctors-on-Tour that we enjoyed our travel companions immensely. Courteous, enthusiastic, friendly. The trip was packed with so many unique sites and experiences that we would not have known about or organized on our own. That's one huge appeal of this company."

Dr. David and Marianne Bell, Perth Andover, NB – Malaysia, 2024

"This was a marvelous Doctors-on-Tour trip to Sri Lanka. The destination is a gem. The hotels were magnificent. The food excellent. I loved the people and the fascinating tours. It was worth every penny! Thanks for putting together such an exciting tour. Plus we had a really good group of participants".

Maureen Lush, Oakville, On. - Sri Lanka, 2024

"An excellent tour! Hotels and food were top notch. Guides, superb. We covered so much, amazing to do that in just two weeks. Well done!"

Dr. Carolyn Stark – Vietnam, Cambodia & Laos, 2025

"This was a wonderful experience in a country that has so much to offer. Our guide made the trip exceptional and went to great lengths to explain things. Excellent tours. Very interesting to see the approach to healthcare".

Dr. Linda Spigelblatt, Montreal, QC – Bali, 2025

"Thank you for organizing such a wonderful tour to Japan. My self and Sharada enjoyed the tour thoroughly. The Group Leaders and local escorts, Shioji and Pauline were excellent. It was our first travel with your group and we would love to travel again with your groups. Last but not the least, thank you very much for organizing my birthday celebrations in Kyoto, an unforgettable experience in my life".

Dr. Sridhi Manchikanti and Sharada Manchikanti, Edmonton, AB – Japan, 2025

And about your Group Leaders and Medical Director, Dr. Rachel Kassner and Joel Palter (Charlottetown, P.E.I.)

“Dr. Kassner was excellent – very responsible, personable and organized”
Dr. Rick Black, Hamilton, On. – Vietnam, Cambodia & Laos, 2012

“Hi Rachel, this was a magnificent trip for sure!
I really appreciated you and your family's easy going style of travel. Thank you for consulting with the group on certain decisions 🍷... Take care, hugs to all”
Dr. Alice Desilets, Moncton, NB - China, 2017

“This was a really good travelling group. Thank you for your leadership and for your consideration during this trip. It was greatly appreciated”
Dr. Pat Barry, Burlington, On. – China 2017

“Rachel – you're the best! Thanks for being the team mother”.
Dr. Chris Gallery, Waterford, On. – Eastern Europe 2019

We enjoyed our experience in Iceland. Rachel and Joel (Kassner) do a great job as group leaders.
Dr. John Britt, Winston Salem, NC - Iceland circumnavigation cruise and land, 2022

“Kudos to Rachel and Joel. We do love to travel with them”.
Dr. Jeanne Teitelbaum, Montreal, QC – Spain, 2023

“Excellent tour - thank you to the great work by, and patients of, Rachel and Joel for “herding cats”
Dr. Sofia Lazaridis, Ottawa, On.– Morocco, 2024

“Rachel and Joel were excellent at managing the tour”
Dr. Fredericka Abcarius, Westmount, QC - Morocco, 2024

“Rachel ably assisted by her husband, Joel, was an excellent and caring leader. She kept everyone together by her humour and approachability”.
Dr. Rukhsana Bukhari, Toronto, On. - Morocco, 2024

“You are the reason I am going to Malaysia,
You were such a great tour leader (when I previously travelled with you), and I certainly felt safe with you in charge. Look forward to seeing you again”.
Dr. Heather Reid-Rafla, Guelph, On. - Malaysia 2024

“Thank you again for a spectacular trip and for being the best course directors ever.
You deserve a PhD for enthusiasm and herding cats!”
Dr. Dale Gray, Toronto, ON - Malaysia, 2024

“Rachel is a super leader. She reads the room and takes action quickly. Plus, she's warm and enthusiastic and connects with everybody”.
Dr. David Bell, Perth Andover, NB – Malaysia, 2024

“Kudos to Rachel and Joel for their cheerful yet very effective leadership on this tour – 11/10!”
Dr. Dale Gray, Toronto, ON - Malaysia, 2024

“I would like to express my sincere gratitude to Rachel and the entire group for making our Sri Lanka trip over the past two weeks truly unforgettable.
A special thank you to Rachel, who served as our tour director with exceptional dedication. She consistently went above and beyond to keep us comfortable, safe, and well-taken care of. Her professionalism, kindness, and attention to detail made the entire experience even more enjoyable”.
Dr. Hany Beshay Mississauga, ON – Sri Lanka, 2025



Doctors-on- Tour – Ecuadorian Amazon



Doctors-on-Tour - India



Doctors-on-Tour – Spain



Doctors-on-Tour - Chile & Argentina



Doctors-on-Tour – South East Asia



Doctors-on-Tour – China

The fine print...

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

The Terms & Conditions contained herein are the terms under which Doctors-on-Tour and on-Tour (being operating brands of Britcan International Consulting (B.I.C.) Inc. and together, for the purposes of these Terms & Conditions, being referred to collectively as DOT/OT/BIC) accepts reservations for participation on a tour. 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.

1. RESERVATIONS & DEPOSIT: Early reservations are recommended to guarantee your reservation as several of the accommodation providers with which we make arrangements on your behalf have limited capacity. All services are strictly on a request basis, both for air travel and land requirements and subject to availability of seats and hotel/lodge/camp rooms and cruise cabins. A guaranteed non-refundable deposit of \$1,000 per person, together with the applicable travel insurance premium, is required with your reservation request. Tour extensions and, where applicable, seat upgrades in aircraft cabin categories higher than economy, are also subject to additional non-refundable deposits as detailed in each specific program's brochure. Reservations made for travel within 95 days (105 days for programs which include a cruise component) of the travel date will require full payment at the time of reservation. Certain non-standard arrangements may require higher deposit and the same will be advised to you at the time of booking. Please be aware that some airfares (outside of our group air blocks) require full payment at time of booking and will be advised to you accordingly at the time of your booking confirmation.

2. FINAL AND/OR BALANCE DUE PAYMENT: Guaranteed payment of all balances due is no later than 95 days (105 days for programs which include a cruise component, 110 days for Sri Lanka programs and 125 days for Morocco programs) 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.

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

4. CANCELLATIONS & CHANGES: The deposit amounts (for both the main tour and any optional extensions reserved), as well as any travel insurance premiums paid, are 100% non-refundable and non-transferable. Cancellation penalties for bookings cancelled by the client after the final balance due date (95 days before departure; 105 days before departure for programs which include a cruise component; 110 days for Sri Lanka programs, 125 days for Morocco programs) are as follows: 95 – 61 (105 - 61 days for programs which include a cruise component) days before departure – 25% of total price paid; 60 – 31 days – 50% of total price paid; 30 days or less – 100%. Our Sri Lanka programs have different cancellation penalties after the balance due date, as follows, Sri Lanka : 110 – 91 days before departure – 20% of total price paid; 90 – 61 days – 35% of total price paid; 60 – 31 days – 50% of total price paid; 30 days or less – 100%. The cancellation penalties listed above apply to the main tour package and any other additional services requested, including but not limited to additional hotel nights and transfer costs. (Notwithstanding the foregoing, any domestic Canada flight purchased as an additional service to the advertised package is 100% non-refundable irrespective of the date of cancellation). If payments are not received by their due dates, we reserve the right to cancel the booking without further notice. Bookings are non-transferable. There will be no refund for unused land arrangements after departure from North America. In the event of the cancellation by DOT/OT/BIC of any or all components of the travel services offered herein, DOT/OT/BIC will offer either a refund, or future travel credit, depending on the situation with our supplier partners subject to any specific penalties relating to airline seats that would be out of our control and would obviously be dependent upon the air ticket conditions as well as any cancellation penalties that may be charged by third party suppliers of services at the destination. Irrespective of whether a tour booking is cancelled by the client or if any or all components of the travel services are cancelled by DOT/OT/BIC, airfares may be subject to different rules and cancellation fees including some airfares may be fully non-refundable once the booking is confirmed regardless of when it was made including upgraded air cabin classes (ie premium economy, business and first class cabins) which are subject to different rules and cancellation fees based on the individual fare class in which the seats are purchased.

5. TRAVEL INSURANCE: To protect against cancellation charges, we strongly recommend purchasing Cancellation Protection and Travel Interruption Insurance. In the event of illness, medical and hospital expenses are the traveler's responsibility and no refunds will be made, partial or total, for the purchased tour. We strongly urge that you purchase either the Non-Medical Inclusive insurance (ie Cancellation Protection and Travel Interruption Insurance), All Inclusive insurance (Non-Medical coverage plus health coverage), or the Premium Protection Plan insurance package (All Inclusive coverage with higher coverage limits) offered by DOT/OT/BIC through Manulife Insurance. COVID-19 is currently viewed as a pre-existing situation by all insurance companies, including Manulife Insurance, and therefore is an exclusion under those policies that include health insurance, ie All Inclusive and Premium Protection Plan insurance packages. For coverage relating to COVID-19 health claims while on your tour, Manulife offers separate coverage, ie COVID-19 Pandemic Travel Insurance. Some countries may require proof of medical insurance, including specifically for COVID-19.

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

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

- Bali (Indonesia), Bhutan, Brasil, China, India, Kenya, Myanmar, Sri Lanka, Tanzania, Vietnam (tourist entry visa, or a visa pre-approval letter in some cases, must be obtained prior to departure from Canada); Cambodia, Laos, Zambia (tourist entry visa may be obtained upon arrival in the destination)
- A tourist entry visa is not required for entry into Argentina, Chile, Ecuador, Iceland, Japan, Malaysia, Morocco, New Zealand, Peru, Singapore, South Africa, Spain and any country on our Eastern Europe program.

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

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

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

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

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

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

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

11. AGE & HEALTH REQUIREMENTS, PHYSICAL CONDITION:

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

Maximum Age: We have no upper age limit for our tours though we inform you that our tours may include some-components which require **group members to have a moderate level of physical condition in order to be able to participate.**

You are responsible for assessing whether a tour is suitable for you. It is your responsibility to assess the risks and requirements of each aspect of the tour based on your own unique circumstances, limitations, fitness level and medical requirements.

DOT/OT/BIC reserves the right to deny you permission to travel or participate in any aspect of a tour at any time and at your own risk and expense where DOT/OT/BIC determines that your physical or mental condition renders you unfit for travel or you represent a danger to yourself or others. Travel with DOT/OT/BIC may involve visiting remote or developing regions, where medical care may not be easily accessible and medical facilities may not meet the standards of those found in your home country. The condition of medical facilities in the countries you may visit on your tour varies and DOT/OT/BIC make no representations and give no warranties in relation to the availability or standard of medical facilities in those regions.

We will provide details on mandatory and recommended health requirements with respect to vaccinations and other forms of medical protection relevant to the particular destination that you are travelling to but it is your responsibility to ensure that you obtain proper and detailed medical advice at least 6 weeks prior to travel for the latest health requirements and recommendations for your destination and how they impact your own personal health situation.

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

13. OPTIONAL TOURS & EXCURSIONS AND TOUR EXTENSIONS: It is our intent to operate any optional tours & excursions and tour extensions on a private group basis. However, should the number of participants be of an insufficient level, we reserve the right to either -

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

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

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

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

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

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

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

19. ACCEPTANCE OF RISK:

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

We use information from government foreign departments and reports from our own contacts in each destination, including our local destination supplier partners, assessing whether the itinerary should operate. However, it is the responsibility of every traveller to acquaint yourself with all relevant travel information, including applicable health and safety risks and the nature of your itinerary including checking the Government of Canada's Travel Advisories page <https://travel.gc.ca/travelling/advisories> (for travellers resident outside of Canada, you should refer to the equivalent travel advisory sources of your own government) for information and updates about your travel destination in order to be aware of any issues that may impact the safety and security of your travel. You acknowledge that your decision to travel is made in light of consideration of this information and you accept that you are aware of the personal risks attendant upon such travel. To the fullest extent permitted by law, we accept no liability in relation to these additional risks.

20. FORCE MAJEURE: DOT/OT/BIC shall not be liable for any claims, losses, damages, costs, expenses, delays or loss of enjoyment, of any nature or kind whatsoever, resulting from events beyond our or a supplier's reasonable control, including but not limited to acts of God; war; civil commotion or insurrection; riot; blockade or embargo; fire; explosion; breakdown; union dispute, strike, lockout or other labor disputes or disruptions; earthquake; epidemic, pandemic or other health emergency; flood; windstorm or other extreme weather event; lack or failure of courses of supply; passage of any law, order, proclamation, regulation, restraint, ordinance, demand, requisition or requirement or any other act of any government authority, whether or not foreseeable, which would make it dangerous or not viable for a trip to commence or continue.

21. OUR RESPONSIBILITIES: DOT/OT/BIC makes arrangements with a network of third party suppliers, ie., airlines, tour operators, ground handlers, accommodation providers, cruise companies, activity providers, coach and transfer companies, car rental companies, tour and local guides, government agencies, and other independent contractors and individuals to provide you with the travel services and other services you purchase. Although we take care in selecting these third party suppliers, we have no control over them and, therefore, cannot be responsible for their acts or omissions. In the unlikely event that a particular hotel / lodge / cruise ship described in this brochure is not available we reserve the right to provide an alternate hotel / lodge / cruise ship of the equivalent standard. We also reserve the right to substitute another airline if the particular airline described in this brochure is not available.

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

DOT/OT/BIC shall not be responsible for any loss, damage or injury, whether physical or mental, or to property, resulting from any delay, substitution or deficiency of quality of equipment or service, or any act, omission, negligence or commission of any party supplying any of the services or accommodation herein, its agents, servants, employees, subcontractors or for any claims for such loss, damage, or injury, whether physical or mental, arising therefrom, or from any cause that arises by reason of actions of parties other than DOT/OT/BIC. In the event that it becomes necessary or advisable for the comfort, well-being or security of the passengers, or for any reason whatsoever, to cancel or alter the itinerary or arrangements, such alterations may be made without penalty to DOT/OT/BIC. The right is reserved to withdraw any or all tours should conditions warrant, also to decline to accept or retain any passengers as participants of the tours should such person's health, mental or physical condition, in the sole opinion of DOT/OT/BIC, impede, or threaten to impede, the operation and/or enjoyment of the tour for the other passengers. In such a case, DOT/OT/BIC will refund any monies that can be recovered for the unused portion of the tour, taking into account any additional charges or penalties from third party suppliers of services at the destination. DOT/OT/BIC can assume no responsibility for lost tickets or coupons. The liability of DOT/OT/BIC for any loss, damage or injury, whether physical or mental, arising from its own acts, omissions or negligence, is limited to the price of the services purchased.

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

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