



Lindos town in Rhodes

A History of Medicine Tour in Turkey and the Greek Islands

8 – 21 September 2020

Istanbul • Gallipoli • Pergamum • Ephesus • Kos • Rhodes

“In every way it was beyond all expectations.”

Participant, History of Medicine in Greece and Turkey 2012





The Blue Mosque in Istanbul

History, medicine and culture intertwine on this journey through Turkey and the Greek Islands. It would be hard to find such a concentration of important medical historical sites anywhere else, amidst some of the richest culture and history in the world. Travel from Istanbul to the beaches of Gallipoli and onto Pergamum, Kos and Rhodes. Your journey encompasses thousands of years of medical history, including Florence Nightingale, the Gallipoli beach hospitals, Hippocrates, Galen and the Knights of St John. Travel with GP and archaeologist, Dr Matt Young, along the western coast of Turkey and to the Greek islands of Kos and Rhodes, with a range of expert talks and specialist visits throughout the tour.

Istanbul is the only city in the world that spans two continents and is a rich blend of cultures and influences encompassing thousands of years. Arrive and transfer to your hotel in the heart of Sultanahmet in the Golden Horn, the historic centre of Istanbul. Meet the group for a welcome dinner on the hotel rooftop, overlooking the Bosphorus and the minaret-spiked cityscape below.

Next morning visit 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. Tour the Hippodrome and the spectacular underground Roman cisterns nearby. Visit the Suleyman Mosque, see the rare medical manuscripts and listen to the curator talk about the medicine of the Ottomans.

The next day visit the Selimiye Barracks at Scutari, where Florence Nightingale tended



Inside the Aya Sophia, Istanbul



The Roman theatre at Pergamum

thousands of Turkish and Allied soldiers during the Crimean War. During her two years here she laid the foundations of modern nursing care and a museum has been dedicated to her in the northwest tower. After lunch visit one of Byzantine Istanbul's most imposing sights, the Aya (or Hagia) Sophia. Its huge arching dome, encrusted with exquisite mosaics, appears to stand unsupported thanks to brilliant engineering. Explore the Grand Bazaar, a labyrinth of colourful stalls and shops selling everything from kilims to coffee pots, before a late afternoon cruise across the Bosphorus.

Depart Istanbul the next morning and head towards Gallipoli. Visit the historic battlefields, including Anzac Cove and the Australian cemetery, and learn about ANZAC military medicine at the time of the landings. There is the option to visit the beach at dawn the next day and walk to the site of Casualty Clearing Station Number 1, before returning to the hotel for breakfast. The group will be accompanied by a specialist Gallipoli military history guide.

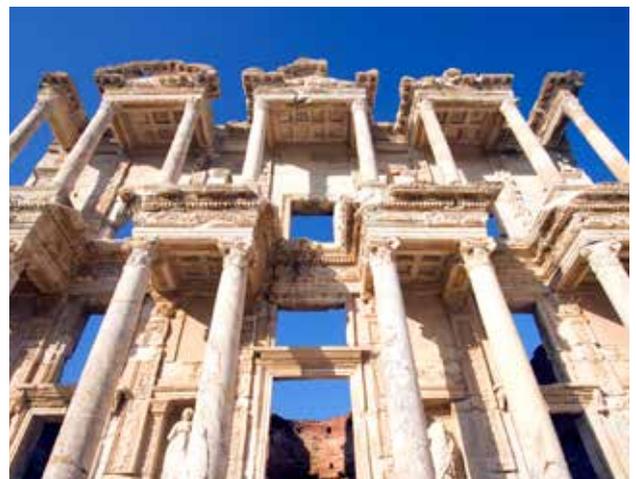
Later in the day visit two sites of ancient military importance, Troy and Pergamum. Tour the UNESCO-listed World Heritage site of Troy, the site of the legendary Trojan horse, before driving to the spectacular ruins of Pergamum, which tower one thousand feet above the city with superb views in all directions. This great Greek city was once a

centre of commerce, culture and medicine, famed for its intellectual tradition and its grammatical and medical school. Its most famous son was Galen, who studied medicine and philosophy here and became known as the greatest physician of ancient times. Visit the magnificent Acropolis and the Aesclepiion, which was the first complete health spa the world had known. Continue to Izmir and check into your hotel.

From Izmir make a day trip to Sardes, an important city in ancient times that has been occupied for over 5000 years, and visit the ancient site including the gymnasium and citadel. Drive to the lovely village of Selçuk, check into the hotel and spend time at your leisure relaxing around the pool.

Spend a full day at Ephesus, one of the undoubted highlights of the tour. The best preserved classical city in the Eastern Mediterranean, this site is unmatched in its sheer magnitude, encompassing a theatre, library and gymnasium. Ephesus's history stretches back thousands of years and it possessed one of the Wonders of the Ancient World in its magnificent Temple of Artemis. Most of the surviving ruins belong almost exclusively to its golden Roman age, when it replaced Pergamum as the capital and became the first great metropolis of Asia.

Make a morning visit to the wonderful ruins of Miletus, the most important city of the Ionian League, and afterwards continue to Bodrum. The



The great library at Ephesus



town over lunch at a local taverna and relax at leisure for the rest of the afternoon.

Rhodes is blessed not only with historical riches but lovely beaches and a charming port town in Lindos. Drive to Lindos the following day, stopping on the way at Butterfly Valley, a cool, green retreat for thousands of butterflies. In Lindos visit the Acropolis and old town before a taverna lunch. The afternoon is at leisure to further explore or to relax on the beach.

Next morning take the ferry back to Bodrum and spend the afternoon at your leisure before a farewell dinner in the evening. Return to Istanbul or further explore southwest Turkey or the Greek Islands.

There are options to extend your tour, either in Rhodes, Lindos or on another Greek island, or in Istanbul. Please speak to the JBT office where our staff will be happy to help arrange this for you.

Crusader castle that dominates the harbour was built by the Knights of St John in the early 1400s and there are still remains of the Mausoleum, which was another of the Seven Wonders of the Ancient World. Bodrum was also the city where Herodotus of Bodrum, the world's first historian, wrote *The Histories*. Spend the afternoon relaxing in this lovely coastal city.

The next day catch the ferry for a day trip to Kos, the birthplace of Hippocrates. Embark on a full day tour of the old town, dominated by a Knights' castle. Visit the International Hippocratic Institute of Kos, the famous Hippocrates plane tree and the Asclepium. Take the afternoon ferry back to Bodrum.

Next morning take the ferry to Rhodes and transfer to your hotel. Rhodes is one of the showpiece Greek islands, with an exquisitely preserved medieval city that was the legacy of the crusading Knights of St John, based here from 1309-1522. Take a half day tour of Rhodes, including the Street of the Knights, the Grand Master's Palace and the hospital of St John, now a museum. Absorb the atmosphere of the old



Rhodes Castle (top); Lindos, Rhodes (above)

Itinerary 8 – 21 September 2020

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

3 nights Istanbul – 1 night Gallipoli – 1 night Izmir – 2 nights Selçuk – 2 nights Bodrum
– 3 nights Rhodes – 1 night Bodrum

8 Sept (Tues) Istanbul D	15 Sept (Tue) Selçuk / Bodrum B D
Pm Arrive Istanbul and transfer to the hotel	Am Morning visit to the site at Miletus. Drive to Bodrum
Eve Welcome dinner	Pm At leisure
9 Sept (Wed) Istanbul B D	16 Sept (Wed) Bodrum / Kos / Bodrum B L D
Am Visit the Blue Mosque, Hippodrome and the Roman underground cistern	Am Morning ferry to Kos and visit Hippocrates' plane tree, the Asclepium and the International Hippocratic Institute of Kos
Pm Visit Suleyman Mosque with its collection of rare medical manuscripts	Pm Lunch at a taverna. Visit the Museum of Medicine. Afternoon ferry to Bodrum
10 Sept (Thur) Istanbul B D	17 Sept (Thur) Bodrum / Rhodes B D
Am Visit Scutari Barracks and the Florence Nightingale Museum* and see old Kuleli Hospital	Am Take the ferry to Rhodes
Pm Visit the Hagia Sophia, Grand Bazaar and cruise the Bosphorus by private boat	Pm Arrive Rhodes and at leisure
11 Sept (Fri) Istanbul / Gallipoli B D	18 Sept (Fri) Rhodes B L
Am Depart Istanbul and drive to Gallipoli	Am Half day tour of Rhodes visiting the Street of the Knights, the Grand Master's Palace and the hospital of Knights of St John (now a museum)
Pm Visit the battlefields of Gallipoli including Anzac Cove and the Australian cemetery	Pm Lunch at a local taverna. At leisure
12 Sept (Sat) Gallipoli / Izmir B D	19 Sept (Sat) Rhodes B L
Am Optional dawn visit to Gallipoli. Walk along the beach to the site of Number 1 Casualty Clearing Station. Return to hotel for breakfast. Visit Troy	Am Drive to Butterfly Valley. Continue to the lovely town of Lindos
Pm Drive to Pergamum and visit the Acropolis and Aesclepien. Continue to Izmir	Pm Lunch at a Lindean taverna and at leisure
13 Sept (Sun) Izmir / Sardes / Selçuk B D	20 Sept (Sun) Rhodes / Bodrum B D
Am Visit Sardes, including the gymnasium and the citadel	Am Ferry to Bodrum
Pm Drive to Selçuk and at leisure in the lovely village	Pm At leisure
14 Sept (Mon) Selçuk B D	Eve Farewell dinner
Am Full day visit in Ephesus	21 Sept (Mon) Bodrum B
	Am The tour ends after breakfast. Depart for airport to connect with onwards flights or extend your stay in southern Turkey

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



Rhodes Harbour and the castle from the sea



Bodrum Castle

Hotels

Celal Sultan Hotel (Istanbul)

An attractive 4-star hotel surrounded by the most important historical monuments of Istanbul, including the Blue Mosque, Aya Sofia and Grand Bazaar. The hotel has a terrace overlooking the city with a rooftop restaurant.

Kum Hotel (Gallipoli Peninsula)

This beachfront hotel is centrally located on the Gallipoli Peninsula, just ten minutes south of Anzac Cove, with a pool and expansive lawn.

Kordon Hotel, (Izmir)

The hotel is located on the bay of Izmir, with many rooms providing an Aegean sea view. The hotel is within walking distance of the Konak Pier and Kemeraltı Bazaar, moments from the seafront promenade and has an attractive rooftop bar.

Celsus Hotel (Selçuk)

This charming hotel is close to Apostle St. John Cathedral, the medieval Byzantine fortress and the Archeological Museum. The hotel has a garden with a pool and common areas with all amenities.

Marina Vista Hotel (Bodrum)

Located just steps away from the marina, the hotel is a tranquil place to relax and unwind, surrounded by mandarin trees and bougainvillea. All the rooms have a pool view.

Rodos Park Hotel (Rhodes)

Located minutes from Rhodes old town and walking distance from several beaches, this peaceful hotel provides style and excellent amenities including a beautiful pool. It is a member of Small Luxury Hotels of the World.

Extension Options

There are several options to extend your time in either Greece or Istanbul after the tour. You may want to spend more time in Rhodes or Lindos, or perhaps another Greek island such as Symi or Tilos. Alternatively you may decide to linger in Istanbul, which is of course a city that deserves more time than we can give it on this tour. Please speak to our Melbourne or London office to discuss your requirements and we will be happy to help.



The Greek Island of Symi

Tour Leader

Dr Matt Young has been a GP for over 25 years. His practice at Medeco Inala won the RACGP Australian GP of the Year in 2018 and acts as the home base for his mobile Hep C eradication crusade, the Hep C Kombi project, which he co-founded. As well as medicine Matt loves travelling the globe and has visited over 100 countries across all seven continents. He has a deep fascination with foreign cultures and loves immersing himself into their stories. Having completed an Archaeology Degree (UQ) and History Diploma (UQ), his areas of special interest are Australian WWI history and ancient civilisations. Matt writes for the AMAQ's Doctor Q magazine and worked on radio talk back.



The Grand Bazaar, Istanbul

The tour price is USD \$3,894 per person (excluding international flights and airport transfers)

The cost includes:

- Tour leader (Dr Matt Young)
- 13 nights' accommodation with private facilities at boutique, medium grade and first-class hotels

The single room supplement is USD \$754

- Breakfasts daily
- Dinners or lunches daily
- All cultural tours
- Bosphorus cruise
- Admission fees where applicable
- Local English-speaking guide throughout Turkey, local guides in Kos and Rhodes and a specialist guide at Gallipoli
- Transport services including ferries to and from Greek Islands
- Tips

The cost excludes:

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



Local café

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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Spices in the Grand Bazaar (top); ANZAC Cove in Gallipoli;
The Asclepium at Kos; Local café in Kos (above)



Jon Baines
tours

