



Christ the Redeemer overlooking Rio de Janeiro

Ophthalmology Study Tour to Brazil and Argentina

2 – 12 March 2020



Jon Baines
tours



Iguazu Falls (Brazilian side)

This tour, led by Professor Harminder Dua, will travel from effortlessly spectacular Rio de Janeiro to thundering Iguazu Falls and finish in the cosmopolitan elegance of Buenos Aires. Take in the history, the architecture and the natural beauty of Brazil and Argentina while participating in ophthalmology professional visits in both Rio de Janeiro and Buenos Aires.

Arrive in Rio with its iconic setting and transfer to your hotel in Copacabana to settle in and spend your first night.

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. 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.

Next morning the ophthalmologists will visit the Federal University of Rio de Janeiro and their Cornea Clinic. A partner programme will take in a tour of historic Rio, including the Metropolitan Cathedral, Candelaria Church, the Bank of Brazil Cultural Centre and take in the newly regenerated Port area. The group will re-join in

the afternoon, which will be at leisure. In the early evening there will be a lecture event with doctors from the Federal University and a chance to meet and talk with colleagues.

The following day fly to Iguazu Falls, landing on the Brazilian side. Iguazu Falls straddles the border between Brazil and Argentina and both sides provide spectacular - and very different - perspectives. The Falls are simply astounding, with hundreds of thundering cascades spanning nearly 3km in length. Visit the Brazilian side of the Falls, including the dramatic spectacle of 'Devil's Throat'. Here you can 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



Copacabana Beach, Rio de Janeiro



Iguazu Falls from the Argentinian side

kilometres away. Drive over the border to Argentina and check into your hotel.

Spend the next day on the Argentinian side, which is in the Iguazu National Park. Here you can walk amongst the cascades within lush rainforest, with hundreds of butterflies fluttering in the mist. In the afternoon visit Guiraoga Wildlife Refuge, a hospital and rehabilitation centre for injured wildlife. It carries out valuable research on the forest environment and has a breeding program for endangered species.

The next morning there will be talks by Professor Dua for the ophthalmologists at the hotel. The rest of the day will be at leisure to relax at the hotel or further explore the National Park.

Fly to Buenos Aires next morning. 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 melancholic Latin American twist. In the afternoon immerse yourself into Buenos Aires life as the locals do with a coffee stop at Café Tortoni before visiting the famous antiques market at San Telmo and the multi-coloured artist quarter of La Boca.

The next day visit the British Hospital and its ophthalmology department. The hospital has been serving the general public since 1844. In the afternoon enjoy a cruise along the beautiful Tigre Delta, where the roads are peaceful waterways. That evening there is the

opportunity to taste a selection of Argentinian wines before dinner.

After breakfast the following morning, there will be a professional visit to the ophthalmology department of the University of Salvador. The partners will visit the Palermo Soho area to explore the famous shopping area and visit the Fine Art Museum. Spend the afternoon at leisure before a dinner and tango show in the evening.

The following day continue exploring Buenos Aires, starting in the elegant Recoleta district. Stroll along Avenida Alvear, the most palatial street in Buenos Aires, once home to the aristocracy of the city. Visit Recoleta Cemetery (and the grave of Evita Peron) and the neighbouring El Pilar Church - one of the city's oldest. Head north to the Palermo neighbourhood, with its curving streets, wonderful parks and rose gardens. Enjoy a farewell dinner in the evening.

The following day transfer to the airport or take the extension to Patagonia.



Cruise along the tranquil Tigre Delta (top);
La Boca, Buenos Aires (above)

Itinerary 2 – 12 March 2020

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

3 nights Rio de Janeiro – 3 nights Iguazu Falls – 4 nights Buenos Aires



2 Mar (Mon) Rio de Janeiro

Eve Arrive and transfer to Windsor Leme Hotel in Copacabana

3 Mar (Tue) Rio de Janeiro **B D**

Am Take a scenic train ride to Corcovado Mountain to visit the statue of Christ the Redeemer and enjoy the views
Pm Take a cable car to Sugar Loaf Mountain, stopping at Morro da Urca and walk to the next station with a lovely panorama of Copacabana
Eve Welcome dinner

4 Mar (Wed) Rio de Janeiro **B D**

Am Professional visit to the Federal University of Rio de Janeiro and their cornea clinic. **Partner Programme:** Walking tour of downtown historic Rio, taking in the Metropolitan Cathedral, Candelaria Church, the Bank of Brazil Cultural Centre and the port area
Pm Afternoon at leisure
Eve Evening lectures with doctors from the Federal University of Rio de Janeiro

5 Mar (Thur) Rio / Iguazu Falls (Argentinian Side) **B D**

Am Fly to Iguazu (fly to the Brazilian side and transfer)
Pm Visit the Brazilian side of the Falls, including the impressive Devil's Throat. Check into hotel on the Argentinian side
Eve Dinner at the hotel

6 Mar (Fri) Iguazu Falls (Argentinian Side) **B L**

Am Visit the Argentinian side of the falls, taking in both the lower and upper trails. Walk along catwalks that hang over the falls for breath-taking views
Pm Visit the surrounding rain forest, including the Guiraoga wildlife refuge

7 Mar (Sat) Iguazu Falls (Argentinian Side) **B D**

Am Lectures by Professor Dua at the hotel
Pm Afternoon at leisure

8 Mar (Sun) Iguazu Falls / Buenos Aires **B D**

Am Transfer to the airport and fly to Buenos Aires
Pm Visit the antiques market at San Telmo and the artists' district of La Boca. Coffee at Café Tortoni
Eve Walk to dinner

9 Mar (Mon) Buenos Aires **B D**

Am Visit the British Hospital and its ophthalmology department
Pm Cruise along the Tigre Delta
Eve Wine tastings and dinner

10 Mar (Tue) Buenos Aires **B D**

Am Visit to the ophthalmology department of the University of Salvador. **Partner Programme:** Visit Palermo Soho to explore the famous shopping area and the Fine Art Museum
Pm Afternoon at leisure
Eve Dinner and tango show

11 Mar (Wed) Buenos Aires **B D**

Am Starting in the elegant Recoleta District, stroll along ornate Avenida Alvear, once home to the aristocracy of the city. Visit Recoleta Cemetery (and the grave of Evita Peron) and the neighbouring El Pilar Church. Head north to the attractive Palermo neighbourhood
Pm Afternoon at leisure
Eve Farewell dinner

12 Mar (Thur) Buenos Aires **B**

Am Depart for flight home or take the extension to Patagonia



Upsala Glacier

Pre-tour extension Carnival Champion's Parade

Enjoy 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.

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|---------------------|---|----------|
| 28 Feb (Fri) | Rio de Janeiro | |
| Pm | Arrive and check into the Windsor Leme Hotel | |
| 29 Feb (Sat) | Rio de Janeiro | B |
| Am | Day at leisure to relax or explore | |
| Pm | Transfer to the Sambodromo to watch the top samba schools perform | |
| 1 Mar (Sun) | Rio de Janeiro | B |
| Am | Day at leisure to relax or explore | |
| 2 Mar (Mon) | Rio de Janeiro | B |
| Am | Those joining the main tour will arrive today | |

The cost of the extension is on request due to the way carnival tickets are sold. Tickets for the Champion's Parade will go on sale 6 months before carnival. Tickets are on a first come basis and prices do 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 do get in touch and we will request the hotel and ticket prices for you.

Post-tour extension Patagonia

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|----------------------|---|------------|
| 12 Mar (Thur) | Buenos Aires / El Calafate | B D |
| Am | Fly to El Calafate | |
| Pm | Arrive and transfer to the hotel | |
| 13 Mar (Fri) | El Calafate | B L |
| Am | Drive out to the Perito Moreno Glacier and walk up to the glacier on catwalks | |
| Pm | Following box lunch take a cruise up to the glacier. Return mid afternoon | |
| 14 Mar (Sat) | El Calafate | B L |
| Am | Drive along the southern edge of Lago Argentino, board a catamaran and cruise past gigantic blue icebergs to the Upsala Glacier | |
| Pm | Return late afternoon | |
| 15 Mar (Sun) | El Calafate / Buenos Aires | B |
| Am | Fly to Buenos Aires and transfer to the hotel | |
| Pm | At leisure | |
| 16 Mar (Mon) | Buenos Aires | B |
| Am | Depart for airport to return home | |



Samba in Rio



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 an infinity pool and bar. The rooms are modern in style with wooden furniture and contemporary décor.

Mercure Hotel Iru (Iguazu Falls)

The hotel is designed to combine comfort and nature harmoniously. The hotel is located at the heart of the Iryapu Jungle, offering a very special experience. Each room has a balcony and the hotel also has a restaurant, bar and pool.

Serena Hotel (Buenos Aires)

Located in the Recoleta area of the city, the stylish hotel is well located for exploring the city, restaurants and wine bars. The hotel features, spa facilities and an indoor pool, as well as a bar and garden. Rooms are contemporary in style with large windows.

Kosten Aike Hotel

(El Calafate - Patagonia extension)

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, gym and spa services.



Lobby and bar at the Mercure Hotel, Iguazu Falls (top);
Serena Hotel garden, Buenos Aires (above)

Tour Leader

Harminder Singh Dua is an Indian-British medical doctor and researcher. He is the chair and professor of ophthalmology at University of Nottingham and is the head of the Division of Ophthalmology and Visual Sciences. Previously he was associate professor at the Thomas Jefferson University, Philadelphia, USA when he was invited to chair in Nottingham in April 1994.

Dua is also the former co-editor in chief, with Arun Singh, of the British Journal of Ophthalmology. He is past president of EuCornea, the European society of Cornea and Ocular surface disease specialists. He is also president of the EVERf (European Association for Vision and Eye Research Foundation) and past president of the association itself. He was elected to the chair of Academia Ophthalmologica Internationalis and invited to join as member of the American Ophthalmological Society by thesis. He is past president of the Royal College of Ophthalmologists, UK.

Professor Dua has over 200 research publications, 20 published letters, and 14 book chapters to his credit and has previously led a highly successful ophthalmology tour to south India.



Downtown Rio

Cost of the tour is USD \$4,193 ground only (excluding international flights and airport transfers)

The cost includes:

- 10 nights' accommodation in twin bedded rooms with private facilities in medium grade and 4-star hotels
- Services of a tour leader (Prof. Harminder Dua)

Single supplement USD \$ 875

- 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
- Flights from Rio de Janeiro – Iguazu Falls and Iguazu Falls - Buenos Aires
- Tips

The 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)
- Travel insurance

Cost of the Patagonia extension is USD \$1,533 and includes:

- 4 nights' accommodation in twin bedded rooms with private facilities in medium grade or 4-star hotels

The single supplement is USD \$252

- Breakfast daily, one dinner and two lunches
- Sightseeing as per the itinerary
- Admission fees where applicable
- English speaking local guides
- Flights from Buenos Aires to El Calafate return

The cost excludes:

- All personal extras such as portorage, laundry, inoculation fees, and drinks
- All optional excursions, tours or visits
- Tips
- Airport transfer on departure

Transfers and tours in El Calafate are shared services; they are not exclusively for Jon Baines Tours customers.

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.



See Rio from a cable car (top); Tango dancers, Buenos Aires; Aerial view of Iguazu Falls; Recoleta Cemetery (above)

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