

**FULL ALTERNATE
ACTIVITY PROGRAM
FOR PARTNERS**

**OUR FOURTH
ANNUAL SPAIN
GOURMET PROGRAM
LAST FEW PLACES !**

Professional Advancement Escape

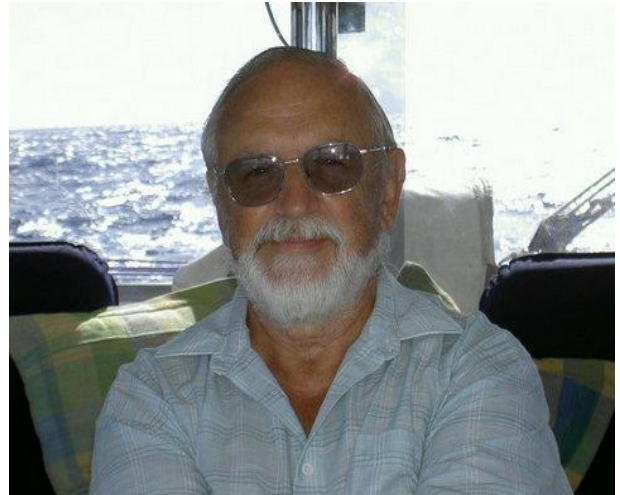
CME, CULTURAL & GASTRONOMICAL TOUR OF SPAIN

NOVEMBER 2 – 12, 2015

The Organizers...

Dr. John Cocker, M.B., B.S - Stouffville, Ontario >

Dr. John Cocker qualified from St. Barts., London, and came to Canada for military service, qualifying as a Flight Surgeon. He was involved in research into altitude sickness and built a laboratory on Mount Logan at 17,000 ft., the highest building in Canada. Following this, during general practice in Aurora, he became the Medical Director of two cruise lines, sourcing on-board physicians for them. Dr. Cocker founded Stitches Magazine, the Journal of Medical Humour, which became the most read medical Journal in Canada, for which he contributed a regular column. Through the magazine, John has organized over 90 CME conferences in 30 different countries. This will be John's third venture hosting a Doctors-on-Tour program coming after his leadership of the over-subscribed CME tours to South East Asia (October 2014) and Chile & Argentina (March 2015).



His accomplishments also include building several full sized aircraft, the fastest of which he flew around North America. John's passion though is sailing and he skippered a 74 ft. Yawl around the world in 2000-2002, with 12 passengers to 180 ports in 62 countries. He is the author of several books, the latest, *Sailing in Stitches*, recounts the adventures during his circumnavigation.

Dr. Cocker may be contacted at -
Tel: 647-558-1746, e: drjohncocker@gmail.com

Doctors-on-Tour >

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

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

tel: 416-231-8466

toll free: 1-855-DOC-TOUR (362-8687)

fax: 1-888-612-1459

e: info@doctorsontour.ca

Exclusive winery visits organized by Fernando Garcia, LaVinia Restaurant, Toronto...

Fernando Garcia is Executive Chef and Owner of LaVinia restaurant in Toronto (currently the #1 ranked restaurant in Toronto on Trip Advisor - February 2015). Born in Spain, and educated at one of the finest cooking schools in Lausanne, Switzerland, Fernando was the Executive Chef at fine dining establishments in California, Vancouver and Piatto in Mississauga (home of the bi-weekly Halton Peel Doctors educational dinner meetings) before opening LaVinia at 2350 Lake Shore Blvd West Toronto in 2013, specializing in fine Spanish cuisine and offering several celebrated Spanish wines through his exclusive connections with vineyards in Spain. www.laviniarestaurant.com www.bwwines.com/



The Destination... Spain

From its Roman relics to Muslim palaces, baroque cathedrals to Modernista constructions, **Spain** is a treasure chest of artistic and architectural marvels across a matchless cultural palette. It's landscape is a mixture of rugged mountain ranges, fabulous beaches and historic medieval towns dotted across it's rolling interior where the country varies according to the unique traits of each of its provinces: each community distinguished by its own specific character, and sometimes its own language.

Marvel at the sites and witness the zest for life of the vibrant local people as you visit many of it's most famous centers – **Barcelona**, the cosmopolitan capital of Catalonia; **Zaragoza**, with it's history of co-habited Muslim, Roman & Jewish cultures; the **Rioja** wine capital of **Logrono**; the festival coastal resort of **San Sebastian**; the Castillian capital of **Burgos**; the capital, **Madrid** including it's world famous Prado museum; and finally the former Spanish capital, and now UNESCO town, of **Toledo**. And combine all this with visits to local bodegas as you sample one of the country's finest assets, it's superior wine collections, as well as experiencing many of the different gastronomical flavors of the region – including hands-on cooking classes in regional specialties. A rich tapestry of experiences that will leave you hungry for more....

Further information can be found at –

<http://www.spain.info/> - Spain Tourist Board

<http://www.spain.info/en/saborea/recetas/> - Spanish recipes



The Academic Program (approximately 10 CME hours) ...

The **detailed program itinerary below** provides information on the various medical facilities that we will be visiting to learn more about the healthcare system in Spain. There will also be a series of lectures throughout the tour from both local physicians and Canadian presenters together with interactive discussions, and complete information on the individual medical topics being presented will be included with your pre-departure documentation. In addition, any physician who would like to make a short presentation should contact our Group Medical Director, Dr. John Cocker (e: drjohncocker@gmail.com Tel: 647 558 1746), directly.

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

The itinerary...

DAY 1 – Nov 2 - Depart Toronto

International overnight flight from Toronto, Canada to Barcelona, Spain

DAY 2 – Nov 3 – Barcelona (D)

Barcelona, is without doubt one of Europe's most exciting cities. It is a place of extraordinary architectural dazzle, achieved by what has been called both Catalan Art Nouveau and Modernisme, by architects Gaudí, Domenech I Montaner and Puig Cadafalch. Monumental sculptures by local masters like Joan Miró adorn public spaces and museums house extraordinary treasures ranging from works of the ancient Romans to those of Pablo Picasso and Salvador Dalí. Barcelona is a city further enhanced by brightly coloured outdoor markets, a magnificent Mediterranean port, and a plentiful array of stylish restaurants. Needless to say, the nightlife is exceptional.

Arrive in Barcelona in the morning after your transatlantic flight and transfer to your hotel. The rest of the morning will be at leisure to recuperate from your transatlantic flight.



In the afternoon, embark on a tour of the city where the highlights will include Plaça Catalunya, the Passeig de Gràcia, Casa Lleó Morera, Casa Amatller, Casa Batlló, Casa Milà "La Pedrera" house, La Rambla (Historic Quarter), La Sagrada Família Cathedral (including the Gaudí Museum located inside Sagrada Família).



In the evening, commence your culinary adventure with a welcome dinner at **El Asador de Aranda** restaurant to enjoy the best of Catalan cuisine.

Overnight in Barcelona.

In Catalonia good eating is a matter of priority for most. **Catalonian cuisine**, which has been subject to so many influences, is sophisticated, flavoursome and varied. Fish and seafood are always fresh, and sausages and meats are of the best quality. This cuisine features delectable cold dishes like exqueixada (desalted cod salad), escalivada (roast aubergines, onions and red peppers) and xató (curly endive lettuce, cod and anchovies). Most popular dishes in Catalan gastronomy are butifarra (Catalan sausage with beans), longaniza (local spiced sausage) and fuet (a delicious type of salami). In addition, Catalonia is one of Spain's great wine-growing regions and where its most popular beverage is the champagne-like cava (sparkling wine).

DAY 3 – Nov 4 – Barcelona (B)

Professional program – In the morning, visit to the **Barraquer Ophthalmology Center** (www.co-barraquer.es) including a presentation by one of the center's experts in ophthalmology. Founded in 1941, Barraquer is one of the leading ophthalmology centres in the world.

Partners program - indulge in an afternoon shopping tour to a variety of establishments - patisseries, delicatessens, outlets specializing in interior design, ceramics, porcelain, glass, etc...an experience that enables you to enjoy some of Barcelona's most inspiring shops on foot while witnessing the vibrancy of everyday life in the city.

Afternoon and evening at leisure to explore this fascinating city independently.

Overnight in Barcelona.

DAY 4 – Nov 5 – Barcelona - Zaragoza (B, L)

Zaragoza is a liberal and welcoming city, the result of the influence of the four cultures that have marked its character. Founded by the low Iberian under the name of Salduie in the confluence of the rivers Ebro, Huerva and Gállego, it would later be Roman (Cesaraugusta), the Royal Arabic capital (Sarakosta) and Christian capital of the Kingdom of Aragón, which, in its maximum splendour, comprised the territories of the current Aragón, Catalonia, Valencia, the Balearic islands, the island of Sicily, the dukedom of Naples and the Greek dukedoms of Athens and Neopatria, and which would be key in the foundation of the current concept of Spain. The so-called "casco viejo" (historic city centre), contains most of the history of Zaragoza.

The buildings, palaces and churches reflect the different styles and the exchange among cultures. In the Square of El Pilar, you will find the Gothic cathedral of La Seo and the Basilica of El Pilar, one of the main places of worship to Virgin Mary of the Christianity, with frescoes by Francisco de Goya. The Arab palace of the Aljafería, current headquarters of the Aragonese Parliament, is one of the best exponents of Muslim art outside of Andalusia.



Drive to **Carinera**, close to Zaragoza to visit a local winery, **Solar de Urbezo**, for a tour of the facility and sampling of a collection of their varietals.

The winery was founded in 1995 by Santiago Gracia Ysiegas. His vocation was to elaborate grapes from the vineyards of the Gracia-Campillo family, striving for a total guarantee of purity and quality in their wines. The winery is located in Carinena, in the region of Aragon, 45 km from Zaragoza and cultivates Grenache, Carignen, Tempranillo, Merlot, Cabernet-Sauvignon, Syrah and Chardonnay grapes that ensure, together with the climate and soil, complex and well-balanced wines of a distinct character. The culture of wine growing in Carinena is one of the most ancient in Spain; it goes back to the 3rd century, when the Romans inhabited this land. The cultivation of grapes was maintained throughout time and still constitutes an essential part in the way of life, economy and historical heritage of the area. www.solardeurbezo.es

Lunch will be at **La Rebotica**, a reference point for typical Aragonese cuisine in this small town.

IN the afternoon, continue to **Zaragoza** for a tour of this historic city where you will see The University of Zaragoza, Imperial Aragon Canal, the River Ebro, and the Misericordia Bullring before visiting the Basilic of Our Lady of El Pilar and La Seo .



Evening at leisure to explore the busy nightlife of Zaragoza.

Overnight in Zaragoza.

DAY 5 – Nov 6 – Zaragoza – Logrono - San Sebastian (B, L)

Logroño, the administrative capital of the autonomous community of La Rioja, is located in the centre of the Rioja wine district, on the south bank of the Ebro river. In the Middle Ages it was known as a crossroads, both because of its location on the Camino de Santiago de Compostela, or Pilgrims' Route, and as a border town in the disputes between kingdoms. The name Logroño comes from a Celtic word for ford, as here the river was shallow enough to cross. Because of its strategic location near the border with the Basque Country and Navarre, Logroño has always been a centre for the wine trade and is seen as producing some of the best red wines in the whole of Spain. An example of the importance of wine is a 17th-century ordinance that forbade carts with iron-rimmed wheels using certain streets to avoid disturbing wine stored in cellars underneath. Nowadays, because the city has grown, few wineries are located within the city limits. However, a great number are located in the surrounding towns and villages, notably the fortified hilltop village of Laguardia and Oyón in the neighbouring region of Alava in the Basque Country, as well as Fuenmayor, Navarrete and Cenicero in La Rioja.



Depart for the famous **La Rioja** wine region of Northern Spain and stop for lunch at **Bodegas Ondalan** where you will experience the wonderful flavors of **Basque cuisine through your first cooking demonstration** – an informative way to learn about the ingredients involved and techniques used to create the local cuisine – which you will then enjoy for your lunch amidst the beautiful setting of the bodega, and, of course, accompanied by the local Rioja wines.

Bodegas Ondalán is located in Oyon (Rioja Alavesa) and has a vineyard of 55 hectares situated between 450 and 480 meters of altitude. It sits on gentle slopes, with soils of low to medium fertility on well-drained clay and limestone with southeastern exposure. The grapes cultivated here are 85% Tempranillo coexisting, and blended, with other strains, or noble, such as Grazian or Mazuelo grapes. <http://ondalan.es/?lang=en>



Basque cuisine is considered by many to be the finest in Spain. It consists primarily of products from the sea: baked sea bream, spider crab, salted cod, baby eels, marmitako (a stew made from tuna and potatoes) and sardines. Other typical dishes include dried beans from Tolosa, green peppers from Gernika, truffles from Campezo, sardines from Hondarribia, cheese from Idiazabal and marmitako from Bermeo and Lekeitio. And, of course, complemented by the outstanding Rioja wines as well as liqueurs such as pacharan (made from anise and sloe berries), and traditional apple cider.

After lunch, continue to the fashionable seaside town of **San Sebastian**.

Evening at leisure to enjoy free time explore this charming resort, and it's historic old quarter, famous for it's gourmet cuisine.

Overnight in San Sebastian.

DAY 6 – Nov 7 – San Sebastian (B, D)



*The summer capital of Spain and exuberantly Basque by nature, **San Sebastián**, entertains you at every turn. Beautiful beaches including La Concha, a luxurious, sparkling crescent of beachscape carpeting the city's harbor along the Bay of Biscay, a charming Parte Vieja (Old Town), wonderful cuisine (no city other than Paris comes close to the number of top-caliber restaurants) and the Centro Romántico, with its pedestrianised shopping streets, lined with the handsome façades of Art Nouveau buildings.*

Professional program - Morning medical conference at the hotel in San Sebastian with both Canadian and local speakers followed by lunch.

Presentations will include the following –

Presentation on the Spanish Health Care System and discussion of common issues and challenges in Canada and Spain - **Dr. Pablo Daza Asumendi**

Dr. John Cocker (Group Medical Director) will be speaking on -

- Doctors who Murder. The Psychopaths among us
- The History of Yellow Fever
- Insect born diseases

Partners Program - enjoy a morning tour of San Sebastian including the Baroque Church of Santa Maria , the Gothic Church of San Vicente, and the Museo de San Telmo, a former 16 th century convent.

Afternoon at leisure to continue to explore this picturesque resort town or just relax in it's fashionable outdoor cafes or on the beach.

Dinner at **Restaurant Lanziego** to enjoy more of the local Basque cuisine – this classical and elegant restaurant is a local favorite , located steps away from La Concha beach and promenade.

Overnight in San Sebastian.

DAY 7 – Nov 8 – San Sebastian – Bilbao – San Sebastian (B, L)

***Bilbao** is the centre of the economic-social development and the main factor of the modernisation of the Bay of Biscay. The great architectural and infrastructure projects have been the driving force of the urban and economic regeneration of the city. The Bilbao Guggenheim Museum, the Euskalduna Conference and Music Centre, Norman Foster's Underground, Calatrava's airport, the towers designed by the architects Arata Isozaki and César Pelli... are all examples of the dynamism that exists in Bilbao. The city is situated in the area of Bizkaia and is surrounded by a fertile landscape with forests, mountains, beaches and steep coasts.*



Today, make the short drive to **Bilbao** through the spectacular scenery of green, fertile mountains to explore the region's capital. Enjoy a panoramic tour of the city together with a walking tour of the traditional Old Quarter including the Arriaga Theatre, Santiago Cathedral and the Bilbao River. An, of course, no visit would be complete without a stop at the world renowned **Guggenheim Museum**, famous for it's architectural invention and daring exhibits.

Instantly hailed as the most important structure of its time, Frank Gehry's **Guggenheim Museum** Bilbao has

celebrated more than a decade of extraordinary success. With over a hundred exhibitions and more than ten million visitors to its credit, the Guggenheim Museum Bilbao has changed the way people think about museums, and it continues to challenge assumptions about the connections between art, architecture, and collecting.

The city is home to prestigious restaurants which offer dishes ranging from traditional **cuisine** to the most avant-garde culinary creations. Bilbao is famous for being the capital of cod, because of the wide variety of mouth-watering recipes made with this fish fresh from the Bay of Biscay. Lunch will be taken at **Restaurant Casa Rufo** in the Old Quarter - a typical delicatessen / bakery which transforms into a restaurant for lunch and dinner, a truly unique setting.

Return to San Sebastian.

Evening at leisure. Overnight in San Sebastian.

DAY 8 – Nov 9 - San Sebastian – Burgos - Madrid (B, L)

***Burgos**, the Castillian capital founded in 884, is dominated by its Gothic Santa Maria catedral, one of Spain's glittering jewels of religious architecture. If you allow your gaze to wander from this extraordinary structure, you'll find a compact, elegant city of pretty promenades, beautiful parks, traffic-free plazas, good food and an attractive small-town feel. There's even a whiff of legend about the place – beneath the majestic spires of the cathedral lies Burgos' favourite and most roguish son, the almost mythical El Cid.*

In the morning drive to **Burgos** and take a brief sightseeing tour of the town including the Santa Maria Catedral, and Huelgas Reales Monastery - a working monastery compete with it's chapter of Cistercien nuns.

Lunch will be at **Restaurant Puerta Real**. Situated in the historic heart of the city, overlooked by the Gothic Cathedral, Puerto Real offers excellent Castillian cuisine.

Burgos is located in Castilla-Leon, the largest of the Spanish Autonomous Regions, and, **gastronomically**, the area is known as "España del Asado" (Spain of the Roast) due to its roast suckling pig and lamb. Soup is very popular here and no other region of Spain produces such quantity and variety of pulses: white, red and black beans, Castilian and "Pedrosillano" chickpeas and various types of lentils.

The region is also well known for it's delicious sweets, many of which are traditional recipes from old monasteries and convents.

After lunch, continue through the landscapes of Castilla-Leon to Madrid, where the rest of the day will be at leisure to maybe take a stroll through the city's many walking areas and experience the hustle and bustle of everyday life in Spain's capital.

Overnight in Madrid.



DAY 9 – Nov 10 – Madrid (B, D)



Europe's third largest city, Madrid stands at the very centre of Spain – geographically, culturally and politically. Madrid not only offers the culture and good times of a sophisticated, modern city but it also retains the charm and elegance of its early years. The power and glory of Madrid is reflected in its parks, plazas, boulevards and in the pride and panache of today's Madrilenos. For all its international veneer, however, the city remains thoroughly Spanish, and Old Madrid has been designed on a human scale rather than a monumental scale. Among the splendid attractions of Madrid are the Prado Museum; home to masterworks of Goya, Velazquez and El Greco; the 19th century Villahermosa Palace now the Thyssen-Bornemisza Museum; the Reina Sofia Art Centre showcasing more than 300 modern works by Dali, Miro & Picasso among others; the 18th century Royal Palace on the lovely Plaza de Oriente; the bustling Puerta del Sol with its many shops, restaurants and tapas bars and Retiro Park for strolling while admiring local artists and buskers..

Professional program – Morning visit to the **Ruber Clinic** to review the facility and meet with local physicians to learn about the Spanish healthcare system.

Following your hospital visit, join the rest of the group to explore the world famous Prado Museum. Opened in November 1819 the Prado Museum (Museo Nacional del Prado) was created with the double aim of showing the works of art that belonged to the Spanish Crown and demonstrate to the rest of Europe that Spanish art was of equal merit of any other national school. It features one of the world's finest collections of European art, from the 12th century to the early 19th century, based on the former Spanish Royal Collection. Founded as a museum of paintings and sculpture, it also contains important collections of more than 5.000 drawings, 2000 prints, 1000 coins and medals and almost 2000 decorative objects and works of art. Sculpture is represented by more than 700 works and by a smaller number of sculptural fragments. The painting collection comprises about 7800 paintings of which only about 900 are at public display, mainly because the museum's lack of space for it. A new recently opened wing enlarged the display area by about 400 paintings, and it is currently used mainly for temporary expositions. El Prado is one of the most visited sites in Madrid, and it is considered to be among the greatest museums of art in the world.

www.museodelprado.es



In the afternoon, embark on a city tour to see the most important buildings, avenues and squares in this memorable city. During the different historical periods, the city grew from the old Habsburg and Bourbons quarters to the present city: marvel at Gran Vía, Plaza de España, the University, Moncloa, the Habsburg old quarter, Calle Mayor, Puerta del Sol, Puerta de Alcalá, the bull ring, Columbus square, Paseo de la Castellana, Plaza Castilla and the fountain of Cibeles and even the Real Madrid stadium Santiago Bernabéu, locally, to this football crazy city's inhabitants, known as the "Cathedral" . Then visit the impressive Royal Palace, former residence of the Spanish Kings and beautifully furnished and decorated, and admire the official Reception rooms, Museum area, Royal Chapel, Throne room and the private rooms of King Carlos III and Queen Isabel II.

Dinner is at **Pedro Larumbe** restaurant, a much respected Michelin establishment in Madrid. Enjoy dishes with a strong Spanish tendency from Navarra-born Chef and founder Pedro Larumbe who received the National Gastronomy Award in 1984 for his market cuisine.

Madrid is a melting pot for cuisine from all over the peninsula. **Traditional Madrid dishes** include the cocido adrilène (a type of stew). Callos or tripe is another of the typical dishes identified with local cuisine. Also the humble and savory sopa de ajo (garlic soup) and caracoles (snails). Typical desserts are barquillos (rolled wafers) or buñuelos (fritters filled with custard, cream, chocolate, etc.).

Overnight in Madrid.

DAY 10 – Nov 11 – Madrid – Toledo (B, D)



*The saying goes that if you only had one day to spend in Spain, it should be spent in **Toledo** and the city is known as La Ciudad Imperial (Imperial City) for a reason; this is Iberia's Rome with a cultural array of mosques, synagogues, churches and museums, plus the added high of a lofty setting, perched on a rocky ridge above Río Tajo. Like the Middle East grafted onto Catholic Spain, Toledo's labyrinth of narrow streets, plazas and inner patios is reminiscent of the medinas (towns) of Damascus or Fez. Yet from Toledo's heart rises the Gothic grandeur of the cathedral and the grim composure of the Alcázar fortress. The artistic legacy bequeathed by the city's former inhabitants of Romans, Jews and Muslims is reflected in this intriguing mosaic of architecture, as well as in its cultural values.*

Today take the short drive to the former Spanish capital, and now UNESCO town, of **Toledo** and soak in the atmosphere of this historic citadel as you tour it's many sites and relics – the cathedral, one of the finest in Europe, with stained glass windows, intricate woodwork and wrought-iron grilles, plus a sacristy that doubles as a fine arts museum; the Iglesia de Santo Tome where you can see El Greco's greatest masterpiece; and the dazzling Moorish-designed synagogues. Wander around the narrow streets, taking time to relax at the main square, Plaza de Zocodover, before touring outside the walls where it is important to capture the city's dramatic profile, as immortalised on the canvases of El Greco.

Escape the confines of the city in the afternoon to visit **Bodegas Adolfo** (www.adolforestaurant.com) where you will also participate in a **cooking class** to introduce you to the diverse cuisine of the area. In **Castilla-La Mancha** the **cuisine** is quite diverse and includes delicious meats, fresh trout and another local delicacy, river crabs. Popular dishes are mountain rabbit, hare, migas (fried breadcrumbs), morteruelo (pork liver pate), pistos asadillo (roast peppers and tomatoes with garlic) and gazpacho manchego. Sweets include turrón (nougat) and yemas (small egg-yolk cakes). Two products in particular symbolise the gastronomy of the area: manchego cheese and Valdepenas wine.



Overnight in Toledo.

DAY 11 - Nov 12 – Toledo – Madrid - Toronto (B)

Transfer from Toledo to Madrid airport for your return flight back to Canada (arrival in Toronto same day, Oct 6)

The hotel bases...	
City	Hotel
Barcelona (2 nights)	Hotel Barcelona Center (4*) http://www.hotelescenter.es/en/hotel-barcelona-center/
Zaragoza (1 night)	NH Gran Hotel (4*) http://www.nh-hotels.com/hotel/nh-gran-hotel-de-zaragoza
San Sebastian (3 nights)	NH San Sebastian Aranzazu (4*) http://www.nh-hotels.com/hotel/nh-san-sebastian-aranzazu
Madrid (2 nights)	Hotel Wellington (5*) www.hotel-wellington.com
Toledo (1 night)	Eugenia de Montijo Palace (4*) http://eng.fontecruzoteles.com/fontecruz-toledo-hotel/

As detailed above, the majority of your accommodation will be in 4 star hotels – in the unlikely event that a hotel needs to be substituted it will be of a similar standard.

SAMPLE MENU

CULTURAL, GASTRONOMICAL & CME TOUR OF SPAIN

SAMPLE MENU

REST. ASADOR DE ARANDA BARCELONA

Assorted entrances at the center of table:

Morcilla de Burgos (Black pudding)

Croquetas caseras (Home-made croquettes)

Pimientos con bonito del norte (Red peppers with tuna)

Jamón de Jabugo (Jabugo cured ham)

Escalibada de verduras con anchoas (Roast vegetables with anchovies)

Lechazo asado en horno de leña (Roast baby lam in wood-fired oven)

Chuletillas a la brasa (Roast lamb chops)

Ensalada (Salad)

Hojaldre de la casa (Home-made millefeuille)

Orujo y rosquillas (Liquor and ring-shaped pastries)

Vino tinto Ribera del Duero (Red wine from Ribera del Duero region)

Agua mineral (Mineral water)

Café (Coffee)

Copa de Cava (Glass of Cava sparkling wine)

The price... Cdn 5,495 / person

Pricing (exc. Insurance) / per person

Inc. Air from Toronto

Per person (double occupancy)	\$5,495
Single supplement	\$1,200
Single share matching fee	\$ 300 **
Transportation / hotel taxes and fees	\$ 585
Academic program registration fee	\$ 550 (per registrant)

** 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.

We can also arrange **connecting flights** to Toronto from some other Canadian cities – current “add-on” pricing is noted below for main Canadian gateways (other originating cities available upon request) -

YYT	St. Johns	\$400
YHZ	Halifax	\$300
YSJ	St. John	\$300
YYG	Charlottetown	\$350
YUL	Montreal	\$250
YOW	Ottawa	\$200
YYB	North Bay	\$350
YEG	Edmonton	\$400
YYC	Calgary	\$400
YVR	Vancouver	\$500

(connector flight costs are subject to change at the actual time of booking)

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

REPEAT CUSTOMER DISCOUNT

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

Inclusions and Exclusions...

Inclusions -

- Flights from Toronto to Barcelona, Spain and to Toronto from Madrid, Spain
- Private, modern, air conditioned coach transportation
- All meet and greet services and arrival and departure transfers
- 4 and 5 star hotel accommodation
- 9 breakfasts, 4 lunches, 4 dinners (including **cooking classes** featuring the different cuisine types of the region)
- Drinks (wine, soft drinks) included with all lunches and dinners (except meals in hotels)
- Comprehensive daily itineraries including escorted tours of local cultural sites and museums
- All admission fees (except those specifically noted above)
- Escorted tours of local bodegas (wineries) highlighting the different grapes of the regions, including **wine tasting**
- Academic program and tour of local medical facilities (Academic Program Certificate provided)
- Fully escorted program including services of local English speaking cultural guides
- Porterage (at hotels)

Exclusions -

- Soft drinks and alcoholic beverages except where specifically included above
- Gratuities
- Local airport departure taxes and entry visas (at the time of writing (February 2015) there are no departure taxes payable and an entry visa is not required to enter Spain)
- Travel insurance – please note, **travel insurance (including medical and trip interruption coverage) is highly recommended** for this tour. Coverage is available through doctors-on-tour – please check for further details in our brochure
- All items of a personal nature such as telephone / internet usage, laundry services etc

THIS PROGRAM HAS LIMITED CAPACITY AND, AFTER THE SUCCESS OF OUR PREVIOUS SPAIN PROGRAMS IN 2011, 2012 and 2013, WE ARE EXPECTING IT TO BECOME FULLY SUBSCRIBED QUICKLY. WE 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

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 (\$ per person)	NON-MEDICAL PACKAGE								DELUXE PACKAGE				
Age>	0-54	55-59	60-64	65-69	70-74	75-79	80-84	85+	0-54	55-59	60-64	65-69	70-74
4000 - 4500	319	335	385	430	491	691	806	911	385	393	487	571	901
4500 - 5000	345	361	418	471	538	748	862	975	410	420	519	610	946
5000 - 5500	370	388	451	509	585	803	916	1,035	434	444	550	646	990
5500 - 6000	394	414	483	548	629	857	970	1,097	459	471	580	685	1,033
6000 - 6500	420	440	516	588	675	912	1,025	1,159	484	495	610	722	1,076
6500 - 7000	444	466	547	627	720	966	1,080	1,220	508	520	641	759	1,119
7000 - 7500	470	492	580	665	766	1,020	1,134	1,282	533	545	672	796	1,164
7500 - 8000	494	518	612	705	811	1,075	1,188	1,344	557	570	703	833	1,207
8000 - 8500	519	544	645	744	857	1,129	1,243	1,404	581	596	733	871	1,250
8500 - 9000	544	570	677	782	902	1,183	1,297	1,466	606	621	764	908	1,294
9000 - 9500	569	596	711	822	948	1,238	1,351	1,527	630	645	794	945	1,337
9500 - 10000	593	622	743	861	993	1,293	1,406	1,589	655	671	825	982	1,381
10000 - 10500	613	645	768	891	1,028	1,333	1,446	1,629	675	694	850	1,012	1,416
10500 - 11000	633	667	793	921	1,063	1,373	1,486	1,669	695	716	875	1,042	1,451
11000 - 11500	653	690	818	951	1,098	1,413	1,526	1,709	715	739	900	1,072	1,486
11500 - 12000	673	712	843	981	1,133	1,453	1,566	1,749	735	761	925	1,102	1,521
12000 - 12500	693	735	868	1,011	1,168	1,493	1,606	1,789	755	784	950	1,132	1,556
12500 - 13000	713	757	893	1,041	1,203	1,533	1,646	1,829	775	806	975	1,162	1,591
13000 - 13500	733	780	918	1,071	1,238	1,573	1,686	1,869	795	829	1,000	1,192	1,626
13500 - 14000	753	802	943	1,101	1,273	1,613	1,726	1,909	815	851	1,025	1,222	1,661
14000 - 14500	773	825	968	1,131	1,308	1,653	1,766	1,949	835	874	1,050	1,252	1,696
14500 - 15000	793	847	993	1,161	1,343	1,693	1,806	1,989	855	896	1,075	1,282	1,731

For residents of Ontario, simply enter the applicable premium from the above table on the registration form when registering for the program.

For residents of Canadian provinces other than Ontario, insurance regulations state that travel insurance should be taken out directly with RBC Insurance, albeit through a direct web link hosted on our web site at www.DoctorsonTour.ca . You should purchase your travel insurance policy by clicking on the RBC Insurance button in the "Useful Links and Files" section of our Spain web page within the Upcoming Programs section of www.DoctorsonTour.ca .

Non Canadian residents should make their travel insurance arrangements independently, as our travel insurance provider, RBC insurance, only allows for travel insurance coverage to be sold to Canadian residents.

Misc information you need to know...

Travel documentation and visas

For Spain an entry visa is not required for Canadian citizens but your passport must have an expiry date no earlier than 3 months after your scheduled departure date from the country.

Mandatory vaccinations

None

Testimonials...

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

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

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

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

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

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

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

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

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

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

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

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

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

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

"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**

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

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

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

Dr. Janel Gracey, London – Bali, 2012

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

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

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

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

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

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

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

Dr. Linda Rapson, Toronto – 2013

"Just back from the South India tour and it was amazing!!! I am already keen to return to the north on one of your tours. I am a total convert to the doctors on tour trips!! I really enjoyed the varied itinerary...Kumar was outstanding, very professional and certainly made the trip run smoothly, never an easy job in a group that size, different personalities,etc....but he really was exceptional. Lacuma was also fantastic, very capable and organized. So....well done!!"

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

We had a wonderful trip. It was such an interesting mix of people that we laughed all the way through - an amazing experience and a fabulous time. The Pantanal was awesome and we also totally loved the old colonial town of Paraty. We enjoyed ourselves so much we are thinking of signing up for another one soon. Thanks again - you did a wonderful job - it was a dream".

Dyana Driscoll – Brazil, 2013

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

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

"Fantastic experience! Every detail to perfection."

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

"The experience was fantastic. Thoroughly enjoyed ourselves"

Dr. Pat Stansberry, Sherwood Park, AB - Ecuador (Galapagos) & Peru, 2013

"Had a great time! Very well organized"

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

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

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

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

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

"The trip was amazing , beyond my wildest expectations!!"

Dr. Kathy Hoegler, Guelph, On. - South India, 2014

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

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

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

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

A brief note from Hillary and me to thank you for the flawless organization. The guides were superb and the choice of events, above and beyond the usual tourist musts. These were a lot of fun, while adding to our understanding of local cultures.

Dr. Alan Barkun, Montreal, Qc. - Vietnam, Cambodia & Laos, 2014

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

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

And regarding your Group Leader and Medical Director, Dr. John Cocker - Stouffville, On.

"John Cocker is a gifted organizer and a witty speaker who can make everything seem like fun. I have seldom enjoyed CME as much"

Dr. Tony Hamilton, Sask.- Mexico, 2012

"Best trip I have ever been on"

Dr John Mueller - Costa Rica, 2011

"This has been the best organized and most enjoyable conference I have ever attended".

Dr. John Crosby. Cambridge On. - Jamaica 2010 John is a well known writer for Medical Post

"John Cocker seems to choose the best locations, and the most fun and interesting programs. Add to this the great organizational skills and you get the best holiday and the best CME".

Dr. Wm Hughes, Newmarket, On

"Dr. Cocker is the funniest man I know..."

Dr. Randy Gosner, St Marys, On - Vietnam, Cambodia & Laos, 2014



Doctors-on-Tour – Spain



Doctors-on-Tour – Ecuadorian Amazon



Doctors-on-Tour - India



Doctors-on-Tour – Bali