Visit the beautiful winelands of Stellenbosch

Medicine in South Africa with the Royal Society of Medicine

28 April – 11 May 2019
This tour, led by Janice Liverseidge, reveals the many faces of this beautiful and diverse land while giving you fascinating insight into South Africa’s overlapping medical, military and cultural histories. Travel from Johannesburg into Mpumalanga safari country and take game drives in the Kruger National Park. Continue into stunning and culturally distinct KwaZulu Natal with its plethora of bird and animal life. Travel onto Durban before finishing in the cosmopolitan harbour city of Cape Town, from where you will explore the city, Cape and the Stellenbosch wine region. Your journey is punctuated with regular specialist visits and talks and provides deep insight into the medical history and cultures of South Africa.

There are also optional pre and post tour extensions to magnificent Victoria Falls and to Pretoria via the Rovos Rail Train.

Arrive in Johannesburg and settle into your hotel. In the afternoon visit the Apartheid Museum – an essential visit in understanding South Africa’s history - and relax over a welcome dinner in the evening.

Next morning visit the Netcare Private Hospital before driving to Soweto; a sharp contrast to affluent Sandton in the north, where you are staying. After lunch at a shebeen, take a tour of points of interest in the township, including Freedom Square and Nelson Mandela’s former home.

Next morning visit the Adler Medical Museum in the Medical School of the Charlotte Maxeke Johannesburg Academic Hospital, which is the main teaching hospital for the University of the Witwatersrand. The Adler Medical Museum offers a fascinating glimpse into South Africa’s medical, dental and pharmacological past, from Victorian ear trumpets, early bleeding and cupping instruments, cranial crushers, notorious ‘iron lungs’ from the 20th century polio epidemics, to the first ECG machine in the country. Afterwards drive into the spectacular Drakensberg Mountains in Kwa Zulu Natal.
safari country of Mpumalanga, hearing a talk on the history of the Kruger National Park on the way. Transfer to your hotel in Timbavati and settle in, with the rest of the day at leisure and dinner at the lodge in the evening.

Rise before sunrise the next day for a morning 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. Have a bush lunch and return to the lodge in the early evening to hear a talk from Kruger Park veterinarian, Peter Buss.

Next morning explore 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 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 the historic gold rush town of Pilgrims Rest. In the evening enjoy a traditional Boma dinner under the stars at the hotel.

The following day 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.

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 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.

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.

Accompanied by a specialist military history guide the following morning, visit the battle
site of Ulundi, the closing battle of the Anglo Zulu War on 4 July 1879. Continue to Eshowe and visit Fort Kwa Mondi and the cemetery. At Gingindlovu visit the battle site and cemetery. Continue to the east coast city of Durban and transfer to the hotel.

Visit the Durban Shark Board the following morning to view a dissection, followed by a city tour. After lunch visit the King Edward Hospital and tour the departments or spend time at leisure. Enjoy a local Indian meal in the evening.

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. Check into the Winchester Mansions Hotel and spend the rest of the day at leisure before dinner on the V&A Waterfront.

Next morning visit Groote Schuur Hospital, internationally renowned as the training ground for some of South Africa's best doctors, surgeons and nurses. Take an escorted tour of the Heart of Cape Town Museum, which tells the history of the world's first heart transplant that took place here in 1967. Continue to the winelands of Stellenbosch and take part in chocolate and wine tasting at the Lanzerac Wine Estate. Enjoy lunch and wine tasting at the Fairview Wine Estate, followed by a cheese and wine tasting. Finish the day by watching the famous Duck Parade.

Spend the next day enjoying the myriad attractions offered by Cape Town and Cape Peninsula. Start the day with a cable car ride up to 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, and visit the penguin colony at Boulders Beach. In the evening enjoy a farewell meal in Cape Town.

Spend the final morning at leisure until your return flight the following day.
# Itinerary 28 April – 11 May 2019

**2 nights Johannesburg – 3 nights Kruger National Park – 3 nights Kwa Zulu Natal – 2 nights Durban – 3 nights Cape Town**

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Meals</th>
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</thead>
<tbody>
<tr>
<td>28 Apr (Sun)</td>
<td>Johannesburg</td>
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<tr>
<td>Am</td>
<td>Arrive Johannesburg and transfer to the Garden Court Hotel</td>
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<tr>
<td>Pm</td>
<td>Visit the Apartheid Museum</td>
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<tr>
<td>Eve</td>
<td>Welcome dinner at the hotel</td>
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<tr>
<td>29 Apr (Mon)</td>
<td>Johannesburg</td>
<td>B L</td>
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<tr>
<td>Am</td>
<td>Visit Netcare Private Hospital. Drive to Soweto</td>
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<tr>
<td>Pm</td>
<td>Lunch at a shebeen. Sightseeing tour of Soweto including the Baragwanath taxi rank area, Freedom Square and Nelson Mandela's former home</td>
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<tr>
<td>30 Apr (Tue)</td>
<td>Johannesburg / Kruger National Park</td>
<td>B D</td>
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<tr>
<td>Am</td>
<td>Visit the Adler Medical History Museum</td>
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<tr>
<td>Pm</td>
<td>Drive into Mpumalanga safari country and Timbavati Safari Lodge. Arrive and at leisure</td>
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<tr>
<td>1 May (Wed)</td>
<td>Kruger National Park</td>
<td>B L D</td>
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<tr>
<td>Am</td>
<td>Set out before sunrise in open top safari vehicles with qualified game rangers to view the “big five” on a game drive</td>
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<tr>
<td>Pm</td>
<td>Bush lunch and return to the lodge in the early evening</td>
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<tr>
<td>Eve</td>
<td>Talk: “A Vet in the Kruger National Park” by Peter Buss</td>
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<tr>
<td>2 May (Thur)</td>
<td>Kruger National Park</td>
<td>B L D</td>
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<tr>
<td>Am</td>
<td>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</td>
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<tr>
<td>Eve</td>
<td>Boma dinner under the stars</td>
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<tr>
<td>3 May (Fri)</td>
<td>Kruger National Park / Mkuze, Kwa Zulu Natal</td>
<td>B D</td>
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<tr>
<td>Am</td>
<td>Set out before sunrise in open top safari vehicles with qualified game rangers to view the “big five” on a game drive</td>
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<tr>
<td>Pm</td>
<td>Drive into Zululand and continue to the town of Mkuze and Ghost Mountain Inn</td>
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<tr>
<td>4 May (Sat)</td>
<td>Mkuze</td>
<td>B L D</td>
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<tr>
<td>Am</td>
<td>Visit Bethesda Hospital</td>
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<tr>
<td>Pm</td>
<td>Drive into the Lebombo Mountains and meet with Justice Mueni and his family at an authentic Zulu homestead</td>
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<tr>
<td>5 May (Sun)</td>
<td>Mkuze</td>
<td>B D</td>
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<tr>
<td>Am</td>
<td>Take a boat trip across Lake Jozini to view elephants and hippos in the water</td>
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<tr>
<td>Pm</td>
<td>Safari at Mkuze Game Reserve to spot wildlife including black and white rhino, elephant, giraffe, leopard, cheetah, buffalo and plains game</td>
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<tr>
<td>6 May (Mon)</td>
<td>Mkuze / Durban</td>
<td>B D</td>
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<tr>
<td>Am</td>
<td>Accompanied by a specialist military history guide visit the battle site of Ulundi. Continue to Eshowe and visit Fort Kwa Mundi and the cemetery. At Gingindlovu visit the battle site and cemetery</td>
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<tr>
<td>Pm</td>
<td>Continue to Durban and transfer to the hotel</td>
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<tr>
<td>7 May (Tue)</td>
<td>Durban</td>
<td>B D</td>
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<tr>
<td>Am</td>
<td>Visit the Durban Shark Board to see a dissection, followed by a city tour</td>
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<tr>
<td>Pm</td>
<td>Visit the King Edward Hospital and departmental visits (or at leisure)</td>
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<tr>
<td>Eve</td>
<td>Local Indian dinner</td>
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<tr>
<td>8 May (Wed)</td>
<td>Durban / Cape Town</td>
<td>B D</td>
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<tr>
<td>Am</td>
<td>Fly to Cape Town and transfer to Winchester Mansions Hotel</td>
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<tr>
<td>Pm</td>
<td>At leisure</td>
<td></td>
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<tr>
<td>Eve</td>
<td>Dinner on the V &amp; A Waterfront</td>
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<tr>
<td>9 May (Thur)</td>
<td>Cape Town</td>
<td>B L</td>
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<tr>
<td>Am</td>
<td>Visit Groote Schuur Hospital Museum. Drive to Stellenbosch for chocolate and wine tasting at Lanzerac Wine Estate</td>
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<tr>
<td>Pm</td>
<td>Lunch and wine tasting at Fairview Wine Estate followed by cheese and wine tasting. See the Duck Parade</td>
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<tr>
<td>10 May (Fri)</td>
<td>Cape Town</td>
<td>B D</td>
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<tr>
<td>Am</td>
<td>A full day’s tour of Cape Peninsula, starting with a trip up Table Mountain. Drive past the beaches of Clifton and Campus Bay en route to Hout Bay. Continue to the Cape of Good Hope Nature Reserve</td>
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<tr>
<td>Eve</td>
<td>Farewell dinner</td>
<td></td>
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<tr>
<td>11 May (Sat)</td>
<td>Cape Town</td>
<td>B D</td>
</tr>
<tr>
<td>Am</td>
<td>At leisure until departing for the airport</td>
<td></td>
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</tbody>
</table>
Hotels

Garden Court Sandton City Hotel (Johannesburg)
This comfortable hotel has an excellent location adjacent to the shops and restaurants in the Sandton City complex and next to Nelson Mandela Square.

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

Ghost Mountain Inn (Mkuze, Kwa Zulu Natal)
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 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 and good amenities. The hotel also has a heated rooftop pool.

Winchester Mansions (Cape Town)
A classically elegant hotel with its original Cape Dutch architecture, Winchester Mansions is situated at the famous Sea Point Promenade facing the Atlantic coastline, offering spectacular mountain and sea views from its large, comfortable rooms. With a beautiful colonnaded courtyard, contemporary style and excellent service, this hotel provides a classy finish to the tour.
Tour Leader and Guide

**Janice Liverseidge** is a Director of the Royal Society of Medicine. Earlier in her career she worked for the British Medical Association. She is also a registered Blue Badge Tourist Guide and regularly leads groups in London on medical history walks, tours of the Wellcome Collection and other healthcare locations plus provides music and art tours for the Foundling Museum and the London Handel Festival. Janice has travelled extensively and has led highly successful RSM tours to Vietnam and Cambodia, Sri Lanka, Cuba and China.

“Outstanding tour leader. Janice was a brilliant combination of fun, efficiency and diplomacy”

Michael Neal, Vietnam and Cambodia with the RSM 2017

National Guide

**Frank Mbete** 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 knows deeply and is passionate about. With his warmth, caring nature and ability to bring South Africa vividly to life, Frank is one of our most popular guides.

“Frank is like a human encyclopedia and search engine....very caring and great sense of humour.”

Julian Smith, Veterinary Tour to South Africa 2016

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The cost for the tour is USD $4,916

**The cost includes:**
- UK tour leader (Janice Liverseidge)
- Comprehensive briefing notes
- 13 nights’ accommodation in twin-bedded rooms with private facilities in medium grade, first class hotels and game lodges

**Single supplement: USD $705**
- Meals as per the itinerary
- Internal flight and taxes
- A full program of cultural and professional visits as per the itinerary
- Admission fees where applicable
- Local English speaking guide (Frank Mbete)
- Tips
- Airport transfers

**The cost excludes:**
- International flights
- All personal extras such as porterage, laundry, inoculation fees and drinks not included with meals
- All optional excursions, tours, and visits
- Visa, if required

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**Optional extensions**

1. **Victoria Falls:** Pre tour extension for 2 nights to magnificent Victoria Falls on the Zambezi River
2. **Rovos Rail - Cape Town to Pretoria:** 13 – 15 May (2 days after tour ends)
3. **Rovos Rail - Victoria Falls to Pretoria:** 11 – 15 May (1 night Victoria Falls, 3 nights Rovos Rail)

Please contact us for more information.

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**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 at the hotels in Johannesburg or in Cape Town.

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**Flights**

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. Due to flight times to/from Victoria Falls the extension dates are 25 - 27 April 2019. You will therefore need a pre tour night in Johannesburg on 27 April as the tour starts on 28 April.
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.
The Rovos Rail encapsulates the romance of a bygone era with its Edwardian style furnishings and its colonial glamour. Take in your surroundings from the observation car, before afternoon tea or pre-dinner cocktails. This is the perfect way to relax after a tour of South Africa.

There are two journeys that you can undertake from Cape Town.

**Cape Town to Pretoria**

This train journey will start two days after the main tour finishes, so you will require 2 nights in Cape Town.

**Itinerary**

**11 May (Sat) Cape Town**
Am: Day at leisure to explore Cape Town

**12 May (Sun) Cape Town**
Am: Day at leisure to explore Cape Town

**13 May (Mon) Cape Town / Rovos Rail**
Am: Depart from Platform 23 at Cape Town Station and travel inland through the winelands
Pm: Lunch is served in the dining cars and later tea is served in the lounge and observation cars. Visit the historical village of Matjiesfontein
Eve: Dinner is served in the dining cars

**15 May (Wed) Rovos Rail / Pretoria**
Am: The train travels via Krugersdorp and Johannesburg through the goldfields of the Witwatersrand towards Pretoria. Arrive at Rovos Rail Station in Pretoria at midday
Pm: Lunch is served in the dining cars. Arrive in Kimberley for a tour of the city and the Diamond Mine Museum
Eve: Dinner is served in the dining cars

**Rovos Rail Extensions**

<table>
<thead>
<tr>
<th>Cost</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>USD $2320 per person sharing a double/ twin room</strong></td>
<td>The cost includes: 2 nights' accommodation at the Winchester Hotel on a bed and breakfast basis, transfer to the train station in Cape Town, 2 nights on board the Rovos Rail in a Pullman Suite, a transfer from Pretoria to Johannesburg airport on 15th May. On board the Rovos Rail the price includes meals and excursions as well as all beverages including alcohol while on board.</td>
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</table>
Rovos Rail Extensions

Victoria Falls to Pretoria

Depart Cape Town for the world-famous Victoria Falls, where you will spend one night before embarking on a three-night train journey through beautiful landscape and national parks.

Itinerary

11 May (Sat) Cape Town/Victoria Falls
Am Fly from Cape Town to Victoria Falls
Pm Spend the evening on board an open sided cruise towards Palm Island, and enjoy a beautiful Zambezi sunset

12 May (Sun) Victoria Falls/Rovos Rail
Am Morning guided tour of the Falls. Depart Victoria Falls Station on Rovos Rail
Eve Dinner is served in the dining cars

13 May (Mon) Rovos Rail
Am Disembark for a game drive at The Hide. Brunch is served as the train travels along one of Africa’s longest stretches of straight railway line – 114km

14 May (Tue) Rovos Rail
Am The train leaves baobab country
Pm The train crosses the Tropic of Capricorn
Eve Dinner is served as the train passes the edge of the escarpment

15 May (Wed) Rovos Rail/Pretoria
Am Arrive at journey’s end in Pretoria

The cost of the extension is USD $3009 per person sharing a double / twin room

The cost of the extension is USD $4290 for a single room and suite on the Rovos Rail

The cost includes:
1 nights’ accommodation at the A’Zambezi Lodge in Victoria Falls on a bed and breakfast basis, arrival transfer in Victoria Falls, a guided tour of the falls and a sunset cruise, a transfer from the hotel to the train station in Victoria Falls, 3 nights on board the Rovos Rail in a Pullman Suite, a transfer from Pretoria to Johannesburg airport on 15th May.

On board the Rovos Rail the price includes meals and excursions as well as all beverages including alcohol while on board.

The cost excludes:
Flight from Cape Town to Victoria Falls, meals not mentioned, any optional excursions or tours, travel insurance, visa if required and tips.
Private transfer from the airport to A'Zambezi River Lodge, a beautiful riverside hotel located just 5 miles from the world famous Victoria Falls. The A'Zambezi River Lodge has an attractive river setting with shady trees, lawns rolling down to the Zambezi River and the occasional grazing hippo. Rooms are located in two sweeps of thatched blocks with one block river facing and the other garden facing.

Spend the afternoon relaxing in the hotel or take one of the scheduled shuttles that the hotel offers to Victoria Falls town and participate in some of the many optional activities such as helicopter flights, elephant interactions and white water rafting.

Start the morning with a breakfast in the open sided Amulonga Restaurant which also serves lunch and dinner; eat on the wraparound deck just metres away from the river. Then head towards the awe-inspiring experience of Victoria Falls, where the onlooker is humbled by the sight, the sound and the smell of Nature's masterpiece. The tour will last around two hours in total. You will be accompanied through the rainforest by a qualified guide, who gives a brief history of the Falls and the surrounding flora, fauna, bird and wildlife. Raincoats and camera protective bags are provided when needed.

The evening will be spent aboard a relaxing open sided cruise towards Palm and Kandahar Islands to enjoy a beautiful Zambezi sunset. There will be the opportunity to see a variety of game, including hippo, crocodile, elephant and many different bird species. Your cruise provides many beautiful photo opportunities and includes finger snacks, beer, wine, local spirits and soft drinks.
### Day 1  **Victoria Falls**  
**Am/Pm**  
Fly to Victoria Falls on a mid-morning flight.*  
Land in Victoria Falls in the early afternoon.  
Transfer to the hotel and spend the afternoon at leisure

### Day 2  **Victoria Falls**  
**Am**  
Enjoy breakfast at the A’Zambezi River Lodge’s open sided Amulonga Restaurant and then head to the astonishing Victoria Falls accompanied by a qualified guide.  

**Pm**  
Spend the evening on board an open sided cruise towards Palm Island, and enjoy a beautiful Zambezi sunset.

### Day 3  **Victoria Falls**  
**Am**  
Transfer back to Victoria Falls airport to fly back to Johannesburg to embark on the rest of your tour.

* If your Jon Baines tour is starting in Johannesburg then we suggest you arrive the day before as the International flights normally land too late to connect with the flights to Victoria Falls on the same day. We can arrange hotel accommodation for you at the Garden Court Sandton City Hotel or an airport hotel, depending on your arrival time.

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**The cost is USD $718 (ground only) and includes:**
- Transfers to and from Victoria Falls airport
- 2 nights’ bed and breakfast accommodation at the A’Zambezi River Lodge

**Single supplement USD $270**
- Victoria Falls guided tour + Zambezi sunset cruise

**The price excludes:**
- Visa fee
- USD $30 Victoria Falls entrance fee (payable on arrival)
- USD $10 river fee (prior to cruise)
- Meals and transfers not included
- Flights and flight taxes

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**A’Zambezi River Lodge - Victoria Falls extension**

Nestled on the banks of the Zambezi River within the Zambezi National Park, this attractive lodge features imaginative architecture with a sweeping curve of grass thatch that blends well with the beautiful landscaped gardens. It has a large outdoor pool.