



Orang utans, Semenggoh, Sarawak

Ophthalmology Study Tour to the Malay Peninsula, Singapore and Borneo

7 – 18 March 2021

Following APAO2021
4 – 7 March 2021
in Kuala Lumpur



Jon Baines
tours



The colourful streets of Malacca

Explore the Malay Peninsula, Singapore and Borneo to experience the history, culture and wildlife of the region, alongside a wide-ranging professional itinerary that examines local ophthalmology and eyecare. Learn about the background to the fast-developing area of eyecare in three very different regions in Malaysia, including the particular challenges of reaching indigenous populations in remote areas and the government-supported medical tourism industry.

From the modern city of Kuala Lumpur to the colonial charms of Malacca, travel to the vast jungles of Borneo and the riverine city of Kuching via Singapore, finishing in Kota Kinabalu. Along the way enjoy the blend of European heritage with Malay, Chinese and Indian culture and cuisine.

Fly to the gleaming metropolis of Kuala Lumpur and check into your hotel. Spend the rest of the day settling in at leisure before dinner in the hotel.

Next day explore the history of Kuala Lumpur, which reflects its Malay, Chinese, Indian and British heritage. Visit the Central Market. In the afternoon drive to historic Malacca, a trading entrepot whose heritage is reflected in its well-preserved Portuguese, Dutch and British

architecture. Take a walking tour to St. Paul's Hill for a panoramic view of Malacca, the straits and the old town. See the Portuguese Fort de Santiago, the ruins of St. Paul's Church and Dutch Square. Walk down Harmony Street to 'Antique Row'. Enjoy a traditional Malacca lunch, a blend of Chinese, Malay and Portuguese flavours, and take a boat ride on the Malacca River. Listen to lectures or spend the rest of the day at leisure.

Drive to Singapore next morning and transfer to your hotel before walking to Clarke Quay to take a river cruise on the Singapore River. Disembark at Fullerton Bay Hotel to have dinner at Clifford Pier before seeing the Marina by night.



Kuala Lumpur skyline



Singapore

The following morning explore Singapore's rich tapestry of cultures and its colonial history, seeing the Raffles Hotel, Singapore Cricket Club, the old Supreme Court Building and the orchid garden, before lunch at a dim sum restaurant in Chinatown. In the afternoon make a professional visit to SNED and hear lectures or spend the time at leisure. In the evening there is the option of seeing the extraordinary Gardens by the Bay son et lumiere show.

Next morning fly to Kuching, a relaxed city on the Sarawak River and the capital of Sarawak. Transfer to the riverfront Raneer Hotel and visit The Specialist Eye Centre. In the afternoon discover the charms of this riverine city, established by Sir James Brooke. Visit the excellent small ethnographic museum, which provides context and background on the peoples of Sarawak, their beliefs, medicine and customs. Continue to the Brooke Gallery and learn of the life and legacy of the 'White Rajahs' of Sarawak. After dinner at the Junk Restaurant there is the option to explore the local area with its interesting historical shops, cafés, art, restaurants and bars.

Drive to the Semenggoh Wildlife Centre in the morning to view semi-wild orangutans in a natural setting. Continue to Anah Rais, a longhouse Bidayuh village set beside a beautiful stream, and learn about the culture of the Land Dayaks. Have lunch in the village before visiting the highly effective mobile cataract service and learning of their work.

The following day drive to Bako village and take a boat to Bako National Park, keeping watch for crocodiles, sea eagles and other shore birds. Explore the trails where nineteenth century naturalist Alfred Russel Wallace did much of his work on evolutionary biology, alongside a spectacular coastline dotted with small bays, coves and beaches. It is common to see the local proboscis monkeys, silvered langurs (monkeys), long-tailed macaques, wild boar, monitor lizards and many species of birds. Have a buffet lunch in the park. Return to Kuching later in the afternoon and enjoy a sunset cruise with drinks on the Kuching River before dinner.

Fly to Kota Kinabalu in Sabah and transfer to the Hilton Hotel. Settle in before rejoining the group for an ophthalmology visit and lectures at Synergy SEC.

Next morning board the beautifully restored carriages of the North Borneo Railway, pulled by a magnificent Vulcan steam engine. Enjoy a



Anah Rais longhouse, Sarawak (top); Bako National Park (above)



delicious tiffin lunch on board as you travel along the only stretch of railway line in Borneo, passing coastline, mangrove forest and rice fields. Finish your journey early afternoon and return to the hotel, with the rest of the day at leisure.

Your final day on tour is spent taking a boat out to the beautiful coral islands of the Tunku Abdul Rahman Par, known for their pristine white beaches, clear water and coral reefs. Visit the islands and relax, swim or snorkel. Return to Kota Kinabalu mid-afternoon before a farewell dinner with the group in the evening.

The next morning depart for the airport or take a beach extension or extend to visit Mount Kinabalu.



North Borneo steam train



Western Clownfish in Tunku Abdul Rahman Park, Kota Kinabalu, Sabah

Itinerary 7 – 18 March 2021

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

1 night Kuala Lumpur – 2 nights Malacca – 2 nights Singapore – 3 nights Sarawak – 3 nights Sabah

7 Mar (Sun)	Kuala Lumpur D		
Pm	Arrive and transfer to the EQ Hotel, a stylish new centrally located 5-star hotel. It is Green Building Index (GBI) Gold-certified, making it among the most energy and resource-efficient buildings in the city		Sarawak River with a period feel. Visit The Specialist Eye Centre. Later take an orientation of Kuching, established by Sir James Brooke, the 'White Rajah' of Sarawak. Visit the ethnological museum and Fort Margherita
		Eve	Dinner at the Junk Restaurant
8 Mar (Mon)	Kuala Lumpur / Malacca B D	13 Mar (Sat)	Kuching B L
Am	Sightseeing tour of Kuala Lumpur	Am	Visit the Semenggoh Wildlife Centre to view semi-wild orangutans in a natural setting. Visit Anah Rais longhouse in Bidayuh village and learn about the culture of the Land Dayaks
Pm	Drive to Malacca and check into the boutique Puri Melaka Hotel, a charming 3-star boutique hotel in the heart of the old town. The hotel is a carefully restored Peranakan house which retains its beautiful façade and décor	Pm	Lunch at the village. Visit the mobile cataract service and learn of their work
9 Mar (Tues)	Malacca B L	14 Mar (Sun)	Kuching B L D
Am	Tour historic Malacca. Walk into the old town to see local crafts including Peranakan shoe making. Continue to St. Paul's Hill for a panoramic view of Malacca, the straits and the old town. See the Portuguese Fort de Santiago, the ruins of St. Paul's Church and Dutch Square	Am	Drive and boat to Bako National Park. Explore the park with its many species of wildlife
Pm	Traditional Peranakan lunch. Boat ride on the Malacca River. Listen to lectures or at leisure	Pm	Buffet lunch in the park
		Eve	Enjoy a sunset cruise with a drink followed by dinner
10 Mar (Wed)	Malacca / Singapore B D	15 Mar (Mon)	Kuching / Kota Kinabalu B D
Am	Drive to Singapore and transfer to the Swissotel Merchant Court, a comfortable and well equipped 4-star hotel located by Clarke Quay	Am	Fly to Kota Kinabalu and transfer to the Kota Kinabalu Hilton Shona in the heart of the business district, with a rooftop swimming pool with a sweeping view of the city
Pm	Walk to Clarke Quay Jetty to take a Singapore River Cruise. Drop off at Fullerton Bay Hotel for dinner at Clifford Pier	Pm	Ophthalmology visit and lectures at Synergy SEC
Eve	See the Marina by night	16 Mar (Tues)	Kota Kinabalu B L
11 Mar (Thur)	Singapore B L	Am	Board the Vulcan North Borneo steam train
Am	Take a half day Singapore city tour seeing the Raffles Hotel, Singapore Cricket Club, the Old Supreme Court Building, City Hall Building and the orchid garden	Pm	Tiffin lunch onboard. At leisure
Pm	Lunch at a Chinese Dim Sum Restaurant. Ophthalmology professional visit to SNED and lectures or at leisure	17 Mar (Wed)	Kota Kinabalu B L D
Eve	Option of seeing the son et lumiere show at the Sky Trees	Am	Take a boat out to the beautiful coral islands of the Tunku Abdul Rahman Marine Park, known for their pristine white beaches, clear water and coral reefs. Visit the islands and relax, swim or snorkel. Return to Kota Kinabalu mid-afternoon
12 Mar (Fri)	Singapore / Kuching B D	Pm	Farewell dinner
Am	Transfer to airport to fly to Kuching	18 Mar (Thur)	Kota Kinabalu B
Pm	Check into the Raneé Boutique Hotel, an elegant hotel in two converted 19th-century shop houses overlooking	Am	Depart for the airport or take a beach extension or extend to visit Mount Kinabalu

"All hotels were excellent."

John and Fiona Sedgwick, Heritage Tour Borneo and Malaysia, September 2019



Mt Kinabalu

There are several options for a post tour extension in Borneo:

Kota Kinabalu extension

You can simply stay longer at your hotel and relax, or you can organise a day trip to visit Kinabalu National Park and Poring Hot Springs. Kinabalu National Park is rich in flora and fauna and home to magnificent Mount Kinabalu. It was declared a UNESCO World Heritage site in 2000, the first in Malaysia, and you can spot many species of orchids, pitcher plants, birds, insects and butterflies. Afterwards, head to Poring Hot Spring for a hot sulphur bath, rich in natural minerals, surrounded by beautifully landscaped tropical gardens.

Others might want to visit the war memorials, or climb Mount Kinabalu (which requires a good level of fitness).

5-star beach resort

Shangri-La's Rasa Ria Resort and Spa: This luxurious, peaceful resort is surrounded by 400-acres of nature reserve with a long sweep of soft sand beach. A beautiful resort perched on the edge of Borneo's tropical wilderness, this is a superb choice for wildlife encounters, excellent food and service and dozens of land-based or aquatic activities.

Gaya Island Resort: Surrounded on four sides by dense mangroves, coral reefs, sandy beaches and jungle, Gaya Island Resort feels like a true tropical hideout, with troops of inquisitive macaques that prowl the grounds. The island resort is 20 minutes by boat from the city of Kota Kinabalu, situated within the protected Tunku Abdul Rahman Marine Park. This resort offers both exclusivity and relaxed, barefoot sophistication.

Please contact us to discuss options – we can arrange costings on request.



Shangri La Resort, Kota Kinabalu



Clarke Quay, Singapore

Tour Leader

Professor Christopher Liu OBE is based in Brighton. Born in Hong Kong, Christopher came to England aged 15 to study before entering medical school in London. He is widely travelled and enjoys introducing western delegates to exotic cultures. He has led the Royal College of Ophthalmologists Study Tours to China in 2004 and 2014, Egypt 2006, Syria in 2007, Cuba in 2012 and Japan in 2017. Christopher has been president of the Medical Contact Lens and Ocular Surface Association, British Society for Refractive Surgery and the Southern Ophthalmological Society. He has also been Honorary Secretary of the United Kingdom and Ireland Society of Cataract and Refractive Surgeon and is Council Member and Trustee of the Royal College of Ophthalmologists. Christopher Liu was appointed OBE by the Queen in her 2018 New Year's honours list.

“Thoroughly enjoyed our trip on both an educational and personal level. Chris Liu and Vivienne were great hosts and our fellow travellers too.”

Pauline MacEwen, Ophthalmology in Japan, 2017

**The cost of the tour is
US \$3,906 per person
(excluding international
flights and transfers)**

The cost includes:

- The services of an experienced tour leaders (Professor Christopher Liu)
- 11 nights' accommodation in twin-bedded rooms with private facilities in medium grade and heritage hotels, a jungle lodge and a luxury spa

Single supplement: US \$693

- Breakfast and lunch or dinner daily
- All admission fees
- Services of local English speaking national guides throughout
- All transport services and taxes
- Singapore – Kuching and Kuching – Kota Kinabalu flights
- All tips

The cost excludes:

- Meals not mentioned and drinks with meals
- All optional excursions, tours and visits
- Travel insurance
- Visa (if required)

NB: Due to the nature of the tour, places are strictly limited. All itineraries are subject to change according to local conditions.

Flights

Please contact Jon Baines Tours in London on **020 7223 9485** or in Melbourne on **03 9343 6367** if you require assistance with booking your flights.



Rhinoceros hornbill

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.



Food market, Malay District, Kuala Lumpur (top);
Gardens by the Bay, Singapore; Kuching waterfront;
Proboscis monkey, Bako National Park, Sarawak (above)

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