



Christ the Redeemer overlooks Rio de Janeiro

Medical Study Tour to Brazil and Argentina

In association with the Royal Australian
College of General Practitioners

27 February – 12 March 2023

Pre-tour extension: Carnival Champion's Parade
24 – 27 February 2023

Post tour extension: Tierra Del Fuego
11 – 14 March 2023





Crashing Perito Merino glacier

Take a spectacular journey from Rio in Brazil to Patagonia in southern Argentina encompassing great variety in landscapes and cultures. Travel from effortlessly spectacular Rio de Janeiro to the vast, thundering Iguazu Falls and onto the cosmopolitan elegance of Buenos Aires before ending amongst the dramatic blue glaciers and icefields of Patagonia.

Along the way learn of the medicine and society in four very different parts of South America. In Rio learn of medical education and the history and practice of public health in Brazil. In Iguazu hear of the local clinic's work with the Guarani

indigenous community. In Buenos Aires visit the historic British hospital and an urban community clinic and in Patagonia learn of health care provision to remote communities. Partners are very welcome and there are some alternative non medical visit options on the tour.

There is the option before the tour starts to take a three-night extension in Rio de Janeiro and watch the Carnival Champion's parade, where the best carnivalistas will show off their samba and costumes. Following the tour there is the opportunity to travel further south, to Tierra del Fuego and walk among its dense sub-Antarctic forests and cruise the Beagle Channel.

Tour Leader

Dr Matt Young has been a GP for over 25 years. His practice at Medeco Inala won the RACGP Australian General Practice 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 in 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. An experienced and popular tour leader Matt also leads the RACGP Ghan Northern Territory Medical Tours.

"The tour ran like clockwork...the local guides were excellent. It was one of the best run tours I have been on...Every moment of the tour was filled with great activity and interesting information."

Emma Whalley, RACGP Ghan Medical Tour, June 2021

Iguazu Falls



Itinerary 27 February – 12 March 2023

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

3 nights Rio – 3 nights Iguazu Falls – 3 nights Buenos Aires
– 3 nights Patagonia – 1 night Buenos Aires



Day 1: Rio de Janeiro (Mon, 27 Feb) **D**

Eve: Arrive in Rio with its iconic setting and transfer to Windsor Leme Hotel in Copacabana to settle in and have dinner.

Day 2: Rio de Janeiro (Tue, 28 Feb) **B D**

Am: Rio de Janeiro's beauty is renowned for good reason. Spend your first morning taking in its breath-taking views, starting with a train ride to Corcovado Mountain, where the statue of Christ the Redeemer towers over the city.

Pm: After lunch take the cable car to Morro da Urca, the first stage en route to Sugar Loaf Mountain, to take a pleasant walk to the second stage with a superb panorama of Guanabara Bay, Copacabana and the surrounding area. That evening there will be a welcome dinner.

Day 3: Rio de Janeiro (Wed, 1 Mar) **B L**

Am: Visit the Oswaldo Cruz Foundation, a renowned public health research institution established in 1898 with the objective of developing vaccines. The institute became the base for memorable sanitation campaigns and has been involved in scientific expeditions and

public health initiatives in Brazil.

Pm: Visit the Federal University of Rio and visit the medical school and tour the the campus.

Day 4: Rio / Iguazu - Brazilian Side **B D**

(Thur, 2 Mar)

Am: Fly to Iguazu Falls which straddles the border between Brazil and Argentina. Both sides provide spectacular and very different perspectives. The Falls are simply astounding, with hundreds of thundering cascades spanning nearly 3km in length.

Pm: Visit the Brazilian side including the dramatic 'Devil's Throat'. Stand on a lookout platform perched above the majestic torrent of water, watching it plunge into invisible depths. The roar of the water is overwhelming and the 'smoke' from the cascade can be seen several kilometres away.

Day 5: Iguazu - Argentinian Side (Fri, 3 Mar) **B L**

Am: Spend the next day on the Argentinian side in the Iguazu National Park. Walk across walkways amongst the cascades within lush rainforest, with hundreds of butterflies fluttering in the mist.

Pm: Explore the surrounding rain forest and visit the Guiraoga Wildlife Refuge, a rehabilitation centre for injured wildlife. It carries out valuable research on the forest environment and has a breeding program for endangered species.

Day 6: Iguazu - Argentinian Side (Sat, 4 Mar) **B D**

Am: Visit the local Guiraoga community clinic and learn of their work with the indigenous Guarani community or at leisure.

Pm: Afternoon at leisure.

Day 7: Iguazu / Buenos Aires (Sun, 5 Mar) **B D**

Am: Fly to Buenos Aires. This elegant, edgy city often looks like Europe, and its denizens would be at home in the most stylish of Europe's cities, but it has its own Latin American twist.

Pm: In the afternoon immerse yourself into Buenos Aires life as the locals do with a coffee at the

ornate Café Tortoni before visiting the famous antiques market at San Telmo and the multi-coloured artist quarter of La Boca.

Day 8: Buenos Aires (Mon, 6 Mar) B D

Am: Starting in elegant Recoleta stroll along ornate Avenida Alvear, once home to the aristocracy of the city. Visit Recoleta Cemetery and the grave of Evita Peron. Head north to the attractive Palermo district.

Pm: Visit the British Hospital which has been serving the public since 1844.

Partner Programme: Visit Palermo Soho to explore the famous shopping area with its curving streets and wonderful parks.

Eve: Taste a selection of Argentinian wines before dinner at a local restaurant.

Day 9: Buenos Aires (Tue, 7 Mar) B D

Am: Visit a local health clinic or at leisure.

Pm: At leisure.

Eve: Dinner and Tango Show.

Day 10: Buenos Aires/ El Calafate (Wed, 8 Mar) B D

Am: Fly to the town of El Calafate in Patagonia.

Pm: Arrive and transfer to Calafate Parque Hotel.

Eve: Enjoy a traditional Patagonian dinner.

Day 11: El Calafate (Thur, 9 Mar) B L

Am: Drive out to the Perito Moreno Glacier.

Nothing quite prepares the first time visitor for the incredible size, colour and sound of the rare advancing Perito Moreno Glacier. Vast chunks of ice continually crack off the enormous blue glacier with a deafening crash into the waters below. This natural phenomenon is a thunderous 200 foot high and three mile wide river of constantly moving and exploding ice. There are a number of wooden catwalks to view the glacier.

Pm: Take a cruise up to the glacier. Visit the community health centre and hear of medicine in Patagonia.

Day 12: El Calafate (Fri, 10 Mar) B D

Am: At leisure or return to the wonderful, otherworldly land of the glaciers with a full optional day tour to the Upsala Glacier, a huge chunk of ice measuring thirty-seven miles long and nearly three miles wide. Board a catamaran that cruises past vast vivid blue gigantic icebergs on the way to Upsala Glacier.

Eve: Farewell dinner.

Day 13: El Calafate / Buenos Aires (Sat, 11 Mar) B D

Am: Fly to Buenos Aires or take the extension to Tierra del Fuego and transfer to hotel or take extension.

Day 14: Buenos Aires (Sun, 12 Mar) B

Am: Depart Buenos Aires.



Upsalla Glacier cruise



Ushuaia, Tierra del Fuego

Pre-tour extension: Carnival Champion's Parade 24 – 27 February 2023

Day 1: Rio de Janeiro (Fri, 24 Feb)

Pm: Arrive and check into the Windsor Leme Hotel.

Day 2: Rio de Janeiro (Sat, 25 Feb)

B

Am: Transfer to the Sambodromo to watch the top samba schools perform.

Day 3: Rio de Janeiro (Sun, 26 Feb)

B

Am: Day at leisure to relax or explore.

Day 4: Rio de Janeiro (Mon, 27 Feb)

B

Am: Those joining the main tour will arrive today.



Samba in Rio

Post tour extension: Tierra Del Fuego 11 – 14 March 2023

Day 1: El Calafate / (Sat, 11 Mar)

B D

Am: Fly to Ushuaia and transfer to the hotel.

Pm: Ushuaia is the southernmost city in the world and is located between the Beagle Channel and the sharp toothed glacial peaks soaring to nearly 1500 metres. Cruise along the Beagle Channel as Darwin did years before; past magnificent mountains and marine and birdlife.

Day 2: Ushuaia (Sun, 12 Mar)

B L

Am: Walk among its dense sub-Antarctic forests filled with brilliant orchids and mosses, hanging lichen, wild strawberries and cinnamon trees.

Pm: Following a lunch at Patagonian Mia, afternoon at leisure.

Day 3: Ushuaia (Mon, 13 Mar)

D

Am: Fly to Buenos Aires arriving in the afternoon and transfer to the hotel.

Day 4: Ushuaia / Buenos Aires (Tue, 14 Mar)

Am: Depart Buenos Aires.



Rooftop of Windsor Leme Hotel, Rio de Janeiro

Hotels

Windsor Leme Hotel (Rio de Janeiro)

The hotel has an excellent location facing the beaches of Copacabana and Leme. The neighbourhood is quiet and yet close to shops, restaurants and bars. The hotel features a panoramic terrace with a small infinity rooftop pool and bar.

Mercure Hotel Iru (Iguazu Falls)

The hotel is designed to combine comfort and nature harmoniously with a lovely pool. The hotel is located at the heart of the Iryapu Jungle, offering a very special experience with each room having a balcony.

Casa Sur Bellini (Buenos Aires)

Located in the Palermo district the stylish hotel boutique is well located for exploring the city, restaurants and wine bars. The hotel features a pool, excellent restaurant, a bar and garden.

Calafate Parque Hotel (El Calafate)

A cosy Alpine style hotel near the lake within walking distance of the town centre. The service is very friendly and efficient and the breakfast is excellent. The hotel facilities include a hot tub, sauna and Finnish Bath.

Tierra del Fugo (extension)

Located on a hill above the town the Los Acebos has spectacular views across the Beagle Channel. The Orange restaurant is known for its excellent food and great Argentinean wine.

The cost of the tour sharing a double or twin room is USD \$6,566

The cost of the tour with a room to yourself is USD \$7,658

The cost includes:

- 12 nights' accommodation in twin bedded rooms with private facilities in 4-star hotels
- Services of a tour leader (Dr Matt Young)
- Breakfast and lunch or dinner daily
- All professional visits, talks and meetings
- A full programme of cultural visits as per the itinerary
- Admission fees where applicable
- English speaking local guides
- Transport throughout by air-conditioned coach
- All internal flights as per the itinerary
- Tips

Cost of the Tierra Del Fuego extension sharing a double or twin room is USD \$1,515 and includes:

- 2 additional nights' accommodation in twin bedded rooms with private facilities in a 4-star hotels
- Breakfast daily, two dinners and one lunch
- Transport*, sightseeing and admission fees as per the itinerary
- English speaking local guides
- Flights from El Calafate to Ushuaia and Ushuaia to Buenos Aires

The cost of the Tierra Del Fuego extension with a room to yourself is USD \$1,767

** Transfers and tours in Tierra del Fuego are shared services; they are not exclusively for Jon Baines Tours customers.*

Cost excludes:

- International flights and airport transfers
- All personal extras such as portorage, laundry, inoculation fees, and drinks
- All optional excursions, tours or visits
- Visa (if required) and Travel insurance

The cost of the Carnival extension is on request due to the way carnival tickets are sold. Tickets for the Champion's Parade will go on sale six months before carnival. Tickets are on a first come basis and prices fluctuate as the date gets nearer. The cost of the carnival pre tour package will need to be paid for on booking and will be non-refundable. If you are interested in this, please contact us.

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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www.atol.org.uk/ATOLCertificate

Jon Baines Tours (London)
Hyde Park House, 5 Manfred Road,
London, SW15 2RS
Tel: +44 (0) 207 223 9485 / 5618
Email: info@jonbainestours.co.uk
www.jonbainestours.co.uk

Jon Baines Tours (Melbourne)
PO Box 68, South Brunswick,
Victoria 3055
Tel: +61 (0) 3 9343 6367
Fax: +61 (0) 3 9012 4228
Email: info@jonbainestours.com.au
www.jonbainestours.com

USA and Canada:
(Toll Free) 1-8777-398-764



See Rio from a cable car (top); Tango dancers, Buenos Aires; Iguazu Falls; Upsalla Glacier (above)



Jon Baines
tours

