



Feluccas on the River Nile, Aswan

History of Medicine Cruise along the Nile

12 – 24 November 2021

With Alexandria Extension

12 – 27 November 2021

3 nights Giza – 7 nights Nile cruise – 2 nights Luxor



Jon Baines
tours



Temple of Edfu

Without the mighty Nile River, ancient Egypt's great civilisation would never have reached its magnificent heights. As well as providing the region's material potential, the Nile region influenced political developments and was significant in the development of Egyptian thought. The physical legacies of the ancient Egyptians still inspire awe today, and their medical knowledge and sophistication are remarkable even by our own standards.

The Nile has been the repository of stories for millennia. Time seems to turn back on a cruise along the Nile as it follows in the wake of these

ancient stories, to evocative sites such as Giza, Karnak, Luxor, Aswan, Abu Simbel, Kom Ombo and the Valleys of the Kings and the Queens. Cruise the river over seven days as you observe life on the banks of the Nile and hear a series of fascinating talks. World-renowned speaker and Egyptologist, Professor Rosalie David OBE, and tour leader Natasha McEnroe, medical historian and Keeper of Medicine at the Science Museum, provide fascinating and expert context to the visits on this tour. You will also stay in the elegant and historic Winter Palace Hotel in Luxor, with an optional extension to Alexandria, the city named for Alexander the Great.

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); *The Tyranny of Treatment: Samuel Johnson, His Friends and Georgian Medicine* (2003); and editor of *Medicine: An Imperfect Science* (2019) and co-editor of *The Medicine Cabinet* (2019). Her research interests focus on 18th and 19th-century medical humanities. Natasha is a Freeman of The Worshipful Company of Barbers.



Speaker

Professor Rosalie David, OBE, BA, PhD, FRSA is Director of the KNH Centre for Biomedical Egyptology at the University of Manchester. The focus of her career has been the establishment of a new university specialisation – biomedical research within the field of Egyptology – to provide a different approach to understanding the civilisation of ancient Egypt. Graduating with a BA Degree in Ancient History from University College London, she subsequently pursued a PhD study of ancient Egyptian temple ritual at The University of Liverpool. Rosalie has lectured at universities in many countries and, since 1974, on Nile cruises. She is the author of over 30 books and many articles in peer-reviewed journals, and has been consultant and contributor to several television documentaries. In 2003, she was awarded an OBE for services to Egyptology and has received Fellowships of The Royal Society of Medicine and The Royal Society of Arts.

3 nights Giza – 7 nights Nile cruise – 2 nights Luxor



Day 1: Giza (Fri, 12 Nov) **D**

Eve: Arrive in Cairo and transfer to the hotel (flight package from London available).

Day 2: Giza (Sat, 12 Nov) **B L D**

Am: Cairo has long been the centre of the region's political and cultural life. Visit the famous Pyramids of Giza and the Sphinx.

Pm: Visit the outstanding Grand Egyptian Museum.

Day 3: Giza (Sun, 14 Nov) **B L D**

Am: View the original Sakkara Step Pyramid before entering the Tomb of Ankhmahor and visiting the Imhotep Museum, a fascinating archaeological museum.

Pm: Visit the Gayer Anderson Museum, one of the best-preserved examples of 17th century domestic architecture left in Cairo.

Day 4: Giza / Luxor (Mon, 15 Nov) **B L D**

Am: Fly from Cairo to Luxor to board the Nile Premium river cruise ship.

Pm: Talk: **"Ancient Egyptian Civilisation: Historical Background, the Significance of the Nile, the Beginnings of Civilisation"** Prof. Rosalie David (RD) .

Day 5: Luxor / Esna / Edfu

(Tues, 16 Nov) **B L D**

Am: Drive to Luxor, the ancient city of Thebes, frequently characterised as 'the world's greatest open air museum'. Visit the Temple of Luxor and the massive complex of Karnak Temple, which comprises a vast conglomeration of ruined temples, chapels, pylons, and other buildings. The trip pays close attention to the Sacred Lake and Botanical Hall of King Tuthmosis III, decorated with scenes of plants brought back from his Syrian campaigns.

Pm: Sail to Edfu and pass through Esna Lock. Talk: **"Introduction to Ancient Egyptian Medicine"** RD

Day 6: Edfu / Aswan (Wed, 17 Nov) **B L D**

Am: Guided tour of the Temple of Horus in Edfu, dedicated to the falcon god and one of Egypt's best-preserved temples.

Pm: Continue sailing to the city of Aswan with its distinctly African atmosphere and relaxed pace. Here the Nile is at its most beautiful, flowing through amber desert and granite rocks, around emerald islands covered in palm groves and tropical plants. Talk: **"Mummies - A Resource for Studying Disease, Treatment and Lifestyle"** RD

Day 7: Aswan (Thur, 18 Nov) **B L D**

Am: Visit Philae Temple, a dedication to the goddess Isis, and the Aswan High Dam.

Pm: Felucca boat trip to visit Kitchener Island Botanical Garden, which was a gift to Lord Kitchener for his services in the Sudan Campaign, and Nubia Island to learn about Nubian medicine, which played an important role in the history of medicine in Egypt. Talk: **"The Great Dam – Before and After"** by local guide.

Day 8: Aswan (Fri, 19 Nov) **B L D**

Am: Optional return flight to visit the incredible UNESCO World Heritage site of Abu Simbel (originally carved from the mountainside

during the reign of Ramesses II in the 13th century BC and relocated due to the formation of the Aswan High Dam) or take a bird watching tour to a Nubian village.

Pm: Afternoon at leisure.

Day 9: Aswan / Kom Ombo / Edfu / Luxor (Sat, 20 Nov) B L D

Am: Talk: *"The Temples as Centres of Healing"* RD

Pm: Cruise back along the Nile to Kom Ombo and visit its well preserved temple, which contains a rare engraved image of what is thought to be the first representation of medical instruments for performing surgery, including scalpels, curettes, forceps, dilator, scissors and medicine bottles dating from the days of Roman Egypt. Sail to Edfu.

Day 10: Luxor (Sun, 21 Nov) B L D

Am: Sail back towards Luxor. Talk: *"The Ancient Egyptian Contribution to Graeco-Roman and Later Medicine"* RD

Pm: At leisure while sailing. Talk: *"Agatha Christie"* by Natasha McEnroe.

Day 11: Luxor (Mon, 22 Nov) B D

Am: Drive to Denderah to visit the Temple of Hathor, with its sanatorium where patients were treated with 'Dream Therapy'. Proceed to Abydos to visit the Temple of Seti I, which boasts the finest painted wall-scenes in Egypt.

Pm: Return and disembark before checking into the luxurious Winter Palace for two nights.

Day 12: Luxor (Tues, 23 Nov) B D

Am: Visit the Valley of the Kings, made famous for the discovery of the tomb of Tutankhamun and subsequent rumours of the Curse of the Pharaohs. The group has access to three tombs at the site, followed by a visit to the unique Temple of Hatshepsut, which has a sanatorium terrace for the sick. Continue to the Temple of Ramesses II (the Ramesseum), which is also the location for a tomb of a priest

(probably a doctor) found to contain medical papyri now in the British Museum. Continue to the village of Deir el Medina, which housed the families of workers building the tombs.

Eve: Farewell dinner at Winter Palace Hotel.

Day 13: Luxor/ Cairo (Wed, 24 Nov) B

Am: Depart for flight back to Cairo or take the extension to Alexandria.

Alexandria Extension

Day 13: Luxor / Alexandria (Wed, 24 Nov) B

Am: Fly from Luxor to Cairo.

Pm: Drive to Alexandria via the Wadi Natrun Coptic monasteries in the desert. They became one of Christianity's most sacred areas between the 4th and 7th century. Arrive in Alexandria, founded by Alexander the Great. It was the seat of Queen Cleopatra, the site of the Pharos Lighthouse and the Great Library of Alexandria, known as the ultimate archive of ancient knowledge.

Day 14: Alexandria (Thur, 25 Nov) B

Am: Guided visit to the outstanding National Museum, which includes items from the superb Greco-Roman Museum, which trace the city's history from antiquity, and the catacombs.

Pm: Explore Alexandria further on a city tour and visit the spectacular new library, Biblioteca Alexandrina.

Day 15: Alexandria (Fri, 26 Nov) B

Am: Visit El Alamein, a small coastal outpost famed for a decisive Allied victory in WWII North Africa campaign. Visit the site, cemetery and War Museum.

Pm: Return to Alexandria.

Day 16: Alexandria / London (Sat, 27 Nov) B

Am: Transfer to Cairo airport for your onward flight.



The Nile Premium river cruise ship

River Cruise Ship

The Nile Premium is a luxury five-star cruise ship, fully renovated in 2017, with comfortable interiors, spacious cabins, a range of facilities and excellent cuisine. The ship contains a restaurant, lounge and sundeck bar a spa with gym room, massage, sauna and Jacuzzi, a barbeque area on deck and an outdoor pool with bar service.

The ship features 56 spacious cabins, 2 Ambassador Suites with private balcony and 2 Presidential Suites. All cabins feature panoramic windows, private telephone, hairdryer, safe, mini-bar, music system, plasma televisions, wireless internet access available throughout the ship and in all cabins (with charge), individual climate control, bathroom with full-size bathtub and hair dryer. Please contact us to reserve cabin upgrades and for further information.



The Winter Palace Luxor

Hotels

Cairo Pyramids Hotel (Giza)

The hotel is adjacent to the pyramids of Giza. The 36 sqm deluxe rooms all have wonderful views of the pyramids from their private balcony or terrace and free WiFi.* There are two swimming pools and a variety of bars and restaurants, all surrounded by lush gardens.

Winter Palace Hotel

The hotel was built in 1886 and set in a luxuriant tropical garden on the banks of the Nile. Facilities include a large swimming pool, terrace, royal bar, restaurant, beauty salon, shops, free WiFi* and room service. Archaeologist Howard Carter stood on the staircase to announce the discovery of the tomb of Tutankhamun and Agatha Christie wrote her novel, *Death on the Nile*, here in 1937.

Helnan Palestine Hotel (Alexandria extension)

Set in the magnificent Montazah gardens outside the city centre, the hotel is situated in the former royal family estate with wonderful views across the Mediterranean. There is a small pool and access to the sea via steps and free Wifi.*

* Wifi in Egypt may be slower and more erratic than in other destinations.



Karnak Temple (top); Luxor Temple; Hieroglyphs in Kom Ombo Temple; Temple of Hatshepsut, Valley of the Kings (above)

The ground only cost of the tour and cruise sharing a twin / double en-suite cabin / hotel is US \$5,026 per person

The tour and cruise cost including flights from London Heathrow is US \$5,572 per person

The cost includes:

- Comprehensive briefing notes and ship's details
- Tour Leader (Natasha McEnroe)
- Speaker (Professor Rosalie David)
- 7 nights' accommodation on the Nile Premium with private facilities in standard cabins
- 5 nights' accommodation in first class hotels with private facilities

The single room supplement for both cruise and land based hotels is \$966 and includes:

- Breakfasts and dinners in Giza and Luxor and all meals on the cruise
- All admission fees and tips
- All transport including internal flights
- A full programme of lectures
- A full programme of private shore visits as described in the itinerary
- Services of local English speaking guides

Costs for Nile Premium cabin upgrades to Junior and Presidential suites are available on request.

The cost excludes:

- Shore visits not mentioned
- All personal extras such as drinks and laundry
- All optional excursions, tours and visits
- Travel insurance and visas

Abu Simbel optional excursion on request.

The cost of the Alexandria extension is US \$966 per person and includes:

- 3 nights' accommodation in a first class hotel with private facilities

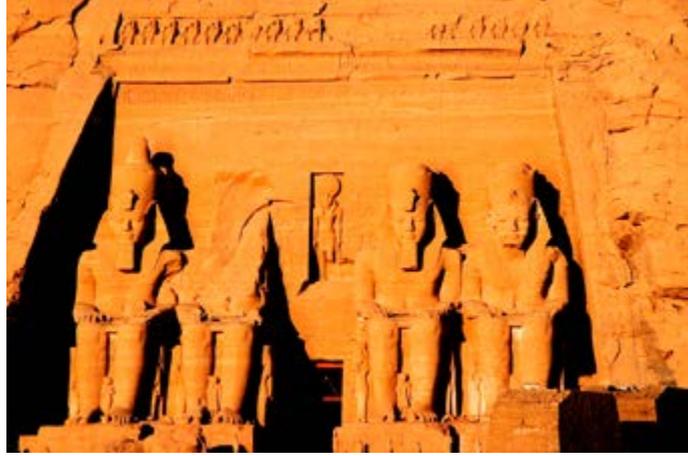
The single room supplement is \$196

- Breakfasts daily
- All admission fees and tips
- A full programme of visits and transport
- Services of local English speaking guide

Due to the nature of the cruise places are limited.

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.



Abu Simbel (top); Philae Temple, Aswan;
The Giza Pyramids; Alexandria (extension) (above)

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