



Visit the Taj Mahal at dawn

Paediatrics and Child Health in India

13 – 27 February 2020

Delhi – Agra – Jaipur – Bangalore – Mysore – Ooty – Cochin



Jon Baines
tours



Commuting in the Keralan backwaters

India is a land like no other in the richness and diversity of its people, its culture and its history. It is home to one of the world's oldest religions and some of its most beautiful man-made structures. It boasts spectacular landscapes, with a vibrant and colourful society that maintains ancient traditions whilst embracing the modern world. This carefully designed study tour examines approaches to paediatrics and child health in both North and South India – areas of great contrast - within the context of Indian culture, history and society. A rich cultural programme is balanced by wide ranging professional visits and meetings with your counterparts in both rural and urban India.

Arrive in Delhi and check into your hotel before a welcome dinner in the evening.

Next morning visit the Institute of Child Development (ICD) and learn about their work in providing practical, emotional and physical support to children with disabilities and their families. Take part in a practical skills exchange with families attending the clinic and gain real insight into their work. In the afternoon drive to Agra and check into your hotel.

Rise early the next day to visit India's most famous monument, the Taj Mahal, created by Mughal Emperor Shah Jehan as an expression of his love

for his wife, Mumtaz. Many have tried to describe the beauty of this white marble mausoleum, which is a perfect exercise in symmetry, set high against the blue sky.

Return to the hotel for breakfast before heading to the abandoned city of Fatehpur Sikri, a beautiful red sandstone city built at the behest of the Mughal Emperor Akbar in 1571 and abandoned less than twenty years later. Continue to the 'Pink City' of Jaipur, home to stunning hilltop forts and glorious palaces amidst the dusky pink buildings of the old town.

Next morning explore the ancient citadel of the magnificent Amber Fort, remarkable for the way it combines Hindu and Muslim elements within its ornate style. Return to the heart of Jaipur to



Amber Fort in Jaipur



A worker at The Jaipur Foot (top);
Magnificent Mysore Palace (above)

see Hawa Mahal (Palace of the Winds), where the ladies of the harem were kept sheltered from prying eyes. Visit Jantar Mantar, a fascinating astrological observatory dating back to 1693, and the City Palace Museum.

The following day visit 'Jaipur Foot', an extraordinary project that produces high quality prosthetic limbs for amputees, completely free of charge. This inspiring operation has produced well over a million limbs in its time and now is an international operation. Spend the rest of the day at leisure or explore the bazaars of Jaipur.

Next day fly to Bangalore and check into your hotel. In the afternoon visit the paediatric department of the MS Ramaiah Hospital, one of South India's largest and most prestigious educational hospitals, to talk to local doctors and nurses and tour the departments.

Bangalore has long been known as the City of Gardens and next morning you will visit a

traditional garden that is both beautiful and practical. The Amruth Vana Ayurvedic Gardens are spread across 10 lush acres with an Ayurvedic treatment centre and café. Explore the lovely gardens and the impressive plant cataloguing system and learn about the medicinal properties of plants.

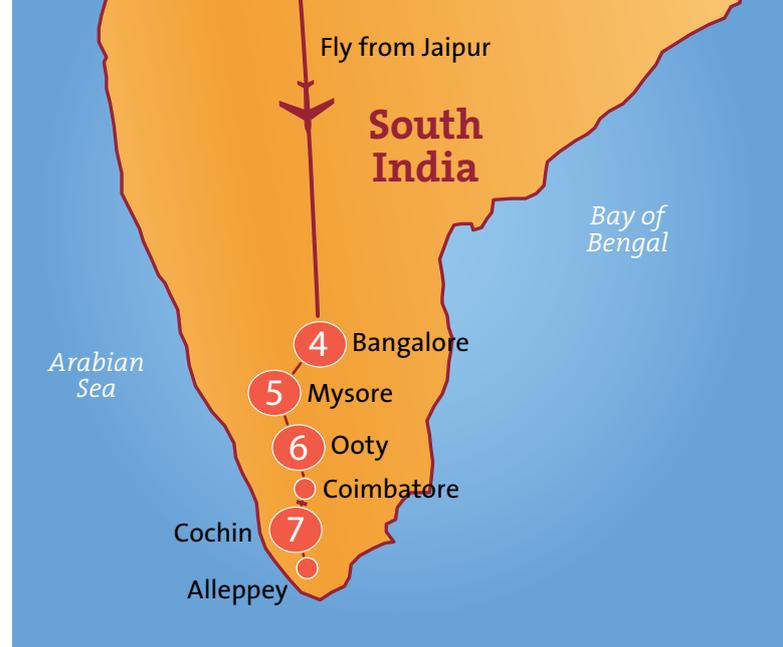
Continue the drive to Mysore and check into your hotel. Later in the day visit a traditional Ayurvedic processing plant, BV Pundit's of Mysore – a small, authentic operation which is a third generation family run business, run on strictly Ayurvedic principles. See first hand traditional Ayurvedic medicines being prepared and packaged, all by hand.

Sumptuous Mysore is famed for its palaces and its silk, sandalwood and spices. The next morning visit Chamundi Hill to witness the procession of the Goddess at the Temple. After lunch visit one of the most astonishingly ornate palaces in India, Mysore Palace. Afterwards, wander through the colourful throngs of the Devaraj Market. As the sun goes down, relax over a sunset high tea with magnificent views overlooking Mysore from the grand Lalitha Mahal Palace.

Operation Shanti is another inspiring grassroots project and is our supported project (see inside



Learn about medicinal plants in Amruth Vana



back page). Visit the orphanage, which provides a home, full education and medical care for the former street children in its care. Spend the rest of the day at leisure with options to explore the markets, palaces and museums.

The next day travel into the beautiful Blue Mountains en route to Ooty, where you will check into your hotel. Known as the Queen of the Hill Stations, 'Snooty Ooty' is a cool, tranquil town surrounded by hills and tea slopes. Visit its lovely botanical gardens, which were laid out by gardeners from Kew Gardens, and meet with people from the local Toda community to learn of their indigenous culture and healthcare.

Next day take the toy train to Coonoor on an exhilarating switchback ride through the Blue Mountains. Explore the town of Coonoor and visit a tea plantation and a tea factory before returning to Ooty.

Drive to Coimbatore for brunch, before boarding the train for a wonderful journey across lush Kerala via the Cardamom Hills and into the coastal city of Cochin - 'The Gateway to Kerala.' Check into your hotel.

Take a walking tour of Fort Cochin, visiting the oldest church in India, 500 year old Portuguese houses, the spice houses and areas that could be lifted from an English country village. In the afternoon watch the ancient Keralan martial art

of Kalaripayattu – explosively energetic as well as graceful – and finish the day with a sunset cruise along Cochin harbour, which takes you past the ethereal Chinese fishing nets.

Next morning visit a Keralan rural health mission in Alleppey before boarding a private converted rice barge for a cruise along the tranquil Keralan backwaters. See Keralan life unfold as you sail past families swimming, fishing and washing in the canals, past vegetable-laden canoes, vivid green rice paddies and coconut farms. Relax over a delicious Keralan lunch on board before returning to Cochin. In the evening enjoy a farewell dinner with the group.

The next morning transfer to the airport for your return flight, or extend your stay in Kerala at the Marari Sands Resort.



Tea pickers in Ooty (top); Sorting turmeric in Cochin; Chinese fishing nets in Cochin (above)

Itinerary 13 – 27 February 2020

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

1 night Delhi – 1 night Agra – 3 nights Jaipur – 1 night Bangalore – 3 nights Mysore
– 2 nights Ooty – 3 nights Cochin

13 Feb (Thur)	Delhi D	22 Feb (Sat)	Mysore / Ooty B D
Pm	Arrive Delhi. Transfer to the Park Hotel	Am	Drive to the hill station at Ooty
Eve	Welcome buffet dinner at hotel	Pm	Arrive and check into the hotel. Visit the famous Ooty Botanical Gardens
14 Feb (Fri)	Delhi / Agra B D	Eve	Meet with the traditional Toda community and learn of indigenous health care in India
Am	Visit the Institute of Child Development, meet staff and learn of their work	23 Feb (Sun)	Ooty B L
Pm	Drive to Agra and check into the Trident Hotel	Am	Take the toy train through the mountains to Coonoor. Explore Coonoor including the old railway station
15 Feb (Sat)	Agra / Jaipur B D	Pm	Lunch at the Raj era Taj Garden Retreat. Visit the tea plantation and tea factory. Return to Ooty
Am	Dawn visit by buggy to the Taj Mahal. See the Taj Mahal at sunrise and continue to explore this beautiful structure. Return to the hotel for breakfast	24 Feb (Mon)	Ooty / Cochin B D
Pm	Travel via the abandoned city of Fatehpur Sikri to Jaipur and check into the hotel	Am	Drive to Coimbatore
16 Feb (Sun)	Jaipur B D	Pm	Take the train across the Cardamom Hills to Cochin. Arrive and check into the hotel
Am	Visit the Amber Fort	25 Feb (Tue)	Cochin B L
Pm	Continue to see Palace of the Winds, City Palace and Jantar Mantar Observatory	Am	Sightseeing including the Dutch Palace, Synagogue, Francis Church and the spice houses of Cochin
17 Feb (Mon)	Jaipur B D	Pm	Kalaripayattu demonstration and at leisure
Am	Visit The Jaipur Foot project	Eve	Sunset cruise past the Chinese fishing nets return to the hotel by boat
Pm	At leisure or explore the bazaars of Jaipur	26 Feb (Wed)	Cochin/ Backwaters / Cochin B L D
18 Feb (Tue)	Jaipur / Bangalore B D	Am	Visit a Kerala rural health mission in Alleppey
Am	Fly to Bangalore and check into the hotel	Pm	Cruise along the backwaters of Kerala and return to Cochin
Pm	Visit the paediatric department of the MS Ramaiah Hospital	Eve	Farewell dinner
19 Feb (Wed)	Bangalore / Mysore B D	27 Feb (Thur)	Cochin B
Am	Drive to Mysore via the Amruth Vana Ayurvedic Gardens	Am	Depart India or take an Ayurvedic resort beach extension
Pm	Arrive and check into the hotel. Visit BV Pundit's Ayurvedic factory		
20 Feb (Thur)	Mysore B D		
Am	Visit Chamundi Hill for the procession of the Goddess at the Temple, then visit the Bull		
Pm	Visit Mysore Palace and the Devaraj Market		
Eve	Sunset high tea at Lalitha Mahal Palace		
21 Feb (Fri)	Mysore B D		
Am	Visit Operation Shanti and learn of their work with street children		
Pm	Afternoon at leisure to enjoy the many charms of Mysore or relax at the hotel		

NB: All itineraries in India are subject to change according to local conditions.



Hotels

Park Hotel (Delhi)

This stylish 5-star hotel is well situated in New Delhi. Staff are welcoming and efficient and the facilities include a pool, spa and salon and restaurant.

Trident Hotel (Agra)

A very pleasant modern hotel built around lovely gardens with flower beds, lawns and a large pool, the Trident is very comfortable with exceptional customer service and excellent food.

Lemon Tree Hotel (Jaipur)

A very comfortable, attractive hotel with spacious rooms that also provides a warm welcome, a good restaurant and a small outside pool area.

Lemon Tree Hotel (Bangalore)

The Lemon Tree Bangalore is a business hotel that justifiably prides itself on its customer service, with contemporary décor and spacious, comfortable rooms.

Southern Star Hotel (Mysore)

Southern Star is an elegant hotel located in the heart of Mysore within lush grounds, with comfortable guest rooms, very good restaurants, a bar, swimming pool, spa, beauty parlour and gym, as well as excellent customer service.

Highland Hotel (Ooty)

This is the highest hotel in South India, perched on a 10-acre landscaped hill with spectacular valley views. This lovely contemporary hotel has traditional touches, good amenities, excellent food and spacious, comfortable rooms.

Hotel Casino (Cochin)

The original flagship hotel of the CGH Earth group, the Casino Hotel is located on the historic, peaceful Willingdon Island of Cochin. Very quiet with friendly, efficient staff, a pool, excellent food and spacious rooms.



Elegant Bangalore (top); Take the toy train to Coonoor; Sorting turmeric in Cochin; Schoolboys in Kerala (above)

Tour Leader

Dr Nicki Murdock, FRACP, FRCPCH, FRACGP, FAICD, EMBA is the medical director of Alder Hey Children's Hospital in Liverpool UK. Nicki has worked in general practice and paediatrics in both the UK and Australia. She is a past president of paediatrics and child health for the Royal Australasian College of Paediatrics, which she represented at the Asia Pacific Paediatric Society forum in 2016. Nicki has been the professional lead and part of the executive team in the Royal Children's Hospital in Brisbane as well as other health services in Australia. After 18 years in Australia Nicki returned to take up the medical lead in Alder Hey, returning to her true calling - paediatrics!

Project

Operation Shanti was founded by American Tracy Kunichika as a non-profit in 2005 to help the poorest and neediest in society. Operation Shanti's first efforts in India were organised around helping families who were living on the streets of Mysore. Over the next two years, Operation Shanti began to provide housing and financial support for families, and educational opportunities for children.

In 2008 Operation Shanti opened the Karunya Mane shelter on the outskirts of Mysore to provide the street children with a permanent shelter, which you will visit on this tour. The children live at Karunya Mane seven days a week and attend schools near the shelter.

We donate to this project on behalf of each tour participant, but the project also accept donations of pharmacy products, clothing, stationery etc – please ask us if you would like to bring donations.

<http://operation-shanti.org>

The ground only cost of the tour (excludes international flights and airport transfers) is USD \$3,608 per person

The cost includes:

- Tour leader (Dr Nicki Murdock)
- Breakfast and lunch or dinner daily
- 14 nights' accommodation in twin-bedded rooms with medium grade and first-class hotels

The single room supplement is USD \$856

- A full programme of cultural visits and partner programme
- A full programme of professional visits as per the itinerary
- Admission fees
- National guide throughout
- All tips

The cost excludes:

- International flights and airport transfers (except on extension)
- Indian visa and travel insurance
- All personal extras such as portage, laundry, inoculation fees and drinks
- All optional excursions, tours and visits

Kerala Extension

There is a 2-night post tour extension to Marari Sands Beach Resort in Kerala.

The cost is USD \$347 pp sharing

Includes daily breakfast and arrival and departure airport transfers.

Single supplement: USD \$193

Please contact the office for more information.

Have tea at the Lalitha Mahal at sunset



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.



Rajasthani women in Amber Fort (top); Tea pickers in Ooty; Girl with her baby brother in Cochin; Cruise on a converted rice barge (above)

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

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
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
www.jonbainestours.com

