



Feluccas on the River Nile, Aswan

# History of Medicine Cruise along the Nile 9 – 21 February 2024

## With Alexandria Extension 21 – 24 February 2024

“How could anyone not be impressed?! Superb.”

Michael and Linda Fleming, History of Medicine Cruise along the Nile, November 2019





The Pyramids at Giza

**The Nile has been the repository of stories for millennia. Hear these ancient tales as you cruise in comfort to Egypt's most fascinating destinations, learning about Egyptian history of medicine aboard the deluxe MS Nile Goddess river cruiser.**

Stay in first-class hotels in Giza and Luxor, including the historic Winter Palace in Luxor. Listen to talks by Professor Rosalie David, a renowned authority on the medicine of Ancient Egypt, as well as by tour leader Natasha McEnroe, an expert on the history of medicine and the Keeper of Medicine at the Science Museum, both of whom will accompany you on shore visits.

This tour includes guided private shore visits to sites of medical historical interest, as well as the wonders of ancient Egypt.

There is an optional 3-night extension to the great city of Alexandria and the battlefield of El Alamein after the tour. 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.

***"Natasha McEnroe was excellent."***

Mrs Sharon Ann Derso, History of Medicine  
Mediterranean Cruise, 2017



## 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.

*“Prof Rosalie David was outstanding. So knowledgeable and the talks were pitched at the right level and she was very generous with her knowledge.”*

Dr Kathleen Hamblet, History of Medicine Cruise along the Nile, 2019

Temple of Edfu



# Itinerary 9 – 21 February 2024

**B** = Breakfast **L** = Lunch **D** = Dinner

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



## Day 1: Giza (Fri, 9 Feb)

**D**

**Am/Pm:** Arrive in Cairo and transfer to the hotel.

**Eve:** Dinner at the hotel.

**B L D**

## Day 2: Giza (Sat, 10 Feb)

**Am:** Known as 'The City of a Thousand Minarets', 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 Grand Egyptian Museum.

## Day 3: Giza (Sun, 11 Feb)

**B L**

**Am:** View the original Sakkara Step Pyramid before entering the Tomb of Ankhmahor and visiting Imhotep Museum, a fascinating archaeological museum located at the foot of the Saqqara necropolis complex.

**Pm:** Visit the new Royal Mummies Hall at the National Museum of Egyptian Civilization.

## Day 4: Giza / Luxor (Mon, 12 Feb)

**B L D**

**Am:** Fly from Cairo to Luxor to board the Nile Goddess cruise ship.

**Pm:** The River Nile - the longest in the world - is a source of life, transport and an essential balance for a desert country. **Talk: Ancient Egyptian civilisation, the historical background and significance of the Nile, and the beginnings of civilisation. (RD)**

## Day 5: Luxor / Esna / Edfu (Tues, 13 Feb)

**B L D**

**Am:** Visit the Temple of Luxor and the massive complex of Karnak Temple. 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. There is time at leisure to relax with superb Nile views. **Talk: An introduction to ancient Egyptian medicine including medical papyri, art, mummies and inscriptions. (RD)**

## Day 6: Edfu / Aswan (Wed, 14 Feb)

**B L D**

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

**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 (Thurs, 15 Feb)

**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 and Nubia Island to learn about Nubian medicine.

## Day 8: Aswan (Fri, 16 Feb)

**B L D**

**Am:** Optional flight to visit the UNESCO World Heritage site of Abu Simbel or take a bird watching tour to a Nubian village.

**Pm:** Afternoon at leisure.

## Day 9: Aswan / Kom Ombo / Edfu / Luxor (Sat, 17 Feb)

**B L D**

**Am:** **Talk: The Temples as Centres of Healing. (RD)**

**Pm:** Cruise back along the Nile towards 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 Roman Egypt. Sail on to Edfu.

**Day 10: Edfu / Luxor (Sun, 18 Feb)** 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.

**Day 11: Luxor (Mon, 19 Feb)** B L D

**Am:** Visit the Temple of Hathor at Denderah, with its sanatorium where patients were treated with 'Dream Therapy'.

**Pm:** Continue to the Temple of Sethos I at Abydos, which boasts the finest painted hieroglyphs in Egypt. Return to the ship and disembark before checking in to Winter Palace for two nights. Built in 1886, this luxurious hotel is situated on the Nile and has a wonderful garden to relax in.

**Day 12: Luxor (Tues, 20 Feb)** B L D

**Am:** Visit the Valley of the Kings, 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 structure is vastly different to the traditional temples; it 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). Continue to the village of Deir el Medina.

**Eve:** Farewell dinner at Winter Palace Hotel.

**Day 13: Luxor / Cairo (Wed, 21 Feb)** B L D

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

**Pm:** If taking flight package, connect with flight to London.

## Extension to Alexandria

### 21 – 24 February 2024

**Day 13: Luxor / Alexandria (Wed, 21 Feb)** B D

**Am:** Fly from Luxor to Cairo.

**Pm:** Drive to Alexandria via the Wadi Natrun Coptic monasteries in the desert; between the 4th and 7th century they became one of Christianity's most sacred areas. Arrive Alexandria and check in to the Cecil Hotel.

**Day 14: Alexandria (Thurs, 22 Feb)** B D

**Am:** City tour of Alexandria, including a visit to the Catacombs and the Roman Theatre.

**Pm:** Visit the outstanding National Museum, which traces the city's history from antiquity, as well as the Roman and Manuscript Museums. Return via the Citadel of Quait Bay, Abu El Abbass Mosque and the Tomb of the Unknown Soldier.

**Eve:** Dinner at the Fish Market Restaurant.

**Day 15: Alexandria (Fri, 23 Feb)** B L

**Am:** Visit El Alamein, including the Commonwealth, German and Italian cemeteries, followed by a visit to the military museum.

**Pm:** Drive back to Cairo.

**Day 16: Alexandria (Sat, 24 Feb)** B

**Am:** Depart hotel after breakfast.

**NB: All itineraries are subject to change according to local conditions.**







The Nile Goddess river cruise ship

## Cruise Ship

The Nile Goddess is a five-star cruise ship with very comfortable interiors and 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, private telephone, hairdryer, safe, mini-bar, music system, plasma televisions, individual climate control, bathroom with full-size bathtub. Wireless internet access is available throughout the ship and in all cabins (with charge). Please contact us to reserve cabin upgrades and for further information.

## Hotels

### Steigenberger Cairo Pyramids, Giza

This stylish hotel is adjacent to the pyramids, with some wonderful views of the pyramids, and comfortable, spacious rooms. The hotel has two swimming pools and a variety of bars and restaurants and provides warm, friendly service.

### Winter Palace Hotel, Nile

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.

## Extension

### Cecil Hotel, Alexandria

A classically elegant hotel that overlooks the bay and yacht club, the historic Cecil Hotel retains its 1929 style alongside modern services and amenities. With soaring ceilings, palm-lined patios, French doors opening onto balconies in the stylish rooms and beautiful detailing, the hotel evokes old world charm in the midst of a modern city.

### Intercontinental City Stars, Cairo

An elegant, contemporary hotel, the Intercontinental City Stars offers light-filled, stylish rooms with lovely décor, views and plenty of space. It has 10 excellent restaurants and bars and is conveniently adjacent to Stars Centre Mall. The staff are welcoming and very well trained.



The Winter Palace Luxor

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



Hieroglyphics, Kom Ombo Temple

## Alexandria Extension

**The cost of the extension is USD \$1,064 per person sharing.**

**The cost of the extension with a room to yourself is USD \$1,274.**

### The cost includes:

- 3 nights' accommodation in double or twin-bedded rooms with private facilities in medium grade and first class hotels
- Specialist visits
- Breakfasts daily and lunch or dinner daily
- All admission fees and tips
- Services of an English-speaking national guide throughout
- All transport services and taxes

**Due to the nature of the cruise places are limited.**

## Optional visit to Abu Simbel

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 in the 13th century BC, as a monument to himself and his Queen Nefertari. The complex was relocated to higher ground to make way for the Aswan High Dam.

**The cost of the tour is USD \$5,151 per person sharing (excluding international flights and transfers).**

**The cost of the tour with a room to yourself is USD \$8,188.**

### The cost includes:

- The services of an experienced tour leader (Natasha McEnroe)
- The services of an expert speaker (Professor Rosalie David)
- 5 nights' accommodation in double or twin-bedded rooms with private facilities in first-class hotels in Giza and Luxor
- 7 nights' accommodation in double twin-bedded cabins on the first class Nile Goddess cruise ship with private facilities. Cabin upgrades available on request
- Comprehensive pre-departure briefing notes
- Specialist visits and talks
- Breakfast and lunch and dinner daily on the cruise
- Breakfast daily and meals as per the itinerary on land
- All admission fees and tips
- Services of an English-speaking national guide throughout
- Return flights from Cairo to Luxor
- All transport services and taxes in Egypt

### The cost excludes:

- Meals not mentioned and drinks with meals
  - All optional excursions, tours and visits
  - Travel insurance and visa
- All optional excursions, tours and visits

**Flight package from London available on request.**

**Costs for Nile Goddess cabin upgrades are available on request.**

**Abu Simbel optional excursion on request.**

*"The variety of foods at the buffet were well presented and tasty (and) shore excursions were fascinating and varied."*

Jane Bowden-Dan, History of Medicine  
Cruise along the Nile, 2019



# 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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[www.atol.org.uk/ATOLCertificate](http://www.atol.org.uk/ATOLCertificate)

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Abu Simbel (top); Valley of the Kings; Temple of Luxor;  
Rooftops of Cairo (above)



Jon Baines  
tours

