



The Drakensberg Mountains

## Medical and Military History in South Africa

16 – 30 January 2023

Pre-tour extension to Victoria Falls

13 – 16 January 2023

*“Wonderful, beyond our expectations. The variety in this trip was fabulous, medical, military, scenic beauty, animals and history, so good!”*

Michael & Linda Briner, Medical and Military History in South Africa, January 2018





Blyde River Canyon

**This tour takes you on a personal and historical journey through South Africa, revealing the many faces of this beautiful and diverse land. Both tour leader Dr Paul Luckin and national guide Frank Mbete lived and worked in South Africa during apartheid; one in medicine and one in education. Their stories and recollections of the era add fascinating depth to the tour, providing rare personal insights into this period of history.**

The tour starts with the Afrikaans history of the nation in Pretoria and continues with African and colonial history in Eswatini (formerly known as Swaziland), KwaZulu-Natal, Ladysmith and Cape Town.

Learn about South Africa's overlapping medical, military and cultural histories as you travel from Johannesburg and Pretoria into Mpumalanga safari country and take game drives in the Kruger National Park. Continue into Eswatini with its rich culture and plethora of bird and animal life before continuing to culturally distinct KwaZulu-Natal. Continue to the historic town of Ladysmith and explore the battlefields of the Anglo-Zulu and Boer Wars. Travel to the cosmopolitan harbour city of Cape Town, from where you will explore the city, Cape and the Stellenbosch wine region.

Your journey is punctuated with regular specialist visits and talks that provide deep insight into South Africa. There is also an optional pre tour extension to beautiful Victoria Falls.

## Tour Leader

**Dr Paul Luckin (CStJ).** AM MB.BCh.(Rand.), D.A.(S.A.), F.F.A.(S.A.), M.MED.ANAESTHESIA (Natal), FANZCA is an anaesthetist in Brisbane. He studied medicine in South Africa, where he spent 8 years in a Mountain Rescue Team.

Paul teaches Search and Rescue at the state and national level. He provides advice on survivability to the Australian Maritime Safety Authority, and Police Search and Rescue teams across the nation, in PNG and the Solomon Islands.

As a Captain in the Royal Australian Naval Reserve, Paul has served in Bougainville, East Timor, the Solomon Islands, in the Resuscitation and Retrieval Team for the victims of the Bali bombs, in the first medical team into Banda Aceh following the tsunami, and in Afghanistan. He has been invested as a Commander of the Order of St John (CStJ).

For his work in SAR, in 2006 Paul received the Australian National Search & Rescue Award, and in 2015 he was made a Member of the Order



of Australia, AM, for significant service to the community through emergency medicine.

*“Paul Luckin – excellent. So knowledgeable, so humble, so kind, so empathetic – an exceptional human being.”*

Medical and Military History in South Africa, Jan 2018.



## National Guide

Born in Soweto township, **Frank Mbete** grew up in a family of 8 siblings. Frank obtained a degree in Prosthetic and Orthotic Engineering from the University of Strathclyde in Scotland. He then worked for the International Red Cross in many countries around the world and consequently speaks over fourteen languages. Following the end of Apartheid, Frank returned to South Africa and retrained in travel and tourism. Frank has great experience, knowledge and contacts and has guided a wide variety of groups including many health care groups for JBT.

*“Frank was knowledgeable and great fun to be around.”*

Alastair & Tracy Skelly, participants medical and military history in South Africa, January 2018

3 nights Johannesburg – 3 nights Kruger National Park – 2 nights Eswatini  
– 2 nights Ladysmith – 4 nights Cape Town



## Pre-Tour Extension 13 – 16 January 2023

### Day 1: Jo'burg / Victoria Falls (Fri, 13 Jan) **D**

Am: Mid-morning flight to Victoria Falls.  
Pm: Arrive Victoria Falls early afternoon.

### Day 2: Victoria Falls (Sat, 14 Jan) **B L**

Am: Guided tour of Victoria Falls.  
Pm: Afternoon at leisure. Evening cruise on an open sided boat for a beautiful Zambezi sunset.

### Day 3: Victoria Falls / Jo'burg (Sun, 15 Jan) **B**

Am: Fly back to Johannesburg and check into 54 on Bath Hotel.

## Main Tour

16 – 30 January 2023

### Day 1: Johannesburg (Mon, 16 Jan) **D**

Am: Arrive Johannesburg and transfer to the hotel.  
Pm: Visit Constitution Hill, formerly known as hospital hill and take a brief orientation of central Johannesburg.

### Day 2: Johannesburg (Tue, 17 Jan) **B D**

Am: Surface tour of Cullinan Diamond Mine.  
Pm: Sightseeing tour through Pretoria including the Voortrekker Monument and the Union Buildings and see the large statue of Nelson Mandela. Talk: *"The History of the Afrikaans Nation and the origins of Apartheid."*

### Day 3: Johannesburg (Wed, 18 Jan) **B L**

Am: Drive to Soweto and explore the township, including the Baragwanath taxi rank area, Freedom Square and Nelson Mandela's former home.  
Pm: After lunch at a shebeen, visit Baragwanath Hospital, a 3000 bed specialist acute hospital. Hear a talk about life under the Nationalist Government during the days of apartheid.

### Day 4: Johannesburg / Hazyview (Thur, 19 Jan) **B D**

Am: Visit the Adler Medical Museum for a fascinating glimpse into South Africa's medical, dental and pharmacological past, from the 20th century polio epidemics, to the first ECG machine in the country. Afterwards drive into the spectacular safari country of Mpumalanga. Talk: *"History of the Kruger National Park"*.  
Pm: Stop at the Bergendal Boer War Battlefield. Arrive Hazyview and transfer to your safari lodge. At leisure before dinner.

### Day 5: Hazyview (Fri, 20 Jan) **B L D**

Am: Pre-dawn game drive in the Kruger National Park in open safari vehicle to spot the 'Big Five' alongside many mammal, bird and reptile species.  
Pm: Have a bush lunch and return to the lodge in the early evening.

### Day 6: Hazyview (Sat, 21 Jan) **B D**

Am: Explore some of the most spectacular scenery on offer in South Africa along the

Panorama Route. With stunning views of the Lowveld, your tour includes God's Window, Bourke's Luck Potholes, the Blyde River Canyon, the famous Three Rondavels and the gold rush town of Pilgrims Rest.

**Eve:** Boma dinner under the stars.

### Day 7: Hazyview / Mlilwane, Eswatini (Sun, 22 Jan)

**B D**

**Am:** Drive into the Royal Kingdom of Eswatini.

**Pm:** Arrive in the beautiful National Park of Mlilwane and spend the night in traditional Swazi 'beehive' huts.

**Eve:** Dinner is at Hippo Haunt Restaurant, built on stilts and extending over a waterhole that is home to wildlife.

### Day 8: Mlilwane, Eswatini (Mon, 23 Jan)

**Am:** At leisure with options for birdwatching, bike trails or cultural excursions.

**Pm:** Sunset game drive in open top safari vehicles in Mlilwane National Park.

### Day 9: Eswatini / Ladysmith (Tue, 24 Jan)

**B D**

**Am:** Optional bird watching before breakfast. Drive to Ladysmith. Talk: *"The background and consequences of the Boer War."*

**Pm:** Stop at the historical town of Piet Retief, officially eMkhondo. Arrive in Ladysmith, established in 1850 as a staging-post, and check into the Battlefields Country Lodge.

**Eve:** Talk: *"Mountain Rescue in the Drakensberg"*

### Day 10: Ladysmith (Wed, 25 Jan)

**B D**

**Am:** Tour the battlefields of the Anglo-Zulu Wars with a local battlefield guide.

**Pm:** Visit Isandlwana, where the Zulu army defeated a large British military force, and Rorke's Drift, where 11 Victoria Crosses were awarded. The guide will provide talks on the conflicts and on the battlefield medicine during the Zulu Wars.

### Day 11: Ladysmith / Cape Town (Thur, 26 Jan)

**B D**

**Am:** Visit the Siege Museum and learn of the Siege of Ladysmith and the Boer War.

**Pm:** Drive to Durban to fly to Cape Town and

check in to Winchester Mansions.

**Eve:** Dinner on the V&A waterfront.

### Day 12: Cape Town (Fri, 27 Jan)

**B D**

**Am:** Tour of Cape Town before a visit to Groote Schuur Hospital, internationally renowned as a medical training ground. Take part in an escorted tour of the Heart of Cape Town Museum, which tells the history of the world's first heart transplant that took place here in 1967.

**Pm:** Visit the UNESCO World Heritage Site of Robben Island, where Nelson Mandela was imprisoned for 18 years, accompanied by an ex-political prisoner.

### Day 13: Cape Town (Sat, 28 Jan)

**B D**

**Am:** Take a cable car ride up to Table Mountain for spectacular views. Continue on to the Cape of Good Hope Nature Reserve, where the Indian Ocean meets the Atlantic Ocean, for wonderful views across False Bay and visit the penguin colony at Boulders Beach.

**Eve:** Dinner at the acclaimed Societi Bistro.

### Day 14: Cape Town (Sun, 29 Jan)

**B L D**

**Am:** Visit Stellenbosch and take part in chocolate and wine tasting at the Lanzerac Wine Estate.

**Pm:** Lunch and wine tasting at the Fairview Wine Estate, followed by a cheese and wine tasting. Return to Cape Town.

**Eve:** Farewell dinner at Gold restaurant.

### Day 15: Cape Town (Mon, 30 Jan)

**Pm:** Depart Cape Town.





Winchester Mansions, Cape Town

## Hotels

### **54 on Bath (Johannesburg)**

Situated in the leafy suburb of Rosebank, the luxury boutique 54 on Bath Hotel offers style and excellent service. Champagne, afternoon tea and gourmet dining are served at Level Four restaurant and the Perrier-Jouët garden bar. The hotel also has a fitness club and lovely garden with a pool.

### **Hippo Hollow (Hazyview)**

Nestled amongst lush indigenous gardens overlooking the beautiful Sapi River, Hippo Hollow provides spacious rooms with river or garden views, two swimming pools set in the peaceful gardens, a bar and a restaurant.

### **Mlilwane Beehive Huts (Eswatini)**

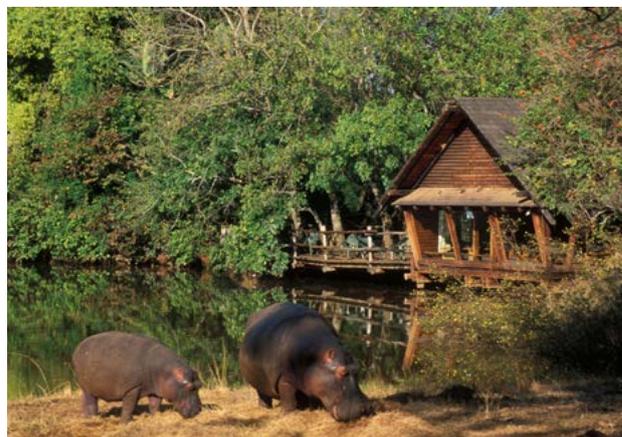
The charming, thatched beehive huts are traditional Swazi design, offering simple comfort and a cultural experience in the heart of the Mlilwane Wildlife Sanctuary.

### **Battlefields Country Lodge (Ladysmith)**

This comfortable lodge has a lovely location in a green valley with views of rolling hills, dams and the famous Talana Hill, which is the site of the first battle between the Boers and the British soldiers.

### **Winchester Mansions (Cape Town)**

A classically elegant hotel with its original Cape Dutch architecture, Winchester Mansions is situated at the famous Sea Point Promenade, offering spectacular mountain and sea views. With a beautiful colonnaded courtyard, contemporary style and excellent service, this hotel provides a stylish end to the tour.



'Hippo Haunt' restaurant, Mlilwane Wildlife Sanctuary (top);  
54 on Bath, Johannesburg (above)



Victoria Falls

## Ground only cost of the tour is USD \$5,597

### The cost includes:

- 14 nights' accommodation in twin-bedded rooms in first class and boutique hotels and game lodges

### Single supplement: USD \$928

- Tour leader (Dr Paul Luckin) and national guide (Frank Mbetse)
- Comprehensive briefing notes
- Meals as per the itinerary
- Internal flight and taxes
- A full programme of cultural and professional visits as per the itinerary
- Local English-speaking guides
- Admission fees and tips

### The cost excludes:

- International flights, airport transfers & taxes
- All personal extras such as portage, laundry, inoculation fees and drinks not included with meals
- All optional excursions, tours and visits
- Visa, if required

### Flights

The tour price does not include international flights. If you require help booking flights to South Africa, please contact the London office on **+44 (0) 207 223 9485** or the Melbourne office on **+61 (0) 3 9343 6367**.

*"The tour was excellent. Many visits of great interest and variety."*

Elisabeth Sears, participant Royal Society of Medicine  
South Africa, April 2019

## The Victoria Falls pre tour extension is USD \$964 per person sharing and includes:

- Two nights bed and breakfast accommodation at the A'Zambezi River Lodge
- One night bed and breakfast accommodation at the 54 on Bath Hotel, Johannesburg

### Single supplement: USD \$418

- Transfer from hotel to the airport in Johannesburg
- Transfers to/from Victoria Falls extension
- Victoria Falls guided tour and sunset cruise

### The cost excludes:

- Visa fee (if required); Victoria Falls entrance fee (payable in USD on arrival); River fee (prior to cruise in USD); meals and transfers not included
- Return flights from Jo'burg to Victoria Falls

### Additional nights

Please contact us to book additional nights in Johannesburg or Cape Town.

*"Excellent balance between science, culture and fun. The visit to Christiaan Barnard Memorial Hospital was so amazing. Kruger Park was a dream come true."*

Najla and Basim Matti, Royal Society of Medicine  
tour to South Africa, April 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.

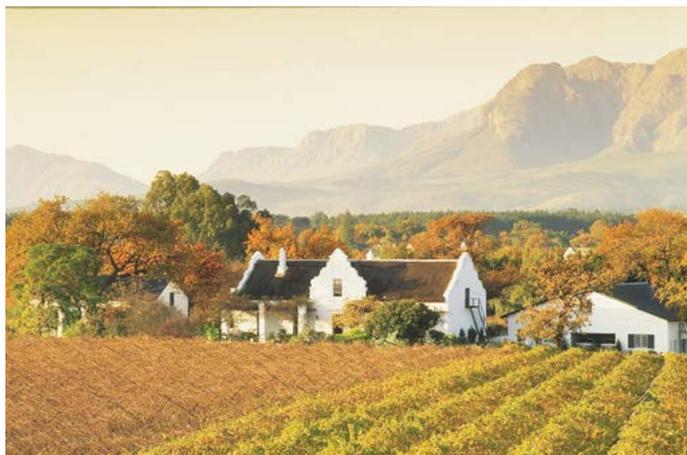


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Elephants in Kruger (top); Insandlwana; Cape Point; The winlands (above)



Jon Baines  
tours

