



Pena Palace in Sintra

Royal Society of Medicine - Coloproctology Section Program to Lisbon

16 - 20 May 2018





The rooftops of Lisbon

Sprawling across steep hills overlooking the River Tagus, Portugal's capital boasts Gothic cathedrals, majestic monasteries and fascinating museums. The old city winds its way around tiny cobbled streets filled with Art Nouveau cafes, tumbling down to a port buzzing with cafes, restaurants and chic bars. Welcome to Lisbon, a city bursting with charm and history, with a relaxed ambience rare in a European capital.

Bright yellow trams twist their way around the tree-lined cobbled streets, and local Lisboêtas stroll through the old quarter, much as they've done for centuries, stopping for a pastel de nata and a tiny bica (espresso) at a cool tile lined cafe. Though the history of old Lisbon is still very much alive, the energy of Lisbon is vibrant and eclectic, with stylish bars and clubs filling old spaces in the port district, and restaurants and bars lining the narrow streets of the hilltop district of Bairro Alto, where jazz, reggae, electronica and fado fill the air.

Arrive and transfer to your lovely hotel situated in the heart of old Lisbon. Spend the rest of the day settling in with the option to join a Council dinner at the Sandman Port Restaurant in the evening.

Next morning delegates will take a tuk tuk transfer to the modernistic Champlimaud Centre for the Unknown, a foundation that undertakes research in the fields of neuroscience and oncology, for an academic meeting. The striking complex is situated at the point where the River Tejo meets the Atlantic and from where the great Portuguese navigators once set sail. Partners will depart by tuk tuk (the best form of transport in old Lisbon's narrow cobbled streets) for a short orientation tour followed by a guided walking tour of Lisbon, including a visit to Lisbon Castle.

In the afternoon delegates will continue their academic meeting while partners spend the afternoon at leisure or relax over an optional seafood lunch. Partners will take tuk tuks to join



The Tower of Belem



Lisbon tram

Itinerary 16 - 20 May 2018

16 May (Wed) London / Lisbon

- Pm** Arrive and transfer to Brown's Central Hotel
- Eve** Optional Council dinner at The Sandman Port Restaurant

17 May (Thur) Lisbon B D

- Am** Tuk tuk transfer to Champalimaud Centre for the Unknown for a full day academic meeting for delegates.
Partner programme: Depart by tuk tuk on a short orientation followed by a guided walking tour of Lisbon with a visit to Lisbon Castle
- Pm** Academic meeting for delegates while partners are at leisure or enjoy an optional seafood lunch
- Eve** Partners take tuk tuk transfer to Champalimaud Centre to join surgeons for drinks with a view at the amphitheatre, followed by dinner at Darwin's

18 May (Fri) Lisbon B D

- Am** Tuk tuk transfer to Champalimaud Centre for a morning academic meeting and partners at leisure
- Pm** Delegates return and at leisure
- Eve** Tuk tuk transfer to Pharmacia Restaurant, returning by coach

19 May (Sat) Lisbon B I

- Am** Drive to Sintra and tour the Royal Palace
- Pm** Lunch followed by free time in Sintra or explore the town on a tour with the guide, who will be available all day. Return to Lisbon late afternoon

20 May (Sun) Lisbon / London B

- Am** Transfer to airport for return flight home

the delegates at the Champalimaud Centre for evening drinks with a view, followed by dinner at Darwin's.

Delegates will return to the Champalimaud Centre the following morning for an academic meeting while partners are at leisure. They will return in the afternoon and spend the rest of the day at leisure before taking tuk tuks to have dinner at the atmospheric Pharmacia Restaurant, situated in Lisbon's apothecary museum.

Next day drive to the fairytale town of Sintra, set amidst the cool, pine-covered hills of the Serra de Sintra. It was long favoured by the Portuguese elite as a summer getaway, who built exquisite palaces, extravagant residences and decorative gardens. Today it is a one of Europe's greatest examples of the whimsical European romantic style of architecture, with Pena Palace as its crowning glory. Spend the morning touring the palace and after lunch wander through the lovely town at leisure, or in the company of the guide, who will be available during the whole day in Sintra. Return to Lisbon later in the afternoon.

Next morning transfer to the airport for your return flight.



Steps in Sintra's old town

Hotel Details

Brown's Central Hotel

This charming boutique hotel in the elegant Baixa district is a 7-minute walk from Praça do Comércio's waterside shopping and a 10-minute walk from Lisbon Cathedral. It has comfortable and well decorated rooms, an Art Deco style bar, a relaxing lounge and a brasserie. It offers excellent customer service and a friendly, welcoming atmosphere.



The distinctive pistachio green façade of Brown's Central Hotel (top);
The elegant interior of Brown's (above)

Flights

Please note that flights and transfers are not included in the price of the tour. Please contact us to discuss the flight options. We can arrange flights, transfers and additional nights at the hotel if necessary.

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

Ground only cost of the tour: £890 per person sharing (excludes international flights and transfers)

The cost includes:

- 4 nights' accommodation at Brown's Central Hotel
- Single supplement £299**
- Meals as per the itinerary
 - Transport throughout the tour
 - All professional and cultural visits as per the itinerary including entrance fees

The cost excludes:

- Flights to and from Portugal
- Meals not mentioned
- All optional excursions, tours and visits
- Tips, travel insurance and visa if required
- Airport transfers
- Scientific programme fees (payable via the RSM)



Jon Baines
tours



topp
PROTECTED