



Rickshaws outside mansion, George Town, Penang

Optometry Study Tour to Borneo and the Malay Peninsula

6 – 19 April 2020

With Langkawi extension

6 – 22 April 2020



Jon Baines
tours



The magnificent Banjaran Hot Springs

Explore Sarawak in Borneo and journey up the Malay Peninsula to experience the history, culture and wildlife of the region, alongside a wide-ranging professional itinerary that examines local optometry and eyecare. Learn about the background to the fast-developing area of optometry and eyecare in Malaysia; see the particular challenges of reaching indigenous populations in remote areas, and look at the government-supported medical tourism industry.

From the vast jungles of Borneo and the riverine city of Kuching, travel to the Malay Peninsula and the modern city of Kuala Lumpur and explore the colonial charms of Malacca. Travel by boat into the world's oldest rainforest in Taman Negara, onto the Cameron Highlands with its colonial hill stations and tea estates and into pristine jungle to the spectacular and luxurious Banjaran hot springs. Take train and ferry to George Town, a UNESCO World Heritage site with striking architecture and a rich cultural legacy. Along the way enjoy the blend of European heritage with Malay, Chinese and Indian culture and cuisine.

Fly into Kuching, the capital of Sarawak, a relaxed city on the Sarawak River. Transfer to the riverfront Raneer Hotel.

Discover the charms of this riverine city established by Sir James Brooke. Visit the excellent small ethnographic museum for background on the peoples of Sarawak; their beliefs, medicine and customs. Continue to the Brooke Gallery and learn of the life and legacy of the 'White Rajahs' of Sarawak and the story of Margerite Brooke. In the afternoon visit Klinik Katarak, a mobile cataract outreach programme that is one of the most effective and interesting initiatives in eyecare in Borneo, and learn about their treatments for underprivileged Malaysians. In the evening enjoy a welcome dinner at the Margarita Gallery.



Orang utans, Semenggoh, Sarawak



Longhouse, Sarawak (top); Kuala Lumpur skyline (above)

Drive to the Semenggoh Wildlife Centre to view semi-wild orangutans in a natural setting the next morning. Continue to Anah Rais, a longhouse Bidayuh village set beside a beautiful stream, and learn about the culture of the Land Dayaks. Take a short walk with a specialist guide to learn about traditional medicinal plants and village life today. Return to Kuching and enjoy a sunset cruise with drinks on the Kuching River.

The following day drive to Bako village and take a boat to Bako National Park, keeping watch for crocodiles, sea eagles and other shore birds alongside a spectacular coastline, dotted with small bays, coves and beaches. It is common to see the local proboscis monkeys, silvered langurs (monkeys), long-tailed macaques, wild boar, monitor lizards and many species of birds.

Fly to the gleaming metropolis of Kuala Lumpur and check into your hotel. In the afternoon visit the Association of Malaysian Optometrists to hear about optometry training, education and

development, or spend the time at leisure before dinner in the hotel.

Next day explore the history of Kuala Lumpur, which reflects its Malay, Chinese, Indian and British heritage. Visit the Central Market. In the afternoon take part in an optometry open forum or take the option to visit the Petronus Towers' viewing platform. In the evening travel by monorail and explore the markets on a culinary tour of the old Malay district.

The following day explore historic Malacca, a trading entrepot whose heritage is reflected in its well-preserved Portuguese, Dutch and British architecture. Take a walking tour to St. Paul's Hill for a panoramic view of Malacca, the straits and the old town. See the Portuguese Fort de Santiago, the ruins of St. Paul's Church and Dutch Square. Walk down Harmony Street to 'Antique Row'. Enjoy a traditional Malacca lunch, a blend of Chinese, Malay and Portuguese flavours, and take a boat ride on the Malacca River.

Depart Kuala Lumpur and travel into the interior to take a traditional long wooden boat into Taman Negara National Park, the world's most ancient rainforest. Transfer to the rainforest lodge. In the afternoon take a boat up a tributary river with the option to swim in the fresh water. In the evening take part in a nocturnal jungle walk.



Take the boat upriver in Taman Negara



previous travellers through history to cross by ferry to Penang Island and George Town.

In the morning visit the Penang Eye Hospital and learn how medical tourism works in Malaysia (or at leisure). After lunch explore vibrant, colourful George Town, today a UNESCO World Heritage city due to well-preserved colonial architecture dating from 1789. Take in Fort Cornwallis, the site of the original British settlement, and the first Anglican church in east Asia.

Take a tour of Penang and see the legacies of the city's boom period as you walk along Little India and onto the Khoo Kongsi, one of the most distinctive Chinese clan associations in Malaysia. Finish the tour with a gin and tonic at the Eastern and Oriental Hotel.

The following morning depart for the airport or take the extension to stunning Langkawi Island.

Rise early for optional bird watching before a jungle walk - which includes a 300 metre suspended canopy walkway through the jungle treetops. Visit Orang Asli village (the original inhabitants of the Malay Peninsula) to learn about their culture and approach to land preservation before dinner and night sky watching.

Drive 1800 meters into the Cameron Highlands to the hill station, which still retains its English character. After lunch at Cameron Highland Resort continue to the luxury Banjaran Hot Springs Resort for time at leisure. Unwind in the stunning geothermal hot springs amidst limestone hills, verdant rainforest, ancient caves and cascading waterfalls for the ultimate in seclusion and relaxation.

After a morning enjoying the hot springs, drive next day to the small city of Ipoh, which grew wealthy on the exports of tin in the 19th century. It is now a blend of grand colonial architecture and funky street art, which you will explore during a walking tour that incorporates Concubine Lane, one of the best places to admire the street art. Take the train from Ipoh's grand railway station (luggage will travel by bus) to Butterworth and follow in the footsteps of many



Tea plantation in the Cameron Highlands (top);
Colourful George Town, Penang (above)

Itinerary 6 – 19 April 2020

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

4 nights Kuching, Borneo – 3 nights Kuala Lumpur – 2 nights Taman Negara National Park
– 1 night Banjaran Hot Springs – 3 nights Penang

6 Apr (Mon)	Kuching				
Pm	Arrive and transfer to the Raneer Hotel				
7 Apr (Tue)	Kuching	B	D		
Am	Take an orientation of Kuching, established by the 'White Rajah of Sarawak'. Visit the ethnological museum and Fort Margherita				
Pm	Visit the innovative mobile cataract service and learn of their work				
Eve	Welcome dinner at the Margarita Gallery				
8 Apr (Wed)	Kuching	B	L	D	
Am	Visit the Semenggoh Wildlife Centre to view semi-wild orangutans in a natural setting. Visit Anah Rais longhouse in Bidayuh village and learn about the culture of the Land Dayaks. Guided walking tour to see medicinal plants				
Pm	Lunch at the village. Return to hotel				
Eve	Sunset cruise with drinks before dinner				
9 Apr (Thur)	Kuching	B	D		
Am	Drive and boat to Bako National Park with its many species of wildlife				
Pm	At leisure				
10 Apr (Fri)	Kuching / Kuala Lumpur	B	D		
Am	Fly to KL and check into the hotel				
Pm	Visit the Association of Malaysian Optometrists or at leisure				
11 Apr (Sat)	Kuala Lumpur	B	D		
Am	Tour old Kuala Lumpur. Visit the Central Market				
Pm	Optometry Open Forum or option to visit Petronas Towers				
Eve	A culinary tour in the Malay district, followed by dinner				
12 Apr (Sun)	Kuala Lumpur / Malacca / Kuala Lumpur	B	L		
Am	Full day tour of historic Malacca. Walking tour to St. Paul's Hill for a panoramic view of Malacca, the straits and the old town. See the Portuguese Fort de Santiago, the ruins of St. Paul's Church and Dutch Square. Walk down Harmony Street to 'Antique Row'				
Pm	Traditional Peranakan lunch. Boat ride on the Malacca River				
13 Apr (Mon)	Kuala Lumpur / Taman Negara National Park	B	D		
Am	Drive to Kuala Tembeling and take traditional long wooden boat into Taman Negara National Park, the world's most ancient rainforest. Check into the jungle lodge				
Pm	Boat trip up a tributary				
Eve	Nocturnal jungle walk				
14 Apr (Tue)	Taman Negara National Park	B	L	D	
Am	Optional early morning birdwatching and wildlife viewing. Jungle trek and treetop walk				
Pm	Visit the Orang Asli village (Batek Tribe) and learn how the nomadic people live in the rainforest and of their health care				
Eve	Barbecue dinner. Night sky watching				
15 Apr (Wed)	Taman Negara National Park / Banjaran Hot Springs	B	L		
Am	Drive through the Cameron Highlands				
Pm	Lunch at Cameron Highland Resort. Continue to the Banjaran Hot Springs Resort and luxuriate in the hot springs at leisure				
16 Apr (Thur)	Banjaran Hot Springs / Penang	B	D		
Am	At leisure in the hot springs				
Pm	Drive to Ipoh to explore and have lunch in Concubine Lane. Take the train to Butterworth and the ferry into George Town (luggage goes via bus)				
17 Apr (Fri)	Penang	B	D		
Am	Visit the Penang Eye Hospital and learn about medical tourism or at leisure				
Pm	Explore George Town on a heritage tour on foot and by trishaw				
18 Apr (Sat)	Penang	B	D		
Am	Walk along Little India to the Khoo Kongsi and the Chew Jetty				
Pm	At leisure				
Eve	Drinks at the Eastern and Oriental Hotel followed by farewell dinner				
19 Apr (Sun)	Penang	B			
Am	Depart Penang or take Langkawi extension				



The beaches of Langkawi

Langkawi Extension 19 – 22 April 2020

Take the short flight from Penang to Langkawi on 19 April and transfer for three nights to the Meritus Pelangi Beach Resort & Spa Langkawi. The resort is the perfect retreat for tropical tranquillity and is located on the shores of a white sandy beach. The rooms are housed in clusters of wooden chalets with private balconies. The rooms are based on gardens views but beach views are available for a surcharge. There are two swimming pools, a spa, squash, tennis, archery, mini golf, and bicycle rental. Nearby are a range of restaurants. Depart from the airport to your onward destination.

Hotels

The Ranea in Kuching is a boutique hotel with rooms and suites (contact us for upgrade details). The hotel has a great location between the Sarawak River and the old town and provides excellent service.

The Istana Palace is an upmarket hotel in the centre of Kuala Lumpur with large rooms, restaurants, a pub and outside swimming pool.

Mutiara Taman Negara Resort is a collection of wooden bungalows located within the ancient forest. There is a dining area with wifi access (not available in the rooms) and a bar.

Banjaran Hot Springs Resort is an exceptional 5-star retreat. The luxury hotel and spa is within a 22 acre valley amongst towering limestone hills, natural caves, pristine jungle, waterfalls and geothermal hot springs.

The Areca Hotel is a boutique hotel in a period building in George Town in Penang. The rooms are large with lovely tiled floors and the café serves excellent local cuisine.



The geothermal pool at Banjaran Hot Springs (top); Rainforest Lodge, Taman Negara National Park (above)



Proboscis monkey, Bako National Park, Sarawak

Tour Leader

David Shannon graduated in 1986 from Southern College of Optometry, Memphis, Tennessee, as a Doctor of Optometry. Between 2010 and 2013 he was Chairman of the AOP (Association of Optometrists). Previously he was AOP Board member responsible for OT (*Optometry Today*) and established the OT Editorial Advisory Board. He has consulted for Johnson & Johnson Vision Care and has trained practitioners and managers across the UK. Until 2014 he worked in the family practice, Shannon and Carton Ltd, in London. David has supervised undergraduate optometry students at City University's contact lens clinic. David has led successful optometry study tours to China, Cuba, South India, North India, South Africa, Sri Lanka, Nepal, Peru and Vietnam for Jon Baines Tours.

“David was an amazing tour leader.”

Felicity McCormack, Optometry Tour to China, April 2019



The mighty Sarawak River

**The cost of the tour is
US \$3,618 per person
(excluding international
flights and transfers)**

The cost includes:

- The services of an experienced tour leader (David Shannon)
- 13 nights' accommodation in twin-bedded rooms with private facilities in medium grade and heritage hotels, a jungle lodge and a luxury spa

Single supplement: US \$572

- Breakfast and lunch or dinner daily (all meals on 14 April)
- All admission fees
- Services of an English-speaking national guide
- All transport services and taxes
- Kuching – Kuala Lumpur flight
- All tips

The cost excludes:

- Meals not mentioned and drinks with meals
- All optional excursions, tours and visits
- Travel insurance
- Visa (if required)

**The cost of the extension at the
Meritus Pelangi Beach in Langkawi
pp sharing is US \$524 and includes:**

- Three nights' accommodation in double / twin-bedded rooms with breakfast

Single supplement: US \$263

- Flight to Langkawi and transfers

The cost excludes:

- Meals not mentioned and drinks with meals
- All optional excursions, tours and visits

The streets of Malacca



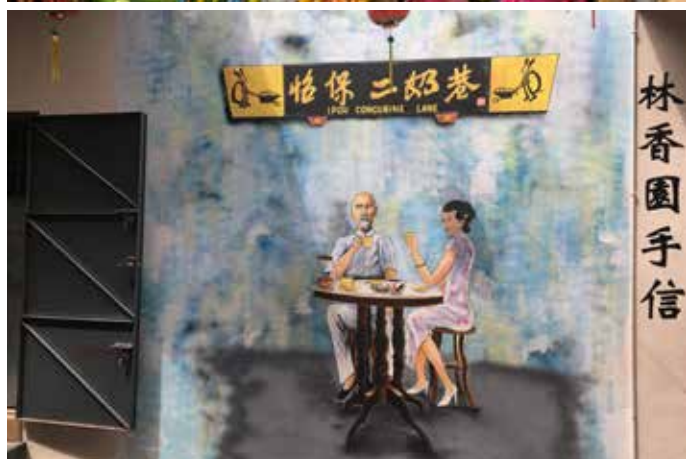
About Us

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.

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Iban girl in Sarawak (top); Food market, Malay District, Kuala Lumpur; Concubine Lane, Ipoh; Gibbons in Bako National Park (above)



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