



A herd of Burchell's Zebras

## Midwifery in South Africa

11 – 23 March 2018

(Flight inclusive from UK: 10 – 24 March 2018)

*“A very well organised and thought through trip... a fantastic overview of South Africa in such a short space of time.”*

Jane Millar, Midwifery and Childcare in South Africa, April 2014



Jon Baines  
tours



The Drakensberg Mountains

**This midwifery tour led by Prof Cathy Warwick CBE, shows you the many faces of this beautiful and diverse land. Travel from Johannesburg into the safari country of Mpumalanga and the Kruger National Park, along the world famous, spectacular ‘Panorama Route’, into stunning Swaziland and Zululand, ending in the cosmopolitan harbour city of Cape Town. Your journey is punctuated with regular professional visits and talks and provides real insight into the social issues surrounding paediatrics and child health in South Africa. There is also the opportunity to take a pre tour extension at beautiful Victoria Falls.**

Arrive in Johannesburg and settle into the Garden Court Hotel. In the afternoon visit the Apartheid Museum and relax over a welcome dinner in the evening.

Next morning set off on a full day tour of Soweto - a sharp contrast to Sandton in the north, where you are staying. Visit Baragwanath Hospital, a specialist acute hospital and the

only public hospital, serving approximately 3.5 million people in Soweto, and meet with local midwives. With nearly 3000 beds, it is the largest hospital of its kind in the Southern Hemisphere. After lunch at a shebeen, take a tour of points of interest in the township, including Freedom Square and Nelson Mandela’s former home.



A mother and her young children



Elephants in the Kruger National Park (top)  
Blyde River Canyon, Mpumalanga (above)

For an alternative view of midwifery services in Johannesburg, visit a private hospital the following morning. Depart Johannesburg in the afternoon and travel north into the spectacular safari country of Mpumalanga. Check into the Timbervati Safari Lodge with the rest of the afternoon at leisure.

Rise before sunrise the next day for a full day game drive in the Kruger National Park in open safari vehicles. It isn't unusual to spot all of the 'big five' in a single day along with a fascinating range of mammal, bird and reptile species. Stop for a bush lunch during the day and return to the lodge in the early evening.

Charge your camera batteries for a day touring some of the most spectacular scenery on offer in South Africa as you take a tour along the aptly named Panorama Route. The mountainous escarpment of Mpumalanga provides stunning views of the Lowveld and your full day tour includes sights such as God's Window, Bourke's Luck Potholes with its extraordinary rock formations, the Blyde River Canyon, the famous

Three Rondavels and historic gold rush town of Pilgrims Rest. Enjoy a traditional Boma dinner under the stars in the evening.

Drive into the Royal Kingdom of Swaziland next morning, arriving in the afternoon for an orientation tour of Mbabane, including some of the vibrant markets and a visit to the Swazi Candle Factory. Check into the Forester's Arms for the night.

Continue your drive through the southern part of Swaziland the next morning and drive into Zululand, heading towards the green oasis town of Mkuze and the lovely Ghost Mountain Inn, where you will stay for three nights. Spend the rest of the day at leisure, perhaps visiting the spa, pottering in the garden or enjoying a gin and tonic on the jetty.

Take a boat trip across Lake Jozini next morning, where you will view elephants and hippos in the water amidst spectacular scenery. Return to the hotel for lunch on the terrace and some time at leisure before a game drive in the Mkuze Game Reserve in the afternoon. Return as the sun goes down.

Spend the following morning on professional visits to Bethesda Hospital, a small rural hospital where you will learn about rural health care and the local Zulu culture, and the Mtwazi local school. Head up into the Lebombo Mountains in the afternoon and visit the homestead of the respected Justice Myeni and his family - an authentic Zulu homestead



Zulu girls in traditional dress



Spend the next day enjoying the myriad attractions offered by Cape Town and the Cape Peninsula. Start the day with a cable car ride up Table Mountain for spectacular views. As you descend, take in the beaches of Clifton and Camps Bay, before crossing over to Hout Bay.

Continue onto the Cape of Good Hope Nature Reserve at the tip of Africa, where the Indian Ocean meets the Atlantic Ocean, for wonderful views across False Bay. In the afternoon return to the city through the southern suburbs and enjoy a farewell dinner on the Victoria and Albert waterfront.

The next day your morning is at leisure before transferring to the airport for your return flight, or extend your time to further explore Cape Town and its nearby attractions.

where you will have the opportunity to spend time with members of his family and learn more about their life and culture. This day will provide a much greater understanding of local Zulu culture as it is today.

The next morning drive to the east coast city of Durban and in the afternoon, visit a maternity unit in a local hospital.

The following day transfer to the airport and fly to Cape Town, the glamorous face of South Africa. Dominated by Table Mountain, it boasts one of the most stunning natural settings in the world. In the afternoon take a tour of Langa, Cape Town's oldest township, to see how a previously disadvantaged community has lifted itself out of squalor into a modern community with initiatives such as 'spaza' shops and 'shebeens'. Enjoy a meal at Lelapa, Cape Town's most popular authentic township eating experience, where locals of all creeds and colours come together to enjoy Braai (barbeque). Visit one of the local clinics and return to the hotel for time at leisure.



A giraffe and her calf in Kruger (top);  
Cape Town harbour (above)

# Itinerary 11 – 23 March 2018

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

2 nights Johannesburg - 3 nights Timbervati Safari Lodge - 1 night Swaziland -  
3 nights Kwa Zulu Natal - 1 night Durban - 2 nights Cape Town

<b>11 Mar (Sun)</b>	<b>Johannesburg</b> <b>D</b>	<b>18 Mar (Sun)</b>	<b>Mkuze, Kwa Zulu Natal</b> <b>B L D</b>
<b>Am</b>	Arrive Johannesburg and transfer to the Garden Court Hotel	<b>Am</b>	Take a boat trip across Lake Jozini to view elephants and hippos in the water
<b>Pm</b>	Visit the Apartheid Museum	<b>Pm</b>	Safari at Mkuze Game Reserve with rolling acacia savannah, swamps, woodlands and riverine forest. Wildlife includes black and white rhino, elephant, giraffe, leopard, cheetah, buffalo and plains game
<b>Eve</b>	Welcome dinner at the hotel		
<b>12 Mar (Mon)</b>	<b>Johannesburg</b> <b>B L</b>	<b>19 Mar (Mon)</b>	<b>Mkuze, Kwa Zulu Natal</b> <b>B D</b>
<b>Am</b>	Drive to Soweto and visit Baragwanath Hospital	<b>Am</b>	Visit Bethesda Hospital and the Mtwazi School
<b>Pm</b>	Lunch at a shebeen. Sightseeing tour of Soweto including the Baragwanath taxi rank area, Freedom Square and Nelson Mandela's former home	<b>Pm</b>	Drive into the Lebombo Mountains and meet with Justice Mueni and his family at an authentic Zulu homestead
<b>13 Mar (Tue)</b>	<b>Johannesburg / Timbervati Safari Lodge</b> <b>B D</b>	<b>20 Mar (Tue)</b>	<b>Mkuze, Kwa Zulu Natal / Durban</b> <b>B D</b>
<b>Am</b>	Visit Netcare Private Hospital. Drive to Mpumalanga and safari country	<b>Am</b>	Drive to Durban and check into hotel
<b>Pm</b>	Arrive and at leisure	<b>Pm</b>	Visit a maternity unit at a local hospital
<b>14 Mar (Wed)</b>	<b>Timbervati Safari Lodge</b> <b>B L D</b>	<b>21 Mar (Wed)</b>	<b>Durban/ Cape Town</b> <b>B L</b>
<b>Am</b>	Set out before sunrise in open top safari vehicles with qualified game rangers to view the "big five" on a game drive	<b>Am</b>	Morning flight to Cape Town
<b>Pm</b>	Bush lunch and return to the lodge in the early evening	<b>Pm</b>	Braai Lunch at Lelapa. Visit Langa, Cape Town's oldest township. Walk through the community seeing the spaza shops and shebeens, a local clinic, homes, school, community centre and craft market
<b>15 Mar (Thur)</b>	<b>Timbervati Safari Lodge</b> <b>B D</b>	<b>22 Mar (Thur)</b>	<b>Cape Town</b> <b>B D</b>
<b>Am</b>	Full day to explore the stunning Panorama Route including God's Window, Bourke's Luck Potholes, the Blyde River Canyon, the Three Rondavels and the historic gold rush town of Pilgrims Rest	<b>Am</b>	A full day's tour of Cape Peninsula starting with a trip up Table Mountain for spectacular views. Drive past the beaches of Clifton and Campus Bay en route to Hout Bay. Continue to the Cape of Good Hope Nature Reserve
<b>Eve</b>	Boma dinner under the stars	<b>Eve</b>	Farewell dinner
<b>16 Mar (Fri)</b>	<b>Timbervati Safari Lodge / Swaziland</b> <b>B D</b>	<b>23 Mar (Fri)</b>	<b>Cape Town</b> <b>B</b>
<b>Am</b>	Drive into the Royal Kingdom of Swaziland	<b>Pm</b>	Transfer to the airport for your flight home OR extend for additional time in Cape Town
<b>Pm</b>	Arrive and orientation tour of Mbabane and overnight		
<b>17 Mar (Sat)</b>	<b>Swaziland / Mkuze, Kwa Zulu Natal</b> <b>B D</b>		
<b>Am</b>	Drive into Zululand and continue to the town of Mkuze and Ghost Mountain Inn		
<b>Pm</b>	Arrive and at leisure		

*"It has all been wonderfully organised and managed - wonderful memories."*

Rashmi Swamy, O&G in South Africa 2014



Relax under the giant fig trees at Ghost Mountain Inn

## Hotels

### **Garden Court, Sandton, Johannesburg**

The hotel has an excellent location adjacent to the shops and restaurants in the Sandton City complex and next to Nelson Mandela Square.

### **Timbervati Safari lodge**

In the heart of the Kruger National Park, the Timbavati Lodge offers a selection of chalets and rondawels painted with vibrant Ndebele traditional art work, nestled among indigenous trees and all with private facilities and mosquito nets. There is also a lovely pool, lounge and bar for relaxation.

### **Forester's Arms Hotel, Swaziland**

This is a charming, cosy hotel decorated in traditional Alpine style, set within a forest with beautiful gardens with a pool. The food is excellent and the hosts very friendly and welcoming.

### **Ghost Mountain Inn, Mkuze**

An historic and elegant homestead that has been a hotel for 50 years, the lovely Ghost Mountain Inn is renowned for the warmth of its welcome and its superb service. Enjoy the lovely five acres of gardens rolling down to the water, dotted with ancient fig trees, and the comfort of its rooms and amenities, including two lovely pools and a spa.

### **Garden Court Marine Parade, Durban**

Positioned on Durban's beautiful Golden Mile, the hotel is ideally located for a short visit to this popular coastal city. The hotel has fresh contemporary rooms, with a host of amenities. The hotel also has a heated rooftop pool.

### **SunSquare Cape Town Hotel, Cape Town**

Located in the lush Gardens area of Cape Town this contemporary hotel offers all the facilities you will need for a stay including a pool. The rooms are modern and spacious with a host of amenities. The hotel being located at the base of Table Mountain is ideal for exploring the city, its shops and restaurants.



The Forester's Arms Hotel, Swaziland

## Tour Leader

**Professor Cathy Warwick CBE** is General Secretary of the Royal College of Midwives. Cathy is also Honorary Professor of Midwifery and an Honorary Professor of Midwifery at Kings College London. In 2006 she was awarded a CBE for services to Midwifery and Healthcare. Cathy lectures, writes and advises on midwifery issues with a particular interest in the organisation of care and the promotion of choice for women.

Cathy has travelled widely both on her own and with her family, visiting midwifery units in America, Sri Lanka and South Africa and has previously led successful midwifery study tours to China, India and Cuba.

## National Guide

**Frank Mbetse** has worked as a tour guide, travel agent, logistics consultant and all-round Mr Fixit for well over a decade, sharing with visitors a country he is passionate about and knows deeply. With his warmth, caring nature and ability to bring South Africa vividly to life, Frank has been one of our most popular guides for over five years.



Face-painted Zulu children

**The cost for the tour is USD \$3,633**

### Cost includes:

- UK tour leader (Prof Cathy Warwick)
- Comprehensive briefing notes
- 12 nights' accommodation in twin-bedded rooms with private facilities in medium grade and boutique hotels

**Single supplement: USD \$448**

- Meals as per the itinerary
- Internal flight and taxes
- A full programme of cultural and professional visits as per the itinerary
- Admission fees (where applicable) and tips
- Local English speaking guide (Frank Mbetse)

### Cost excludes:

- International flights and airport taxes
- All personal extras such as portage, laundry, inoculation fees and drinks not included with meals
- All optional excursions, tours, and visits
- Travel insurance and visa (if required)

### Flights and transfers

Please contact the London office for flights from London. For flights from Australia, please contact the Melbourne office.

If travelling to Victoria Falls it may be preferable to get the flights to and from Victoria Falls as part of the main flight ticket.

**Victoria Falls Extension (pre-tour extension) 8 – 10 March 2018**  
**USD \$728 per person**  
**USD \$294 single supplement**

### Cost includes:

- Two nights bed and breakfast accommodation at the A'Zambezi River Lodge
- Transfer from hotel to the airport in Johannesburg
- Transfers to/from Victoria Falls extension
- Victoria Falls guided tour and Zambezi sunset cruise

### Cost excludes:

- Visa fee (if required); USD \$30 Victoria Falls entrance fee (payable on arrival); USD \$10 River fee (prior to cruise); meals and transfers not included
- Flights from Johannesburg to Victoria Falls return

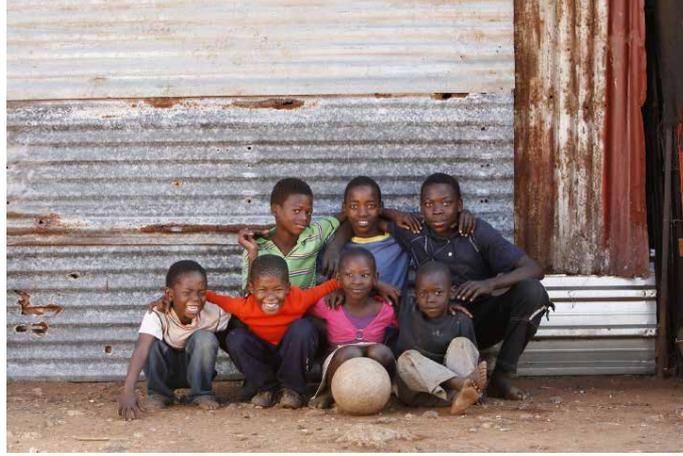
Due to flight times to/from Victoria Falls the extension dates are 8 – 10 March. You will therefore need a pre tour night in Johannesburg on 10 March as the tour starts on 11 March.

### Additional nights in Johannesburg and Cape Town

Please contact us for additional nights before or after the tour. We can arrange additional nights for you in Johannesburg at the GC Sandton City Hotel (Double room USD \$168. Single room USD \$139) or in Cape Town at the SunSquare Hotel (Double room USD \$198. Single room USD \$164).

# 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.



Children on a Soweto street (top); Cheetah mother and cub; Table Mountain; Klipspringers against a Kruger Park sunset (above)

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