



The entrance to the Royal Palace in Fez

The History of Science and Medicine in Morocco

5 - 15 October 2018

2 nights Tangier • 3 nights Fez • 2 nights Rabat • 3 nights Marrakesh



Jon Baines
tours



The ramparts around Marrakesh medina

History, medicine and culture intertwine on this fascinating journey through Morocco. Much has been written about the role of Baghdad, Spain and Sicily in the rise of Islamic science and civilisation and its impact on the world. Less has been said about Morocco, even though Morocco's role was decisive as it was the principal route by which ideas and also people travelled between East and West. Travel from Tangier to the royal city of Fez, onto Rabat and Marrakesh. Learn about developments in medicine and science in Morocco, explore magnificent architecture and gardens and enjoy Morocco's rich cuisine.

The tour follows the narrative that began with the ancient Phoenicians and the Romans, through to the Golden Age in the Arab world, when there was a great flowering of scientific and medical knowledge, and finishes with the colonial era of France. Tour leaders Bill and Helen Bynum are medical historians and their wide-ranging knowledge encompasses medical, scientific and botanical history. They will give a range of enlightening and thought provoking talks throughout the tour. Details of all talks are on the itinerary and on the tour leader page.

Arrive in Tangier and transfer to the hotel to settle in before a welcome dinner with the group in the evening.

Spend the next day exploring Tangier, Africa's gateway to Europe, which has a fascinating, hedonistic history. Loosely governed by an international consortium that created a freewheeling culture, Tangier was a magnet for international artists, spies and eccentric foreigners between the 1920s and 1950s. It went into decline in the seventies but is today undergoing a resurgence with its vibrant culture, a huge new port, Africa's first high-speed train line and the restoration of lovely colonial and Moorish architecture and monuments. Take a guided tour of the beautiful kasbah in the



Tangier



Wander through the blue city of Chechaouen (top);
The medieval tanneries in Fez (above)

former sultan's palace of Dar el-Makhzen and the American Legation. Morocco was the first country to recognise the fledgling United States in 1777; it was the first piece of American real estate abroad, as well as the only US National Historic Landmark on foreign soil. Visit the Anglican Church and cemetery of St Andrew's and spend time in Galerie d'Arte Museum Drissi.

Next day depart for Fez, stopping at the striking blue city of Chechaouen en route. Wander through the lovely small medina, many of the buildings painted a blinding bright blue topped with rich red terracotta tiles. Continue to Fez, a royal city with a rich historical and cultural lineage, its stunning buildings juxtaposed with a vast medieval medina of twisting streets where thousands still live. Check into your beautiful traditional riad in the medina and have dinner.

Next day visit one of Fez's most iconic sights, the ancient leather tanneries of Chaouwara, where world-class leather is produced using

pungent methods virtually unchanged since the medieval era. Visit the see the Mausoleum of Zaoula Moulay Ideis and the Maristan Sidi Frej, a hospital from 1268 to 1944 and now a small souk. In the afternoon explore a museum of Moroccan art, the beautiful Nejjarfine Fountain, Merindes Tombs, the Jewish Quarter and wander through the souks.

Next morning drive to Volubilis, the most important Roman site in Morocco and renowned for its beautiful mosaics and monuments. Visit Meknes, the old capital of Morocco and a significant Jewish centre, and see the magnificent Bab El Mansour gate, the old Jewish quarter and the vast granaries, stables and pool. Visit the former Hebrew Thalmud-Thora school and the old French colonial hospital before returning to your hotel.

Take the train from Fez to Rabat, a city with charming palm lined boulevards and a lovely central beach, intact kasbah and attractive walled medina. Arrive in the afternoon and visit the impressive Rabat Archaeology Museum with its wonderful collection of ceramics, statuary and other artefacts from the Roman settlements at Volubilis, Lixus and Chellah. Next day visit the royal necropolis of Chellah, dating back to Phoenician times, which is now a garden outside the city walls. Continue to Rabat's historic citadel, which occupies the site of the original *ribat* (fortress-monastery) that gave the city its name. Predominately residential, its narrow streets are lined with whitewashed houses



Volubilis

North Atlantic
Ocean



and there are scenic views over the river and ocean. Enjoy a mint tea at Café Maure, an open-air cafe spread over several terraces above the Andalusian Gardens.

Depart for Marrakesh, Morocco's most intoxicating city. Nicknamed the Pearl of the South along the ancient trading route from Timbuktu, it is Morocco's second oldest imperial city, founded in the eleventh century by the Almoravides who left behind them magnificent palaces and gardens. Sitting low on the Haouz Plain, its salmon pink ramparts vivid against the snowcapped High Atlas mountains, it is an awe inspiring sight with the minaret of the 12th century Koutoubia Mosque visible for miles.

Spend your first afternoon exploring the labyrinthine medina, a densely packed, walled medieval city dating to the Berber Empire, with mazelike alleys where thriving souks sell traditional textiles, pottery and jewelry. Visit magnificent Koutoubia Mosque, the largest mosque in Marrakesh. Spend the evening at the exuberant market of Place Djemaa el-Fna, which Unesco declared a Masterpiece of World Heritage in 2001. In the evening the square comes alive with food stalls and performers of all kinds in a dazzling nightly carnival.

Next morning explore the lovely Majorelle Gardens and the Berber Museum. In the afternoon visit the superbly preserved Saadian Tombs, followed by an optional visit to a traditional hammam. In the evening visit the observatory (if the skies are clear) for a night-time view of the heavens.

Spend the next morning wandering around the enchanting 8-hectare garden of La Mamounia, stopping to enjoy a tea or coffee. Continue to Ali ben Youssef Madrassa, once the largest madrassa in North Africa and still among the most splendid. Dating back nearly 6 centuries, it boasts stunningly ornate decoration and architecture. In the evening enjoy a farewell dinner at the legendary Les Trois Saveurs restaurant.

Next day depart for the airport.



The medina walls in Rabat (top);
Djemaa el-Fna, Marrakesh (above)

Itinerary 5 - 15 October 2018

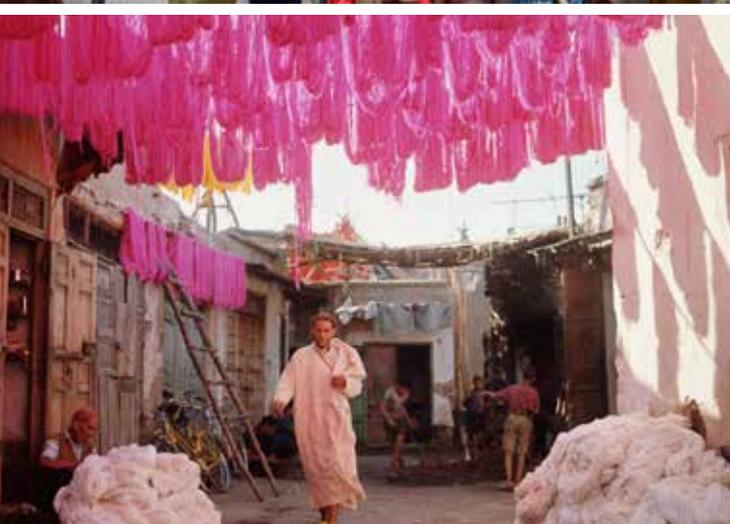
B = Breakfast **L** = Lunch **D** = Dinner

2 nights Tangier – 3 nights Fez – 2 nights Rabat – 3 nights Marrakesh

5 Oct (Fri)	Tangier D	12 Oct (Fri)	Rabat / Marrakesh B D
Pm	Arrive Tangier and transfer to the hotel	Am	Drive to Marrakesh
Eve	Welcome dinner	Pm	Arrive into Marrakesh and visit the medina and souks including Koutoubia Mosque, the largest mosque in Marrakesh
6 Oct (Sat)	Tangier B L	Eve	Night time visit to Place Djemaa El-Fna
Am	Guided visit of Tangier including the kasbah and American Legation	13 Oct (Sat)	Marrakesh B D
Pm	Visit the Anglican Church and cemetery of St Andrew's and the Galerie d'Arte Museum Drissi. Talk: <i>"Between seas and sand: seeking Morocco's many pasts"</i> – Bill Bynum and Helen Bynum	Am	Visit Majorelle Gardens and the Berber Museum
7 Oct (Sun)	Tangier / Fez B D	Pm	Visit the Saadian Tombs, inaccessible at one point and therefore untouched for centuries. Optional visit to hammam followed for a traditional massage and steam bath. Talk: <i>"Bathing under the stars: histories of healing waters & Arab astronomy"</i>
Am	Depart Tangier for Fez, stopping at the blue city of Chechaouen on the way. Explore Chechaouen	Eve	Visit the Observatoire Astronomie (if clear) for views of the night skies
Pm	Continue to Fez	14 Oct (Sun)	Marrakesh B D
Eve	Dinner in the riad	Am	Visit Mamounia's Gardens with a stop for tea or coffee
8 Oct (Mon)	Fez B L	Pm	Visit Ben Youssef Madrasa, one of the largest Madrassas in the North Africa. This school, which is attached to the Ben Youssef Mosque, holds beautiful art and architecture
Am	Visit the old tanneries, see the Mausoleum of Zaoula Moulay Ideis and the Maristan Sidi Frej, a hospital from 1268 to 1944 and now a small souk	Eve	Farewell dinner at La Maison Arabe's legendary <i>Les Trois Saveurs</i> restaurant
Pm	Visit the museum of Moroccan art, the Nejjarfine Fountain, Merindes Tombs, the Jewish Quarter (including the Jewish cemetery) and the souks. Talk: <i>"Morocco's multicultural medical history"</i> - BB & HB	15 Oct (Mon)	Marrakesh B
9 Oct (Tue)	Fez B L	Am	Depart to Marrakesh airport
Am	Drive to visit the Roman ruins of Volubilis, known for its fine mosaics	All itineraries are subject to change according to local conditions. This itinerary is ground only so arrival and departure dates may differ.	
Pm	Visit Meknes and see the vast Bab El Mansour gate, the huge granaries, stables, pool and the former Hebrew Thalmud-Thora school and the old French colonial hospital		
10 Oct (Wed)	Fez / Rabat B D		
Am	Take the train from Fez to Rabat		
Pm	Arrive Rabat and visit the impressive Rabat Archaeology Museum		
Eve	Dinner in the riad		
11 Oct (Thur)	Rabat B L		
Am	Visit the royal necropolis of Chellah, now a garden located outside the city walls on the site of the Roman port of Sala Colonia, and Mohammed V Mausoleum		
Pm	After lunch visit the kasbah of the Oudayas. Tea at Café Maure. Talk: <i>"Trade and medicine: spices and other good-for-you foods in the history of the Maghreb"</i>		



The magnificent gates of the Royal Palace, Fez



Hotels

In Tangier you will stay in the historic **Grand Hôtel Villa de France**. Recently refurbished, the hotel has a venerable history. French painter Eugène Delacroix stayed here in 1832, then his compatriot, Henri Matisse, followed just before WWI – you can enjoy the still-spectacular views he painted from his old room (35), decorated as it was in his day. The hotel combines superb period attention to detail with modern amenities, with a piano bar and suites around an outdoor pool, next to an old villa once occupied by the Napoleons. The property is a 5-minute walk from a fitness centre, a spa and wellness centre and a tennis club.

During the rest of the tour, you will stay in boutique hotels and some of Morocco's loveliest riads. These combine traditional Moroccan style with modern amenities and comfort. The Moroccan riad is the epitome of historical architecture, typically featuring a cool central courtyard, intricate tiles and quintessential Moroccan rooftop living with views from the terrace. Due to the intimate size of these boutique hotels, their availability will be confirmed at a later date. All accommodation options are of equal standard.

"The tour leaders were kind, caring and available all of the time. The seminars were exciting, enjoyable and full of useful information. Both William and Helen showed compassion in teaching and went out of their way to look after and be kind to all on the trip. The whole group became a family by the end of the two weeks."

Anjna Harrar, History of Medicine in Italy, 2016

A typical medina souk (top); The medina entrance in Fez;
Rue des Merinides, the Jewish quarter of Fez;
Wood dyers, Marrakesh (above)

Tour Leaders & Speakers

Professor Bill Bynum is Professor Emeritus at University College London. A Yale graduate in medicine, he began his career in the history of medicine with a Cambridge PhD before moving to the Wellcome Institute for the History of Medicine. He has published widely. **Dr Helen Bynum** has a PhD in the History of Medicine from University College London and lectured at the University of Liverpool before beginning a freelance career as a medical historian. Together with Bill she edited *Great Discoveries in Medicine*. 'Team Bynum' have led and lectured on various successful tours and cruises for Jon Baines Tours.

Talks

During the tour, Bill and Helen will give a range of specialist talks relating to the visits – see below for details.

Between seas and sand

Putting Morocco at the centre of a world which looks north to Europe, West to the Atlantic, East along the Maghreb coast and South to the Sahara: histories of landscape, people, culture, medicine and science.

Morocco's multicultural medical history

Historical layers encompassing Berber, Roman, Arabic, Islamic, Jewish, Christian & colonial.

Trade and medicine

Understanding the history of hot and cold foods, warming and cooling effects on the body and how these trade goods shaped society.

Bathing under the stars

Bathing practices as an introduction to Roman and Islamic ideas of healing the body and mind with water and the importance of Arab astronomy for health, navigation and understanding the universe.

The cost of the tour is US \$3,122 per person sharing (excluding international flights and transfers)

The cost includes:

- 10 nights' accommodation in twin-bedded rooms within medium grade, heritage and boutique hotels

The single room supplement is US \$537

- UK tour leaders (Bill and Helen Bynum)
- Comprehensive briefing notes
- Breakfast and lunch or dinner daily
- Talks and commentary throughout
- A full programme of cultural visits
- Admission fees where applicable
- National guide throughout
- Tips

The cost excludes:

- International flights (please contact us if you would like help booking these)
- Airport transfers
- Visa and travel insurance
- All personal extras such as portorage, laundry, inoculation fees and drinks
- All optional excursions, tours and visits

“The Bynums were readily available as an excellent source of academic leadership.”

Paul Siklos, Medical History in Italy, 2016

A courtyard in Bahia Palace, Marrakesh



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.



Musicians in the medina in Tangier (top); The blue city of Chechaouen; Bab Mansour Gate, Meknes; La Menara Gardens, Marrakesh (above)

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