



Mysore Palace

Pharmacy in South India

20 January – 2 February 2019

“This is a hugely imaginative and enjoyable trip which really gets under the skin of many aspects of India.”

David and Rhona Rae, *Obstetrics in South India*, 2013



Jon Baines
tours



Commuting in Kerala

From the shore temples at Mahabalipuram to the Chinese fishing nets at Cochin, travel through the southern states of Tamil Nadu, Karnataka and Kerala. Experience ancient Tamil history, the beautiful Coromandel coast, gracious Mysore and gentle, eclectic Kerala. Between the wide ranging professional visits there is ample time to enjoy the cultural treasures and stunning natural beauty of South India.

Transfer from Chennai to start your tour on the shores of the Coromandel coast at Mahabalipuram. Enjoy the afternoon relaxing by the sea, followed by a welcome dinner.

The following morning explore rural India on auto rickshaws past typical Tamil houses, visiting a local temple, a village school and a primary health centre, and enjoy a traditional thali lunch in a village. Return to Mahabalipuram in the afternoon to visit the World Heritage shore temples - an extraordinary open air showcase for Tamil art and the world's largest bas-relief, featuring a stunning composition carved in stone.

The next day drive to the former French colony of Pondicherry and visit the prestigious Mother

Theresa Institute of Health Sciences Department of Pharmacy. Learn of pharmacy education and training in India and the challenges faced. That afternoon, explore the French and Tamil quarters. This charming city is unlike anywhere else in South India with a distinctly Gallic flavour that can be seen in the architecture, police uniforms and of course the food. Return to Mahabalipuram later with time at your leisure.

The next morning drive to Chennai and take the express train to the energetic city of Bangalore, known for being at the forefront of technology in India. The following morning visit the MS



Pondicherry



Take tea at the Lalitha Mahal Palace (top);
On the road in Mysore (above)

Ramiah Hospital Pharmacology Department and in the afternoon visit a local pharmaceutical manufacturer. There is an optional partner programme for the visits, after which you will continue onto Mysore.

Sumptuous Mysore is famed for its palaces and its silk, sandalwood and spices. In the morning learn of traditional Indian health care through a visit to an Ayurvedic Medicine factory and herbal pharmacy. 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.

The next morning visit Chamundi Hill to witness the procession of the Goddess at the Temple, which towers over the city, before visiting the Bull. Spend the rest of the day at leisure with

options to explore the markets, palaces and museums.

The next day travel into the Blue Mountains via the beautiful Mudamadali Wildlife Sanctuary, which protects a wealth of wildlife including deer, wild boar, monkeys, birdlife and elephants. Stop here for lunch 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. Next day take the toy train to Coonoor on an exhilarating switchback ride through the Blue Mountains. Explore the town of Coonoor and return to Ooty to visit the beautiful botanical gardens, which were laid out by gardeners from Kew.

Spend the following day visiting a tea plantation and factory and then meet students and staff at the Mysore and Ooty JSS College and School of Pharmacy.



Take the Toy Train from Ooty - L. Druttman (top);
Tea pickers in Coonoor (above)



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.' Upon your arrival check into the Casino Wellington Hotel in the heart of Cochin.

Next morning visit the Nagajuna Ayurvedic Hospital and learn about traditional Keralan medical approaches through the use of herbal medicine, massage, yoga and diet. In the afternoon 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. Finish the day with a sunset cruise along Cochin harbour, which takes you past the ethereal Chinese fishing nets.

On the last full day of the tour, board 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. Enjoy a Keralan lunch on board before returning to Cochin.

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



Chinese fishing nets in Cochin (top); Sorting turmeric in Cochin; Cruise along the backwaters in a converted rice barge (above)

Itinerary 20 January – 2 February 2019

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

3 nights Mahabalipuram – 1 night Bangalore – 3 nights Mysore – 3 nights Ooty – 3 nights Cochin

20 Jan (Sun)	Chennai / Mahabalipuram D	27 Jan (Sun)	Mysore / Ooty B D
Am	Arrive Chennai and transfer to the Grande Bay Resort	Am	Drive to Mudamadali Wildlife Sanctuary
Pm	At leisure	Pm	Drive into the Blue Mountains and up to the hill station at Ooty
Eve	Welcome dinner		
21 Jan (Mon)	Mahabalipuram B L D	28 Jan (Mon)	Ooty / Coonoor / Ooty B D
Am	Explore the countryside by auto rickshaws, including a visit to Kadumbadi village, a village school and temple and a primary health centre	Am	Take the toy train to Coonoor
Pm	Thali lunch in village. Visit the World Heritage shore temples	Pm	At leisure in Coonoor before returning to Ooty to visit the the famous botanical gardens
22 Jan (Tue)	Mahabalipuram / Pondicherry / Mahabalipuram B D	29 Jan (Tue)	Ooty B D
Am	Drive to the former French colony of Pondicherry and visit the Mother Theresa Institute of Health Sciences Pharmacy Department OR explore Pondicherry	Am	Visit the tea plantation and factory
Pm	Visit the French and Tamil quarters of Pondicherry. Return to Mahabalipuram	Pm	Visit the Mysore and Ooty JSS College, School of Pharmacy or at leisure
23 Jan (Wed)	Mahabalipuram / Bangalore B D	30 Jan (Wed)	Ooty / Cochin B L
Am	Drive to Chennai	Am	Drive to Coimbatore
Pm	Take the Bangalore Express train to Bangalore	Pm	Take the train across the Cardamom Hills and along the coast to Cochin. Transfer to the Casino Wellington Hotel
Eve	Arrive and transfer to the Lemon Tree Hotel		
24 Jan (Thur)	Bangalore / Mysore B D	31 Jan (Thur)	Cochin B D
Am	Visit the MS Ramiah Hospital's Pharmacology Department. Continue to a local Pharmaceutical Company. Partner Programme: Highlights of Bangalore and the Silk Bazaar	Am	Visit the Nagajuna Ayurvedic Hospital. Partner Programme: Explore old Cochin
Pm	Drive to Mysore and check into Sandesh the Prince Hotel	Pm	Walking tour of Fort Cochin and visit the Dutch Palace and the spice houses of Cochin
		Eve	Sunset cruise past the Chinese fishing nets
25 Jan (Fri)	Mysore B D	1 Feb (Fri)	Cochin B L D
Am	Visit the Ayurvedic factory and pharmacy	Am	Board a rice barge and cruise through the backwaters of Kerala
Pm	Visit Mysore Palace and the colourful Devaraj Market	Pm	Lunch on board and continue the cruise
Eve	Sunset high tea at Lalitha Mahal Palace	Eve	Farewell dinner
26 Jan (Sat)	Mysore B D	2 Feb (Sat)	Cochin / UK B
Am	Visit Chamundi Hill for the procession of the Goddess at the Temple and the Bull	Am	Early morning transfer to airport for flights OR extend at a beach resort
Pm	At leisure in Mysore to further explore the city of palaces, silk and sandalwood. Options to visit palaces, markets or the railway museum		

“There was a variety in all the places on the itinerary and a varied programme within each day. Well planned and executed.”

M. Jane Lawrence, Malabar Journey, 2016



Hotels

Grande Bay Resort (Mahabalipuram)

A beautiful boutique hotel on the waterfront, the Grande Bay Resort is contemporary and stylish, set within 5 acres of lovely gardens and facilities including a spa and pool.

Lemon Tree Ulsoor Hotel (Bangalore)

Sleek and contemporary, this comfortable and friendly hotel is situated in the heart of Bangalore.

Sandesh the Prince (Mysore)

A pleasant, comfortable hotel with an excellent location in the centre of Mysore. The hotel has a pool, spa, health club, coffee shop, pub and restaurants.

Highland Hotel (Ooty)

Located in the Blue Mountains on the cool slopes of Ooty, the Highland Hotel has some wonderful views and is known for its excellent cuisine and service.

Casino Wellington Hotel (Cochin)

This beautiful hotel blends classic charm with elegant rooms set amidst a lovely central courtyard with a pool and landscaped gardens.

Kerala extensions:

The **Marari Beach Resort** is a relaxed, upmarket resort offering superb service and traditional Kerala style cottages set amongst lush grounds going down to the beach and a lovely swimming pool. Ayurvedic spa treatments are available.

Marari Sands Resort offers just 13 quaint rooms and private villas nestled amongst palm trees in a beachfront setting. This 'hideaway' contains an Ayurvedic spa and restaurant.

"I could not believe how welcome I was made. As a single traveller I was apprehensive but I have never had such a fabulous holiday."

Gabrielle Belford, Optometry & Eye Care in North India, 2013



The palm fringed pool at Grande Bay Resort (top); Bright saris in the park in Mysore; The pool at the Trident Hotel in Cochin; Elephant Festival, Kerala (above)



Farmers in the rice fields (L. Druttman)

Tour Leader

Since 1995 **Hemant Patel** has served on the local, national, European, Commonwealth and world pharmacy bodies. He is the Secretary of NE London LPC and has served the profession of pharmacy as President of the Royal Pharmaceutical Society of GB for four terms and was awarded the first ever Charter Award in 2011 for his contribution to his profession. In particular, has made contribution to pharmacists' role in medicines safety and effectiveness in use, introduction of public health services in community pharmacy, and now the innovation of SelfCare Pharmacy practice. Hemant is well known for his personal commitment to improve the profession of pharmacy and to meet changing needs of the patients, and the public. Hemant will be accompanied by our excellent South India guide, Prince Charles, who has escorted many professional groups.

“Charles, the local guide, is exceptional. He behaved like our host and couldn't do enough for us. Very well organised, knowledgeable”

Christine Pugh and Tony Renshaw, South India 2017

Continuing Professional Development

may be claimed for this tour. We can provide learning aims and objectives for professional visits and lectures and a signed attendance at the end of the tour. Please contact us for details.

The ground only cost of the tour (excludes international flights and airport transfers) is USD \$2,886

The cost includes:

- UK tour leader (Hemant Patel)
- Breakfast and lunch or dinner daily
- 13 nights' accommodation in twin-bedded rooms with medium grade and first-class hotels

The single room supplement is USD \$566

- A full programme of cultural visits and partner programme
- A full programme of professional visits as per the itinerary
- Admission fees
- National guide throughout (Prince Charles)
- 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

The cost of the extension at the Marari Beach Resort is USD \$924

The cost of the extension at the Marari Sands Resort is USD \$525

The extension costs include:

- Three nights' accommodation in twin or double-bedded rooms with private facilities at the Marari Beach Resort

The single room supplement is USD \$698

- **OR** three nights' accommodation in twin or double-bedded rooms with private facilities at the Marari Sands Resort

The single room supplement is USD \$280

- Breakfast daily
- Return transfers

“A fantastic trip of a lifetime - great to see some of the non-tourist things.”

Jane Ayres, Dental Tour South India 2013

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.



Bangalore (top); The Coromandel Coast;
A spice seller in Mysore; The serene backwaters of Kerala (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



Jon Baines
tours

