



The ghats of Varanasi

Palliative Care in North India

15 – 29 November 2020

“The trip was fantastic. I loved all of it and would like to go on another such trip. It was great not to have to worry about anything and the palliative visits were good. Tour leader (David Oliviere) was also fabulous.”

Robyn McIntosh, Palliative Care in North India, 2017



Jon Baines
tours



Visit the Taj Mahal at dawn

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, spectacular landscapes and wildlife and a vibrant and colourful society clinging to ancient traditions whilst embracing the modern world.

This tour starts in Delhi, a city where Mughal and colonial history rub shoulders alongside a vibrant contemporary culture. Continue to the pink city of Jaipur, onto Agra, dominated by the majestic Taj Mahal, to colonial Lucknow and the great spiritual centre of Varanasi, where life and death meet. The tour finishes in the Bengali capital of Kolkata, rich in literature and culture and the former capital of the British Raj. The varied cultural programme is balanced by a wide-ranging professional itinerary of visits, talks and meetings with palliative care practitioners in both rural and urban India.

Arrive in Delhi and check into the hotel. Hear an introductory talk giving some international perspective to palliative care before a welcome dinner in the evening.

Next morning visit CanSupport, our supported project (see inside back page) to examine their excellent work in providing practical, emotional and spiritual support to cancer patients and their families. Gain an overview of palliative care in India before lunch hosted by CanSupport. Take an afternoon orientation tour of New Delhi, seeing the highlights of imperial Delhi, and visit the Shanti Avedna Sedan Hospice.

Take the Delhi metro to visit the palliative care department at the All India Institute of Medical Sciences (AIIMS), the most important hospital in India, and meet with clinicians and social



A silk shop in Delhi



The Palace of the Winds, Jaipur

workers. In the afternoon take a sightseeing tour of Old Delhi, once the capital of Mughal India, containing many medieval treasures. See the majestic Red Fort, built in 1648, and the great mosque, Jama Masjid. Walk through the narrow lanes of the Chadni Chowk, visiting the spice market and Jeweller's Lane, before returning to the hotel by metro.

The following day drive to the 'Pink City' of Jaipur, home to stunning hilltop forts and glorious palaces amidst the dusky pink buildings of the old town. Check into the hotel and spend the rest of the day at leisure, with options to visit the textile and jewellery bazaars of Jaipur.

Visit Bhagwan Mahaveer Cancer Hospital and Research Centre the following morning and meet with Dr Anjum Joad and the clinical team to hear about their pioneering work. There will be the opportunity to discuss and exchange ideas with professional counterparts. Continue to the Chakrapati Ayurvedic Centre and learn of traditional approaches to pain relief. Return to the hotel via the famous Hawa Mahal (Palace of the Winds), where the ladies of the harem were kept sheltered from prying eyes, and Jantar Mantar, a fascinating observatory dating back to 1693.

Next morning explore the ancient citadel of Amber Fort, remarkable for the way it combines both Hindu and Muslim elements within its

ornate style, and the City Palace Museum. Spend the rest of the day at leisure.

The following day drive to the bird sanctuary of Bharatpur and visit on foot. Continue to the abandoned city of Fatehpur Sikri, built at the behest of the Mughal Emperor Akbar in 1571 and abandoned less than twenty years later. The beautiful red sandstone city remains perfectly preserved after hundreds of years. Continue to Agra and spend the rest of the day at leisure.

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 driving to Lucknow, the setting for the 140-day Siege of Lucknow in 1857, and spend the rest of the day at leisure.



Amber Fort, Jaipur (top); The Imambara at Lucknow (above)



Next morning explore Lucknow, renowned for its culture, elegance and rich cuisine. Start with the Lucknow Residency, which became the stage for one of the most dramatic events of the mutiny and still bears the battle scars today. Visit the colossal tomb of Bara Imambara and drive by tongas to the Hussainabad Complex. In the evening there is the option to take a culinary tour of Lucknow's street markets and sample its delicious street food.

The following day drive to Varanasi, one of the holiest places in India. Varanasi is set on the banks of the River Ganges and is where Hindus come to purify themselves in the holy water and also to be cremated at the end of their lives. Arrive in the afternoon and transfer to the hotel before taking rickshaws to the river to visit the ghats, the long string of bathing steps leading down to the Ganges, where Hindus pray and chant by oil lamp in the evening.

Rise at dawn the next day to cruise the River Ganges to see pilgrims offering puja (respects) to the rising sun, before walking through the old town of Benares for breakfast. See the Golden Temple and visit the Bharat Mata Temple, with the rest of the day at leisure in Varanasi.

Next day visit the Pain and Palliative Care Unit at Benares Hindu University and learn of spiritual care. You will also visit their Ayurveda healing centre. Spend the rest of the day at leisure before

flying to Kolkata in the evening, where you will transfer to the hotel.

Drive out to Thakurpukur and visit the Saroj Gupta Cancer Centre and Research Institute the following morning and learn of their fascinating history and inspiring work today. Return and spend the rest of the day at leisure in Kolkata.

Kolkata was the centre of the Raj until 1911 and has long been a hub of Bengali literature, music and philosophy. It has a long and diverse history that has left a legacy of magnificent temples, buildings and parks, which you will see on a sightseeing walk of old Kolkata the next morning. Visit the Writer's Building, the Victoria Memorial and the Maidan. In the afternoon visit the Anglican Cathedral, Park Street Cemetery and the Mother Theresa Museum before a farewell dinner that evening.

Depart Kolkata the following day.



A devotee in Varanasi (top);
The Victoria Memorial, Kolkata (above)

Itinerary 15 – 29 November 2020

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

3 nights Delhi – 3 nights Jaipur – 1 night Agra – 2 nights Lucknow – 2 nights Varanasi
– 3 nights Kolkata

15 Nov (Sun) Delhi D	23 Nov (Mon) Lucknow B D
Am Arrive Delhi	Am Visit the Lucknow Residency and the Bara Imanbara
Pm Talk: <i>“Palliative Care – the International Context”</i>	Pm Driven by tongas (horse drawn carriages) to Hussainbad Complex
Eve Welcome dinner	Eve Optional: Culinary tour of Rumi Darwaza (the Lucknow Novkets)
16 Nov (Mon) Delhi B L D	24 Nov (Tue) Lucknow / Varanasi B D
Am Visit CanSupport for an overview of palliative care in India	Am Drive to Varanasi
Pm Lunch hosted by CanSupport and meet some of their volunteers. Orientation tour of New Delhi. Visit the Shanti Avedna Sedan Hospice	Pm Arrive Varanasi and transfer to the hotel
17 Nov (Tue) Delhi B D	Eve Rickshaws to the river and visit the ghats of the Ganges
Am Board metro train to visit AIIMS Palliative Care Department and meet clinicians and social workers	25 Nov (Wed) Varanasi B D
Pm Sightseeing tour of Old Delhi. Walk through the narrow lanes of the Chadni Chowk, visit the spice Novket and walk along Jeweller’s Lane.	Am Rise at dawn for Ganges cruise to see pilgrims offering puja. Walk back through the old town of Benares to the hotel for breakfast. See the Golden Temple and visit the Bharat Mata Mandir
18 Nov (Wed) Delhi / Jaipur B D	Pm At leisure in Varanasi
Am Drive to Jaipur	26 Nov (Thur) Varanasi / Kolkata B D
Pm At leisure. Option to visit the textile and jewellery bazaars of Jaipur	Am Visit the pain and palliative care unit at Benares Hindu University. Learn of traditional cultural beliefs around death
19 Nov (Thur) Jaipur B D	Pm At leisure
Am Visit Bhagwan Mahaveer Cancer Hospital and Research Centre	Eve Fly to Kolkata and transfer to the hotel
Pm Visit to the Chakrapati Ayurvedic Centre and learn of traditional approaches to pain relief. Return to the hotel via the Palace of the Winds and Jantar Mantar Observatory	27 Nov (Fri) Kolkata B D
20 Nov (Fri) Jaipur B D	Am Drive to Thakurpukur to visit the Saroj Gupta Cancer Centre & Research Institute
Am Visit Amber Fort and the City Palace Museum	Pm At leisure in Kolkata
Pm At leisure	28 Nov (Sat) Kolkata B D
21 Nov (Sat) Jaipur / Agra B D	Am Sightseeing walk visiting old Kolkata including the Writer’s Building. Visit the Victoria Memorial and the Maidan
Am Drive to the bird sanctuary of Bharatpur and visit by foot. Explore the ancient abandoned city of Fatepur Sikri	Pm Visit the Anglican Cathedral, Park Street Cemetery, Mother Theresa Museum
Pm Drive to Agra. Arrive and transfer to the hotel and at leisure	Eve Farewell dinner
22 Nov (Sun) Agra / Lucknow B D	29 Nov (Sun) Kolkata B
Am Visit the Taj Mahal before breakfast. Drive to Lucknow	Am Depart for airport for flight home
Pm Arrive late afternoon and at leisure	

“Very interesting visits provided good opportunity to gain understanding and insight re palliative care in variety of settings throughout India. Really wonderful teams and each visit made for excellent interaction.”

Robert Crombie, Palliative Care in North India, 2017



Hotels

Ashtan Sarovar Portico (Delhi)

A contemporary business style hotel, the Ashtan Sarovar Portico has a central New Delhi location, close to a market, with comfortable, well-appointed rooms and very good customer service.

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.

Courtyard by Marriott (Agra)

An excellent 5-star hotel in a quiet location, Courtyard by Marriot has spacious, very comfortable rooms and efficient, friendly staff. Amenities include a health centre, swimming pool and spa.

Fortune Park BBD (Lucknow)

A contemporary style hotel in a central location with spacious, comfortable rooms, the hotel amenities include very good restaurants, bar, spa and pool, alongside excellent customer service.

Ramada Inn (Varanasi)

A contemporary business style hotel, the Ramada has spacious, comfortable rooms with large beds. Amenities include good restaurants, a pool, day gym, spa and salon and the hotel adjoins a well-equipped shopping mall.

Lalit Hotel (Kolkata)

The Lalit Great Eastern is a heritage landmark luxury hotel located in the main business and shopping district of Kolkata. Built in 1841, The Lalit Great Eastern has been restored to its original glory, combining Victorian, Edwardian and contemporary styles. This stylish hotel provides excellent rooms and food as well as good facilities.

The flower market in Kolkata (top); Women inside Amber Fort, Jaipur; Varanasi; Howrah Bridge in Kolkata at sunset (above)

Tour Leader

David Oliviere is a consultant in psychosocial palliative care, a social worker, an educationalist and a clinical supervisor. He is former director of Education and Training at St Christopher's Hospice in London and visiting professor at the School of Education and Health Sciences at Middlesex University. David was involved in founding Pilgrim's Hospice, Canterbury, before joining the North London Hospice as Director of Social Work. Subsequently, David worked as Community Care Advisor for ethnic minorities and refugees, London Borough of Enfield, and as Macmillan Principal Lecturer in Palliative Care at Middlesex University, whilst practising at the Macmillan Support Team in Barnet Hospital. David has contributed to several publications, spoken internationally and has jointly edited a number of books. He currently practises as a couple and bereavement counsellor and is joint lead for a new theatre project in palliative care education, "Stories That Speak".

"David [Oliviere] was fantastic – he is warm and gentle and went out of his way to include everyone. It was obvious throughout India that he is well respected."

Susan Chorlier, Palliative Care in North India, 2017

Project

CanSupport was founded by Harmala Gupta, a cancer survivor and a support person for others, in 1996. In 1991, Harmala had started the first cancer support group in India, Cancer Sahyog. The CanSupport mission is to enable people with advanced cancer and their families to make informed choices and decisions and to receive appropriate physical, emotional, social and spiritual support.

The ground only cost of the tour is USD \$3,995

(excludes international flights and transfers)*

The cost includes:

- Comprehensive briefing notes
- The services of a tour leader (David Oliviere)
- 14 nights' accommodation in good medium grade to 5-star hotels

The single room supplement is USD \$992

- Breakfasts daily and lunch or dinner daily
- A full programme of professional visits and cultural tours as per the itinerary
- Admission fees where applicable
- Full-time English speaking national guide
- All transport in India
- Tips

The cost excludes:

- Meals not mentioned
- All personal extras such as portage, laundry, inoculation fees and drinks
- All optional excursions, tours and visits
- Travel insurance and visas
- International flights and transfers

* We can organise flights if required; please contact the London or Melbourne office to discuss.

"I really enjoyed the tour, the group was amazing – travelling with like-minded people just made the experience even more wonderful."

Colleen Prentice, Palliative Care in North India, 2017

A view over Lucknow



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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A boating lake in Delhi (top); A courtyard in Amber Fort, Jaipur; The Taj Mahal; Rajasthani women in traditional dress (above)



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tours

