



The Blue Mosque, Istanbul

In the Steps of Florence Nightingale in Istanbul

16 – 20 May 2020

“Feel privileged to manage to get into the barracks to see such a moving and respectful homage to Florence Nightingale. Interesting food and full marks for getting samples of local cuisine.”

Katahleen Hamblett, In the Steps of Florence Nightingale Tour, Istanbul, June 2019



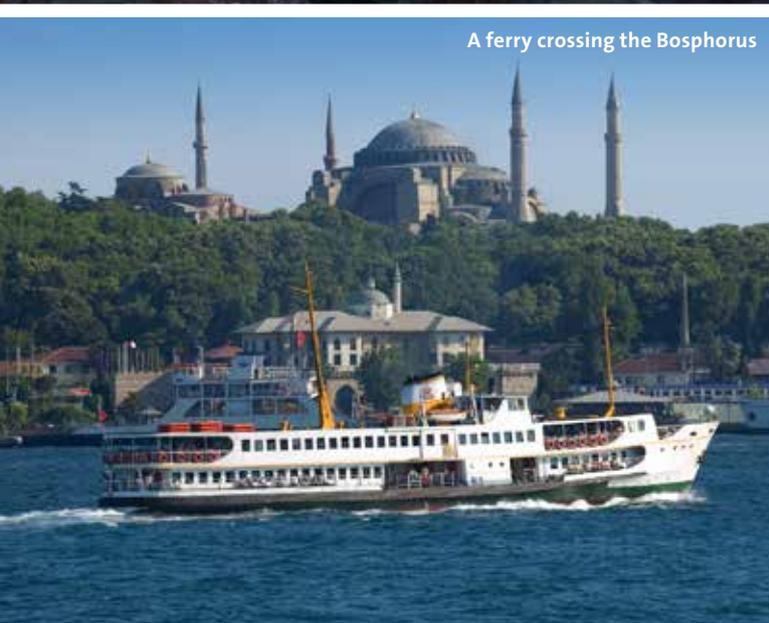
Jon Baines
tours



Fresh spices piled high at the Egyptian Spice Bazaar



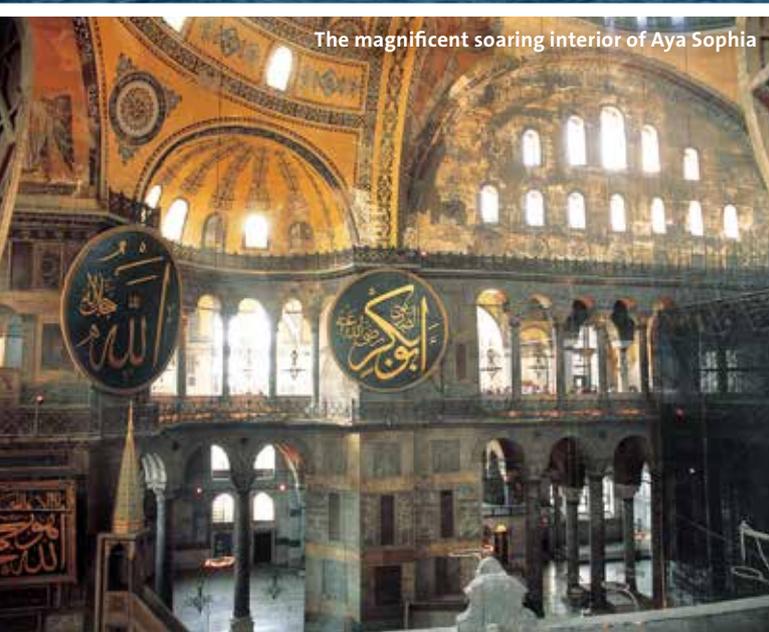
Sunset over the Bosphorus



A ferry crossing the Bosphorus



The old Ottoman Hospital



The magnificent soaring interior of Aya Sophia



A tram in elegant Pera, favoured haunt of Agatha Christie



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 against a skyline studded with domes and slender haunting minarets. This tour can be combined with our Florence Nightingale in the UK tour that will take place on 11-16 May 2020, coinciding with the 200th anniversary of Florence's birth.

Upon your arrival you will transfer to your hotel. Your first evening will be spent enjoying a welcome dinner.

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. Enjoy lunch at one of the oldest restaurants in the city before visiting the labyrinthine underground Roman cisterns.

Continue to 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.

Next morning visit 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. Continue to the Suleymaniye Mosque and its library with its collection of medical manuscripts. After a picnic lunch drive past old Kuleli Hospital and visit the Selimiye Barracks at Scutari, where Florence Nightingale tended thousands of Turkish and Allied soldiers during the Crimean War*. During her two years here,



The Grand Bazaar



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

Itinerary 6 – 20 May 2020

16 May (Sat) Istanbul D
Pm Arrive Istanbul and transfer to the hotel
Eve Welcome dinner

17 May (Sun) Istanbul B L
Am Visit the Blue Mosque, Topkapi Palace (including the harem)
Pm Enjoy lunch at one of the oldest restaurants in the city. Visit the Roman underground cisterns and the Hagia Sophia

18 May (Mon) Istanbul B L D
Am Visit the Grand Bazaar and Suleymaniye Mosque and its library. There will be time to see some of the library's beautiful medical manuscripts
Pm Enjoy a picnic lunch. Drive past old Kuleli Hospital and visit Selimiye Barracks and Florence Nightingale Museum.* Enjoy an afternoon drink at the Pera Palace

19 May (Tues) Istanbul B D
Am Morning cruise along the Bosphorus
Pm Visit the Egyptian Spice Market and take part in a culinary walking tour, sampling the market delights as you go
Eve Farewell dinner

20 May (Wed) Istanbul B
Am At leisure
Pm Depart for airport

* The Florence Nightingale Museum is located in a working military barracks and the visit is subject to military authorisation.

“Spice market was a highlight. Street food lunch was a perfect introduction.”

John Duthie, In the Steps of Florence Nightingale Tour, Istanbul, June 2019

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 in the museum before enjoying a drink at the ornate and historic Pera Palace, where Agatha Christie stayed and wrote much of *Murder on the Orient Express*.

Take a cruise along the Bosphorus the next day before visiting the fragrant Egyptian Spice Market and take part in a culinary walking tour. Enjoy a farewell dinner in the evening.

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

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Topkapi Palace

Tour Leader

Until recently **Janice Liverseidge** was a Director at The Royal Society of Medicine and is now a full time guide and in her spare time a trustee of both the Royal Medical Benevolent Fund and the London Handel Festival. Earlier in her career she worked for the British Medical Association. She is also a registered Blue Badge tourist guide and regularly leads groups in London on medical history walks, tours of the Wellcome Collection and other healthcare locations plus provides music and art tours for the Foundling Museum and the London Handel Festival. Janice has travelled extensively, including an eight month journey around India, South East Asia and Australia, and has led highly successful RSM tours to Vietnam and Cambodia, Sri Lanka, Cuba and China.

“Janice, our tour leader was outstanding. Extremely competent and efficient. Always smiling; and she is a very great asset to your company.”

Patricia Rhys-Williams, Medicine in Vietnam and Cambodia with the RSM, 2017

“Janice was excellent. Clear, decisive, mixed well, good company and always aware of the welfare of the whole group”

Elisabeth Sears, RSM Tour to South Africa, April 2019



Panoramic view of the Bosphorus

The tour price is USD \$1,499 per person (excluding international flights and airport transfers)

The cost includes:

- UK tour leader (Janice Liverseidge)
- Four nights' accommodation with private facilities at a centrally located medium grade hotel

The single room supplement is USD \$175

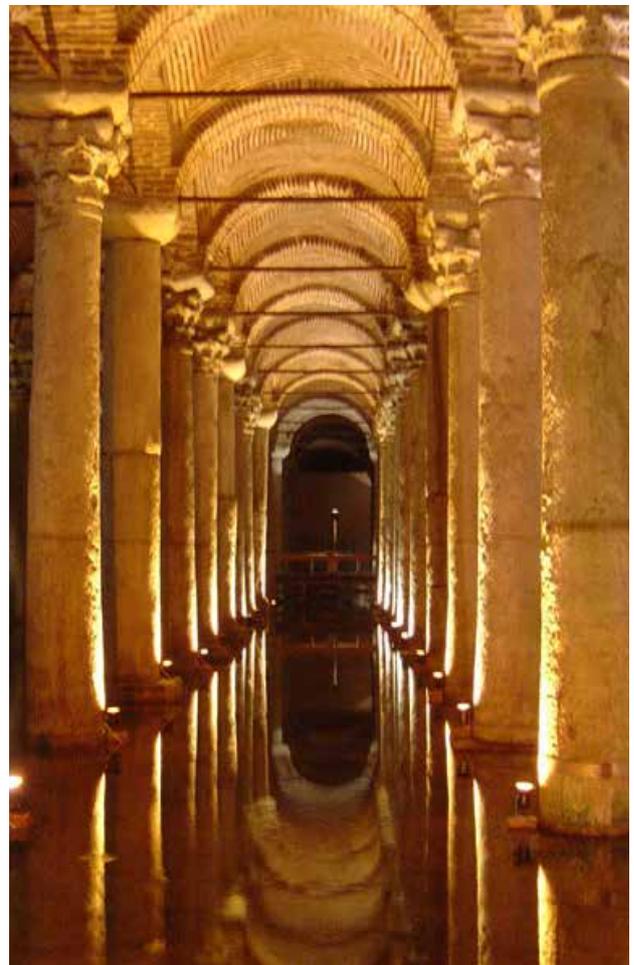
- Breakfasts daily
- Three dinners and two lunches
- Culinary walking tour of the spice bazaar
- All cultural and professional tours
- Bosphorus cruise
- Admission fees where applicable
- Local English speaking guide on all the tours
- All transport services

The cost excludes:

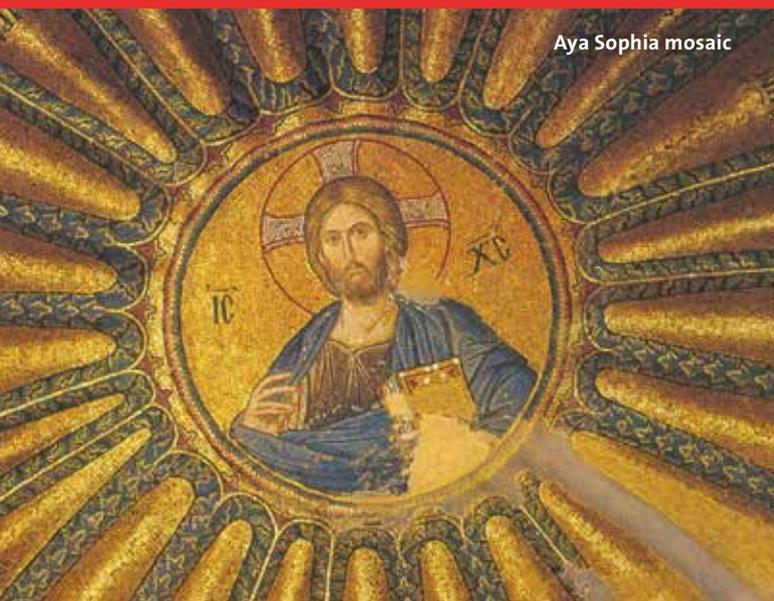
- Meals not mentioned
- All personal extras such as tips, portorage, laundry, inoculation fees and drinks
- Travel insurance
- All optional excursions
- Visa

“Packed full of interesting visits with some flexibility and ad-libbing by tour guide. Street food and hawking great fun.”

Carol Kiff, In the Steps of Florence Nightingale Tour, Istanbul, June 2019



Suleymaniye Mosque (top); Underground Cistern (above)



Aya Sophia mosaic



Fishing for fresh sardines from Galata Bridge



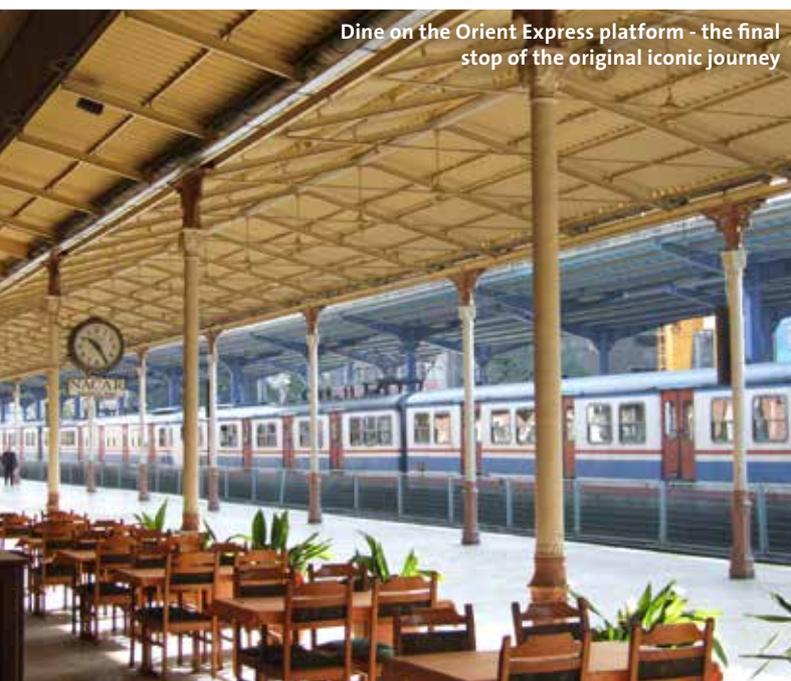
Wander under the cool arches in Topkapi Palace



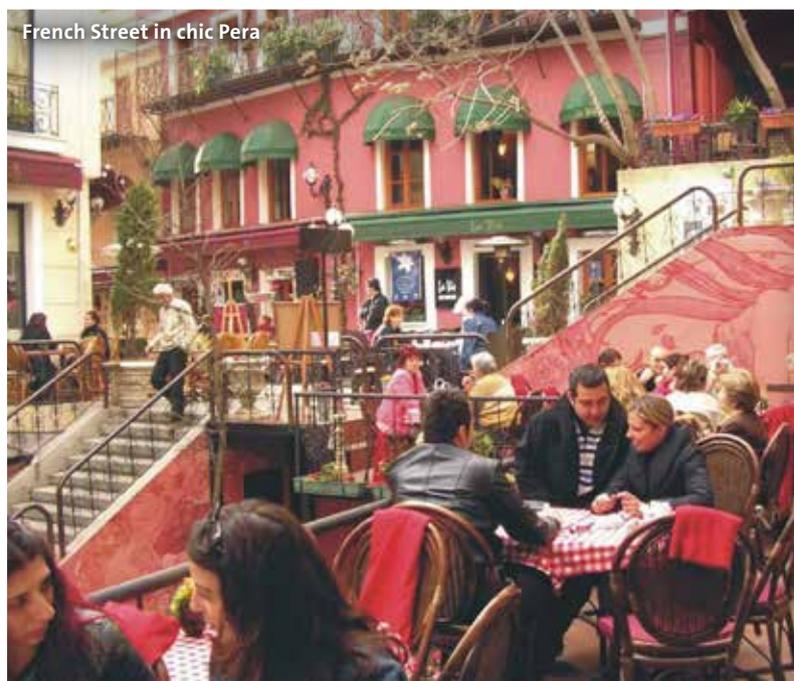
A memorial to Florence Nightingale in the British Cemetery



Sample delicious local cuisine



Dine on the Orient Express platform - the final stop of the original iconic journey



French Street in chic Pera

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.



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

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