



The Great Wall

Medicine in China in association with the Royal Society of Medicine

20 May – 3 June 2018

*“An amazing, interesting and really well organised
trip. Best we have experienced.”*

Dr Patricia and Mr Derek Wilson, Obstetrics, Gynaecology & Fertility in China, 2016





Cruise along the Three Gorges

This tour takes you on a journey through China's history, culture and medicine. From imperial Beijing journey onto the Silk Road city of Xi'an. Travel by high speed train into Sichuan and the city of Chengdu, known for its arts, cuisine, teahouses and pandas. Take a train to Chongqing and embark on a three-night cruise along the great Yangtze River, past some of China's most stunning scenery. The tour ends in the dynamic city of Shanghai.

The tour will also examine health care in China and the challenges posed due to its rapid economic development and the legacy of the One Child Policy. The visits include a city teaching hospital, a private clinic and, by way of contrast, a community paediatric clinic. Learn how the NGO sector works on a visit to the La-La-Shou Children's Centre and see how Chinese Medicine is used on a visit to a traditional hospital.

Arrive in Beijing, China's mighty imperial city, where the ancient and the modern collide on the most magnificent scale. In the late afternoon take a short walk down leafy streets to the impressive Temple of Heaven.

The following morning visit the beautiful Summer Palace and a teahouse. In the afternoon

drive out to visit the iconic Great Wall with a traditional Peking Duck dinner in the evening.

Next morning visit the historic Tong Reng Tang, a pharmacy founded in 1669 that prescribes both Western and Chinese medicine. Continue to the vast expanse of Tiananmen Square and the impressive Forbidden City, once barred to all but the inner royal circle. Afterwards take a walking tour of one of the traditional districts of old Beijing, the *hutongs*, which are the oldest areas of the city.

The following morning visit a neighbourhood paediatric and family planning clinic and in the afternoon take part in departmental visits at



The Forbidden City, Beijing



The Terracotta Warriors

the Hai Dian Teaching General Hospital. There is a partner programme exploring Art District 798. Located in a site of abandoned factories, the district has been turned into an eclectic mix of galleries, art studios, design companies, restaurants and bars.

The following morning fly to Xi'an, an ancient Silk Road hub and probably the first truly multicultural city in the world. Visit the excellent Hospital of Chinese Medicine, where you will tour the departments of herbal medicine, massage and acupuncture.

Early the next morning visit the necropolis of the Terracotta Warriors, where you will have ample time to explore this superb site. In the afternoon visit La-La-Shou Special Education Centre, an NGO that provides rehabilitation education support to children with a range of learning difficulties, support to their family and social advocacy. This is the tour's nominated project and the donation provides an outdoor play day for the children and parents. In the evening visit the old Muslim quarter, when it comes to vibrant life as the locals throng its many restaurants and food stalls.

Early risers have the option to watch – or join – locals practising tai chi in the park the next morning. Return for breakfast before a walk along the intact medieval city walls and visit atmospheric Calligraphy Street Market. Later board the train to Chengdu and travel across

the Shaanxi Plain and through the Qinling Mountains into the Sichuan Basin and Chengdu.

Visit the Giant Panda Breeding Research Base the next morning. In the afternoon visit a herbal medicine garden, before enjoying tea in one of Chengdu's famous tea houses. The following morning visit the atmospheric Wenshu Monastery. That afternoon is at leisure with options to explore the local spice market or the Bamboo, Arts & Crafts Institute.

Take the train to the port city of Chongqing and visit the The Three Gorges Museum. This museum's collection encompasses the history, art and archaeology of Yangtze River and recent development including the dam, providing context to your river cruise.

Board the 5-star Victoria cruise ship and commence your three-night cruise along the Yangtze River. The first day of the cruise visits the extraordinary ghost city of Fengdu, situated on the northern bank of the Yangtze; not a ghost city in the sense that it is abandoned, but because it has its own unique culture surrounding ghosts and the afterlife going back almost 2000 years.

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Xi'an city walls

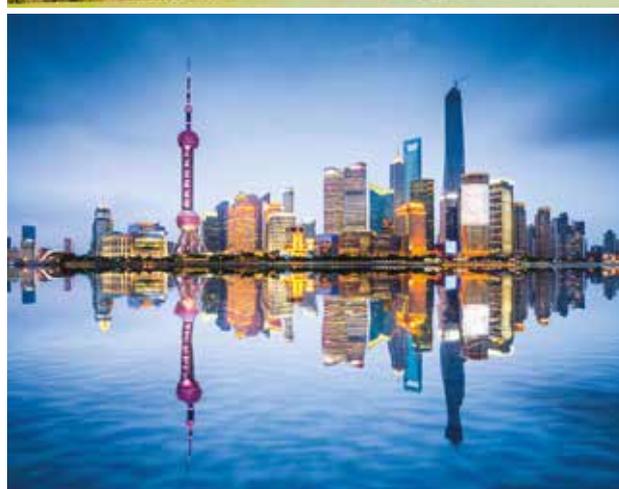


ghost city in the sense that it is abandoned, but because it has its own unique culture surrounding ghosts and the afterlife going back almost 2000 years.

The following day the ship cruises through the Three Gorges, where the Yangtze carves a green ribbon through enormous rock walls. Board a small boat and cruise into the peaceful Lesser Gorges, on clear water amidst majestic soaring cliffs and towering hillsides. Pass through Qutang Gorge, the shortest, narrowest and possibly most impressive of the Lesser Gorges, and Wu Gorge, one of the most beautiful sections of the Yangtze River, flanked by high peaks that are often capped by fog or clouds.

Disembark the next morning and take a specially designed sightseeing boat through the recently-completed unique ship lock with a ship lift, the world's largest. Afterwards visit the Three Gorges Dam, a remarkable if highly contentious piece of engineering. In the afternoon fly to Shanghai, with its spectacular skyline and fabulous Art Deco heart.

On your final day explore Shanghai, including the excellent Shanghai Museum, Yu Garden, the French Concession and the Bund, before enjoying a farewell dinner. Transfer to the airport the next day for your return flight, extend in Shanghai or take an optional extension to stunning Guangxi Province (see overleaf).



Panda in Chengdu (top); Sichuan teahouse; Towering Yangtze cliffs; Shanghai skyline (above)

Itinerary 20 May – 3 June 2018

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

4 nights Beijing – 2 nights Xi'an – 3 nights Chengdu – 3 nights Yangtze Cruise – 2 nights Shanghai

20 May (Sun) Beijing

Am Arrive and check in to the Holiday Inn
Temple of Heaven
Pm Walk to see the Temple of Heaven

21 May (Mon) Beijing **B D**

Am Visit the Summer Palace
Pm Visit the Great Wall
Eve Peking Roast Duck dinner

22 May (Tues) Beijing **B D**

Am Visit the Tong Ren Tang Pharmacy,
Tiananmen Square and the Forbidden
City
Pm Explore the *hutongs* of Old Beijing
Eve Option to see the Beijing Acrobats

23 May (Wed) Beijing **B D**

Am Visit a neighborhood paediatric and
family planning clinic
Pm Visit Hai Dian Teaching General Hospital
(departmental visits). Partner
programme to the Art District 798

24 May (Thur) Beijing / Xi'an **B D**

Am Fly to Xi'an. Transfer to the Jianguo
Hotel
Pm Visit the Xi'an City Hospital of Chinese
Medicine - visit departments of Herbal
Medicine, Massage and Acupuncture
Eve Optional Tang Dynasty Theatre

25 May (Fri) Xi'an **B D**

Am Visit the Terracotta Warriors
Pm Visit the La-La-Shou Children's Centre
(our nominated project)
Eve Visit the evening market

26 May (Sat) Xian / Chengdu **B D**

Am Optional early morning visit to the local
park to watch or take part in tai
chi. Visit the old city walls and the
Calligraphy Museum
Pm Take the high-speed train to Chengdu
and transfer to the Lhasa Hotel

27 May (Sun) Chengdu **B D**

Am Visit the Chengdu Panda Research Base
Pm Visit a medicinal herb garden and take
tea in a traditional house

28 May (Mon) Chengdu **B D**

Am Visit a private medical clinic. Explore the
old city of Chengdu including Wenshu
Monastery
Pm Optional visit to the food and spice
market or the Bamboo, Arts & Crafts
Institute
Eve Sichuan hot pot dinner

29 May (Tues) Chengdu

/ Three Gorges Cruise **B L D**

Am Train to Chongqing. Visit the Three
Gorges Museum, with a collection on
the history, art and archaeology of
Yangtze River and recent developments
including the dam
Pm City tour of Chongqing
Eve Board Victoria Cruise Lines riverboat

30 May (Wed) Three Gorges Cruise **B L D**

Am Visit Fengdu "Ghost City", known for its
statues of ghosts and devils on
Mingshan Hill

31 May (Thur) Three Gorges Cruise **B L D**

Am Enter the Three Gorges. Pass Qutang
Gorge and Wu Gorge. Qutang Gorge is
the shortest (five miles), narrowest (500
feet), and most dramatic
Pm Excursion through the attractive gorges
of the Goddess Stream

1 Jun (Fri) Three Gorges Cruise / Shanghai **B L D**

Am Disembark and take a specially designed
sightseeing boat through the unique
ship lock with a ship lift. Visit the Three
Gorges Dam
Pm Fly to Shanghai and transfer to the
Ocean Hotel

2 Jun (Sat) Shanghai **B D**

Am Visit People's Square and the Shanghai
Museum
Pm Visit the Yu Garden, French Concession
and the Bund
Eve Farewell dinner

3 Jun (Sun) Shanghai **B**

Am Depart Shanghai or extend

NB: All itineraries are subject to change according to local conditions. This itinerary is ground only and departure and arrival dates may differ.

"I thoroughly enjoyed both the professional visits and sightseeing."

Jacqueline McConnell, OT in China, 2017



Guangxi Province

Extensions

Extension to Guanxi Province

Guangxi Province has been a favourite of Chinese artists throughout the ages due to its spectacularly beautiful landscapes. Fly from Shanghai to Guilin and spend the afternoon enjoying the sites of the city including the river front and many galleries. Next morning enjoy a scenic cruise along the stunning Li River to the cobblestone town of Yangshuo. Spend the rest of your day at leisure to enjoy the charms of the town and its lovely surroundings. There is an optional class teaching how to cook mouth-watering and highly spiced Sichuan cuisine. While here you may take a cycle or buggy ride through the local villages or explore the local surroundings. In the evening there is the option of watching a spectacular *son et lumière* show. Fly from Guilin to Shanghai or to Hong Kong. Price available on request.

Extend in Shanghai

Extend your tour in Shanghai and further explore the city's museums, galleries and historic sites. Outside Shanghai there are day trip to Suzhou known for its classical gardens and silk and the attractive water town of Tongli.

If interested in either extension, please contact the Melbourne or London office for more details.

“All optional activities were good. The son et lumiere show in Yangshuo was exceptional!”

Malcolm Yee, Pharmacy in China 2016



Cormorant fishermen on the Li River (top);
Tongli water town (above)



National guide Zhang in full flow

Tour Leader

David Wilkinson qualified in medicine from St Bartholomew's Hospital and specialised in anaesthesia. Following an appointment at Barts, David took a sabbatical year in Perth, Western Australia. When he returned to London David had already started to collect equipment to create an anaesthesia museum at Barts, an interest has remained throughout his career. David has been involved in anaesthesia organisations globally, was recently President of the World Federation of Societies of Anaesthesiology (WFSA) and has a wealth of international connections. An inveterate traveller, David has lectured on a Jon Baines Cruise, spent a lot of time on every continent except Antarctica and has travelled to lecture, teach and holiday in equal measure!

National Guide

Zhang Zhong Jiu (known as John) has worked with Jon Baines since 1994, taking healthcare and cultural groups around China. Educated in Beijing and London and widely travelled, with familial links in Australia, John is extremely knowledgeable and popular with our groups for his ability to bring China's history and society to life with personal anecdotes. Having led a wide variety of professional groups over so many years, his breadth of knowledge is second to none.

“John's breadth of knowledge of China, history, current changes and regions was amazing.”

Marla Harris, Occupational Therapy in China, March 2017

The cost of the tour is USD \$3,886 per person sharing (excluding international flights and transfers)

The cost includes:

- The services of an experienced tour leader (David Wilkinson)
- 11 nights' accommodation in twin-bedded rooms with private facilities in medium grade and first class hotels
- Three nights on a 5-star Cruise Ship

The single room supplement is USD \$630

- Breakfast and lunch or dinner daily on the tour
- An allowance of soft drinks, tea and beer with meals on the tour
- All meals on the cruise
- All admission fees
- Services of a specialist English speaking national guide (Zhang Zhong Jiu)
- All transport services and taxes in China
- Donation to the La-La-Shou Children's Centre
- All Tips

The cost excludes:

- Meals not mentioned
- All optional excursions, tours and visits
- Travel insurance
- Visa

The tour professional programme is eligible for CPD. Please contact us after the tour to request an attendance certificate.

“Overall a phenomenal tour and very pleasing leadership.”

Margaret Yee, Pharmacy in China, October 2016

Flights

If you require help booking flights to China please contact the London office on +44 (0)207 223 9485 or the Melbourne office on +61 (0)3 9343 6367.

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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The Beijing Acrobats (top); The Temple of Heaven;
Street Market Xian; Views from the Yangtze Cruise (above)



Jon Baines
tours

