



Elephants in the Kruger National Park

# Medicine in South Africa 1 – 13 April 2024

In association with the Royal Australian  
College of General Practitioners

Post-tour extension to Victoria Falls  
13 – 15 April 2024

'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





Blyde River Canyon

**This tour, led by Dr Matt Young, reveals the many faces of this beautiful and diverse land while giving you fascinating insight into South Africa's medicine, culture, history and wildlife. Travel from Cape Town where you will explore the city, Cape and the Stellenbosch wine region, to the coastal city of Durban.**

Continue into stunning and culturally distinct KwaZulu Natal with its plethora of bird and animal life and into Mpumalanga safari country to take game drives in the Kruger National Park.

The tour ends in Johannesburg with a visit to Soweto and the former home of Nelson Mandela. There is also an optional extension to beautiful Victoria Falls.

There are specialist medical visits to rural and urban clinics, a provincial hospital in KwaZulu, the famous Groote Schuur Hospital in Cape Town and a medical history museum. There is the opportunity for families to travel on this tour.

**There is the opportunity for families to travel on this tour.**



## Tour Leader

**Dr Matt Young** has been a GP for over 25 years. His practice at Medeco Inala won the RACGP Australian General Practice 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 in their stories. He is most at home rafting rivers, climbing mountains and hiking through jungles.

Having completed an Archaeology Degree (UQ) and History Diploma (UQ), his areas of special interest are Australian WW1 history and ancient civilisations. Matt finds these



studies significantly enhance all his intrepid travelling experiences. Matt writes for the AMAQ's 'Doctor Q' magazine and worked on 4BC as the 'Ocker Doctor' on radio talk back. He loves a yarn, a laugh and writing poetry for fun. Matt has led previous tours to the Northern Territory, Brazil and Argentina.

**'My first Jon Baines tour was Alice Springs Ghan to Darwin and Matt Young was tour leader. On that trip I learned that Matt would be leading another tour in 8 months time to Rio. I immediately booked in as Rio is on my bucket list and Matt would be the tour leader again. He is just the quintessential laconic leader and sees good in everyone, in a light-hearted way!'**

Nim Yohendran, Medical Study Brazil & Argentina – Feb-Mar 2023

Cape coastline



# Itinerary 1 – 13 April

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

3 nights Cape Town – 1 night Durban – 3 nights Kwa Zulu Natal  
– 3 nights Hazyview – 2 nights Johannesburg



## Day 1: Cape Town (Mon, 1 Apr) **D**

**Am/Pm:** Arrive Cape Town and transfer to the hotel.

**Eve:** Dinner at a local restaurant.

## Day 2: Cape Town (Tues, 2 Apr) **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 on the V & A Waterfront.

## Day 3: Cape Town (Wed, 3 Apr) **B L**

**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:** Stellenbosch to enjoy a winelands lunch followed by cheese, chocolate and wine tasting. Return to Cape Town.

## Day 4: Cape Town / Durban (Thur, 4 April) **B D**

**Am:** Fly to the coastal city of Durban and transfer to the hotel.

**Pm:** Visit a local community clinic in Durban and meet local GPs or at leisure.

**Eve:** Enjoy a local Indian meal in the evening.

## Day 5: Durban / Mkuze, Kwa Zulu Natal (Fri, 5 Apr)

**Am:** Take a stunning coastal drive into Zululand, continuing to the green oasis town of Mkuze and the lovely Ghost Mountain Inn.

**Pm:** Afternoon at leisure, perhaps visiting the spa, pottering in the garden or enjoying a gin and tonic on the jetty.

## Day 6: Mkuze, Kwa Zulu Natal (Sat, 6 Apr) **B L D**

**Am:** Take a boat trip across Lake Jozini to view elephants and hippos in the water amidst spectacular scenery.

**Pm:** Return to the hotel for lunch on the terrace and some time at leisure before taking part in a safari at Mkuze Game Reserve with rolling acacia savannah, swamps, woodlands and riverine forest. Wildlife includes black and white rhino, elephant, giraffe, leopard, cheetah, buffalo and plains game. Return as the sun goes down.

## Day 7: Mkuze, Kwa Zulu Natal (Sun, 7 Apr) **B D**

**Am:** Make a professional visit to Bethesda Hospital, a small rural hospital where you will learn about rural health care and the local Zulu culture.

**Pm:** Head up into the Lebombo Mountains and visit the homestead of the respected Justice Myeni and his family – an authentic Zulu homestead where you will have the opportunity to spend time with members of his family and learn more about their life and culture. This day

will provide a much greater understanding of contemporary Zulu culture.

**Day 8: Mkuze / Hazyview (Mon, 8 Apr)** B L D

**Am:** Drive to Mpumalanga through some beautiful scenery and into safari country.

**Pm:** Arrive at Hippo Hollow and check in. At leisure to relax around the pool or go on local nature walks.

**Day 9: Hazyview (Tues, 9 Apr)** B L D

**Am:** Rise before sunrise the next day for an early morning game drive in the Kruger National Park in open safari vehicles. It isn't unusual to spot all of the 'big five' in a single day along with a Fascinating range of mammal, bird and reptile species. Have a bush lunch and return to the lodge in the early evening.

**Eve:** Hear a talk from Kruger Park veterinarian, Peter Buss, on his work in the Kruger National Park.

**Day 10: Hazyview (Wed, 10 Apr)** B D

**Am:** Explore some of the most spectacular scenery on offer in South Africa as you take a tour along the aptly named Panorama Route. The mountainous escarpment of Mpumalanga provides stunning views of the Lowveld and your tour includes sights such as God's Window, Bourke's Luck Potholes (with its extraordinary rock formations), the Blyde River Canyon, the famous Three Rondavels and the historic gold rush town of Pilgrims Rest.

**Eve:** Dinner at the lodge.

**Day 11: Hazyview / Johannesburg / Hazyview (Thur, 11 Apr)** B

**Am:** Drive to Johannesburg.

**Pm:** 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. Continue to the hotel in Sandton.

**Day 12: Johannesburg (Fri, 12 Apr)** B L D

**Am:** Drive to Soweto and visit a community health clinic. Meet doctors and nurses and learn first-hand about primary care in Soweto.

**Pm:** Lunch at a shebeen. Sightseeing tour of Soweto including the Baragwanath taxi rank area, Freedom Square and Nelson Mandela's former home.

**Eve:** Farewell dinner.

**Day 13: Johannesburg (Sat, 13 Apr)** B

**Am/Pm:** Depart for return flights OR take extension to Victoria Falls.

## Post-tour extension to Victoria Falls

13 – 15 April 2024

**Day 13: Victoria Falls (Sat, 13 Apr)** B

**Am:** Fly from Johannesburg to Victoria Falls.

**Pm:** Arrive and transfer to the A'Zambezi River Lodge and at leisure.

**Day 14: Victoria Falls (Sun, 14 Apr)** B L

**Am:** Guided tour of Victoria Falls after breakfast.

**Pm:** At leisure before an evening cruise during a beautiful Zambezi sunset.

**Day 15: Victoria Falls/ Johannesburg (Mon, 15 Apr)** B

**Am:** Fly back to Johannesburg

**Pm:** Connect for onward flight or transfer to the airport hotel for flights the following morning.



Ghost Mountain Inn

## Hotels

### **President Hotel (Cape Town)**

The hotel is located in an upmarket district a very short walk from the promenade and the beach. The rooms are designed in contemporary style and include mountain or sea views. Amenities include an outdoor pool, spa treatment rooms, an exercise room, lounge bar, restaurant and a gift shop.

### **Protea Hotel Umhlanga (Durban)**

Positioned on Durban's beautiful Golden Mile, the hotel is ideally located for a visit to this popular coastal city. The hotel has fresh contemporary rooms and good amenities including a fitness centre and rooftop pool.

### **Ghost Mountain Inn (Mkuze, Kwa Zulu Natal)**

An historic and elegant homestead that has been a hotel for 50 years, Ghost Mountain Inn is renowned for the warmth of its welcome and its superb service. Enjoy the five acres of gardens rolling down to the water, dotted with ancient fig trees, and the comfort of its rooms and amenities, including two lovely pools and a spa.

### **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.

### **Garden Court, Sandton, Johannesburg**

The hotel has an excellent location adjacent to the shops and restaurants in the Sandton City complex and next to Nelson Mandela Square.

### **A'Zambezi River Lodge, Victoria Falls (extension)**

A charming 4-star hotel set within beautiful grounds situated on the banks of the mighty Zambezi River. The staff are warm, friendly and helpful and the bar and restaurant serves excellent food. Watch wildlife including warthogs and perhaps a hippo in the peaceful setting, with magnificent Victoria Falls just a few km up the river.



Hippo Hollow



Cape Point (top); Zulu women (above)

## Victoria Falls post-tour extension

**The cost per person sharing  
a twin or double room is USD  
\$886**

**The tour cost with a room to  
yourself is USD \$1,372**

### **The cost includes:**

- Two nights bed and breakfast accommodation at the A'Zambezi River Lodge
- Transfer from hotel to the airport in Johannesburg
- Transfers to/from Victoria Falls extension
- Victoria Falls guided tour and sunset cruise

### **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

**The tour cost sharing a twin  
or double room is USD \$4,536**

**The tour cost with a room to  
yourself is USD \$4,992**

Please contact us regarding family rooms

### **The cost includes:**

- 12 nights' accommodation in twin-bedded rooms in medium grade and boutique hotels and game lodges
- Tour leader (Dr Matt Young) and national guide
- Comprehensive briefing notes
- Meals as per the itinerary
- Internal flight and taxes
- A full programme of cultural and professional visits as per the itinerary
- A full programme of safaris in the Kruger National Park and Mkuze Game Reserve
- Admission fees and tips

### **The cost excludes:**

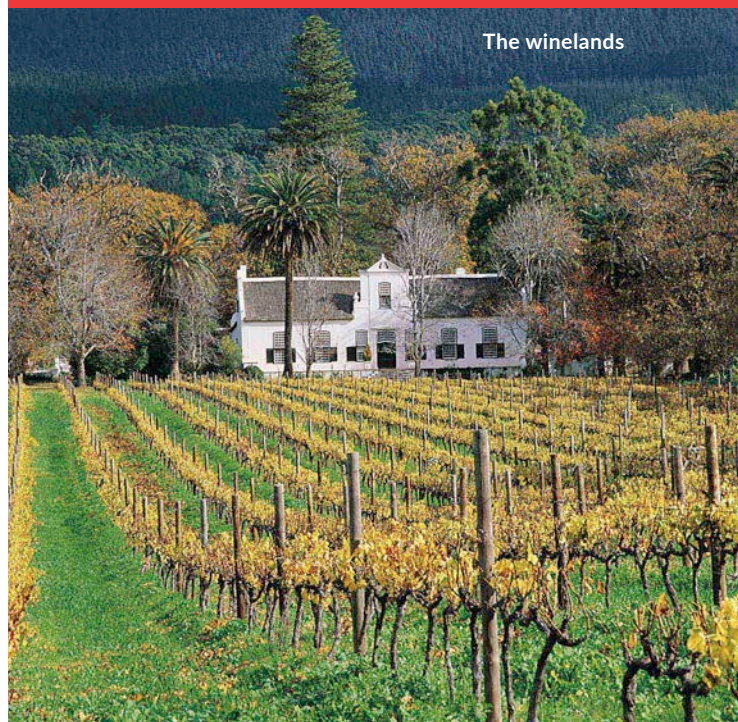
- International flights, airport transfers & taxes
- All personal extras such as portage, laundry, inoculation fees and drinks not included with meals
- All optional excursions, tours and visits
- Visa, if required

### **Flights**

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

### **Additional nights**

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



The winelands

# 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.

All the flights and flight-inclusive holidays in this brochure are financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. Please ask for it and check to ensure that everything you booked (flights, hotels and other services) is listed on it. Please see our booking conditions for further information or for more information about financial protection and the ATOL Certificate go to:  
[www.atol.org.uk/ATOLCertificate](http://www.atol.org.uk/ATOLCertificate)

**Jon Baines Tours (London)**  
Hyde Park House, 5 Manfred Road,  
London, SW15 2RS  
Tel: +44 (0) 207 223 9485 / 5618  
Email: [info@jonbainestours.co.uk](mailto:info@jonbainestours.co.uk)  
[www.jonbainestours.co.uk](http://www.jonbainestours.co.uk)

**Jon Baines Tours (Melbourne)**  
PO Box 68, South Brunswick,  
Victoria 3055  
Tel: +61 (0) 3 9343 6367  
Fax: +61 (0) 3 9012 4228  
Email: [info@jonbainestours.com.au](mailto:info@jonbainestours.com.au)  
[www.jonbainestours.com](http://www.jonbainestours.com)



Cape Town waterfront (top); A herd of Burchell's Zebras;  
Cheetah, mother and baby; Victoria Falls (above)



Jon Baines  
tours

