



The castle in the Isola di Capo Rizzuto, Crotona in Calabria, Italy

Conflicts, Cures and Curiosities in the Eastern Mediterranean

19 – 28 September 2022

Malta • Italy • Albania • Greece

Valletta – Scicli – Modica – Pozzallo – Taormina – Messina – Lipari – Stromboli
– Crotona – Gallipoli – Lecce – Otranto – Sarande – Corfu – Delphi – Athens



Jon Baines
tours



Sail from Valletta Harbour in Malta

Set sail on the Callisto, a classic small cruise ship taking only 34 passengers. From Valletta to Athens, journey across the Eastern Mediterranean along the coastlines of Italy, Albania and Greece and explore medical and military history that spans thousands of years. Hear about ancient pharmacology, how religion and medicine co-existed in the ancient world, plagues and sailors from your expert onboard lecturers, Natasha McEnroe and Simon Chaplin.

Throughout the cruise enjoy private excursions that take you beyond the everyday. Cruise from dramatic Valetta Harbour through the Aeolian Islands and the Straits of Messina and along the Corinth Canal to Athens, visiting Delphi en route. Explore ancient ruins from Butrint to Taormina; wander around medieval and Renaissance towns that have charmed for centuries and relax over delicious Italian lunches.

There is a pre-cruise extension to Malta and a post-cruise extension to Athens and the Peloponnese, exploring the history and medical history of the area with Briony Hudson.

Tour leader and speakers

Tour leader Natasha McEnroe is the Keeper of Medicine at the Science Museum in South Kensington, London. Her previous post was Director of the Florence Nightingale Museum, and prior to this was Museum Manager of the Grant Museum of Zoology and Comparative Anatomy and Curator of the Galton Collection at University College London. From 1997 – 2007, she was Curator of Dr Johnson’s House in London’s Fleet Street and has also worked for the National Trust and the Victoria & Albert Museum. Natasha was co-editor of *The Hospital in the Oatfield – The Art of Nursing in the First World War* (2014), editor of *Medicine: An Imperfect Science* (2019) and co-editor of *The Medicine Cabinet* (2019). She is a Freeman of The Worshipful Company of Barbers.

Speaker Dr Simon Chaplin is an experienced historian, curator and public speaker. He is a past Monckton Copeman lecturer for the Society of Apothecaries, a Poynter lecturer for the British Society for the History of Medicine and a Hunterian Orator. He has lectured on several Jon Baines tours including three Mediterranean cruises. His past roles include Director of the Hunterian Museum at the Royal College of Surgeons of England, where he is also a Fellow of the Faculty of Dental Surgery, and Head of the Wellcome Library and Director of Wellcome Collection. He is currently the Chief Executive of Arcadia, a charitable fund of Lisbet Rausing and Peter Baldwin, and a trustee of Erasmus Darwin House in Lichfield and the Wende Museum in Los Angeles.

“The tour leader [Natasha] and lecturer [Simon Chaplin] worked extremely well together and went out of their way to look after the group; to keep us informed and interested. Their input meant that the group gelled.”

Maureen Watson Sheehan, History of Medicine Mediterranean Cruise, 3-15 Sep 2017

Malta Extension

This tour will be led by an expert local guide.

Greece Extension

Speaker Briony Hudson is a freelance pharmacy historian, lecturer and museum curator and is published widely. She is a past Chair of London

Museums of Health and Medicine and of the British Society for the History of Pharmacy. She is an Accredited Lecturer for The Arts Society, an Honorary Lecturer at the School of Pharmacy & Pharmaceutical Sciences, Cardiff University, a member of the International Academy for the History of Pharmacy, and President of the Faculty for the History and Philosophy of Medicine and Pharmacy at the Society of Apothecaries.

The attractive port of Otranto in Puglia, Italy





Malta Pre-Cruise Itinerary

16 – 19 September 2022

Day 1: Valetta, Malta (Fri, 16 Sept) **D**

Am: Learn about Malta's long and fascinating medical and military history. Malta's beauty is battle-scarred, thanks to the island's strategic position in the Mediterranean, which attracted the Phoenicians, Carthaginians, Romans, Byzantines and the Ottomans, the French and the British. In 60 AD St Paul brought Christianity to Malta via a shipwreck and the Arabs conquered the island in 870. Malta was an extension of Sicily until 1530, when Charles V bequeathed Malta to the Sovereign Military Order of St. John of Jerusalem, leading to its golden age. It experienced two great sieges, the last one during WWII. Arrive in Valletta and check into the hotel.

Pm: Visit Upper Barrakka Gardens for views over the Grand Harbour. See Fort St. Elmo and visit the Sacra Infermeria before watching the Malta Experience. Drive back to the hotel past the Siege Bell.

Day 2: Valetta, Malta (Sat, 17 Sept) **B L**

Am: Tour of Fort Mosta and look out over the Victoria Lines.

Pm: Walking tour of Mdina past Xara Palace Hotel and visit Mdina Cathedral. Panoramic view of the Island from Fontanella Tea Rooms. Return to the hotel via Mtarfa to visit a WWII hospital site and Mtarfa Military Cemetery.

Day 3: Valetta, Malta (Sun, 18 Sept) **B D**

Am: Visit the Grand Master's Palace gardens and armoury.

Pm: Visit the Casa Rocca Piccola, a 16th-century palace in Malta. The home of the noble Maltese family de Piro, it is also a museum that includes the collection of surgical instruments used in the Knights' medical practices.

Day 4: Valetta, Malta (Mon, 19 Sept) **B**

Am: At leisure.

Pm: Late afternoon transfer to the MS Serenissima and embark.

Main Cruise Itinerary

19 – 28 September 2022

Day 1: Valetta, Malta (Mon, 19 Sept)

B

Am: Fly into Valetta in Malta.

Pm: Embark on the Callisto.

Eve: Sail out of magnificent Valletta Harbour and enjoy a welcome dinner and drinks with your group as you sail into the Mediterranean.

Day 2: Pozzallo / Modica / Scicli (Tue, 20 Sept)

B L D

Am: Dock at Pozzallo to visit two of southern Sicily's UNESCO-listed baroque gems in Modica; the museum dedicated to doctor and polymath Tommaso Campailla and a historic chocolate factory that still uses an Aztec recipe brought to Sicily by the Spanish in the 16th century.

Pm: Enjoy a local lunch before returning to the ship via Scicli, where you will visit the Antica Farmacia Cartia.

Day 3: Messina / Taormina (Wed, 21 Sept)

B L D

Am: Dock in Messina, once one of Caravaggio's Sicilian refuges, and drive to beautiful Taormina. Visit the Teatro Greco and the Park Giovanni Colonna to discover the story of the remarkable English noblewoman, Lady Florence Trevelyan.

Pm: Lunch at a winery on the slopes of Mount Etna. Return to Messina. Talk: *"Syphilis and Seafarers"* – Simon Chaplin.

Day 4: Lipari / Stromboli (Thur, 22 Sept)

B L D

Am: Cruise to the Aeolian Islands and arrive in Lipari, the largest of the archipelago. Visit the archaeological museum and the Ecomuseo della Memoria, which covers the islands' extraordinary geology and the therapeutic use of its thermal baths.

Pm: Afternoon at leisure with a sunset cruise past Stromboli Volcano, which has been in almost continuous eruption for the past 2,000 years. Talk: *"Volcanoes and the Grand Tour"* - Natasha McEnroe.



Taormina, Sicily



Messina, Sicily

Day 5: Crotone (Fri, 23 Sept)

B L D

Am: Sail through the Straits of Messina and along the southern coast of Calabria to the ancient city of Crotone. Talk: *“Pythagoras and the medicine of Graeca Magna”* - Simon Chaplin.

Pm: Discover the history of Graeca Magna’s oldest city, home of the Pythagorean School which made Crotone one of the great centres of medical and scientific thought in the ancient world. Explore the traditional market in Piazza Pitagora, the Archaeological Museum and see the Castle of Charles V.

Day 6: Gallipoli / Lecce / Otranto, Italy (Sat, 24 Sept)

B L D

Am: Cruise to Gallipoli in Puglia and disembark to explore. Visit the Antica Farmacia Provenzano, a working pharmacy dating back to 1814. Travel to the beautiful city of

Lecce, known as the Florence of the South, and have lunch.

Pm: Visit the historic Ospedale delle Spirito Santo* and the Piazza del Duomo. Take a scenic tour through the beautiful countryside to re-join the ship at Otranto, an important Roman and medieval port, which is also one of Puglia’s most charming towns. Spend the evening at leisure looking out across the strait to the Balkans and Greece.

Day 7: Sarande, Albania (Sun, 25 Sept)

B L D

Am: Sail across the Adriatic into Sarande in Albania and spend the morning at the UNESCO World Heritage listed site of Butrint, a repository of its various inhabitants; Greeks, Romans, Byzantines and Venetians. Among its archaeological highlights are the baptistery with its colourful floor mosaics, superb

amphitheatre and medieval fortress. From the ruins take in the splendid views of the surrounding mile-high mountains.

Pm: Sail along the coasts of Albania and northern Greece to Corfu. Talks: *“Plague in the Adriatic”* - Simon Chaplin. *“The Durrells’ medical connections”* – Natasha McEnroe.

Eve: Arrive in Corfu, the resting place of Odysseus, and dock for the night, with free time to explore in the evening.

Day 8: Corfu (Mon, 26 Sept) B L D

Am: Visit the British Cemetery before continuing to the old town. Visit the old fort before a walking tour of the UNESCO World Heritage listed historical centre, with a stop at Bosketto, the former residence of

the British High Commissioner.

Pm: At leisure for lunch in Corfu or on the ship. Depart mid-afternoon. Talk: *“Greek gods and healers”* - Simon Chaplin.

Day 9: Itea / Corinth Canal **(Tue, 27 Sep)** B L D

Am: Disembark in Itea and drive to the sacred site of Delphi, one of Greece’s most important ancient sites. Explore the Sanctuary of Apollo, site of the sacred Delphic oracle, and walk along Delphi’s Sacred Way, visiting the Treasury of the Athenians and the 5,000-seat theatre dating from the fourth century BC.

Pm: Return to the ship and later that afternoon sail through the historic Corinth Canal.



Delphi, Greece



Athens, Greece

Day 10: Piraeus, Athens (Wed, 28 Sept)

B

Am: Sail into Piraeus, the port of Athens. Transfer to Athens airport or take the Athens and Peloponnese Extension.

** The Ospedale delle Spirito Santo is currently under restoration. If restoration is delayed and it is not open for our visit we will visit the Museo Faggiano.*

Athens and the Peloponnese Post-Cruise Itinerary

28 September – 1 October 2022

Day 1: Athens, Greece (Wed, 28 Sept)

D

Am: Transfer to the hotel.
Pm: Visit to the Acropolis and the acclaimed Acropolis Museum.
Eve: Dinner at a local restaurant.

Day 2: Athens / Tolo (Thur, 29 Sept)

B D

Am: Depart Athens and drive over the Corinth Canal to the ancient ruins of Nemea, where Hercules overcame the Nemean Lion and where the Nemean Games were held.
Pm: Visit Nafplio, one of the prettiest Greek towns, set on a lovely harbour surrounded by the Arcadian Mountains and crowned by a Venetian castle. Enjoy a walking tour of its narrow streets, filled with elegant Venetian houses and neoclassical mansions, before continuing to the coastal town of Tolo to check into the John and George Hotel. End with an ouzo tasting and samples of Greek meze. Talk: *“Theriac the miracle drug”* – Briony Hudson.

Day 3: Tolo (Fri, 30 Sept)

B L D

Am: Take a scenic drive through the Argos Plain to Mycenae, where you will enter by the Lion Gate. Explore the Royal Palace and the

remains of the city walls.

Pm: Continue to the magnificent amphitheatre at Epidaurus, birthplace of the son of Apollo, Asclepius. Visit the Asclepeion at Epidaurus - the most celebrated healing centre of the classical world - as well as the theatre and museum. Return to Tolo in the late afternoon.

Day 4: Tolo / Athens (Sat 1 Oct)

B

Am: Return to Athens.

“A very good tour. Natasha and Simon were excellent.”

Lesley Laxton, History of Medicine Cruise on the Volga, 2018

Cost of pre-cruise extension in Malta is USD \$1,164 and includes:

3 nights' accommodation (single supplement is USD \$330), English speaking local guide throughout, visits and meals as per the itinerary, admission fees, transport and tips.

Cost of post-cruise extension in Greece is USD \$1,194 and includes:

Tour leader (Briony Hudson), 3 nights' accommodation (single supplement is USD \$180), English speaking local guide throughout, visits and meals as per the itinerary, admission fees, transport and tips.

Extension costs exclude:

Airport transfers, meals not mentioned, drinks with meals, any optional excursions, tours or sightseeing, travel insurance, visa (if required).

Edidaurus amphitheatre, Greece





Callisto

Ship - Callisto

Explore the eastern Mediterranean aboard the charming Callisto. Equipped with a spacious lounge, dining areas decorated with warm colours, a rich library, two decks for sunbathing, shaded areas, an outdoor bar and loungers, these are just some of the elements that define her essence. 360° views of unobstructed ocean are your eyes' canvas painted with ocean blue and deep green mountains. Mingle with your fellow travellers in the Callisto's public areas, or enjoy a moment to yourself in her ample deck space, or retreat to your ocean view cabin-sanctuary, connecting you with mother nature's wonders.

Callisto takes a select 34 guests. Her experienced crew of 16 is trained with hospitality at heart to pamper you and guarantee the ultimate home away from home experience.

Renovated in 2015, the 34-passenger Callisto is part of a fleet of small ships based in Greece and the Adriatic. Originally built in 1963 as the Marina, the ship was fully converted into a cruise vessel in 2000 and, as such, retains the sleek lines of a classic cruiser, with decks that attractively slope up toward the bow. There are 17 cabins on the Callisto, spread across two decks with four

cabin grades - P, A, B and C - each with either a port hole or a window.

All cabins are comfortably arranged and beautifully furnished with wooden furniture and light fabrics. They all have marble-appointed en suite bathrooms with showers and are equipped with windows (main deck cabins) and portholes (lower deck cabins). All cabins have individually controlled air conditioning and fitted with flat-screen TV, telephone (for internal use), hairdryers, mini-fridge, central music, public address system and safety boxes. Four main deck cabins – bow section – offer double beds, while all other cabins in the lower and main decks are equipped with twin beds.



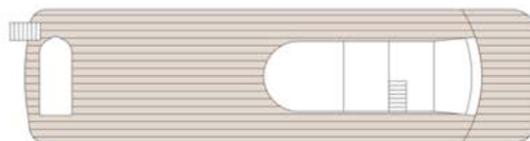
Kerkyra in Corfu, Greece

Deck Plan



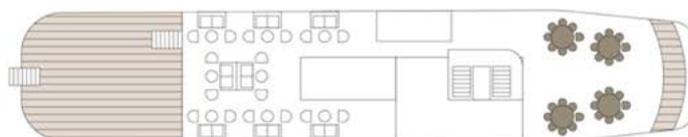
360°

SUN DECK



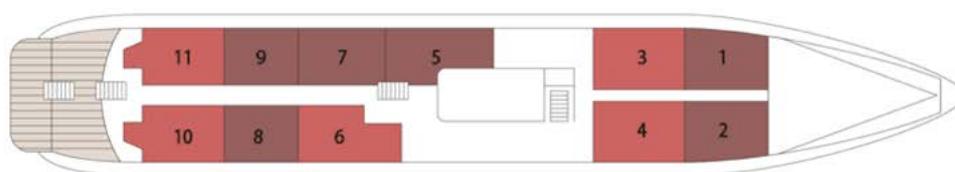
INFINITY

UPPER DECK



RIVIERA

MAIN DECK



OCEANS

LOWER DECK



Cabin Costs (per person):

C Grade - USD \$6,663

Lower deck, shower, portholes,
119 - 124 sq ft / 11 – 11.5 sq m

B Grade - USD \$7,098

Lower deck, shower, portholes,
130 sq ft / 12 sq m

A Grade - USD \$8,113

Main deck, shower, windows,
119 - 135 sq ft / 11 – 12.5 sq m

P Grade - USD \$8,990

Main deck, shower, windows,
140.5 – 146 sq ft / 13 – 13.5 sq m

- soft drinks at lunch and dinner
- Lunches on full day excursions
- Tea and coffee available on the ship through the day
- Private escorted shore visits exclusive to this cruise as per the itinerary
- Admission fees where applicable
- Services of local English-speaking guides
- Cabin portorage and tips

The cost excludes:

All personal extras such as laundry and vaccinations; all optional excursions, tours and visits; meals and drinks not mentioned; travel insurance; visa (if

The cost includes:

- International flights from London and transfers *
- Nine nights' accommodation with private facilities on Callisto
- Tour leader (Natasha McEnroe)
- Speakers (Natasha McEnroe and Simon Chaplin)
- Private specialist lecture programme
- Comprehensive briefing notes
- All meals on the cruise ship with wine, beer and

* Flights:

The cost of return flights from London are included in the cruise cabin costs. If you have booked your own international flights, then we will deduct our flight cost from your cruise costs. Please note that transfers are not included if you are arranging your own flights.

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.

All the flights and flight-inclusive holidays in this brochure are financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. Please ask for it and check to ensure that everything you booked (flights, hotels and other services) is listed on it. Please see our booking conditions for further information or for more information about financial protection and the ATOL Certificate go to:
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



Modica, Sicily (top); A view of Volcano Island from Lipari, Italy;
Butrint, Albania; Cruise through the Corinth Canal (above)



Jon Baines
tours

