



The Blue Mosque, Istanbul

In the Steps of Florence Nightingale in Istanbul

12 – 16 June 2019

The visits were “extremely good. The guide is excellent and friendly. Everything very well organised. We made the most of our time and learned a lot.”

Teresa Pinto Coelho, In the Steps of Florence Nightingale, 22-26 October, 2012



Jon Baines
tours



Sunset in Sultanahmet

Istanbul's history is as richly layered as one of its baklava pastries. The only city in the world that spans two continents, it is a bewitching dust-devil of cultures and influences spanning thousands of years. Follow in the footsteps of Florence Nightingale and see her story come alive in this fascinating city where you can step from Asia into Europe and back again against a skyline studded with domes and slender haunting minarets.

Upon your arrival you will transfer to your hotel. That afternoon Natasha McEnroe will give a fascinating talk on the battles that Florence Nightingale faced at Uskudar, the site of Scutari. This talk provides context to your visit to Scutari the following day and illustrates the challenges she faced and her achievements in overcoming them. Your first evening will be spent enjoying a welcome dinner.

The next morning visit one of Byzantine Istanbul's most imposing sights, the Aya Sophia. Its huge arching dome, encrusted with exquisite mosaics, appears to stand unsupported thanks to brilliant engineering. Continue to the Selimiye Barracks at Scutari, where Florence Nightingale tended thousands of Turkish and Allied soldiers during the Crimean War. During her two years here, she laid the foundations of modern nursing care and a museum has been dedicated to her in the northwest tower. Browse amongst her personal belongings and visit the British Cemetery before

seeing the old Kuleli Hospital. Take part in a delicious Istanbul culinary street food lunch and then visit the Suleymaniye Mosque with its collection of medical manuscripts. Later there is an enthralling talk on the stark realities of Nursing in the Victorian age. There is the option of seeing whirling dervishes perform in the evening.

Next morning travel to the Blue Mosque, a triumph of harmony, proportion and elegance. Built in 1603, the 'blue' of the mosque refers to the superb Iznik tiles that line the walls. Visit Topkapi Palace, the residence of Ottoman sultans for almost four centuries and a dazzling display of royal Islamic architecture, and the spectacular underground Roman cisterns nearby.



The Grand Bazaar



Bosphorus at night (top); Aya Sophia (above)

Continue onto the Grand Bazaar, a labyrinth of colourful stalls and shops selling everything from kilims to coffee pots. Stop at one of the numerous tea houses and try your hand at bartering with some of the world's experts.

Later enjoy a drink at the ornate and historic Pera Palace where Agatha Christie stayed and wrote much of *Murder on the Orient Express*. Natasha will then give a talk on the many fascinating similarities in the lives of Agatha Christie and Florence Nightingale. Dinner that evening is on the platform of the atmospheric Orient Express Railway Station.

The following morning continue to the visit the fragrant Egyptian Spice Market and take part in a culinary walking tour. Take a cruise along the Bosphorus in the afternoon and in the evening enjoy a farewell dinner with the group.

Your final morning is at leisure before transferring to the airport later in the day.

Itinerary 12 – 16 June 2019

12 Jun (Wed)	London / Istanbul	D
Am	Depart London Heathrow	
Pm	Arrive Istanbul and transfer to the hotel	
Eve	Talk: " <i>Florence Nightingale Battles in Uskudar</i> " Natasha McEnroe. Welcome dinner	
13 Jun (Thur)	Istanbul	B L
Am	Visit the Aya Sophia. Visit Selimiye Barracks, Florence Nightingale Museum and the British Cemetery	
Pm	Street Food Lunch. Pass by old Kuleli Hospital. Visit the Suleymaniye Mosque with its collection of medical manuscripts	
Eve	Talk " <i>Nursing and Medicine in the Victorian Age</i> " NM. Optional whirling dervishes	
14 Jun (Fri)	Istanbul	B D
Am	Visit the Blue Mosque, Topkapi Palace (including the hareem) and the Roman underground cisterns	
Pm	Visit the Grand Bazaar. Enjoy a drink at the Pera Palace. Talk: " <i>The Queen of Crime and The Lady With the Lamp</i> " NM	
Eve	Dinner at the Orient Express Railway Station	
15 Jun (Sat)	Istanbul	B D
Am	Visit the Egyptian Spice Market with specialist guides and take part in a culinary walking tour	
Pm	Cruise on the Bosphorus	
Eve	Farewell dinner	
16 Jun (Sun)	Istanbul	B
Am	At leisure	
Pm	Depart for airport. Arrive London Heathrow	

"This tour was amazing value... I have fallen in love with this country"

Barbara Back, Florence Nightingale in Istanbul, 2012





Tokapi Palace

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) and *The Tyranny of Treatment: Samuel Johnson, His Friends and Georgian Medicine* (2003). Her research interests focus on 18th and 19th-century medical humanities. Natasha has previously led many medical history tours and cruises.

Marmara Pera Hotel

The Marmara Pera Hotel is situated in Istanbul's fashionable district of Beyoglu or Pera, located on the European side of Istanbul and separated from the old city by the Golden Horn.

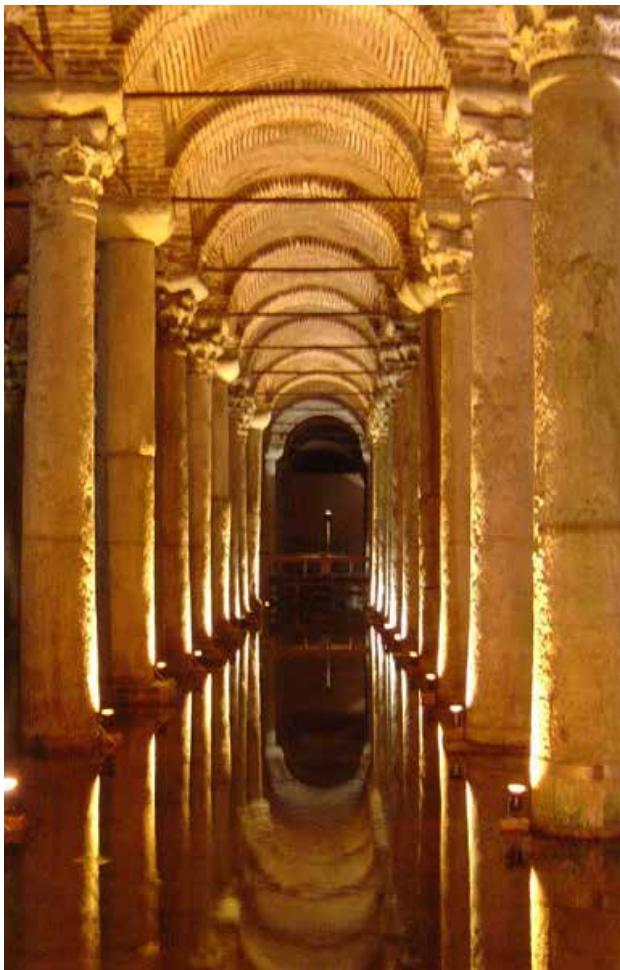
This stylish hotel features a rooftop terrace with an outdoor pool. The Marmara Café offers international and Turkish cuisine, snacks and refreshing drinks. The acclaimed Mikla Restaurant provides new Anatolian cuisine with panoramic Bosphorus views. There are also numerous restaurants and bars within a few minutes' walk.

“Natasha was an excellent leader, ensuring that the pace of activities was suitable for all.”

Sally Wrigley, History of Medicine Mediterranean Cruise, 2017

Panoramic view of the Bosphorus





Suleymaniye Mosque (top); Underground Cistern (above)

The flight inclusive price from London is USD \$1,747 per person

The ground only cost of the tour is USD \$1,369 per person

The cost includes:

- Return flights on British Airways between London Heathrow and Istanbul
- Airport Transfers
- UK tour leader and lecturer throughout (Natasha McEnroe)
- Four nights' accommodation with private facilities
The Marmara Pera

The single room supplement is USD \$174

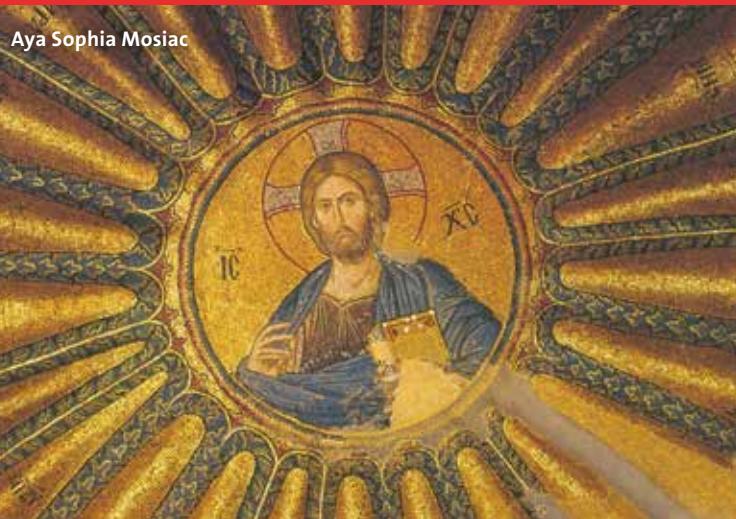
- Breakfasts daily
- Three dinners
- Istanbul street food lunch
- Culinary walking tour of the spice bazaar
- All cultural and professional tours and talks
- Bosphorus cruise
- Admission fees where applicable
- Local English speaking guide on all the tours
- All transport services

The cost excludes:

- Meals not mentioned
- All personal extras such as tips, portage, laundry, inoculation fees and drinks
- Travel insurance
- All optional excursions

"A lovely lady; she knows her subject really well. Good lectures, well presented. Well organised."

Jan Hancock, In the Steps of Florence Nightingale, 2012



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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Spices (top); Scutari, Istanbul; Sultanahmet from the Bosphorus;
The Grand Bazaar; Aya Sophia (above)



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tours

