



Nelson's Dockyard and Falmouth Harbour, Antigua

Caribbean Histories Discovering the People, Plants and Medicine of the West Indian Islands

14 – 28 February 2019



Jon Baines
tours



Roseau, Dominica

The Caribbean islands of the West Indies range from green mountain peaks and caster-sugar sand, to landscapes spiky with cactus. They harbour pirate coves and vibrant tropical reefs and have a vivid history. Learn about the stories of the people, plants and medicine of the West Indian islands on this cruise. Tour leaders Bill and Helen Bynum are medical and botanical historians and will give specialist talks and commentary throughout.

Escorted shore excursions include visits to spice and fruit plantations, formal and botanical gardens, sugar estates, mansions and imposing forts. Learn about the history of these islands, hotly contested by various colonial powers for centuries, and the rich natural flora that provided food and medicine for the islanders - and trade for the colonial powers - throughout the ages.

Arrive in Bridgetown, Barbados, and transfer to *Braemar* in the afternoon. Enjoy a welcome drinks party on your first evening aboard.

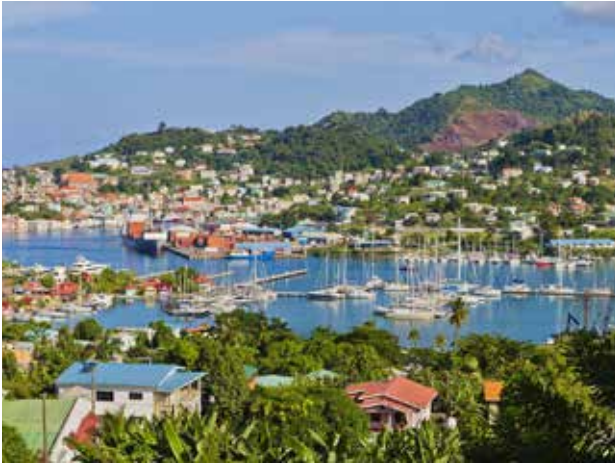
Spend the next day exploring bustling Bridgetown with its vividly coloured colonial

buildings. Tour the historic Garrison Savanna District, which contained the largest garrison in the British Colonies during the 18th and 19th centuries and is today a Unesco World Heritage site for its historical significance. The tour includes a visit to George Washington's house, a beautiful Georgian house at the top of Bush Hill where Washington stayed in 1751 – the only place he lived outside of the USA.

Dock at St George's on the spice island of Grenada. Built by the French in 1799, this is one of the most picturesque towns in the Caribbean. Visit the well-preserved Fort Frederick with



The promenade at Bridgetown, Barbados



St George's Harbour, Grenada

its wonderful views. Continue to Laura Spice Gardens for a fascinating tour of nature's remedies and explore the botanical Palm Tree Gardens with their anthuriums, bromeliads, orchids, and over 25 species of palm trees and superb mountain and ocean views. After lunch enjoy time at leisure before returning to the ship via the 18th century Westerhall Estate, a rum distillery with the original equipment in situ, for rum tastings.

Spend the next day at sea enjoying the ship's facilities and listening to lectures on board.

Dock in Willemstad, Curacao, where classic Dutch architecture has been given the local treatment, painted in vibrant colours. Your day here is at leisure. You may relax on a beach, swim or snorkel, explore at your own pace or take part in optional activities including visiting the Maritime Museum, Christoffel National Park with its former plantations and Savonet Museum. The ship departs later in the evening.

Early next morning dock in Kralendijk on Bonaire, a lively and colourful port city named for the brilliant coral reef just a few feet from its shoreline, which has been designated a national park. Visit beautiful Goto Lake in the north of the island and see the numerous flamingos that make the lake their home before visiting Bonaire Botanical Garden for a wealth of information on organic gardening, permaculture and medicinal plants in the desert-like landscape of Bonaire. These

gardens are a charming maze of lush greenery, flowing fountains and whimsical artwork. In the afternoon relax at leisure, with options to visit beaches for swimming or experience Bonaire's famous coral reef by snorkelling.

Spend the next day at sea enjoying the ship's facilities and listening to lectures on board.

Arrive in Tortola, the largest of the British Virgin Islands. Spend a full day at leisure.

Spend the next day at sea enjoying the ship's facilities and listening to lectures on board as you head towards Grand Turk, Turks and Caicos Islands. Arrive at Grand Turk, the capital island of the Turks and Caicos and its historical heart. This is where Christopher Columbus first made landfall on his journey to the New World in 1492. Prior to tourism, the great industry of Grand Turk was salt harvesting, started by Bermudan settlers in the 1600s. Visit the two-mile expanse of natural salt pans and visit the charming little Turks and Caicos



Willemstad, Curacao (top) ; See the flamingos on Bonaire (above)



National Museum in Guinep House - named for the large Guinep tree out the front.

Spend the afternoon at leisure enjoying the natural beauty of the island and the rustic charm of the capital, Cockburn. The cruise departs late in the evening so there is time to relax over a sundowner at the end of the day.

Spend the next day at sea enjoying the ship's facilities and listening to lectures on board.

Next stop is Basseterre, the charming capital city of St Kitts and Nevis islands. St Kitts was one of the earliest of Britain's colonies and so highly prized that the vast Brimstone Fortress was built to defend it. Built by slave labour in the 1690s, it towers 240 metres above sea level. Visit this breathtaking complex, now a Unesco World Heritage Site, as well as Bloody River and Romney Manor, a seventeenth century sugar estate with beautifully restored Botanical Gardens. Spend time at leisure or take an optional tour of St Kitts on the pretty Sugar Train that trundles around the coastline, or visit Nevis.

Dock in St John's on the small island of Antigua. Disembark and explore the Unesco-listed Nelson's Dockyard in English Harbour, once Britain's main naval base in the northeastern Caribbean and one of the most heavily defended places in the world. The Georgian naval dockyard has been restored and named after the young Horatio Nelson, who

once served there. Visit the Admiral's House Museum and Rosmacs Herb Garden and take a scenic drive through the lush tropical forest. Spend time at leisure before the ship departs.

Next morning arrive in Roseau, the capital of Dominica, nicknamed 'nature island' with good reason. Drive up to Morne Bruce, a former military garrison overlooking Roseau that provides spectacular views. Continue to the beautiful 40-acre botanical gardens and to Morne Trois Pitons National Park, a stunning Unesco World Heritage site encompassing volcanoes, hot springs, freshwater lakes, a 'boiling lake' and rich biodiversity. Cool off with a swim in Emerald Pool at the bottom of the 50-foot Emerald Falls. After lunch at Papillote Wilderness Retreat visit the village of Trafalgar and see the spectacular twin "Mother and Father" Trafalgar Falls. Return to the ship for a farewell drinks party.

Next morning arrive back in Bridgetown in Barbados and disembark.



Brimstone Hill, St Kitts (top); Trafalgar Falls, Dominica (above)

Itinerary 14 – 28 February 2019

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

Barbados – Grenada – Curacao – Bonaire – Tortola – Grand Turk, Turks and Caicos – St Kitts
– Antigua – Dominica – Barbados

14 Feb (Thur) Bridgetown, Barbados **D**
Pm Arrive Bridgetown and transfer to *Braemar*
Eve Welcome drinks party

15 Feb (Fri) Bridgetown, Barbados **B L D**
Am Tour of the Garrison Savanna Historic District, including George Washington's House

16 Feb (Sat) St. George's, Grenada **B L D**
Am Visit Fort Frederick, Laura Spice Gardens and the Palm Trees Gardens
Pm Lunch at La Sagesse and time at leisure. Return via Westerhall Estate, a museum and former rum distillery for tastings

17 Feb (Sun) Cruising **B L D**
Am Talks: *"The Caribbean: Histories of the tropical Islands in the Ring of Fire"*
Part 1 - Landscape and Life
Part 2 - Discovery & Empire
Pm At leisure

18 Feb (Mon) Willemstad, Curacao **B L D**
Am Full day at leisure. Options to visit the Maritime Museum, Christoffel National Park with its former plantations and Savonet Museums, or enjoy Willemstad or swimming and snorkelling

19 Feb (Tue) Kralendijk, Bonaire **B L D**
Am Visit Goto Lake to see flamingos and visit the Bonaire Botanical Garden (a small private botanical garden)
Pm Option to visit beaches for swimming and snorkelling

20 Feb (Wed) Cruising **B L D**
Am Talks: *"The Columbian Exchange"*
"Health & Healing in the Caribbean"
Pm At leisure

21 Feb (Thur) Road Town, Tortola **B L D**
Am Full day at leisure

22 Feb (Fri) Cruising **B L D**
Am Talks: *"Commodity Trading: Salt, Sugar, Spice and Slaves"*
"Botanical Gardens in Paradise"
Pm At leisure

23 Feb (Sat) Grand Turk, Turks & Caicos **B L D**
Am Visit the salt pans and the Turks & Caicos National Museum in Guinep House
Pm At leisure in Grand Turk

24 Feb (Sun) Cruising **B L D**
Am Talks: *"Ship ahoy: navies and pirates"*
"Routes to Independence"
Pm At leisure

25 Feb (Mon) Basseterre, St Kitts **B L D**
Am Visit to Brimstone Fortress, Bloody River, Romney Manor and its Botanical Gardens
Pm At leisure or options for scenic train journey or to visit Nevis

26 Feb (Tue) St John's, Antigua **B L D**
Am Visit Nelsons Harbour and the Admiral's House Museum, tour Rosmac's Herb Garden and scenic drive through the tropical forest
Pm At leisure in Antigua

27 Feb (Wed) Roseau, Dominica **B L D**
Am Drive to Morne Bruce. Continue to the Botanical Gardens and into Morne Trois Pitons National Park. Option to swim in the Emerald Pool
Pm Lunch at Papillote. Visit the village of Trafalgar and see Trafalgar Falls
Eve Farewell drinks party

28 Feb (Thur) Bridgetown, Barbados **B**
Pm Arrive Bridgetown and transfer to the airport

All itineraries are subject to change according to local conditions.



The salt pans on Grand Turk



Braemar at sea

MS Braemar

The cruise is on Fred Olsen *MS Braemar*, a lovely classic mid-sized ship with light and airy décor and excellent, friendly customer service. It has a gym with sea views, a small spa and salon, a crafts room, two swimming pools, two whirlpools, golf nets and deck games. Large windows bathe the ship's interiors in natural light and offer spectacular views while polished wooden fixtures, gleaming brass fittings and rich fabrics provide a traditional country house hotel atmosphere. Capable of comfortably accommodating up to 929 guests, *Braemar* provides a good selection of restaurants, bars and lounges. The five-deck high Atrium leads to the Fitness Centre, Palms Café, Coral Club and the Thistle Restaurant. There is also a dedicated private room for the lectures on board.

“The Bynums were readily available as an excellent source of academic leadership.”

Paul Siklos, *Medical History in Italy*, 2016



On deck Braemar



Turks and Caicos National Museum, Grand Turk

Tour leaders & speakers

Bill Bynum is Professor Emeritus at University College London. A Yale graduate in medicine, he began his career in the history of medicine with a Cambridge PhD before moving to the Wellcome Institute for the History of Medicine. His *History of Medicine: A Very Short Introduction* and *A Little History of Science* have been translated into 14 languages.

After a PhD in the History of Medicine from University College London, **Helen Bynum** lectured at the University of Liverpool before beginning a freelance career as a medical historian and popular science writer. Together with Bill she edited *Great Discoveries in Medicine* before turning their attention to the world of plants and their histories in *Remarkable Plants that Shape our World* and *Botanical Sketchbooks*. 'Team Bynum' have led and lectured on successful tours and cruises for Jon Baines Tours.

"The tour leaders were kind, caring and available all of the time. The seminars were exciting, enjoyable and full of useful information. Both William and Helen showed compassion in teaching and went out of their way to look after and be kind to all on the trip."

Anjna Harrar, Medical History in Italy, 2016

The cruise costs do not include flights. For assistance booking flights to and from the cruise, please contact Jon Baines Tours.

The Cost of the Cruise is:

- N Grade - Single Inside = USD \$4,344
- M Grade - Single Inside = USD, \$4,727
- L Grade - Single Outside = USD \$5,327
- I Grade - Twin Inside = USD \$3,405
- H Grade - Inside Twin as single = USD \$5,014
- H Grade - Twin Inside = USD \$3,724
- F Grade - Twin Outside = USD \$3,901
- E Grade - Outside Twin as single = USD \$5,336
- E Grade - Twin Outside = USD \$4,024
- C Grade - Superior Twin = USD \$4,338
- B Grade - Superior Twin = USD \$4,582
- BA Grade - Balcony twin = USD \$1,110

Please contact us for a deck plan and full specific cabin details.

The cost includes:

- Comprehensive briefing notes
- Private specialist lecture programme
- Transfers for group flights
- 14 nights' accommodation with private facilities on *MS Braemar*
- All meals on the cruise ship and iced water, standard tea and coffee with all meals and juice for breakfast
- Lunches on full-day excursions
- Tea and coffee making facilities in cabins
- All on-board entertainment
- Private escorted shore visits as per the itinerary
- Admission fees where applicable
- Services of local English-speaking guides
- Cabin portage and all tips
- Two Captain's Cocktail parties, one welcome and one farewell drinks party and one private ship party, with drinks and canapés

The cost excludes:

- International flights and transfers (if not taking group flights)
- All personal extras eg laundry, vaccinations
- All optional excursions, tours and visits and drinks not mentioned
- Travel insurance and visas (if required)

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.



The beach at Bonaire (top); Nelson's Dockyard, Antigua; Tortola; Trois Pitons National Park, Dominica (above)

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