



Feluccas on the River Nile, Aswan

## History of Medicine Cruise along the Nile 15 – 27 November 2019

Giza • Edfu • Aswan • Kom Ombo • Abydos • Dendera • Luxor

## With Alexandria Extension 15 – 30 November 2019

*“The tour exceeded all our expectations. Meticulously organized with our fantastic Egyptologist guide. Professor Rosalie David took us into places not open to other visitors. A wonderful 10 days”*

Marcus & Jennifer Johns, History of Medicine Nile Cruise 2011



Jon Baines  
tours



The Pyramids at Giza

**The Nile has been the repository of stories for millennia. Cruise in comfort from Luxor to Aswan and back. Hear about the history of medicine as you progress along the River Nile aboard the Nile Goddess river cruise ship. Listen to lectures by the world-renowned Professor Rosalie David OBE and tour leader Dr Carole Reeves, providing expert context to your visits. This tour includes guided private shore visits to sites of medical historical interest, as well as the wonders of ancient Egypt.**

Fly to Cairo and transfer to nearby Giza to spend three nights before boarding your Nile cruise ship. Known as “The City of a Thousand Minarets”, Cairo has long been the centre of the region’s political and cultural life. Visit the incomparable Egyptian Museum, the Gayer-Anderson Museum, one of the best preserved examples of 17th century domestic architecture left in Cairo, and the Ib Tulun, the city’s oldest mosque dating from 868.

The next day view the original Sakkara Step Pyramid before entering the Tomb of Ankhmahor and visiting the Imhotep Museum, a fascinating archaeological museum located at the foot of the Saqqara necropolis complex. In the afternoon, visit the pyramids at Giza and the Solar Boat Museum.

The following morning fly from Cairo to Luxor to board the Nile Goddess cruise ship. The River Nile - the longest in the world - is a source of life, transport and an essential balance for a desert country. Cruise the river over the next seven days as you observe life on the banks of the Nile and hear a series of fascinating talks conducted by Professor Rosalie David. That afternoon Professor Rosalie David will give a talk on Ancient Egyptian civilisation, covering the historical background and significance of the Nile, and the beginnings of civilisation.

Starting in Luxor, frequently characterised as ‘the world’s greatest open air museum’, drive to the Temple of Luxor and the impressive Karnak Temple. This massive complex comprises a vast conglomeration of ruined temples, chapels, pylons, and other buildings. The trip pays close



Mask of King Tutankhamun



Karnak Temple, Luxor (top); Temple of Edfu (above)

attention to the Sacred Lake and Botanical Hall of King Tuthmosis III, decorated with scenes of plants brought back from his Syrian campaigns.

Continue sailing for Esna in the afternoon and pass through the Nile lock. There is time at leisure to relax with superb Nile views. Later, hear a talk by Professor Rosalie David providing an introduction into ancient Egyptian medicine which covers medical papyri, art, mummies, and inscriptions.

The next morning visit Edfu Temple, dedicated to Falcon God Horus and one of the best preserved temples in Egypt. Later, hear a talk by Professor Rosalie David on 'Mummies, a resource for studying disease, treatment and lifestyle'

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. Venture out on an

open air 'felucca' sailing boat to Philae Temple, a dedication to the goddess Isis. Afterwards visit the Aswan High Dam, and hear a talk on 'The Great Dam – Before and After' by the local guide.

Take an optional morning flight to the incredible UNESCO World Heritage site of Abu Simbel. Upon returning, board feluccas and sail to Kitchener Island Botanical Garden, a gift to Lord Kitchener for his services in the Sudan Campaign. Hear local guides talk about the history of the island and the Biological Research Station.

Later, sail to Nubia Island to learn about Nubian medicine, which played an important role in the history of medicine in Egypt. Spend time in the late afternoon and evening at leisure to wander the old bazaar, a labyrinth of connected streets selling everything from medicines and spices to souvenirs.

From Aswan cruise back along the Nile to Kom Ombo towards the well preserved Kom Ombo Temple. Here, see 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. Following the visit hear a talk on 'The temples as centres of healing'.

Arriving back in Luxor 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 Temple of Hatshepsut, whose



Philae temple, Aswan



Next day fly from Luxor back to Cairo and depart Egypt, or join the extension.

### Extension to Alexandria

Drive to the Wadi Natrun Coptic monasteries. Located in the desert, between the 4th and 7th century they became one of Christianity's most sacred areas. Alexandria, founded by Alexander the Great, 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. Visit the outstanding National Museum with its extraordinary collection, including items from the superb Greco-Roman Museum, which trace the city's history from antiquity. Explore Alexandria further on a city tour and visit the spectacular new library, Biblioteca Alexandrina.

The following day 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. Return to the city and depart the next morning for Cairo.

structure is vastly different to the traditional temples; it has a sanitorium terrace for the sick. Continue to visit 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. Return to the East Bank, and later, hear Professor Rosalie David deliver a talk on 'The Ancient Egyptian contribution to Graeco-Roman and later medicine'.

Venture off the beaten track the following day on a full day excursion. This includes the Temple of Sethos I at Abydos, which boasts the finest painted hieroglyphs in Egypt. Next, visit the Temple of Hathor at Denderah, with its sanitorium where patients were treated with 'Dream Therapy'. Upon returning, disembark the Nile Goddess and check into the Winter Palace for two nights. Built in 1886, this luxurious hotel is situated on the Nile and has a wonderful garden to relax in.

The following day is at leisure with the option to visit the Valley of the Queens, or simply relax in the lovely hotel or further explore Luxor. The optional extension visits the West Bank and the village of Deir el Medina near the Valley of the Queens, which housed the families of workers building the tombs. Professor Rosalie David provides fascinating details about their illnesses and medical treatments. The farewell dinner is in the wonderful setting of the Winter Palace gardens.



Temple of Hatshepsut, Valley of the Kings (above);  
Temple of Luxor (bottom)

## Giza – Edfu – Aswan – Kom Ombo – Abydos – Dendera – Luxor

<b>15 Nov (Fri)</b>	<b>Giza</b> <b>D</b>	<b>24 Nov (Sun)</b>	<b>Luxor</b> <b>B L D</b>
<b>Pm</b>	Arrive and transfer to the hotel (flight package from London available)	<b>Am</b>	Visit the Valley of the Kings, Queen Hatshepsut's temple at Deir El Bahari, and the Temple of Ramesses II
<b>16 Nov (Sat)</b>	<b>Giza / Cairo / Giza</b> <b>B L D</b>	<b>Pm</b>	Talk: <i>'The Ancient Egyptian Contribution to Graeco-Roman and Later Medicine'</i> RD
<b>Am</b>	Explore the Egyptian Museum of Antiquities	<b>25 Nov (Mon)</b>	<b>Luxor</b> <b>B D</b>
<b>Pm</b>	Visit the Gayer-Anderson Museum and Ib Tulun Mosque	<b>Am</b>	Drive to Denderah to visit the Temple of Hathor. Proceed to Abydos to visit the Temple of Seti I with its magnificent wall paintings and bas-reliefs
<b>17 Nov (Sun)</b>	<b>Giza</b> <b>B D</b>	<b>Pm</b>	Transfer to the Winter Palace Hotel
<b>Am</b>	Drive to Sakkara Step Pyramid, the Tomb of Ankhmahor and the Imhotep Museum.	<b>26 Nov (Tues)</b>	<b>Luxor</b> <b>B D</b>
<b>Pm</b>	Visit the Giza Pyramids and the Solar Boat Museum	<b>Am</b>	Day at leisure or optional visit to village of Deir el Medina
<b>18 Nov (Mon)</b>	<b>Giza / Luxor</b> <b>B L D</b>	<b>Eve</b>	Farewell dinner at Winter Palace Hotel
<b>Am</b>	Morning flight to Luxor. Transfer to the ship	<b>27 Nov (Wed)</b>	<b>Luxor</b> <b>B D</b>
<b>Pm</b>	Talk: <i>'Ancient Egyptian Civilisation: Historical Background, the Significance of the Nile, the Beginnings of Civilisation'</i> Prof. Rosalie David (RD)	<b>Am</b>	Depart or take extension
<b>19 Nov (Tues)</b>	<b>Luxor / Esna / Edfu</b> <b>B L D</b>	<b>Alexandria Extension</b>	
<b>Am</b>	Drive to the ancient city of Thebes. Visit the temples of Luxor and Karnak	<b>27 Nov (Wed)</b>	<b>Luxor/ Alexandria</b> <b>B</b>
<b>Pm</b>	Sail to Edfu and cross Esna Lock. Talk: <i>'Introduction to Ancient Egyptian Medicine'</i> RD	<b>Am</b>	Flight from Luxor to Cairo
<b>20 Nov (Wed)</b>	<b>Edfu / Aswan</b> <b>B L D</b>	<b>Pm</b>	Drive via Wadi Natrun Coptic monasteries to Alexandria
<b>Am</b>	Guided tour of the Temple of Horus in Edfu. Sail to Kom Ombo	<b>28 Nov (Thur)</b>	<b>Alexandria</b> <b>B</b>
<b>Pm</b>	Arrive in Aswan Talk: <i>'Mummies – A Resource for Studying Disease, Treatment and Lifestyle'</i> RD	<b>Am</b>	Guided visit of the National Museum and the catacombs
<b>21 Nov (Thur)</b>	<b>Aswan</b> <b>B L D</b>	<b>Pm</b>	City orientation tour and visit Alexandria Library
<b>Am</b>	Visit the Temple of Philae and the Aswan High Dam	<b>29 Nov (Fri)</b>	<b>Alexandria</b> <b>B</b>
<b>Pm</b>	Talk: <i>'The Great Dam – Before and After'</i> by local guide.	<b>Am</b>	Visit El Alamein and the cemeteries
<b>22 Nov (Fri)</b>	<b>Aswan</b> <b>B L D</b>	<b>Pm</b>	Return to Alexandria
<b>Am</b>	Optional morning visit to Abu Simbel	<b>30 Nov (Sat)</b>	<b>Alexandria / London</b> <b>B</b>
<b>Pm</b>	Felucca sailing boat trip to visit Kitchener and Nubia Islands	<b>Am</b>	Transfer to Cairo airport for onward flight
<b>23 Nov (Sat)</b>	<b>Aswan / Kom Ombo / Edfu / Luxor</b> <b>B L D</b>	<div style="border: 1px solid red; padding: 10px;"> <p><b>Optional visit to Abu Simbel</b> Fly from Aswan to Abu Simbel to visit the relocated temples, then fly back to Aswan. The temples were originally carved from the mountainside during the reign of Pharaoh Ramesses II 13th century BC, as a monument to himself and his Queen Nefertari. However, due to formation of the Aswan High Dam, the complex was relocated to higher ground.</p> </div>	
<b>Am</b>	Sail to Kom Ombo. Visit Kom Ombo Temple		
<b>Pm</b>	Guided tour and talk: <i>'The Temples as Centres of Healing'</i> RD	<b>NB. All itineraries are subject to change according to local conditions.</b>	



The Nile Goddess river cruise ship

## Cruise Ship

The Nile Goddess is a five-star cruise ship with comfortable interiors, 47 spacious cabins and 6 suites, 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.

### On Board Cabins

The Nile Goddess features 47 spacious cabins, 2 Senator Suites and 4 Presidential

Suites with private terrace. All cabins feature panoramic windows, option of family plan accommodation (connecting cabins), private telephone, hairdryer, safe, mini-bar, music system, plasma televisions, wireless internet access is available throughout the ship and in all cabins (with charge), individual climate control, bathroom with full-size bathtub. Please contact us to reserve cabin upgrades and for further information.

## 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. Services include 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 centre of the city, 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.



The Winter Palace Luxor

## Tour leader

**Dr Carole Reeves** has a PhD in the History of Medicine (University of London). She has worked as a medical illustrator, and as a writer/director, communicating medicine and science to specialist and public audiences through film and television. She has travelled the world for work and pleasure. She was appointed Outreach Historian to the Wellcome Trust Centre for the History of Medicine (2006), and Senior Lecturer in Science and Technology Studies, University College London (2013). She is a Fellow of the Institute of Medical Illustrators, and a Fellow of the British Institute of Professional Photographers. Carole's interest in Ancient Egypt developed in childhood. She has travelled throughout Egypt and has worked with UCL's Petrie Museum of Egyptian Archaeology on events, which bring aspects of Egyptian health and healing to a public audience. She is the author of 'Egyptian Medicine' (2001), and 'Health and Healing in Ancient Egypt' for BBC History Magazine's 'The Story of Medicine' (2017).

## 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.

**The cost including flights from London is from USD \$4564**

**The cost of the cruise sharing a twin/double en-suite cabin/hotel is US \$4,057 per person**

### **The cost includes:**

- Comprehensive briefing notes and ship's details
- Tour Leader (Dr Carole Reeves)
- Speaker (Professor Rosalie David)
- 7 nights' accommodation on the Nile Goddess 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 US \$633**

- 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 Goddess cabin upgrades to a suite 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
- Visa

**Abu Simbel optional excursion on request**

### **Alexandria Extension**

**The cost of the extension is US \$770 per person and includes:**

- 3 nights' accommodation in first class hotels with private facilities

**The single room supplement is US \$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.**

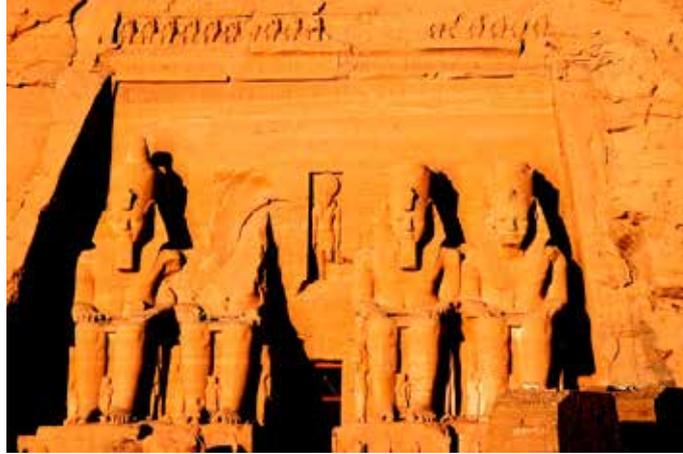
# About Us

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.

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Abu Simbel (top); Sundeck on the Nile Goddess;  
Hieroglyphics, Kom Ombo Temple; Alexandria (above)



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