



Church of the Spilled Blood, St Petersburg

A Dentistry and History of Medicine Cruise along the Volga From Moscow to St Petersburg

5 – 16 October 2018

CPD Applied For



Jon Baines
tours



Church of St Dimitry of the Blood, Uglich

Journey along the Volga River from Moscow to St Petersburg and learn about Russia's rich culture and history, as well as its dental practice and dental history, alongside CPD lectures and specialist visits in Moscow and St Petersburg. This cruise will give you insight into the culture and history of this extraordinary land and also look at how dental practice developed here over many years. The CPD lectures on board the cruise will be complemented by special talks by the tour leader, Tony Druttman, on his own fascinating and unusual familial connections with dentistry in Russia.

This cruise runs alongside a medical history cruise itinerary and participants are also welcome to attend these lectures.

Arrive in Moscow and transfer to the hotel before a welcome dinner in the hotel restaurant in the evening.

Next morning visit the Moscow State Medical and Dental University, including its museum, and in the afternoon visit the Chekhov House Museum, which is Chekhov's former home in Moscow with the bedrooms, drawing room and study all intact. In the afternoon transfer onto the *MS Rostropovich* river cruise ship.

Next day take a city tour of Moscow. Visit the iconic UNESCO listed Kremlin, a fortified complex at the heart of the city that contains the seat of the Russian Government and once housed the royal palaces. There will also be a visit to the Armoury Chamber to see gold and silver from the Tsar period, imperial regalia and historic armour, as well as a visit to Red Square and St. Basil's Cathedral. Return to the ship and enjoy a



Cruise past St Nicholas Kalyazin on the Volga River



Kirillo Monastery

welcome drinks party on board in the evening.

Next morning cruise along the Volga and hear talks (see itinerary for details of talks). The ship will dock at the historic town of Uglich, once a fortress but now a peaceful retreat. Take a walking tour of this beautiful town, one of the oldest in Russia and noted for its lovely architecture, and visit the Kremlin, the Church of St Dimitri of the Blood and the Transfiguration Cathedral with its superb frescoes. Return to the ship.

Continue cruising along the Volga the next day and hear a talk. Dock at the small settlement of Goritsy, famous for its monasteries, and drive to visit the Monastery of St Cyril on the White Lake, the second largest and most important monastery in Russia's history and a particular favourite of Ivan the Terrible. Visit the 17th century Big Medical Hall and Small Medical Hall, which used to contain a pharmacy with herbal remedies. Many elderly monks were healers and younger apprentices played nurses' roles. Visit the archaeological excavation and return to the ship.

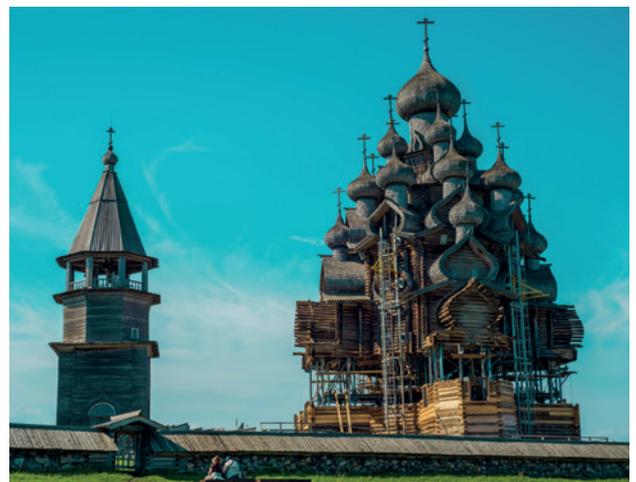
Cruise with time at leisure and hear a talk the following morning. Dock on Kizhi Island in Lake Onega to see over 80 traditional wooden structures, including bathhouses, saunas and churches, which make this island an open-air museum. The architectural highlight is the spectacular Kizhi Pogost, a UNESCO World Heritage site, consisting of a 22-dome Transfiguration Church and a 9-dome

Intercession Church and a bell-tower – all built entirely of wood, reputedly without using a single nail.

Cruise on to Mandrogi village, a traditional town that was burnt down during World War II and restored to its former glory in the 1990s by local woodworkers and craftspeople. Wander through its cobbled streets and gingerbread-like wooden houses with options to see local crafts and visit the Museum of Vodka. Return to the ship and hear a talk with an Open Forum.

Arrive in St Petersburg, a city built on a swamp by Peter the Great in 1703 that went on to set the world standard for grandeur. Take an orientation bus tour of this great city, seeing its many magnificent sites including Tavrishesky Palace, Summer Garden, Palace Embankment, Winter Palace and the Church of the Saviour of Spilled Blood. Visit the Peter and Paul Fortress, the first building and original citadel of St. Petersburg. In the afternoon visit one of the world's largest and oldest museums, the Hermitage. Set in the magnificent Winter Palace and adjoining buildings, it has over three million items in its collection, a fraction of which are on display in 360 rooms. There will be the opportunity to return here during your last day at leisure in St Petersburg. Return to the ship.

Next morning disembark the *MS Rostropovich* and take a boat cruise through the canals of St Petersburg to the Museum of Hygiene. Tour this small and eclectic museum, which includes pictures, models and waxworks about personal



Wooden churches on Kizhi Island



hygiene, samples of diseased organs in jars and the stuffed body of one of Pavlov's original dogs. Continue with a guided tour of the fascinating Kunstkamera, an ethnographic museum established as Russia's first museum by Peter the Great in 1718. Continue to Yusupov Palace, one of the two remaining St. Petersburg residences of the monumentally wealthy Yusupov family, and the scene of Grigory Rasputin's assassination. It is one of the few aristocratic homes in the city to have retained many of its original interiors after the revolution. Transfer to the elegant Hotel Astoria and settle in at leisure before dinner at the hotel in the evening.

Next morning visit the Nevsky Cemetery, perhaps the most famous of St Petersburg's historic cemeteries – the final resting place for many Russian luminaries. Continue to the Military Medical Museum, one of the largest

medical museums in the world. In the afternoon drive to Pushkin and visit The Catherine Palace, a stunning building with a blue and white facade with a circumference of nearly 1km that contains the famous Amber Room. Return to the hotel with the option of seeing a ballet performance in the evening.

Visit the modern City Dental Polyclinic #22 the next morning and meet with Russian dentists, learning of their work through a tour and talks. There is an alternative museum visit with bus and guide for partners. The afternoon is at leisure to experience this magical city at your own pace. Enjoy a farewell dinner in the evening.

Your final morning is at leisure, with the opportunity to return to the Hermitage, before checking out of the hotel and departing St Petersburg.



1 night Moscow – 7 nights cruise – 3 nights St Petersburg

5 Oct (Fri)	Moscow D	12 Oct (Fri)	St. Petersburg B L D
Pm	Arrive Moscow and transfer to the Holiday Inn Tagansky Hotel	Am	Orientation bus tour of the city seeing Tavrishesky Palace, Summer Garden, Palace Embankment, Winter Palace, the Spire of the Basil Island, St. Isaac's Cathedral, Nevsky Prospekt and the church of the Saviour of Spilled Blood.
Eve	Dinner in the hotel restaurant		Visit the Peter and Paul Fortress
6 Oct (Sat)	Moscow B D	Pm	Visit the Hermitage Museum. Return to the <i>MS Rostropovich</i>
Am	Visit the Moscow State Medical and Dental University, including its museum		
Pm	Visit the Chekhov House Museum. Transfer onto the <i>MS Rostropovich</i> river cruise ship		
7 Oct (Sun)	Moscow B L D	13 Oct (Sat)	St. Petersburg B D
Am	City tour of Moscow, visiting Red Square and St Basil's Cathedral	Am	Depart the <i>MS Rostropovich</i> .** Take a cruise through the canals of St Petersburg to the Museum of Hygiene
Pm	Lunch and visit the Kremlin and the Armoury. Return to the <i>MS Rostropovich</i>	Pm	Continue with a guided tour of the Kunst Kamera and the Yusupov Palace. Transfer to the Hotel Astoria
Eve	Welcome drinks party		
8 Oct (Mon)	Cruising B L D	14 Oct (Sun)	St. Petersburg B L
Am	Cruise along the Volga. CPD Lecture: <i>"War and Teeth – conflict and dental surgery"</i> Tony Druttman (TD) Talk: <i>"Russian Medicine in the Age of Enlightenment"</i> Simon Chaplin (SC) <i>"Russian Writers in Rude Health"</i> Natasha McEnroe (NM)	Am	Visit the Nevsky Cemetery and the Military Medical Museum
		Pm	Lunch in Pushkin and visit the Catherine Palace
Pm	Dock at Uglich. Walking tour to the Kremlin, Church of St Dimitri of the Blood and the Transfiguration Cathedral	Eve	Optional ballet performance
9 Oct (Tue)	Cruising B L D	15 Oct (Mon)	St. Petersburg B D
Am	Cruise along the Volga. CPD Lecture: <i>"Dentistry in the 20th Century – a family history"</i> TD <i>"Folk Medicine and Faith Healers"</i> SC	Am	St. Petersburg State Health Care Institution "City Dental Polyclinic #22. Tour the clinic, hear lectures on its work and meet with Russian colleagues. Partner Programme: Alternative museum visit (with bus and guide)
Pm	Cruise to Goritsy and visit the Monastery of St. Cyril on the White Lake. Visit the Monastery Museum and the Big Medical Hall containing a collection* and the archaeological excavation	Pm	At leisure
		Eve	Farewell dinner
10 Oct (Wed)	Cruising B L D	16 Oct (Tues)	St. Petersburg B
Am	Cruise along the Volga. CPD Lecture: <i>"Update in Endodontics"</i> TD <i>"Collective Health"</i> SC <i>"Medicine and the Romanovs"</i> NM	Am	At leisure
Pm	Visit Kizhi open-air museum of wooden architecture including some Russian banyas (bathhouses) – wooden cabins used as saunas and places of healing	Pm	Depart St Petersburg for onward flight
11 Oct (Thur)	Cruising B L D		
Am	Free time to explore the charming traditional village of Mandrogi		
Pm	CPD Lecture <i>"Endo vs Implants"</i> TD <i>"Cold War Medicine"</i> SC Open Forum		

* At the time of writing the collection is being restored and should be open by 2018.

** Luggage will be put onboard a coach.

There are also talks on the medical history of Russia on this cruise, which participants may attend and a series of events arranged by the cruise ship, including a "bread and salt" ceremony, a Russian tea ceremony and vodka and blini tasting.

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



MS Rostropovich



A room at Holiday Inn Tagansky Hotel, Moscow

Holiday Inn Tagansky Hotel, Moscow

An attractive contemporary hotel in a peaceful yet central location, the Holiday Inn Tagansky Hotel has very spacious and comfortable rooms, a very good restaurant and friendly, efficient and welcoming staff.

MS Rostropovich river cruise ship

This Russian 5-star four-deck vessel features spacious and comfortable cabins, most with balconies. Unusually for a river cruise ship, it also has a lift. The cabins are equipped with extended bathroom with shower stall and furnished with two separate beds that can be joined, bedside tables, console mirror, chairs, wardrobe, TV, fridge, radio, telephone, hair dryer and safe. MS Rostropovich was built in Czechoslovakia in 1980 and was fully refurbished from the hull in 2009.

Hotel Astoria, St Petersburg

Completed in 1912, the luxury Hotel Astoria was designed by renowned St Petersburg architect Fyodor Lidval. Perhaps the city's most famous hotel and a key St Petersburg landmark, the historic building is now Grade 1 listed and has a superb central location with wonderful views of St Petersburg. In 1941, following the outbreak of the Second World War, a hospital was stationed at The Astoria to treat writers, artists and musicians trapped in the city during the siege. It also featured in the 1995 James Bond film, GoldenEye.



Rotonda lounge, Hotel Astoria

Tour leader and speaker

Tony Druttman qualified from Leeds Dental School in 1981 following a brief career in Chemical Engineering. He gained a Master's degree in Conservative Dentistry from the Eastman Dental Institute in 1987. Since 1999 he has been a specialist in Endodontics, has been President of the British Endodontic Society and is a visiting teacher at the Eastman Dental Institute CPD. He has lectured both in the UK and abroad and has contributed to a number of dental publications. He has a referral practice in the West End of London. Tony has led tours for us in Cuba, China, South India, on a cruise along the Danube River and a Baltic Cruise that included Russia.

“Tony was a brilliant leader who looked after us all extremely well.”

Lindy Rule, Dental Study Tour to South India, 2013

Jon Baines Tours also has a History of Medicine Tour taking place on this cruise. Participants on both groups are welcome to listen to lectures from either group – details of the History of Medicine speakers are below.

Natasha McEnroe is the Keeper of Medicine at the Science Museum in South Kensington, London and was previously Director of the Florence Nightingale Museum and Museum, Manager of the Grant Museum of Zoology and Comparative Anatomy and Curator of the Galton Collection at University College London.

Dr Simon Chaplin is Director of Culture and Society at the Wellcome Trust in London. Prior to that he was Head of the Wellcome Library. He was formerly Director of Museums and Special Collections at The Royal College of Surgeons of England, where he managed the Hunterian Museum.

The cost includes:

- Comprehensive briefing notes
- Tour leader (Tony Druttman)
- Private specialist CPD lecture programme
- One night accommodation with private facilities at the 4-star Holiday Inn Tagansky Hotel
- Seven nights' accommodation with private facilities on the *MS Rostropovich* river cruise ship. Cabin costs vary according to grade. Costs and single supplements are given below
- Three nights' accommodation with private facilities at the 5-star Hotel Astoria.
- All meals on the cruise ship (not on excursions)
- Breakfast and lunch or dinner in St Petersburg
- All onboard entertainment
- Private escorted visits as per the itinerary
- Admission fees where applicable
- Services of local English speaking guides
- Cabin portage and all tips

The cost excludes: International flights and transfers, all personal extras such as laundry, inoculation fees, all optional excursions, tours and visits, travel insurance and visas

Cabins

All cabins have en suite facilities, air conditioning, 220 volt socket. The cabins are furnished with twin or double beds, bedside tables, console mirror, chair, wardrobe, TV, fridge, radio, telephone, hair dryer and safe.

J Grade Cabins – main deck, 12 sqm

USD \$3,770 per person, single supplement USD \$903

H Grade Cabins – middle deck with balcony, 13 sqm **USD \$4,032 per person, single supplement USD \$1,055**

F Grade Cabins – main deck (no balcony), 19 sqm **USD \$4,144 per person, single supplement USD \$1,879**

D Grade Cabins – middle deck Cabins (no balcony), 21 sqm **USD \$4,256 per person, single supplement USD \$1,961**

C Grade Cabins – middle deck with balcony, 16 sqm **USD \$4,424 per person.** Single on request

B Grade Cabins – boat deck with balcony, 16 sqm **USD \$4,704 per person.** Single on request

A Grade Cabins – sun deck with balcony, 16 sqm **USD \$4,844 per person.** Single on request

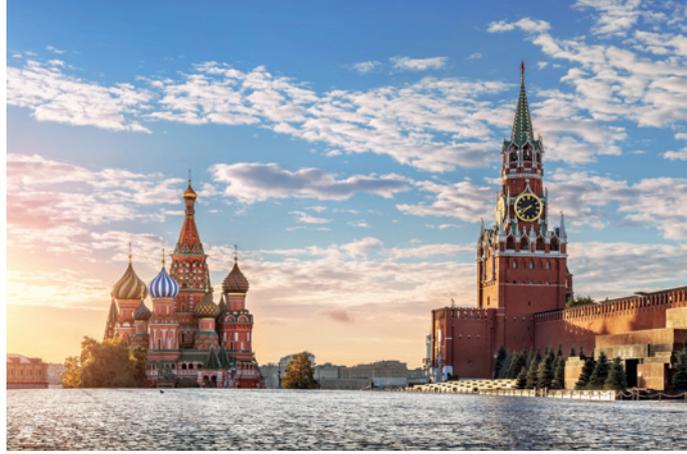
About Us

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



Red Square and St Basil's Cathedral; Kremlin by the Volga, Moscow;
Traditional house at Goritsy; The Catherine Palace, St Petersburg (above)



Jon Baines
tours

