



Spend a night on The Ghan

From the Red Centre to the Top End A Medical Study Tour

28 June – 4 July 2022

With extension to the Tiwi Islands

28 June – 5 July 2022

2 nights Alice Springs – 1 night Ghan – 3 nights Darwin



This tour is
supported
by the
RACGP

CPD Applied For





Nitmuluk Gorge (credit Tourism NT Sam Earp)

From the Red Centre to the Top End, this tour encompasses Australia at its most remote, historic and starkly beautiful. Encompassing vast Indigenous heartlands, dramatic landscapes and fascinating history from ancient to pioneer to the modern day, the tour is led by RACGP Australian Practice Owner GP of the Year (2018), Dr Matt Young, and supported by the RACGP.

Starting in Alice Springs, visit the striking MacDonnell Ranges, go stargazing at pristine night skies at the Earth Sanctuary, explore the historic town and learn about the work of the Royal Flying Doctor Service and outback

medicine, meet a local GP and visit Purple House. Board the Ghan for a magnificent 24-hour journey – a top bucket list experience. In Katherine, explore unspoiled wilderness on a cruise along Nitmiluk Gorge and learn about Indigenous culture.

Arrive in Darwin and explore the city through guided visits and learn of its history. Visit the Botanical Gardens and learn about the dramatic history of Darwin with a medical focus. Take a sunset cruise for dinner, visit beautiful Litchfield National Park and learn about traditional Indigenous healing.

Tour Leader

Dr Matt Young has been a GP for over 25 years. His practice at Medeco Inala won the RACGP Australian GP of the Year in 2018 and acts as the home base for his mobile Hep C eradication crusade, the Hep C Kombi project, which he co-founded.

As well as medicine Matt loves travelling the globe and has visited over 100 countries across all seven continents. He has a deep fascination with foreign cultures and loves immersing himself into their stories. He is most at home rafting rivers, climbing mountains and hiking through jungles.

Having completed an Archaeology Degree (UQ) and History Diploma (UQ), his areas of special interest are Australian WW1 history and ancient civilisations. Matt finds these studies significantly enhance all his intrepid travelling experiences. Matt writes for the AMAQ's *Doctor*



Q magazine and worked on 4BC as the 'Ocker Doctor' on radio talk back. He loves a yarn, a laugh and writing poetry for fun.

He has been South's Rugby Union club doctor for 17 years and has captained Brisbane's Ned Flanders Cricket Club for over two decades, leading the team to international victories against national teams on every continent.

"The tour ran like clockwork. ...the local guides were excellent. It was one of the best run tours I have been on. The highlight of this trip definitely was our night on The Ghan. What a spectacular way to see the NT. The trip had a great mix of medical visits, local sites and scenery. Every moment of the tour was filled with great activity and interesting information."

Emma Whalley, From the Red Centre to the Top End, June 2021

Ormiston Gorge (credit Tourism NT Shaana McNaught)



Itinerary 28 June – 4 July 2022

B = Breakfast L = Lunch D = Dinner

2 nights Alice Springs – 1 night Ghan – 3 nights Darwin



Day 1: Alice Springs (Tue, 28 Jun) D

- Pm: Arrive and check into the hotel (transfers not included). Meet with Dr Sam Heard, who will provide background to health care in Alice Springs and discuss how to train GP's to provide health care to regional and remote communities.
- Eve: Welcome dinner and star gazing at the Earth Sanctuary.

Day 2: Alice Springs (Wed, 29 Jun) B L

- Am: Drive out to the MacDonnell Ranges. Stop off at Simpsons Gap and take part in a guided walk learning of the geology of the region. Continue to Standley Chasm and take a relaxed walk to the Chasm. Enjoy morning tea on the café veranda. Continue to the ochre pits and hear about the local Indigenous groups and the ochre trade.
- Pm: Enjoy a buffet lunch before walking to Ormiston Gorge with the option of a quick dip. Drive to Ellery Creek Waterhole. Arrive back in Alice Springs in time to enjoy a spectacular outback sunset from Anzac Hill.

Day 3: The Ghan / Alice Springs (Thur, 30 Jun) B D

- Am: Visit Purple House, an innovative Indigenous-owned and run health service providing mobile dialysis units and remote clinics. Learn about their operation and about bush medicine. Visit the Royal Flying Doctor Service and learn of their history and the provision of medical care to outback Australia.
- Pm: Visit the Alice Telegraph Station and the School of the Air. Transfer to the train for evening departure.
- Eve: Board the Ghan and transfer to your compartment. Enjoy modern Australian cuisine with regional fine wines onboard. Socialise with your fellow traveller before retiring to your comfortable private cabin for the night.

Day 4: The Ghan / Darwin (Fri, 1 Jul) B L

- Am: Enjoy the pristine wilderness of Katherine from the water with a cruise along dramatic Nitmiluk Gorge. Learn of the ancient Indigenous rock paintings and gain insight into the culture of the traditional owners of Nitmiluk, the Jawoyn people. Reboard the Ghan.
- Pm: Have lunch onboard. Take part in a private meeting as the train makes its way through lush, green tropics to arrive at the terminal in Darwin in the early evening.
- Eve: Arrive in Darwin and transfer to the hotel.

Day 5: Darwin (Sat, 2 Jul) B D

- Am: Take a tour with a specialist guide visiting Darwin Botanical Gardens. Follow in the footsteps of pioneers, hear about history including the World War II bombings and Cyclone Tracy through to the current day. See many of the surviving buildings such as the old Court House and the police station and the old Palmerston Town Hall ruins. See hidden treasures including public artwork, architecture, historic buildings and the memorials to squadrons, corps and

- units that were stationed in Darwin during WWII, including Z-Force.
- Pm: Visit the National Critical Care and Trauma Response Centre at the Royal Darwin Hospital.
- Eve: Sunset dinner cruise on Darwin Harbour.

Day 6: Darwin (Sun, 3 Jul)

- Am: Onto Litchfield National Park and explore some of its dramatic sites, including the magnetic termite mounds, Wangi Falls and Florence Falls, where you can take a dip.
- Pm: Drive to Adelaide River and board a cruise. Hear of the floodplains ecosystem, the history, wildlife and some 40,000 years of human interaction with this stunning environment. Witness the power of the mighty Australian Estuarine (Saltwater) Crocodile as they jump out of the water to feed. Return to Darwin and the hotel to freshen up before dinner.
- Eve: Visit Mindil Markets for sunset dinner and drinks.

Day 7: Darwin (Mon, 4 Jul)

- Am: Depart Darwin.

B D

Extension to Tiwi Islands

Day 7: Darwin / Tiwi Islands (Mon, 4 Jul)

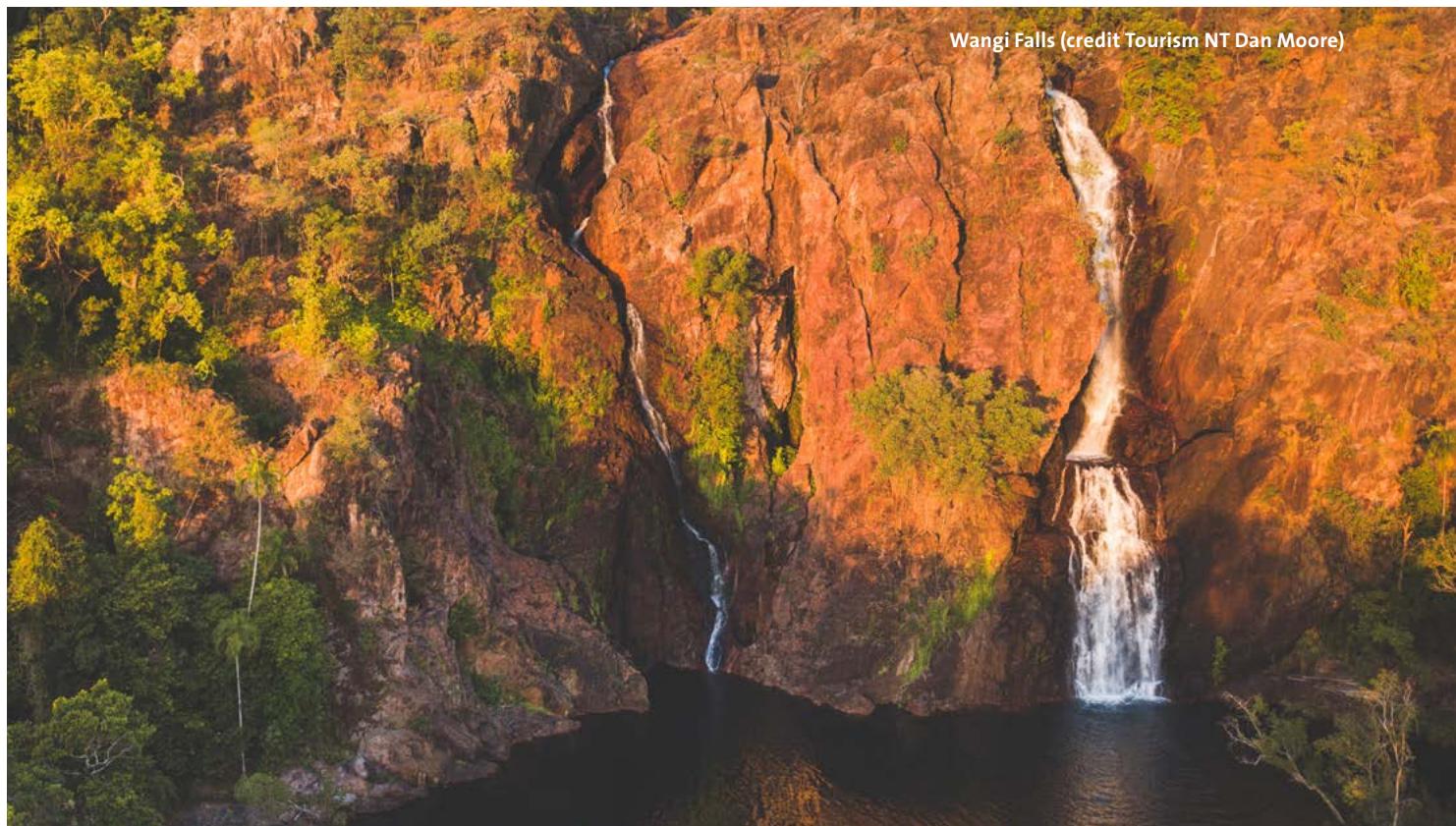
- Am: Take the ferry to Wurru Miyanga in the Tiwi Islands - 'the islands of smiles'. The Tiwi people are internationally renowned for their individual style of art including carvings and bright textile designs and many Tiwi artists have exhibited around the world. On a tour with a Tiwi guide learn of their community and culture and visit the Patakiyali Museum and the Mission Precinct.
- Pm: Box lunch. Visit the community clinic and meet with the health worker. Continue to Tiwi Design to see their wonderful gallery and shop. Take the ferry back to Darwin and arrive early evening. At leisure to enjoy the restaurants and bars of the city.

Day 8: Darwin (Tue, 5 Jul)

- Am: Depart Darwin.

B

Medical visits are subject to current Covid guidelines.





The Ghan

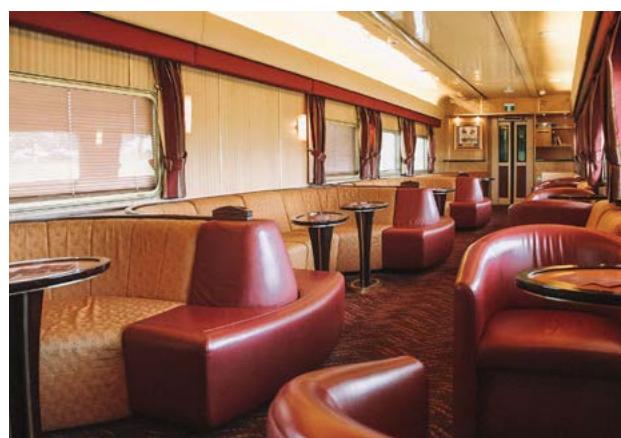
The Ghan

In 2019 this iconic train celebrated 90 years of outback adventure, its legend stemming from the 1930s when the first Afghan cameleers arrived in Australia. The train was named for these pioneering souls and dubbed 'The Afghan Express', later being shortened in true Australian style to 'The Ghan'. Now regarded as one of the world's great rail journeys, The Ghan provides access to parts of Australia no other holiday can come close to, combining comfort, fine dining and adventure in a once-in-a-lifetime experience.

The Gold Service is the most popular level of service aboard The Ghan, with all-inclusive dining in the Queen Adelaide Restaurant and all-inclusive Australian wines, beers, base spirits and non-alcoholic beverages. With in-cabin power outlets music channels and journey audio commentary available, the cabins include:

- For Gold Twin, a comfortable private sleeper cabin featuring private en suite and upper and lower berths that convert to a three-seater lounge by day.
- For Gold Single, a compact sleeper cabin featuring a bed that converts to a seat by

day and well-appointed shower and toilet facilities located at the end of the carriage. There are four toilets and two showers per carriage.



The Outback Explorer Lounge (top);
The Queen Adelaide Restaurant (above)



Florence Falls, Litchfield (credit Tourism NT Jackson Groves) (top);
Sunrise over Nitmiluk (credit Tourism NT Mark Fitzpatrick) (above)

The ground cost of the tour is \$4,980 per person sharing

The cost includes:

- The services of a tour leader, Dr Matt Young
- Five nights' accommodation in twin-bedded rooms with private facilities in 4-star hotels
- One night's all-inclusive accommodation on The Ghan Gold Service with unlimited

Single supplement: \$460

- Breakfast and lunch or dinner daily on the tour (including a number of special meals)
- A full programme of cultural tours
- Medical visits and talks as per the itinerary
- All admission fees
- All transport services
- All tips
- GST

The cost excludes:

- External flights and transfers before and after the tour
- Meals not mentioned
- All optional excursions, tours and visits
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The cost of the extension is \$590 and includes:

- One night's accommodation in twin-bedded rooms with private facilities in a 4-star hotel

Single supplement: \$118

- Breakfast and box lunch on the island
- A full programme of cultural tours
- Medical visit
- All admission fees
- All transport services
- All tips
- GST



Enjoy a sunset dinner cruise on Darwin Harbour

About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.



Flying Doctor service at work (top); The Old Telegraph Station, Alice Springs; See the jumping crocodiles in the Adelaide River; Art of the Tiwi Islands (extension) (above)

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