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## Professional Advancement Escape

DR SERGE PUKSA & doctors-on-tour.ca present a

# CME & SAFARI TOUR OF KENYA & TANZANIA (WITH OPTIONAL 5 DAY EXTENSION TO ZANZIBAR)

August 16 - 29, 2013

### The Organizers...

#### doctors-on-tour.ca

doctors-on-tour was created in 2000 and specializes in offering ecological, cultural and adventure travel to exotic destinations for physicians who want to combine learning and travelling. Our programs offer targeted educational programs offering updates on current topics of interest together with meetings and discussions with local health care representatives to specifically discuss common medical developments in, and challenges facing, the local health care systems in both Canada and the country where the meetings and discussions are being located. This also includes in-depth tours of hospital facilities (both public and private) in order to meet with local medical practitioners and review, and compare, facilities, techniques and practices on a first hand basis. In addition, and by virtue of the medical practices followed in many of the destinations that we have offered programs to over the years (including East Africa, South East Asia, Bali, India, Spain and Brazil, Chile, Argentina & Ecuador & the Galapagos in South America), several of our programs provide a valuable insight into complimentary and alternate medicine practices on a first hand basis.

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

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#### Dr. Serge Puksa, MD, FRCP(C), Associate Clinical Professor of Medicine McMaster University

Dr. Serge Puksa is a Respiriologist and Internist in Hamilton, ON, Canada. He graduated from the University of Toronto in 1978. He is a Fellow of the Royal College of Physicians in Canada, a member of the Canadian Thoracic Society, American College of Chest Physicians and the European Respiratory Society. In addition to a private office practice, he is a member of the medical staff at Hamilton Health Sciences and is an Associate Clinical Professor of Medicine at McMaster University. He is a former Intensive Care Unit physician and has a special interest in lung cancer. He is a co-investigator in the Canadian Lung Cancer Screening Trial and is also involved in the brachytherapy lung cancer program at the Juravinski Cancer Center. His interests include travel, nature photography and golf. This will be Dr. Puksa's second visit to East Africa having also presented at our inaugural program in the region in 2010.



## The Destinations... Kenya and Tanzania

**Kenya** lies astride the equator on the eastern coast of Africa, covering an area of about 586,600km sq. The country has tremendous topographical diversity, including mountains with snow-capped peaks, the Rift Valley with its escarpments and volcanoes, ancient granitic hills, flat desert landscapes and coral reefs and islets. The basic configuration is simple, coastal plains give way to and inland plateau that rises gradually to the central highlands, which are the result of the relatively recent volcanic activity associated with the formation of the rift valley. To the west the land drops again to the Nyanza plateau that surrounds the Kenyan sector of Lake Victoria; and to the north, to the rugged low country around Lake Turkana.

The sheer diversity is something to be relished and is by no means limited to the natural surroundings. The people too represent a wide cross section of everything that is contemporary Africa where everyday life brings together traditional tribes and urban families, ancient customs and modern sensibilities.

The boundless wilderness and big game of this region has long attracted adventure seekers from all over the globe. In the local language, Swahili, "safari" literally means "journey" and no other African country can boast such an incredible range of landscapes, unique geographical features and wildlife species and you will have the opportunity to experience a natural world unchanged by the passage of time. The Kenyan wilderness is home to an endless array of ecosystems, the staging ground for natural cycles of life, death and regeneration as old as the planet itself.

Further information can be found at - <http://www.magicalkenya.com/> Kenya Tourist Board

**Tanzania**, East Africa's largest country with a land area of 945,000 sq km, is located just south of the equator, between Kenya and Mozambique. Shortly after achieving independence from Britain in the early 1960s, Tanganyika and Zanzibar merged to form the nation of Tanzania in 1964. The country is the cradle of mankind: the earliest man lived here 3.7 million years ago, and evidence is seen at the Olduvai Gorge near Ngorongoro, where fossils and other remains have been found.

Like Kenya, it is also renowned for its magnificent wildlife, lakes, mountains and scenery and it is home to some of Africa's most famous sites - Mount Kilimanjaro, the crater of Ngorongoro, the Serengeti National Park, the island of Zanzibar and the great lakes - Victoria, Tanganyika and Malawi.. Almost everywhere you go you'll find interesting wildlife and inspiring landscapes, ranging from forest-covered volcanic peaks to dusty savannah populated by elephants, antelopes, lions, leopards and cheetahs. Tanzania is one of the four most naturally diverse nations on earth - it contains Africa's second-largest number of bird species, about 1500, the continent's biggest mammal population and three-quarters of East Africa's plant species at over ten thousand.

The best known tribe is the Maasai, a pastoralist cattle herding, people who inhabit the region around the safari parks in the north, yet there are at least 127 other tribes in Tanzania.

Further information can be found at - [www.tanzaniaparks.com](http://www.tanzaniaparks.com)

August is also one of the prime months to see the extraordinary annual **Great Migration** of wildebeest and other grazing herbivores across the Serengeti-Mara ecosystem - one of the greatest spectacles in the natural world. Over two million herbivores partake in this journey, with about 200 000 zebra and 500 000 Thomson's gazelle behind the main players... one-and-a-half million wildebeest!

[www.wildwatch.com/content/great\\_migration/migration.php](http://www.wildwatch.com/content/great_migration/migration.php)



## The itinerary...

### DAY 1 – Aug 16 (Fri) - Depart Toronto

International flight (KLM) from Canada to Nairobi, Kenya (Depart Toronto 1735, arrive Nairobi 2015, Aug 17 (via Amsterdam))

### DAY 2 – Aug 17 - Nairobi

*Nairobi is traditionally Maasai land. They originally called this highland swamp Ewaso Nai'beri– the place of cold water. The areas to the immediate south and north of present day Nairobi, were originally inhabited by the Kikuyu. The town was born when railway construction workers reached this area in 1899 and set up a basic camp and supply depot, simply called 'Mile 327'. The camp became a rustic village, and then a shanty town, which by 1907 was the capital of all of British East Africa. The small town soon become known as for its wild atmosphere, a Mecca for adventurers, hunters and travellers from all over the world. From its early days as a colonial encampment, it has rapidly grown and evolved into a unique cultural and social melting pot. Nairobi represents cultural elements from all parts of Kenya and beyond its borders.*

Arrival in Nairobi in the evening. Transfer from airport to hotel. Overnight at The Nairobi Serena Hotel.

### DAY 3 – Aug 18 - Nairobi (B, L, D)



Morning tour of the **David Sheldrick Elephant Orphanage** – the orphanage provides a sanctuary to traumatized elephant calves, as well as to a few baby rhinos that have been orphaned by poachers. The visit allows you to get close to these animals and to learn about their specialized treatment as well their individual rehabilitation journeys. Then head to the AFEW (African Fund for Endangered Wildlife) **Giraffe Centre** located in Langata, just outside Nairobi. This has been ostensibly set up as a breeding centre for the endangered Rothschild giraffe, and now also operates conservation/education programs for Kenyan school children. Lunch will be at the Karen Blixen (author of “Out of Africa”) restaurant.

Afternoon program –

#### Physicians - visit to

- **the Kenya Medical Research Institute (KEMRI) to learn about tropical medicine**
- **the Kenyatta Hospital to tour the facility and meet with local physicians and learn about the health care system in Kenya.**

Non-physicians - visit the Karen Blixen Museum followed by some shopping for local arts & crafts where you will visit the Kazuri Beads factory and one of the markets in the city.

Dinner will be at Carnivore restaurant – an all you can eat Kenyan style “carvery” wher you will have the opportunity to sample many different kinds of East African game meats.

Overnight at The Nairobi Serena Hotel.

**DAY 4 – Aug 19 – Nairobi - Lake Nakuru National Park (B, L, D)**

*Lake Nakuru provides the visitor with one of Kenya's best known images. Thousands of flamingo, joined into a massive flock, fringe the shores of this soda lake. A pulsing pink swathe of life that carpets the water, the flamingo are a breathtaking sight. Since there is no exiting drainage, Lake Nakuru is alkaline, the perfect place for flamingos to feed on the blue-green algae. The greater flamingo attains a height of over 4 feet. Its plumage is almost white with a pale pink, black tipped beak. It is the lesser flamingo that has the more exotic color. Slightly smaller, at just under 3 ft. in height, with a rosy plumage and dark red, black tipped beak. Lake Nakuru National Park has a great variety of bird life which includes the Egyptian goose and a variety of ducks that come from Europe to winter – it is truly a bird watchers paradise. Nakuru is also an important sanctuary for both Black and White Rhino, often seen resting under acacias by the shore of the lake. The park abounds with game, huge herds of waterbuck, zebra, buffalo, the endangered Rothschild Giraffe and more. It is also a place with the best chance to see the elusive leopard and large prides of lions. Beyond the lake, there are rewarding vistas of waterfalls, forests, and cliffs.*

After breakfast, drive to Lake Nakuru National Park, a protected game sanctuary for endangered species such as the black and white rhino, Rothschild giraffe among other usual game, such as the leopard and lion.

Lunch at the lodge. Afternoon game drive until sunset along the shores of the lake.

Dinner and overnight at Lake Elementaita Serena Camp



**DAY 5 – Aug 20 - Lake Nakuru - Maasai Mara National Reserve (B, L, D)**

*Maasai Mara National Reserve, administered by the local county council, is probably the most famous and most visited reserve in Kenya. It offers breathtaking views, seen in the film 'Out of Africa', much of which was filmed here. The "Mara" offers one of the finest game viewing areas in Africa, with an extraordinary density of animals including the "Big Five" and many varieties of plains game.*

*An impressive feature is the annual migration of wildebeest, zebra and gazelle from the plains of the Serengeti that cross the Tanzanian border and rivers to reach the Mara's lush grassland hunted by the predators: lion, leopard, cheetah, hyena and circled by vultures as the journey unfolds. And, apart from the seasonal migration, game viewing is excellent year round including elephant, Black Rhino, buffalo, plains zebra, roan antelope in small numbers, white-bearded gnu, Oribi, warthog, Thomson's and Grant's gazelle, hartebeest and the big cats; the rivers are home to hippo and crocodiles. The Maasai Mara has the largest population of lion in Kenya, including the black-maned lions for which it is famous.*

*Birdlife is as profuse as wildlife. This includes red winged schalow's turaco, white-tipped crest, ross turaco, orange buff pel's fishing owl, wary guinea fowl. The open plains birds include Jackson's bustard, black-bellied hartlaubs bustard and 53 species of birds of prey have been recorded.*

After early breakfast, morning drive across the Rift Valley escarpment to Maasai Mara Game Reserve, home to Kenya's richest concentration of wildlife.

Arrive at your camp in time for lunch before heading out for an afternoon game drive.

Dinner and overnight at Kilima Camp.



#### DAY 6 – Aug 21 - Maasai Mara (B, L, D)

A full day of game viewing (separate morning and afternoon drives) to explore Kenya's richest reserve or alternatively you may wish to take only the morning game drive followed by an afternoon swim at the lodge to relax. You may witness the lion making a kill or a leopard enjoying the meal he had dragged up the tree with him. You will also visit a Maasai Village to learn about their culture and living environment which has barely changed over the years. **This visit will include a lecture by a Traditional Maasai Medicine man as well as visiting a rural village clinic to learn about local healing practices .**



**In between your morning and afternoon game drives, there will be the first part of the Academic Presentations at the camp.** Dinner and overnight at Kilima Camp.

#### DAY 7 - Aug 22 – Maasai Mara - Serengeti National Park (B, L, D)

*The world famous **Serengeti National Park**, at 14,763 sq km of protected area that borders Kenya's Maasai Mara Game Park, is the largest national park in Tanzania. Its far-reaching plains of endless grass, tinged with the twisted shadows of acacia trees, have made it the quintessential image of a wild and untarnished Africa. Its large stone kopjes are home to rich ecosystems, and the sheer magnitude and scale of life that the plains support is staggering. Large prides of lions laze easily in the long grasses, plentiful families of elephants feed on acacia bark and trump to each other across the plains, and giraffes, gazelles, monkeys, eland, and the whole range of African wildlife is in awe-inspiring numbers.*

Today travel from the Mara over the Kenya / Tanzania border into the Serengeti National Park. Drive from your camp to the nearby Mara airstrip to take a short (30 minute) flight to the Kenyan border town of Migori, where you will meet your Tanzania safari driver / guides and vehicles as is the local regulatory requirement. Cross into Tanzania through the Isebania border and, after brief border immigration and customs formalities, the drive continues (with lunch en route) to the northern region of Serengeti where you will enjoy a game drive as you drive through the Park to your lodge.

Dinner and overnight at Serengeti Serena Lodge.



### DAY 8 - Aug 23 - Serengeti (B, L, D)

Enjoy morning and afternoon game drives in one of the most spectacular areas of Africa. The wildlife defines the Serengeti - countless zebra, buffalo, gazelle, wildebeest, and other species make it their home, and, of course, you will be in the area during the Annual Migration which usually results in the wildlife being more concentrated than at other times of the year .

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

Dinner and overnight at Serengeti Serena Lodge.

### DAY 9 – Aug 24 - Serengeti - Ngorongoro Crater (B, L, D)

*Ngorongoro Crater is often called 'Africa's Eden' and the '8th Natural Wonder of the World. Designated a World Heritage Site, the Ngorongoro Crater is the largest intact volcanic caldera in the world with one of the largest populations of wildlife in Africa. Within the crater rim, where you will find secluded lodges with spectacular views of the caldera, large herds of zebra and wildebeest graze nearby while sleeping lions laze in the sun. At dawn, the endangered black rhino returns to the thick cover of the crater forests after grazing on dew-laden grass. Just outside the crater's ridge, tall Maasai herd their cattle and goats over green pastures through the highland slopes, living alongside the wildlife as they have for centuries.*

After breakfast, drive to Ngorongoro Crater via **Olduvai Gorge**, site of archaeological findings, where traces of pre-historic man dating back to 3.5 million years ago have been discovered. Olduvai Gorge is the site where the Leakeys discovered the hominoid remains of a 1.8 million year old skeleton of *Australopithecus boisei*, one of the distinct links of the human evolutionary chain. In a small canyon just north of the crater, the Leakeys and their team of international archaeologists unearthed the ruins of at least three distinct hominoid species, and also came upon a complete series of hominoid footprints estimated to be over 3.7 million years old. Evacuated fossils show that the area is one of the oldest sites of hominoid habitation in the world. A picnic lunch will be taken at Olduvai Gorge before continuing on to Ngorongoro Serena Lodge stunningly located on the inner slopes of the caldera and a late afternoon game drive.

Dinner and overnight at Ngorongoro Serena Lodge.



**DAY 10 – Aug 25 – Ngorongoro Crater (B, L, D)**

Today, experience a full day game drive on the crater floor. The 4x4 vehicles travel down the steep walls of the caldera into the primeval paradise of woodland, lake, river, swamp and plain which shelters the most beautiful wildlife on earth. The Maasai and their cattle co-exist with the wildlife in this area, and visitors are able to appreciate the ancient interplay between wildlife and man.

Dinner and overnight at Ngorongoro Serena Lodge.



**DAY 11 – Aug 26 – Ngorongoro Crater – Gibbs Farm (B, L, D)**

**Gibb's Farm** is a working Farm located on the forested slopes of the Ngorongoro Conservation Area. Set among formal English gardens, the farmhouse, built in 1929, has hardly changed, retaining the charm of a well looked-after private house. Several activities are offered, such as experiencing a real working Tanzanian Farm, walking tours of the flower, fruit and vegetable garden and the Ngorongoro Forest (where you will find up to 220 species of birds), or a biking tour into the nearby town of Karatu. The area around the Farm was cultivated as early as 2000 years ago by the Mbulu or Iraqw, a Cushitic group of people who migrated south from Ethiopia and Yemen, and who still dominate the area today.

Head back down onto the crater floor again this morning for another game drive before re-ascending and making the short journey to the Karatu area on the outside of the crater and the Gibbs Farm Estate where you will spend the final two nights of your East African adventure.

Late lunch at Gibbs Farm Estate followed by afternoon at leisure to enjoy the many activities offered on and around the estate.

Dinner and overnight at Gibbs Farm Estate.



**DAY 12 – Aug 27 – Gibbs Farm (B,L,D)**

In the morning, **physicians** (non physicians also welcome...) will tour the **Osero Forest Clinic** situated on the Gibbs Farm estate. The clinic is a joint venture between an American physician and the local Massai people and services the local villagers in the area. There will be a **presentation on Maasai traditional indigenous healing** (including herbal medicine, therapeutic massage) by **Dr. Leboi the Maasai doctor** at the Osero Forest Clinic. If you wish, you may also volunteer some time at the clinic.

[http://web.me.com/harmonyproject/African\\_Living\\_Spa/Osero\\_Forest\\_Clinic.html](http://web.me.com/harmonyproject/African_Living_Spa/Osero_Forest_Clinic.html)

The rest of the day is spent on Gibbs Farm Estate to continue to enjoy the many activities available on and around the estate... Or maybe just relax and pamper yourself at the African Living Spa on the property.

Dinner and overnight at Gibbs Farm Estate.

**DAY 13 – Aug 28 – Gibbs Farm - Lake Manyara – Arusha / Kilimanjaro - Return flight to Canada (B,L)**

*Lake Manyara National Park is located beneath the cliffs of the Manyara Escarpment, on the edge of the Rift Valley. The park's ground water forests, bush plains, baobab strewn cliffs, and algae-streaked hot springs offer incredible ecological variety in a small area, rich in wildlife. The alkaline soda water of Lake Manyara is home to an incredible array of bird life that thrives on its brackish waters. Pink flamingo stoop and graze by the thousands, colourful specks against the grey minerals of the lake shore. Yellow-billed storks swoop and corkscrew on thermal winds rising up from the escarpment, and herons flap their wings against the sun-drenched sky. Lake Manyara's famous tree-climbing lions make the ancient mahogany and elegant acacias their home during the rainy season, and are a well-known but rather rare feature of the northern park. In addition to the lions, the national park is also home to the largest concentration of baboons anywhere in the world -- a fact that makes for interesting game viewing of large families of the primates.*

Depart Gibbs Farm with a game drive in Lake Manyara National Park (en route to Arusha) – lunch at Lake Manyara Serena Lodge. After lunch, continue to the Kilimanjaro International Airport (just outside Arusha) for your return flight back to Canada later in the day.



There will be a stop enroute, in Arusha, at the operational headquarters of the **Flying Doctor Air Ambulance service (AMREF)** to learn about their air medical support services into remote areas of East Africa.

[www.amref.org/flying-doctors/](http://www.amref.org/flying-doctors/)



International flight (KLM) from Kilimanjaro, Tanzania to Toronto (Depart Kilimanjaro 2040, arrive Toronto 1135, Aug 29 (via Amsterdam))

or..... why not choose to extend your time in East Africa with a relaxing **5 days at the exotic “Spice Island” of Zanzibar** just off the coast of mainland Tanzania in the Indian Ocean.

#### DAY 14 – Aug 29 (Thu) - Arrive Toronto

Arrival back in Toronto 11.35am

#### Accommodation in Kenya...

Renowned for its high standards of efficiency, hospitality and service, the **Nairobi Serena** is the flagship of the Serena Hotel Group and a member of the Leading Hotels of the World. Set amid lush tropical gardens with panoramic views over Central Park and the downtown skyline, the Serena is an oasis of serenity amid the bustle of one of Africa’s most vibrant capitals.

The interior décor reflects a range of cultural influences, blending Moroccan mystique and a breadth of African heritage into an elegant and harmonious whole. This 183 room hotel offers a range of fine cuisine including Kenyan, Indian, Italian and Creole as well as an outdoor swimming pool, health club and modern business and conference facilities.

<http://www.serenahotels.com/serenanairobi/default-en.html>

Uniquely situated on the shoreline of sapphire-blue Lake Elementeita where hundreds of thousands of birds congregate, the exclusive **Lake Elementeita Serena Camp** is evocatively styled to echo the area’s rich history. The Camp offers 24 stylish tents, all tastefully furnished with their own private veranda and ensuite bathroom. Atmospheric bush dinners beneath the stars and spectacular sundowners over this geologically fascinating part of the Great Rift Valley are a few more of the camp’s fitting activities, which also includes a central restaurant, bar and lounge, swimming pool and massage / beauty parlour.

<http://www.serenahotels.com/serenaelementeita/default-en.html>

Overlooking the Masai Mara, **Kilima Camp** consists of fifteen stylish and spacious tents, complete with their very own verandahs and en-suite bathrooms. There is a mess tent which is a spacious, central meeting point where guests gather to eat, drink, talk, play games, read, or just enjoy the view as well as a bush bar and spa. The intimate size of the camp and the understated elegance of each tent provides guests with a comfortable and relaxing environment in which to unwind after an adventurous day on safari. The Camp has been recognized by Ecotourism Kenya due to it’s efforts to reduce the facility’s ecological footprint by design and forestation, extensive use of solar energy, water conservation and having clear benefits to the local community including supporting the cultural village.

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

## Accommodation in Tanzania...

**Serengeti Serena Safari Lodge** is set high on the saddle of tree-clad ridge commanding panoramic views over the endlessly rolling reaches and volcanic reefs of the Northern Serengeti National Park. The lodge, drawing its inspiration from the circular 'Rondavel' dwellings and winding paths of a traditional Masai village, features thickly-thatched, stone-built rooms, spaciouly set amongst groves of indigenous trees. The circular bar, its roof supported by massive, carved figures of warriors, maidens and elders, looks out over the sky-blue, 'vanishing horizon' swimming pool. Below, the sensational Serengeti delivers a series of vistas, from lilac-streaked sunrises to diamond-domed nights. <http://www.serenahotels.com/tanzania/serengeti/home.asp>

**Ngorongoro Serena Safari Lodge** is perched on the jagged rim of the Ngorongoro Crater and has been constructed so as to take nothing from its environment whilst affording endless vistas over the crater below. The lodge is a unique blend of timeless volcanic splendour and ethnic style. As for the views, from lilac-streaked sunrise, to indigo star-studded night, the immeasurably ancient Ngorongoro Crater delivers a theatre of vistas, most unchanged since the dawn of time. Strung around the crater rim, each with its own rock-enclosed balcony, rooms feature brass lamps, embossed leather headboards, wildwood mirrors, Maasai carvings and flamboyant prehistoric wall motifs depicting fleeing giraffes, stylised gazelle and plunging buffalo. <http://www.serenahotels.com/tanzania/ngorongoro/home.asp>

**Gibb's Farm Estate** is a working farm located on the forested slopes of the Ngorongoro Conservation Area. Set among formal English gardens, the farmhouse, built in 1929, has hardly changed, retaining the charm of a well looked-after private house. Cozy living rooms and reading corners are just steps away from the dining room, bar and gift shop. 20 farm cottages are situated in the grounds where organically produced coffee, fruit & vegetables provide 90% of the ingredients used by the farm's chef. Guests can enjoy several activities, such as experiencing a real working Tanzanian Farm, walking tours of the flower, fruit and vegetable garden and the Ngorongoro Forest (where you will find up to 220 species of birds), a biking tour into the nearby town of Karatu... or pamper yourself with one of the rejuvenation treatments at the African Living Spa. Also, you may take the opportunity to learn about traditional medicine from the resident Masai healer, Leboi, who also operates a clinic within the estate grounds that provides care to farm staff, and the local villages, alike. <http://www.gibbsfarm.net/index.html>

Gibbs Farm, through it's African Living Spa is well known for it's Integrated Medicine treatments which you may read more about at –

[http://www.gibbsfarm.net/press/2010\\_winter\\_Africa\\_Living\\_Spa\\_newsletter.pdf](http://www.gibbsfarm.net/press/2010_winter_Africa_Living_Spa_newsletter.pdf)

All of the accommodation will be in **first class safari lodges / camps / hotels** (Nairobi) – in the unlikely event that a lodge / camp / hotel needs to be substituted it will be of a similar standard.

**Lodges** - The African lodge is the classic African accommodation, built to reflect their environment and sometimes even directly into the environment itself. They have several amenities including a bar, restaurant/dining room and sometimes a swimming pool. Rooms are well appointed with comfortable beds, linens, and en-suite facilities.

**Fixed tented camps** – Made famous by Ernest Hemingway, this style of African accommodation features walk-in tents equipped with comfortable beds, linens, mosquito nets where required and furniture including bedside tables, lamps and wardrobes. They have en-suite bathrooms (including flush toilets) and showers and provide a true authentic "bush" experience.

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

The Academic program will focus on **tropical / travel medicine, alternative healing strategies** together with **updates on Respirology** as provided by our **Group Leader and Medical Director, Dr. Serge Puksa, MD, FRCP(C), Associate Clinical Professor of Medicine McMaster University.** .

Complete details will be made available at a later date, however, **as noted in the detailed itinerary in green highlight**, it will include -

- Presentations and interactive discussions on current medical topics by local and Canadian experts including our **Group Medical Director, Dr. Serge Puksa, Respirologist**, who will present on the following topics -
  - Asthma and COPD update
  - Lung Cancer screening
- Presentation on Tropical Medicine at Kenya Medical Research Institute (KEMRI) in Nairobi
- Visit to Kenyatta Public Hospital in Nairobi
- Presentations by a traditional Maasai indigenous healer on local traditional healing practices
- Presentation on Maasai integrated medical practices (including herbal medicine, therapeutic massage) – Dr. Leboi (Osero Forest Clinic). There will also be the opportunity to volunteer your time at the clinic  
[http://web.me.com/harmonyproject/African\\_Living\\_Spa/Osero\\_Forest\\_Clinic.html](http://web.me.com/harmonyproject/African_Living_Spa/Osero_Forest_Clinic.html)
- Visit to Flying Doctor Air Ambulance service (AMREF) in Arusha

In addition, there are opportunities available for any physician who would like to make a short presentation during the Academic Sessions at either Kilima Camp or Serengeti Serena Lodge - please let us know if you are interested in speaking by completing the relevant section of the tour registration form and the Group Medical Director, Dr. Serge Puksa (Office – 905 387-5543, Home 905 648-7910, e-mail [serge@puksa.ca](mailto:serge@puksa.ca) ) will contact you directly. A certificate of attendance will be provided to all attendees of the Academic Program

## The price... Cdn \$8,695 / person

**(Early Booking Price valid until March 11, 2013 – save \$300/person)**

Pricing (exc. Insurance) / per person	Inc. Air from Toronto
Per person (double occupancy)	
- registrations up to March 11, 2013	<b>\$8,695</b>
- registrations after March 11, 2013	<b>\$8,995</b>
Single supplement	\$1,600
Single share matching fee	\$ 300 **
Transportation / hotel taxes and fees	\$ 585
Academic program registration fee	\$ 400 (per MD registrant)
Payable locally	US\$40
- International airport departure tax (approx)	

\*\* 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.

Direct flights (via Amsterdam) also available from **Montreal, Calgary and Vancouver**. Please enquire for pricing supplement.

## REPEAT CUSTOMER DISCOUNT

If you have travelled with doctors-on-tour before, you are eligible for our Repeat Customer Discount. Simply deduct 1% for each separate tour that you have travelled with the company on up to a maximum of 3% (ie travelled on one previous tour, deduct 1%; two tours, 2%; three or more tours, 3%). Please note, this discount is applicable to the base price (eg above \$8,695) plus single supplement / share matching fee and optional extensions only – it is not applicable to transportation / hotel taxes and fees, travel insurance and/or the academic program registration fee. In addition, it is subject to the payment (s) for the tour being made by cheque. The discount is to be made from the final balance payment with the deposit amount being paid in full.

## Inclusions and Exclusions...

### Inclusions –

- Round trip international flights from Toronto to Nairobi, Kenya / Kilimanjaro, Tanzania to Toronto (KLM)
- 11 nights accommodation in first class lodges
- Transportation in private 6 seater safari vehicles (land cruisers) with driver / guide. Pop-up roof for easy game viewing & photography. Guaranteed window seat. On safari accessories in each vehicle: - First-aid kit, wildlife books, beanbags for easy photography, binoculars, cool box with bottled water
- Regional flight from Mara to Migori (Kenya / Tanzania border)
- All game drives, sightseeing and excursions as indicated in the itinerary
- Services of professional local English speaking driver-guides
- 11 breakfasts, 11 lunches, 10 dinners
- Flying Doctors Evacuation Cover (while on safari)
- All meet and greet services and arrival and departure transfers
- 24 hours stand-by contact number
- Two-way long range high frequency radio communication in each vehicle
- CME professional advancement program as indicated in the itinerary
- Portage

### Exclusions -

- Soft drinks and alcoholic beverages
- Gratuities to hotel, lodges, camp staff and driver-guides
- Visa fees for Kenya & Tanzania (visas should be obtained in advance of arrival)
- Travel insurance
- All items of a personal nature such as telephone / internet usage, laundry services etc

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

**LODGES IN EAST AFRICA HAVE LIMITED CAPACITY AND FILL UP MANY MONTHS IN ADVANCE - PARTICULARLY IN THE ANNUAL MIGRATION SEASON. WE HAVE LIMITED AVAILABILITY ON THIS PROGRAM AND THEREFORE RECOMMEND REGISTERING (WITH A NON-REFUNDABLE DEPOSIT OF \$600 PER PERSON, PLUS APPLICABLE TRAVEL INSURANCE PREMIUM) AS SOON AS POSSIBLE IN ORDER TO GUARANTEE YOUR RESERVATION.**

**REGISTER BY MARCH 11, 2013 AND SAVE \$600/COUPLE !!**

## OPTIONAL 5 NIGHT EXTENSION TO ZANZIBAR - THE SPICE ISLAND

**Zanzibar** is the evocation of the exotic, an archipelago nestled in the Indian Ocean and a destination both legendary and mysterious. Although part of the Republic of Tanzania, this is an exotic mixture of cultures, entwined together over many years with influences of the luxurious Sultanate empires from Persia and Oman and the traders and settlers from the west coast of India. Here, at the hub of the monsoon trading routes, a true medieval global village was founded and Zanzibar retains the imprint of it's historic legacy in the tumbling streets of the old UNESCO capital of Stone Town, the Arabic inflected Swahili language and the rare antiques and treasures of it's bazaars and markets. The haloes of idyllic white sand beaches that adjoin the turquoise Indian Ocean, and the fragrant spice plantations that blossom in the interior make Zanzibar a jewel in east Africa's crown ...and a perfect place to relax and wind down after the intensity of your safari.....

**Sandies Neptune Pwani Beach Resort & Spa** (All Inclusive – First Class resort). The flagship of the Neptune Group, Neptune Pwani Beach Resort & Spa is situated on the Eastern Coast of Zanzibar in Kiwengwa. This first class resort has 150 deluxe rooms nestled on 30 acres of the most exquisite landscape on the coast and is located on one of the most spectacular beaches in East Africa. The Resort has been decorated in a Swahili theme using Zanzibari furnishings to give a style and comfort that are distinctly Zanzibar. All rooms have views of the Indian Ocean and are equipped with satellite TV'S, Hair Dryers, Tea/Coffee making facilities, Mini Fridge, Phone and Safes. The resort has 3 restaurants, 2 bars, 2 fresh water swimming pools, water sport activities, health spa, boutiques and a business centre.

The All inclusive plan includes all meals (Main restaurant, Pizzeria restaurant excluding a la carte restaurant) and drinks (house wine, local beer, local spirits, soft drinks), daily recreation program, sun umbrellas / beds. Water sports (wind surfing, kayak, catamaran, diving, snorkeling) are all payable locally.

<http://www.neptunehotels.com/pwanibeach/index.htm>

### Day 13 – Aug 28 – Arusha – Sandies Neptune Pwani Beach , Zanzibar (B, L, D)

Breakfast at Gibbs Farm, just outside the Ngorongoro Crater, followed by a two hour game drive in Lake Manyara National Park, to complete your safari, then continuing to Arusha for lunch at the Arusha hotel. After lunch, continue to the airport for your flight to Zanzibar where you will be met by a local representative and transferred to your hotel. Dinner and overnight at the hotel.

### Day 14 - 17 – Aug 29 – Sep 1 - Sandies Neptune Pwani Beach , Zanzibar, Zanzibar (B, L, D)

Four full days to enjoy the facilities of the resort, explore the island or just kick back and relax and relive the memories of all the incredible sights and experiences of your safari.

On one of the days, we have organized a **full day tour** to explore the island. In the morning you will visit the island capital, **Zanzibar Town** including the old UNESCO area of **Stone Town**. You will see the House of Wonder (the first long building to have had Electricity in East Africa), the Sultan's Palace which now is a museum, the Old Indian Dispensary, Livingstone House and Market (opened 1904), the Anglican Church, (built in 1873 on the site of the old slave market), the State House and then end your morning at the old fort building (1698 – 1701). Lunch will be provided at a local restaurant and this will be followed by a visit to one of the local clinics In Zanzibar Town where there will be a presentation on Natural & Traditional Herbal Medicine.

In the afternoon you will discover why Zanzibar is known as "The **Spice Island**" as you visit one of the plantations where the local people cultivate a huge variety of spices including cloves, cinnamon, black pepper, nutmeg and turmeric root, A dazzling array of tropical fruits such as jack fruit, custard, apple, rambutan and carambola can also be seen and tasted as well as plants like the henna bush, lipstick tree and lemongrass. Finally you will visit the Kidichi Persian Baths that were built by the first Sultan of Zanzibar in 1850 and the ruins of the Maruhubi Palace dating back to 1880 which were built especially for housing 99 of the Sultan's harem.

**Day 18 – Sep 2 - Zanzibar - Arusha - Return flight to Canada (B)**

Enjoy a leisurely last morning at the resort before your transfer to the Zanzibar airport and your return flight to Arusha on the Tanzania mainland before connecting with your evening flight back to Canada.

International flight (KLM) from Kilimanjaro, Tanzania to Toronto (Depart Kilimanjaro 2040, arrive Toronto 1135, Aug 29 (via Amsterdam))

**Day 19 – Sep 3 – Arrival back in Toronto**

Arrival back in Toronto 11.35am

**Zanzibar images...**



Everyday local beach life



A tapestry of spices



Labyrinths of Stone Town



Sandies Neptune Pwani Beach



Curious locals...

## The cost...

### Pricing (exc. Insurance) / per person

Sandies Neptune Pwani Beach Resort & Spa

- Deluxe Sea View room

Per person (double occupancy) \$2,200

Single supplement \$ 500

Transportation / hotel taxes and fees \$ 140

Payable locally

- International airport departure tax (approx) US\$30

Pricing above is subject to change due to the fluctuating costs of local airfares to / from Zanzibar – booking your reservation ASAP, with an additional non-refundable deposit of \$400 guarantees the rates quoted above

## Inclusions and Exclusions...

### Inclusions –

- Round trip flights from mainland Tanzania to Zanzibar
- 5 nights accommodation (All Inclusive basis, ie including all meals, drinks)
- Full day Zanzibar / Stone Town & “Spice Island” tour, including tour of local hospital / clinic
- All meet and greet services and arrival and departure transfers (note: this optional extension will not have a tour escort present)

### Exclusions –

- Travel insurance
- Airport departure taxes (approx USD\$30)
- All items of a personal nature such as spa services, telephone / internet usage

## Misc information you need to know...

### Entry visas

An entry visa is required for Canadian citizens for entry into each of Kenya and Tanzania (details of how to apply for your visa will be provided at time of booking). In addition, your passport must have an expiry date no earlier than 6 months after your scheduled departure date from each of Kenya and Tanzania. Current visa cost (at December 2012) is \$52 (Kenya), \$80 (Tanzania).

### Mandatory vaccinations

Yellow fever vaccination is **mandatory** for entry into Tanzania from an Immigration perspective. There are no mandatory vaccinations required at the present time for entry into Kenya. A list of our full medical **recommendations** will be provided closer to departure – this will include up to date MMR, Hepatitis A/B, polio and typhoid vaccinations as well as malaria precautions.

## Insurance information...

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

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

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

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

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

## Testimonials...

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

“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

**“We had a wonderful holiday! It was amazing - I just loved it! Our guide was kind, very helpful and knowledgeable and made sure our safari experience was the very best. Can't wait to see my pictures!”**

**Dr. Marnie Rice, Midland – Kenya, Tanzania & Zanzibar, 2010**

**“We thoroughly enjoyed the recent trip to East Africa.**

**All lodges were excellent. The event was a huge success. A lifetime highlight”**

**John Bright - Kenya & Tanzania – 2010**

**“A wonderful trip. It was amazing to see so many different animals co-existing on the beautiful African plains. The Kenyan and Tanzanian people we met were gracious and welcoming.**

**Our host/trip manager was excellent - very bright, knowledgeable, good problem solver, great people skills - a delightful man who really made our trip memorable. Our guide/driver was also excellent - very knowledgeable, an excellent driver and keen to make our safari experience a good one. We had lots of fun and learned a lot from him.**

**I loved the parks and reserves - the Serengeti and Ngorongoro are absolutely amazing”.**

**Andrea Maurice, Toronto – Kenya & Tanzania – 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

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

Dr. Alison Kelford, Oakville - Ecuador & the Galapagos, 2011

"The trip surpassed all my expectations. The country itself was far more interesting than I thought and the tour itself was very well organized. The wineries were a treat and the physicians and their spouses were lots of fun. I would be happy to do another trip!"

Dr. Steven Traplin, Guelph – Spain Gourmet tour, 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

"We have had an excellent trip. Accommodation and food were first rate. We were greatly impressed by the excellent organization and professionalism of all the locations we visited. Our guides, coach driver and boat drivers were exceptional. Thanks for a great experience in Ecuador!"

John Maase, Brockville - Ecuador & the Galapagos, 2011

"The Southeast Asia tour was a great success. Ellen and I are resonating with the sights, sounds and smells from the visit!"

Dr. Ron and Ellen Pace, Waterloo – Vietnam, Laos & Cambodia, 2012

"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

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

This was a fantastic trip that I will cherish forever. Your programs are well planned and excellent. We look forward to doing another one soon

Dr. Ricki Sabga, Leamington – Ecuador & the Galapagos, Peru 2012



## The fine print...

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

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

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

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

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

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

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

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

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

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

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

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

**OPTIONAL TOURS, EXCURSIONS AND TRIP EXTENSIONS:** It is our intent to operate any Optional Extensions on a private group basis. However, should the number of participants be of an insufficient level, we reserve the right to either  
(1) add a surcharge to the previously stated selling price to be able to still offer the extension on a private basis or  
(2) operate any individual tour on a shared basis with other non-group participants or  
(3) cancel the tour and provide a full refund of all monies paid.  
No refunds can be provided for cancellation of any tour by the client while in the destination.

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

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

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

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

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

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

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

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