



A herd of zebras, Kruger National Park

Anaesthesia in South Africa

11 – 23 November 2019





Visit the beautiful winelands of Stellenbosch

This tour reveals the many faces of this beautiful and diverse land while giving you fascinating insight into South Africa's historical and current practice of anaesthesia. Travel from Johannesburg into Mpumalanga safari country and take game drives in the Kruger National Park. Continue into stunning and culturally distinct KwaZulu Natal with its plethora of bird and animal life. Travel onto Durban before finishing in the cosmopolitan harbour city of Cape Town, from where you will explore the city, Cape and the Stellenbosch wine region. Your journey is punctuated with regular specialist visits and talks and provides insight into both approaches to medicine relating to anaesthesia and the cultures of South Africa.

There is also an optional pre (or post) tour extension to magnificent Victoria Falls.

Arrive in Johannesburg and settle into your hotel. In the afternoon visit the Apartheid Museum – an essential visit in understanding South Africa's history - and relax over a welcome dinner in the evening.

Next morning visit the Netcare Private Hospital before driving to Soweto; a sharp contrast to affluent Sandton in the north, where you are

staying. After lunch at a shebeen, take a tour of points of interest in the township, including Freedom Square and Nelson Mandela's former home.

Next morning visit the Adler Medical Museum in the Medical School of the Charlotte Maxeke Johannesburg Academic Hospital, which is the main teaching hospital for the University of the Witwatersrand. The Adler Medical Museum offers a fascinating glimpse into South Africa's medical past, from Victorian ear trumpets, early bleeding and cupping instruments, cranial crushers, notorious 'iron lungs' from the 20th century polio epidemics, to the first ECG machine in the country. Afterwards drive into the spectacular safari country of Mpumalanga,



A lion in Kruger



Blyde River Canyon (top); Lisbon Falls in Mpumalanga (above)

hearing a talk on the history of the Kruger National Park on the way. Transfer to your hotel and settle in, with the rest of the day at leisure.

Rise before sunrise the next day for a game drive in the Kruger National Park in open safari vehicles. It isn't unusual to spot all of the 'big five' in a single day along with a fascinating range of mammal, bird and reptile species. Have a bush lunch and return to the lodge in the late afternoon.

Next morning explore some of the most spectacular scenery on offer in South Africa as you take a tour along the aptly-named Panorama Route. The mountainous escarpment of Mpumalanga provides stunning views of the Lowveld and your tour includes sights such as God's Window, Bourke's Luck Potholes with its extraordinary rock formations, the Blyde River Canyon, the famous Three Rondavels and the historic gold rush town of Pilgrim's Rest.

The following morning drive into the Royal Kingdom of Swaziland, one of the smallest countries on the continent and one of Africa's few remaining monarchies. Check into your hotel before visiting the Ngwenya Glass factory, which is set in large indigenous gardens.

The next day head for Ladysmith, stopping at the historical town of Piet Retief on the way. Continue into Zululand and arrive in Ladysmith, which was established in 1850 as a staging-post for fortune hunters on their way to the gold fields in the then-Transvaal and the diamond mines of the Kimberley. Check into the hotel.

Spend the next day touring the battlefields of the Anglo-Zulu Wars with local battlefield guides. Isandlwana was one of Britain's most famous colonial defeats, where the Zulu army defeated a large British military force. At Rorke's Drift 150 British and colonial troops held out against the repeated attacks of 3,000 to 4,000 Zulu warriors and 11 Victoria Crosses were awarded. The guides will provide talks on the conflicts and on the battlefield medicine during the Zulu Wars. Return to the hotel in the late afternoon.

Depart the lodge next morning and continue to the east coast city of Durban. Visit the King Edward Hospital and tour the departments, or explore Victoria Market on the partners programme, before checking into your hotel.



Zulu girls against a Ndebele backdrop



The following day transfer to the airport and fly to Cape Town, the glamorous face of South Africa. Dominated by Table Mountain, it boasts one of the most stunning natural settings in the world. Arrive and check into the hotel before visiting the Christiaan Barnard Memorial Hospital, while partners spend the afternoon at leisure.

Next morning visit Groote Schuur Hospital, internationally renowned as the training ground for some of South Africa's best doctors, surgeons and nurses. Visit the Department of Anaesthesia and hear a lecture on how anaesthesia was used in the world's first heart transplant, which took place here in 1967. Take an escorted tour of the Anaesthetic Museum and the Heart of Cape Town Museum, which tells the history of this groundbreaking operation. Continue to the

winelands of Stellenbosch and enjoy lunch at the Fairview Wine Estate, followed by a cheese and wine tasting.

Spend the next day enjoying the myriad attractions offered by Cape Town and Cape Peninsula. Start the day with a cable car ride up to Table Mountain for spectacular views. As you descend, take in the beaches of Clifton and Camps Bay, before crossing over to Hout Bay. Continue onto the Cape of Good Hope Nature Reserve at the tip of Africa - where the Indian Ocean meets the Atlantic Ocean - for wonderful views across False Bay, and visit the penguin colony at Boulders Beach. In the evening enjoy a farewell meal in Cape Town.

Spend the final morning at leisure until your return flight the following day.



Table Mountain

Itinerary 11 – 23 November 2019

B = Breakfast **L** = Lunch **D** = Dinner

2 nights Johannesburg – 3 nights Hazyview – 1 night Swaziland – 2 nights Ladysmith
– 1 night Durban – 3 nights Cape Town

11 Nov (Mon) Johannesburg **D**
Am Arrive and transfer to the Garden Court Sandton City Hotel
Pm Visit to the Apartheid Museum
Eve Welcome dinner

12 Nov (Tue) Johannesburg **B L**
Am Visit Netcare Private Hospital. Drive to Soweto
Pm Lunch at a *shebeen*. Sightseeing tour of Soweto including the Baragwanath taxi rank area, Freedom Square and Nelson Mandela's former home

13 Nov (Wed) Johannesburg / Hazyview **B D**
Am Visit the Adler Medical History Museum
Pm Drive to Mpumalanga safari country. Check into the hotel at leisure

14 Nov (Thur) Hazyview **B L D**
Am Set out before sunrise in open top safari vehicles with qualified game rangers to view the "big five" on a game drive
Eve Bush lunch and return to the lodge in the late afternoon

15 Nov (Fri) Hazyview **B D**
Am Full day to explore the stunning Panorama Route including God's Window, Bourke's Luck Potholes, the Blyde River Canyon, the Three Rondavels and the historic gold rush town of Pilgrims Rest

16 Nov (Sat) Hazyview / Swaziland **B D**
Am Early departure for the Kingdom of Swaziland
Pm Arrive at the Forester's Arms and visit the Ngwenya Glass factory, set in large indigenous gardens

17 Nov (Sun) Swaziland / Ladysmith **B D**
Am Depart for Ladysmith
Pm Stop for lunch at the historical town of Piet Retief. Drive into Zululand and continue to the town of Ladysmith and the Battlefields Country Lodge

18 Nov (Mon) Ladysmith **B D**
Am Full day touring the battlefields with a local historian. Visiting the site of the Battle of Isandlwana and a talk about battlefield medicine in the Zulu War
Pm Continue to Rorke's Drift. Return to the hotel late afternoon

19 Nov (Tue) Ladysmith / Durban **B D**
Am Depart the lodge for Durban
Pm Visit King Edward Hospital in Durban, while partners explore Victoria Market. Check into the hotel

20 Nov (Wed) Durban / Cape Town **B L**
Am Fly to Cape Town
Pm Arrive Cape Town and check into your hotel. Visit Christiaan Barnard Memorial Hospital while partners at leisure

21 Nov (Thur) Cape Town **B L**
Am Visit Groote Schuur Hospital and the Department of Anaesthesia. Hear lecture on the use of anaesthetic for the first heart transplant. Tour the Anaesthetic Museum and visit the Heart of Cape Town Museum
Pm Head into the winelands for lunch at the Fairview Estate. Enjoy cheese and wine tasting

22 Nov (Fri) Cape Town **B D**
Am A full day's tour of Cape Peninsula starting with a trip up Table Mountain for spectacular views. Drive past the beaches of Clifton and Campus Bay en route to Hout Bay. Continue to the Cape of Good Hope Nature Reserve
Eve Farewell dinner

23 Nov (Sat) Cape Town **B**
Am Morning at leisure
Pm Depart for the hotel



Spectacular Drakensburg



Little Pilgrim's Hotel, Hazyview

Hotels

Garden Court Sandton City Hotel (Johannesburg)

This comfortable hotel has an excellent location adjacent to the shops and restaurants in the Sandton City complex and next to Nelson Mandela Square.

Little Pilgrims Hotel (Hazyview)

Located in the heart of Hazyview the hotel is conveniently located to access the Kruger National Park. This boutique hotel has individually decorated rooms each with its own patio that leads out onto the sub-tropical gardens. The hotel also has a pool.

Forester's Arms Hotel (Swaziland)

This is a charming, cosy hotel decorated in traditional Alpine style, set within a forest with beautiful gardens with a pool. The food is excellent and the hosts very friendly and welcoming.

Battlefields Country Lodge (Ladysmith)

This comfortable lodge has a lovely location in a green valley with views of rolling hills, dams and the famous Talana Hill, which is the site of the first battle between the Boers and the British soldiers.

Sun Square Cape Town Hotel (Cape Town)

Located in the lush Gardens area of Cape Town

this contemporary hotel offers all the facilities you will need for a stay, including a pool. The rooms are modern and spacious with a host of amenities. The hotel location at the base of Table Mountain is ideal for exploring the city, its shops and restaurants.



Forester's Arms Hotel, Swaziland (top);
Battlefields Country Lodge, Ladysmith (above)

Tour Leader

David Wilkinson qualified in medicine from St Bartholomew's Hospital London and specialised in anaesthesia. Following an appointment at Barts, David took a sabbatical year in Perth, Western Australia. When he returned to London David had already started to collect equipment to create an anaesthesia museum at Barts, an interest that he has retained throughout his career. He was a founder member of the History of Anaesthesia Society. David has been involved in anaesthesia organisations both nationally, in Europe and the world and was recently President of the World Federation of Societies of Anaesthesiology (WFSA). An inveterate traveller, David has spent a lot of time on every continent except Antarctica and has travelled to lecture, teach and holiday in equal measure!

National Guide

Frank Mbeté has worked as a tour guide, travel agent, logistics consultant and all-round Mr Fixit for well over a decade, sharing with visitors a country he knows deeply and is passionate about. With his warmth, caring nature and ability to bring South Africa vividly to life, Frank is one of our most popular guides.

Additional hotel nights

Please contact us for additional nights before the tour at:

GC Sandton City Hotel (Double room USD \$177, Single room USD \$146) or after at

SunSquare Hotel (Double room USD \$194, Single room USD \$161)

Flights and transfers

Please contact the London office for flights from London. For flights from Australia, please contact the Melbourne office.

If travelling to Victoria Falls it may be preferable to get the flights to and from Victoria Falls as part of the main flight ticket.

Ground only cost of the tour is USD \$4,195 (excluding International flights)

The cost includes:

- 12 nights' accommodation in twin-bedded rooms with private facilities in boutique hotels

The single room supplement is: USD \$650

- Tour leader (David Wilkinson)
- Comprehensive briefing notes
- Airport transfers
- Meals as per the itinerary
- Internal flight and taxes
- A full programme of cultural and professional visits as per the itinerary
- Admission fees where applicable
- National English speaking Guide
- Tips

The cost excludes:

- International flights and transfers
- All personal extras such as portorage, laundry, inoculation fees and drinks not included with meals
- All optional excursions, tours and visits
- Visa, if required (not required for UK or Australian citizens)

Victoria Falls Pre Tour Extension 8 - 10 November 2019: USD \$735 per person

The cost includes:

- Two nights bed and breakfast accommodation at the A'Zambezi River Lodge

The single room supplement is: USD \$294

- Transfer from hotel to the airport in Johannesburg
- Transfers to/from Victoria Falls extension
- Victoria Falls guided tour and Zambezi sunset cruise

The cost excludes:

- Visa fee (if required); USD \$30 Victoria Falls entrance fee (payable on arrival); USD \$10 river fee (prior to cruise); meals and transfers not included
- Flights from Johannesburg to Victoria Falls return

Due to flight times to/from Victoria Falls the extension dates are 8 – 10 November You will therefore need a pre tour night in Johannesburg on 10th November as the tour starts on 11 November.

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.



Elephant and baby (top); Facepainted children; Stellenbosch; Take the cable car in Cape Town (above)

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