



The ghats of Varanasi

Palliative Care in North India

26 February – 12 March 2023

“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



Amber Fort, Jaipur

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, on to 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.

This tour is a repeat of a previously very successful tour with the same expert local speakers providing a real insight into palliative and end of life care in north India.

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 couples 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

Visit the Taj Mahal at dawn



Itinerary 26 February – 12 March 2023

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

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



Day 1: Delhi (Sun, 26 Feb) **D**

Am: Arrive Delhi

Day 2: Delhi (Mon, 27 Feb) **B L D**

Am: Gain an overview of palliative care in India and visit CanSupport. Examine their excellent work in providing practical, emotional and spiritual support to cancer patients and their families and meet volunteers.

Pm: Enjoy lunch hosted by CanSupport. Take an orientation tour of New Delhi, seeing the highlights of imperial Delhi and visit the Shanti Avedna Sadan Hospice.

Eve: Welcome dinner.

Day 3: Delhi (Tue, 28 Feb) **B D**

Am: 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 workers.

Pm: Take part in a sightseeing tour of Old Delhi, once the capital of Mughal India, containing many medieval treasures. Walk through the narrow lanes of the Chadni Chowk, visiting the spice market and Jeweller's Lane.

Day 4: Delhi / Jaipur (Wed, 1 Mar) **B D**

Am: Drive to the 'Pink City' of Jaipur, home to stunning hilltop forts and glorious palaces amidst the dusky pink buildings of the old town.

Pm: Check in to the hotel and spend the rest of the day at leisure, with options to visit the textile and jewellery bazaars.

Day 5: Jaipur (Thur, 2 Mar) **B D**

Am: Visit Bhagwan Mahaveer Cancer Hospital 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.

Pm: Visit 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, an observatory dating back to 1693.

Day 6: Jaipur (Fri, 3 Mar) **B D**

Am: 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.

Day 7: Jaipur / Agra (Sat, 4 Mar) **B D**

Am: 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.

Day 8: Agra / Lucknow (Sun, 5 Mar) **B D**

Am: 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.

Day 9: Lucknow (Mon, 6 Mar)

B D

- Am:** 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. Continue to the colossal tomb of Bara Imambara and drive by tongas to the Hussainabad Complex.
- Eve:** Optional culinary tour of Lucknow's street markets and sample its delicious street food.

Day 10: Lucknow / Varanasi (Tue, 7 Mar)

B D

- Am:** Drive to Varanasi, one of the holiest places in India and set on the banks of the River Ganges and where Hindus come to purify themselves in the holy water and also to be cremated at the end of their lives.
- Pm:** Take 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.

Day 11: Varanasi (Wed, 8 Mar)

B D

- Am:** 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.

Day 12: Varanasi / Kolkata (Thur, 9 Mar)

B D

- Am:** 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.
- Eve:** Fly to Kolkata and transfer to the hotel.

Day 13: Kolkata (Fri, 10 Mar)

B D

- Am:** 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.

Day 14: Kolkata (Sat, 11 Mar)

B D

- Am:** 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. Visit the Writer's Building, the Victoria Memorial and the Maidan.
- Pm:** Visit the Anglican Cathedral, Park Street Cemetery and the Mother Theresa Museum.
- Eve:** Farewell dinner.

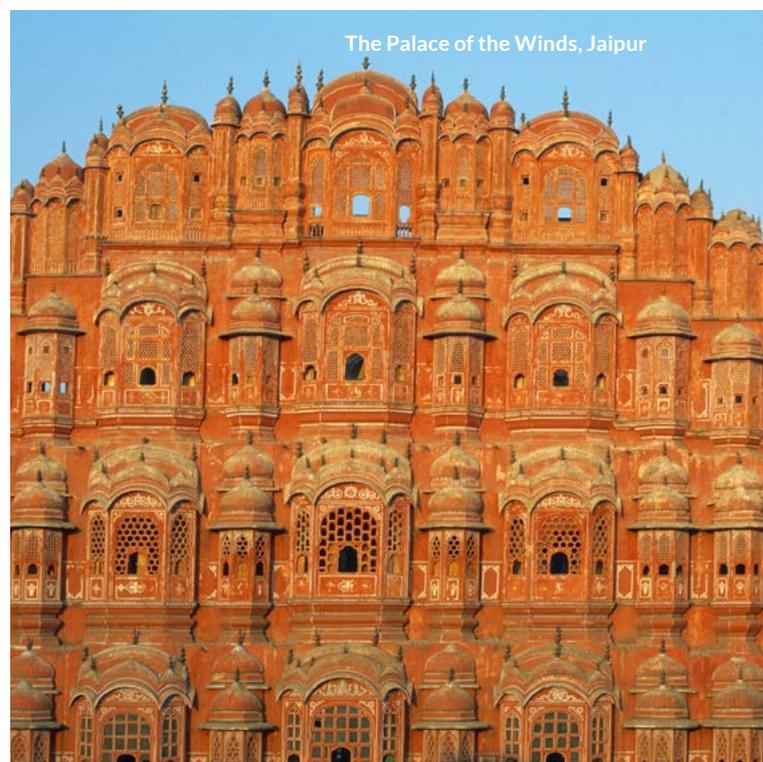
Day 15: Kolkata (Sun, 12 Mar)

B

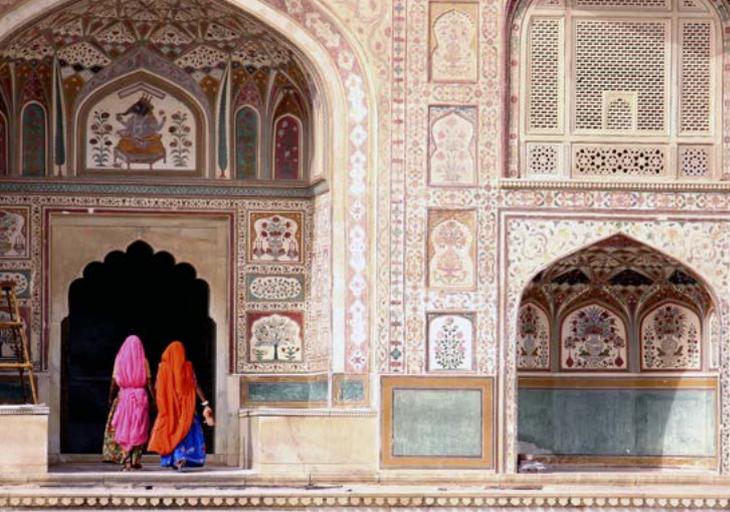
- Am:** Depart Kolkata

"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



The Palace of the Winds, Jaipur



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.

Clarks Hotel (Lucknow)

This comfortable first class and relaxing hotel in Lucknow is surrounded by lawns and has a large outdoor pool. The hotel is known for its acclaimed rooftop restaurant and bar.

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.





A silk shop in Delhi (top); The flower market in Kolkata;
A view over Lucknow (above)

The cost of the tour sharing a double or twin room is USD \$3,995

The cost of the tour with a room to yourself is USD \$4,990

The cost includes:

- Comprehensive briefing notes
- The services of a tour leader (David Oliviere)
- 14 nights' accommodation in good medium grade to first class hotels
- 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 experienced English speaking national guide
- All transport in India
- Tips

The cost excludes:

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

“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

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.

About Us

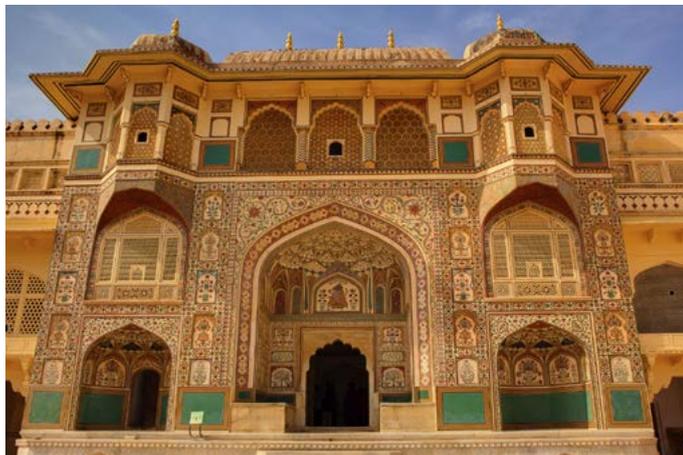
To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we 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 painted elephant in Rajasthan (top); A courtyard in Amber Fort, Jaipur; The Taj Mahal; Rajasthani women in traditional dress (above)



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tours

