

PROFESSIONAL ADVANCEMENT ESCAPE

CULTURAL & CME TOUR OF NORTHERN INDIA - RAJASTHAN & THE GOLDEN TRIANGLE

February 10 – 26, 2011 (15 days)

The Organizers...

Dr. Mel Borins >

DR. MEL BORINS is a practicing Family Physician, and is on active staff at St. Joseph's Health Centre in Toronto. He is a Fellow of the College of Family Physicians of Canada and Associate Professor in the Department of Family and Community Medicine at the University of Toronto. He is a regular contributor to medical journals, and is well known for his writing and public speaking on travel, stress management, psychotherapy, acupuncture, traditional healing, herbs and complementary medicine. Dr. Borins is the author of several books, including *Go Away Just for the Health of It* and *An Apple a Day - a Holistic Health Primer* and is an avid world traveler. This is Dr Borins second educational escape with doctors-on-tour following his highly successful inaugural hosting of the CME tour of Ecuador & The Galapagos in Spring 2009. Dr. Borins' has already visited India on five occasions to investigate traditional healing approaches and he loves the country and it's people. For additional information about Dr. Borins check out his website www.melborins.com



doctors-on-tour.ca >

doctors-on-tour.ca is a specialist division of on-tour.ca, a 100% Canadian owned and operated meeting management and group travel organization, which has developed a niche working with health care professionals, either through the pharmaceutical companies or on a direct basis with physicians, to deliver a combination of vacation and education. More information, including recent testimonials, about the company can be found at 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). The company can be contacted at 416-231-8466 or info@doctors-on-tour.ca

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.

We 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 we 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. Then onto **Deogarh**, one of the best kept secrets in this area, with it's Vishna & Jain temples from the Gupta period and renowned school of minature painting and then to **Pushkar**, a lake town with many bathing ghats and temples and an important Hindu pilgrimage centre.

And, of course, no tour of India is complete without visiting the "Golden Triangle" and it's famed cities of Jaipur and Agra. **Jaipur**, the "City of Victory", is the vibrant capital of Rajasthan with it's 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, return to Delhi for your flight home

Further information can be found at -

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

<http://www.rajasthantourism.gov.in/new/site/index.htm>

The detailed itinerary...

Day 1 – Feb 10, 2011 (Thu) - Depart Toronto for Delhi (evening flight)

Day 2 – Feb 11 – Arrive Delhi

Arrive Delhi by International flight.

*A city of great character, of contrasts and convolutions - this is **Delhi**, the capital city of India. A city with antiquity dating back over 2,000 years, it is also a modern metropolis with fast cars and neon lit shopping malls. So varied are the shades of Delhi's different faces, it is difficult to grasp it in a short span of time. It's history encompasses all the various kings and emperors who fixed their royal citadels here-- Indraprastha, Lal Kot, Quila Rai Pithora, Siri, Jahanpanah, Tughlakabad, Ferozabad, Dinpanah, Delhi Sher Shahi or then Shahjahanabad. But, combined and integrated into one, these 'new cities' have always been called Delhi and howsoever many names it may have acquired, Delhi has always been intrinsically identified with power and imperial sway.*

You will be met on your arrival and then be transferred to your hotel. Overnight at the hotel.

Day 3 – Feb 12 - Delhi (B,L,D)

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 building** 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.

Day 4 – Feb 13 - Delhi (B,L,D)

Breakfast at the hotel.

Physicians program – Visit to local medical facilities to learn about **Ayurvedic medicine** and **Acupuncture** – two of the local healing techniques used in this region. 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

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

Lunch will be provided at a local restaurant before an afternoon 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, 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.

Dinner at a local restaurant.



Day 5 – Feb 14 - Delhi – Jodhpur (B,L,D)



After breakfast proceed to Raj Ghat, the simple memorial to Mahatma Gandhi before taking a short late morning flight to Jodhpur.

A flourishing trading center of the 16th century, the fortress city of Jodhpur, which stands at the edge of the Thar Desert, is now the second largest city of Rajasthan. Jodhpur was 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. Did you know that the famous baggy/tight riding trousers called Jodhpuris take their name from this city?

On arrival transfer to the hotel. Lunch at a local restaurant.

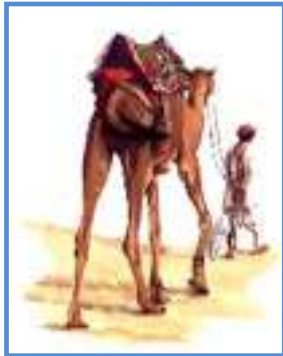
In the afternoon, visit the **Mehrangarh Fort** (citadel of the Sun) that evokes the very spirit of the Rathores, the ruling local Rajput clan. Explore its various palaces with their delicate friezes and respective museums, displaying treasures of the royal family. North of Mehrangarh Fort, and connected 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.

Dinner and overnight at the hotel.

Day 6 – Feb 15 – Jodhpur (B,L,D)

Breakfast at the hotel.

In the morning, **Academic conference** in the hotel in the morning followed by lunch and, in the afternoon, a tour of the Mathura Das Mathur Government hospital to review the public health system and it's facilities.



Non-physicians will be taken on a walking tour to the local market before seeing a demonstration of saree & turban wearing at the hotel.

In the early evening enjoy 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.

Day 7 – Feb 16 - Jodhpur – Ranakpur - Udaipur (B,L,D)

After breakfast leave for Udaipur. En-route visit Ranakpur temples.



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. There are none of the irritants that abound near most pilgrimage centers: no jostling crowds, no congested bazaars, no aggressive vendors, no badgering guides, no beggars just peace and serenity that are very conducive to worship.

Lunch will be at a local restaurant in Ranakpur. Continue onwards to Udaipur and check in at the hotel.

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, paintings and performing arts. The lake palace is the best example of the unique cultural explosion. Udaipur has rightly been called Venice of the east. 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.

Dinner at a local restaurant and overnight at the hotel.

Day 8 – Feb 17 - Udaipur (B,L,D)



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.

In the evening enjoy a cruise by private boat on the placid waters of **Lake Pichola**. In the middle of the lake, stop and visit **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.



Day 9 – Feb 18 - Udaipur – Deogarh (B,L,D)

After breakfast leave for Deogarh. En route, visit **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 for check in and lunch at the hotel.



Deogarh Mahal Heritage Property

Deogarh lies on the borders of Mewar, Marwar and Merwara, about 80 miles north-east of Udaipur. Its chieftain known as 'The Rawat' was one of sixteen umraos (feudal barons) privileged to wait upon the Maharana of Udaipur, the capital of Mewar such feudal estates, called thikanas were granted by the ruling Maharana to a nobleman either due to blood relationship or for an act of bravery. Deogarh is situated in the rugged hills of Aravallis, which makes gentle treks and bird watching an ideal way to see the surrounding area, including the Raghosagar Lake, with the palace on its banks, which attracts numerous migratory birds. It also has a bazaar, which is particularly good for textiles. It is also renowned as a school of miniature painting.

In the afternoon you visit the **Fort Seengh Sagar** to watch the magnificent **miniature painting**. Some Deogarh miniatures adorn the personal collection of the present Rawat. Frescoes of this art form can also be seen on the fort walls. Several rooms are decorated with murals done by local painters after whom the Deogarh School of painting has acquired fame the world over.

Dinner and overnight at the hotel.



Day 10 – Feb 19 - Deogarh (B,L,D)

Breakfast at the hotel. Today will be at leisure to relax in the hotel grounds or by the pool or maybe to walk down into the nearby village of Deogarh and its colorful bazaar where you can interact with locals in this charming Rajasthan village. For **physicians** there will also be the opportunity to visit a local dispensary in the village -a dispensary provides free healthcare, arranging health checkup camps and awareness programmes for the local people.

In the late afternoon you will explore the area on a jeep safari with its ruined forts and local villages finishing with a sunset cocktail at the side of one of the area's lakes.

Lunch and dinner will be served at this beautiful Heritage property.

Day 11 – Feb 20 Deogarh – Pushkar (B,L,D)



*Amongst the grandeur of Rajasthan, discover a unique gem – **Pushkar** a mellow and serene little town right on the edge of the desert. Lord Brahma, the creator of the world in a search for his abode on earth, performed the supremely spiritual vedic yagna at Pushkar. It is thus the site of the only Brahma Temple in the world. A city of Pilgrimage from time immemorial with over 500 temples and ghats, Pushkar begets a legacy of timeless architectural heritage and radiates an ambience of*

peace and spirituality that casts a lure to visit again and again. Apart from its religious significance, Pushkar is known for its Cattle and Camel fair held every year in the month of Kartik (October/November), which attracts visitors in their thousands After breakfast leave for Pushkar. After lunch at the hotel you will be taken on a walking tour of Pushkar where you will visit the sacred temple of Lord Brahma and view the pilgrims at the religious bathing ghats Devout Hindus believe that it is essential to visit Pushkar at least once in their lifetime and no pilgrimage is considered complete without a dip in the holy Pushkar lake. There will also be time to explore the village and it's many shops clinging to the side of the lake.

Dinner and overnight at the hotel.

Day 12 – Feb 21 - Pushkar – Jaipur (B,L,D)

Before breakfast at the hotel the afternoon we will visit a local **Ashram** in Puskar. Ashrams, literally “places of striving”, are common throughout India as a retreat for spiritual and personal development. You will participate in a yoga session and about learn many different kinds of **ancient yoga techniques** (Meditation, Pranayama, Kriya Yoga, Swara Yoga and Karma Yoga) and how yoga therapy can be beneficial in relieving several medical conditions including back pain, high blood pressure, migraines problem, menstrual disorders.

After returning to the hotel for breakfast, your tour of Rajasthan continues with a drive to Jaipur. En route you will stop for lunch at **Roopangarh Fort**, then continue your drive to Jaipur arriving late afternoon.

Dinner and overnight at the hotel.

*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.*

Day 13 – Feb 22 - Jaipur (B,L,D)

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.

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 City Palace, still home to the Maharaja although several of the rooms are now open to the public and many antiques and artifacts belonging to the ruling family are housed here, including a collection of weaponry. You will also visit the Hawa Mahal, "Palace of the Winds", and, if time permits, the open-air Jantar Mantar Observatory to see the vast astronomical instruments.



Finally, visit the local **S.O.S Children's Village** (a non-profit, non-government, voluntary organization), to view the facilities and where you will be able to provide medical advice to the caregivers. SOS Children's Villages is the world's largest private child welfare organization operating 400 villages in 131 countries. They provide needy children stable homes and the prospect of an independent future. Every child lives in a 'family' house with trained local women serving as 'mothers'.

<http://www.sos-childrensvillages.org/>

Dinner and overnight at the hotel.

Day 14 – Feb 23 - Jaipur – Agra (B,L,D)

After breakfast, **physicians** will visit a local hospital in Jaipur to learn about **Allopathic practices**. The term "allopathy" was formed in 1842 by C.F.S. Hahnemann to designate this particular treatment as opposed to homeopathy, The Allopathic system of therapy that he founded is based on the concept that disease can be treated with drugs (in minute doses) thought capable of producing the same symptoms in healthy people as the disease itself. Non-physicians will enjoy free time to enjoy the hotel's facilities before the journey to Agra.



En-route to Agra we will visit **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. Now it is an extraordinary place to wander around with its buildings in near perfect condition.

Dinner and overnight at the hotel.

Day 15 – Feb 24 - In Agra (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. It's 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 **Taj Mahal**. Little needs to be said about this architectural wonder which is the main raison-de-etre for every tourist's visit to Agra. Built by Shah Jahan, the Taj is a white marble memorial to his beautiful wife Mumtaz Mahal. This monument took 22 years to be completed and was designed and planned by Persian architect Ustad Isa. 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.

After breakfast, you will **visit Agra Fort** - 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. Shah Jahan added the impressive quarters and the mosque while Aurangzeb added the outer ramparts. Visit its Hall of Public Audience and its Royal Pavilions.



Lunch will be at a local restaurant and in the afternoon you will visit **Mother Teresa's Charity Mission** – a home to orphans. This home hosts children of all age groups starting from infants & including mentally retarded children. Sisters and trained staff fill their lives with affection & provide them with clothing, food & quality education in order to make them self dependent in their future. The Mother Teresa home is instrumental in the upbringing of all the children and is also a home for old age people who are mentally sick. During your visit you may provide medical assistance to old people & the children and can interact with Sisters & Brothers (volunteers at Home) and brief them about first aid treatment that can be helpful to them in an emergency situation.

At the time of writing we are also trying to arrange for a visit with a local **Unani** practitioner. Unani medicine is very close to [Ayurveda](#). Both are based on theory of the presence of the **elements** (in Unani, they are considered to be fire, water, earth and air) in the human body. (The elements, attributed to the philosopher [Empedocles](#), determined the way of thinking in Medieval Europe.) According to followers of Unani medicine, these elements are present in different fluids and their balance leads to health and their imbalance leads to illness.

Farewell dinner at a local restaurant and overnight at the hotel.

Day 16 – Feb 25 - Agra – Delhi, Depart Delhi (B,L,D)

Breakfast at the hotel. Later leave Agra for Delhi by road and transfer to the international airport to connect to your flight back to Canada.

Day 17 – Feb 26, 2011 (Sat) - Arrive back in Toronto

The hotels...

City	Hotels
Delhi (3 nights)	The Park Hotel http://www.theparkhotels.com/park/newdelhi/hotels/index.html
Jodhpur (2 nights)	Ranbanka Palace www.ranbankahotels.com
Udaipur (2 nights)	Shiv Niwas Palace www.hrhhotels.com
Deogarh (2 nights)	Deogarh Mahal www.deogarhmahal.com
Pushkar (1 night)	Hotel Jagat Palace www.hotelpushkarpalace.com
Jaipur (2 nights)	Four Points by Sheraton www.starwoodhotels.com/fourpoints/property/overview/index.html?propertyID=3499
Agra (2 nights)	Hotel Jaypee Palace www.jaypeehotels.com

Included in our hotel bases are several “Heritage style” hotels - forts and palaces that have opened their doors to visitors as luxury hotels and resorts. Often run by members of the erstwhile ruling families, these have given a new lease of life not only to the building but also to the culture. Staying here is to almost travel back in time - to an era that was gracious, graceful and romantic. (In the unlikely event that a hotel needs to be changed it will be substituted with a property of an equivalent standard)

The Academic Program...

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 such as on Ayurvedic medicine, Therapeutic yoga, Unani, Allopathic practices, and Acupuncture and will include tours of local medical facilities as indicated in the detailed itinerary. There will also be visits to an S.O.S Children's Village and Mother Theresa's Charity Mission in Agra. In addition, any physician who would like to make a short presentation at the Academic Conference in Jodhpur should contact the Group Medical Director, Dr. Mel Borins (Tel: 416-782-4530), directly. A certificate of attendance will be provided to all attendees of the Academic Program.

The price... Cdn \$4,995 / person (Early Booking Price valid until August 13, 2010)

Pricing (exc. Insurance) / per person	Inc. Air from Toronto
Per person (double occupancy)	\$4,995 *
Single supplement	\$1,700
Single share matching fee	\$ 500 **
Transportation / hotel taxes and fees	\$ 385
Academic program registration fee	\$ 350 (per MD registrant)
Payable locally - International airport departure tax (approx)	US\$40

* **After the Early Booking rates expire on August 13, 2010 the pricing will increase to \$5,195**

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

REPEAT CUSTOMER DISCOUNT

If you have travelled with doctors-on-tour before, you are eligible for our Repeat Customer Discount. Simply deduct 1% for each separate tour that you have travelled with the company on up to a maximum of 3% (ie travelled on one previous tour, deduct 1%; two tours, 2%; three or more tours, 3%). Please note, this discount is applicable to the base price (eg above \$4,995) plus single supplement / share matching fee and optional extensions only – it is not applicable to transportation / hotel taxes and fees, travel insurance and/or the academic program registration fee. In addition, it is subject to the payment (s) for the tour being made by cheque. The discount is to be made from the final balance payment with the deposit amount being paid in full.

Inclusions –

- Round trip international flights from Toronto to Delhi, India.
- Modern, air conditioned coach transportation
- All meet and greet services and arrival and departure transfers
- Accommodation for a total of 15 nights in 4 star properties
- 14 breakfasts, 14 lunches, 14 dinners in a combination of hotel and local restaurants
- Comprehensive daily itineraries including escorted tours of local cultural sites and museums
- Jeep safari to Bishnois Villages
- Jeep safari in Deogarh
- Boat ride on Lake Pichola, Udaipur
- Elephant/Jeep ride at Amber Fort, Jaipur
- Cycle Rickshaw ride in Jaipur
- Visit to Taj Mahal including Tonga (horse & carriage) ride from parking to Taj Mahal
- Academic program and visits to local medical facilities as indicated in the itinerary
- All admission fees (except those specifically noted above)
- Services of a local English speaking cultural expert and guide
- Portorage

Exclusions -

- Beverages (both soft drinks and alcoholic beverages)
- Gratuities
- Visa fees for India (visas should be obtained in advance of arrival)
- Travel insurance`
- All items of a personal nature such as telephone / internet usage, laundry services etc

We can also arrange **connecting flights** to Toronto from other Canadian cities – please enquire for pricing. 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 AND THEREFORE RECOMMEND REGISTERING (WITH A NON-REFUNDABLE DEPOSIT OF \$500 PER PERSON, PLUS APPLICABLE TRAVEL INSURANCE PREMIUM) AS SOON AS POSSIBLE IN ORDER TO GUARANTEE YOUR RESERVATION.

Optional stopover extension in the United Arab Emirates (3 nights : Feb 26 – Mar 1, 2011).....

See the highlights of Abu Dhabi and Dubai - Details to be available shortly.

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 Age>	NON-MEDICAL PACKAGE				DELUXE PACKAGE			
	0-59	60-64	65-69	70-74	0-59	60-64	65-69	70-74

5000 - 5500	299	348	395	453	355	449	522	794
5500 - 6000	321	375	428	490	377	476	554	832
6000 - 6500	342	402	460	528	399	503	586	869
6500 - 7000	364	429	492	566	420	530	619	907
7000 - 7500	386	456	525	604	442	557	651	945
7500 - 8000	407	483	557	642	463	584	684	983
8000 - 8500	429	510	590	679	485	611	716	1,021
8500 - 9000	450	537	622	717	507	638	748	1,058
9000 - 9500	472	564	654	755	528	665	781	1,096
9500 - 10000	494	591	687	793	550	692	813	1,134
10000 - 10500	515	618	719	831	571	719	846	1,172

Misc information you need to know...

Travel documentation and visas

An entry visa is required for Canadian citizens for entry into India (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 India.

Mandatory vaccinations

There are no mandatory vaccinations required at the present time for entry into India. A list of our medical recommendations will be provided closer to departure.

Testimonials...

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

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

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

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

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

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

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

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

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

"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

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 \$500 per person (together with the applicable travel insurance premium is required with your reservation request. Reservations made for travel within 70 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 70 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 (\$500/person) are non-refundable. Cancellation penalties for bookings cancelled by the client after the final balance due date (70 days before departure) are as follows: 70 – 41 days before departure – 25% of total price paid; 40 – 21 days – 50% of total price paid; 20 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 AND VISAS: 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 India which must be obtained prior to departure to India (see www.hciottawa.ca). Non Canadian citizens may have different requirements. It is the passenger's responsibility to ensure that all his or her passport and visa requirements are met and no refund will be made if a passenger is not allowed into the destination country due to lack of proper documentation. 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. For late bookings, express delivery of documents will require a courier delivery fee of \$30 to cover extra handling and processing.

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

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

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

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

MEALS & BEVERAGES: Meals as included on individual safaris and holidays 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 select programs. 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 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 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.

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.