



Church of St Dimitry of the Blood, Uglich

A History of Medicine Cruise Along the Volga
Moscow to St Petersburg
6 - 16 October 2018



Jon Baines
tours



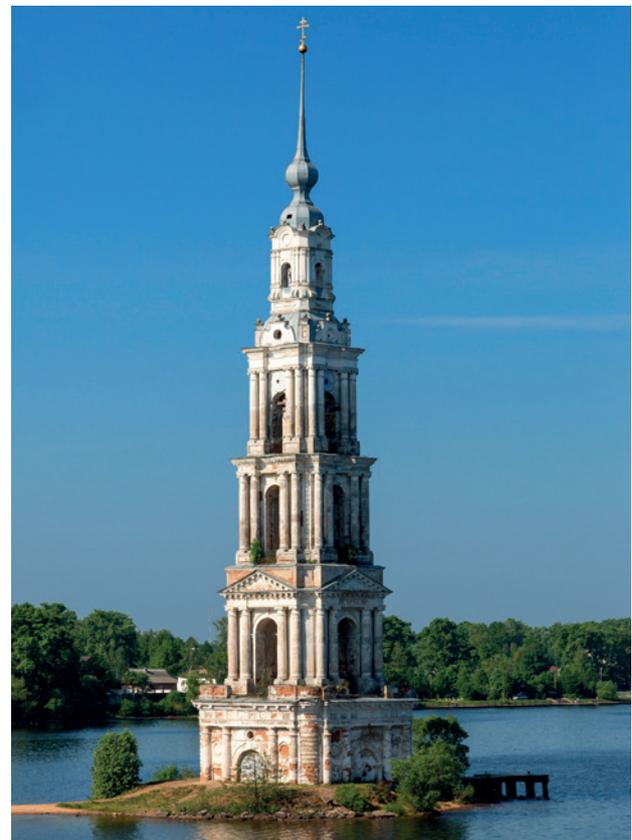
Red Square and St. Basil's Cathedral, Moscow.

Journey along the Volga River from Moscow to St Petersburg and learn about Russia's culture and medical history in the expert, convivial company of Natasha McEnroe and Simon Chaplin. This cruise will give you insight into the culture and history of this extraordinary land and also look at how medical practice developed here over many years. Examine traditional medicine, monastic healing and mysticism, the first stirrings of modern medicine under Peter the Great and the period of cultural awakening under Catherine the Great – who was inoculated against smallpox by an Englishman. Learn about the nineteenth century advancement under great medical pioneers such as Pirogov and Pavlov, and finally, the provision of medicine and education for the masses, which did not take place until after the revolutions of 1917.

Tour leader Natasha McEnroe and speaker Simon Chaplin – both expert medical historians - will give a number of private talks on the history, culture and medicine of Russia during the cruise and there will be escorted shore excursions along the way, as well as several days to enjoy the splendours of St Petersburg in one of its finest hotels. There is also an optional pre cruise extension in Moscow.

Arrive in Moscow (or follow on from the pre cruise extension) and transfer to the *MS Rostropovich* river cruise ship. The first evening is at leisure to unpack and settle in.

Next morning disembark for a city tour of Moscow, visiting Red Square and St. Basil's Cathedral in the morning. After lunch visit the iconic UNESCO listed Kremlin, a fortified complex



Cruise past St Nicholas Kalyazin on the Volga River



Kirillo Monastery

at the heart of the city that contains the seat of the Russian Government and once housed the royal palaces. There will also be a visit to the Armoury Chamber to see gold and silver from the Tsar period, imperial regalia and historic armour. Return to the ship and enjoy a welcome drinks party on board in the evening.

Next morning cruise along the Volga and hear talks (see itinerary for details of talks). The ship will dock at the historic town of Uglich, once a fortress but now a peaceful retreat. Take a walking tour of this beautiful town, one of the oldest in Russia and noted for its beautiful architecture, and visit the Kremlin, the Church of St Dimitri of the Blood and the Transfiguration Cathedral with its superb frescoes. Return to the ship.

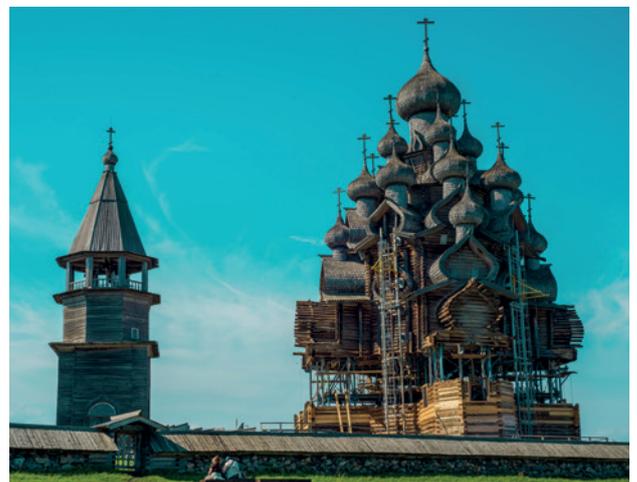
Continue cruising along the Volga the next day and hear a talk. Dock at the small settlement of Goritsy, famous for its monasteries, and drive to visit the Monastery of St Cyril on the White Lake, the second largest and most important monastery in Russia's history and a particular favourite of Ivan the Terrible. Visit the 17th century Big Medical Hall and Small Medical Hall, which used to contain a pharmacy with herbal remedies. Many elderly monks were healers and younger apprentices played nurses' roles. Visit the archaeological excavation and return to the ship.

Cruise with time at leisure and hear a talk the following morning. Dock on Kizhi Island in Lake Onega to see over 80 traditional

wooden structures, including bathhouses, saunas and churches, which make this island an open-air museum. The architectural highlight is the spectacular Kizhi Pogost, a UNESCO World Heritage site, consisting of a 22-dome Transfiguration Church and a 9-dome Intercession Church and a bell-tower – all built entirely of wood, reputedly without using a single nail.

Cruise on to Mandrogi village, a traditional town that was burnt down during World War II and restored to its former glory in the 1990s by local woodworkers and craftspeople. Wander through its cobbled streets and gingerbread-like wooden houses with options to see local crafts and visit the Museum of Vodka. Return to the ship and hear a talk with an Open Forum.

Arrive in St Petersburg, a city built on a swamp by Peter the Great in 1703 that went on to set the world standard for grandeur. Take an orientation bus tour of this great city, seeing its many magnificent sites including Tavrichesky Palace, Summer Garden, Palace Embankment, Winter Palace and the Church of the Saviour of Spilled Blood. Visit the Peter and Paul Fortress, the first building and original citadel of St. Petersburg. In the afternoon visit one of the world's largest and oldest museums, the Hermitage. Set in the magnificent Winter Palace and adjoining buildings, it has over three million items in its collection, a fraction of which are on display in 360 rooms. There will be the opportunity to return here during your last day at leisure in St Petersburg. Return to the ship.



Wooden churches on Kizhi Island



Next morning disembark the *MS Rostropovich* and take a boat cruise through the canals of St Petersburg to the Museum of Hygiene. Tour this small and eclectic museum, which includes pictures, models and waxworks about personal hygiene, samples of diseased organs in jars and the stuffed body of one of Pavlov's original dogs. Continue with a guided tour of the fascinating Kunstkamera, an ethnographic museum established as Russia's first museum by Peter the Great in 1718. Continue to Yusupov Palace, one of the two remaining St. Petersburg residences of the monumentally wealthy Yusupov family, and the scene of Grigory Rasputin's assassination. It is one of the few aristocratic homes in the city to have retained many of its original interiors after the revolution. Transfer to the elegant Hotel Astoria and settle in at leisure before dinner at the hotel in the evening.

Next morning visit the Nevsky Cemetery, perhaps the most famous of St Petersburg's historic cemeteries - the final resting place for many Russian luminaries. Continue to the Military Medical Museum, one of the largest medical museums in the world. In the afternoon drive to Pushkin and visit The Catherine Palace, a stunning building with a blue and white facade with a circumference of nearly 1km that contains the famous Amber Room. Return to the hotel with the option of seeing a ballet performance in the evening.

Your final day in St Petersburg is at leisure to explore at your own pace or join an optional sightseeing tour with Simon and Natasha, with the opportunity to return to the Hermitage. Enjoy a farewell dinner in the evening.

Your final morning is at leisure before checking out of the hotel and departing St Petersburg.



The Hermitage, St Petersburg

Pre-Tour Moscow Extension 5 – 6 October 2018 B = Breakfast L = Lunch D = Dinner

5 Oct (Fri)	Moscow D	6 Oct (Sat)	Moscow B D
Pm	Arrive Moscow and transfer to the Holiday Inn Tagansky Hotel	Am	Visit the Vishnevsky Museum for the History of Surgery*
Eve	Dinner in a local restaurant	Pm	Visit the Chekhov House Museum. Transfer onto the <i>MS Rostropovich</i>

* Should this museum be closed, we will visit the Medical History Museum of Moscow Medical University

Main Itinerary 6 – 16 October 2018

6 Oct (Sat)	Moscow D	12 Oct (Fri)	St. Petersburg B L D
Pm	Arrive Moscow and transfer onto the <i>MS Rostropovich</i> river cruise ship	Am	Orientation bus tour of the city seeing Tavrishesky Palace, Summer Garden, Palace Embankment, Winter Palace, the Spire of the Basil Island, St. Isaac's Cathedral, Nevsky Prospekt and the church of the Saviour of Spilled Blood. Visit the Peter and Paul Fortress
7 Oct (Sun)	Moscow B L D	Pm	Visit the Hermitage Museum. Return to the <i>MS Rostropovich</i>
Am	City tour of Moscow, visiting Red Square and St Basil's Cathedral		
Pm	Lunch and visit the Kremlin and the Armoury. Return to the <i>MS Rostropovich</i>		
Eve	Welcome drinks party		
8 Oct (Mon)	Cruising B L D	13 Oct (Sat)	St. Petersburg B D
Am	Cruise along the Volga. Talk: " <i>Russian Medicine in the Age of Enlightenment</i> " Simon Chaplin (SC) " <i>Russian Writers in Rude Health</i> " Natasha McEnroe (NM)	Am	Depart the <i>MS Rostropovich</i> *** Cruise through the canals of St Petersburg to the Museum of Hygiene
Pm	Dock at Uglich. Walking tour to the Kremlin, Church of St Dimitri of the Blood and the Transfiguration Cathedral	Pm	Continue with a guided tour of the Kunstkamera and Yusupov Palace. Transfer to the Hotel Astoria
9 Oct (Tues)	Cruising B L D	14 Oct (Sun)	St. Petersburg B L
Am	Cruise along the Volga. Talk: " <i>Folk Medicine and Faith Healers</i> " SC	Am	Visit the Nevsky Cemetery and the Military Medical Museum
Pm	Cruise to Goritsy and visit the Monastery of St. Cyril on the White Lake. Visit the Monastery Museum and the Big Medical Hall containing a collection** and the archaeological excavation	Pm	Visit The Catherine Palace
10 Oct (Wed)	Cruising B L D	Eve	Optional ballet performance
Am	Talk: " <i>Collective Health</i> " SC " <i>Medicine and the Romans</i> " NM	15 Oct (Mon)	St. Petersburg B D
Pm	Visit Kizhi open-air museum of wooden architecture including some Russian <i>banyas</i> (bathhouses) – wooden cabins used as saunas and places of healing	Am	Full day at leisure or optional sightseeing tour with Simon and Natasha
11 Oct (Thurs)	Cruising B L D	Eve	Farewell dinner
Am	Free time to explore the charming traditional village of Mandrogi	16 Oct (Tues)	St. Petersburg B
Pm	Talk: " <i>Cold War Medicine</i> " SC Open Forum	Am	At leisure
		Pm	Depart St Petersburg for onward flight

** At the time of writing the collection is being restored and should be open by 2018.

*** Luggage will be put onboard a coach.

"Simon Chaplin gave a series of first class lectures."

Judith Webb, History of Medicine Cruise from Venice to Istanbul, 2013

NB: All talks and itineraries are subject to change according to local conditions. This itinerary is ground only and departure and arrival dates may differ.



MS Rostropovich



Rotonda lounge, Hotel Astoria

“Natasha and Simon worked very well together as well as having a good sense of humour.”

Dr Gillian Perry-Keene, History of Medicine Cruise in Greece, 2016

MS Rostropovich river cruise ship

This Russian 5-star four-deck vessel features spacious and comfortable cabins, most with balconies. Unusually for a river cruise ship, it also has a lift. The cabins are equipped with extended bathroom with shower stall and furnished with two separate beds that can be joined, bedside tables, console mirror, chairs, wardrobe, TV, fridge, radio, telephone, hair dryer and safe. MS Rostropovich was built in Czechoslovakia in 1980 and was fully refurbished from the hull in 2009.

Hotel Astoria

Completed in 1912, the luxury Hotel Astoria was designed by renowned St Petersburg architect Fyodor Lidval. Perhaps the city’s most famous hotel and a key St Petersburg landmark, the historic building is now Grade 1 listed and has a superb central location with wonderful views of St Petersburg. In 1941, following the outbreak of the Second World War, a hospital was stationed at The Astoria to treat writers, artists and musicians trapped in the city during the siege. It also featured in the 1995 James Bond film, GoldenEye.



Hotel Astoria, St Petersburg

Tour Leader

Natasha McEnroe is the Keeper of Medicine at the Science Museum in South Kensington, London. Her previous post was Director of the Florence Nightingale Museum, and prior to this was Museum Manager of the Grant Museum of Zoology and Comparative Anatomy and Curator of the Galton Collection at University College London. From 1997 – 2007, she was Curator of Dr Johnson's House in London's Fleet Street, and has also worked for the National Trust and the Victoria & Albert Museum. Natasha was co-editor of *The Hospital in the Oatfield – The Art of Nursing in the First World War* (2014) and *The Tyranny of Treatment: Samuel Johnson, His Friends and Georgian Medicine* (2003). Her research interests focus on 18th and 19th-century medical humanities.

Speaker

Dr Simon Chaplin is Director of Culture and Society at the Wellcome Trust in London. Prior to that he was Head of the Wellcome Library. He was formerly Director of Museums and Special Collections at The Royal College of Surgeons of England, where he managed the Hunterian Museum - an accredited public museum containing the designated collection of the surgeon John Hunter (1728-1793) - and the Wellcome Museum of Anatomy and Pathology. His first degree is in Natural Sciences, and his PhD, completed at King's College London, dealt with the relationship between dissection, collecting and display in late 18th-century London.

“Natasha was always there and very caring about the group. I loved her lectures.”

Barbara Back, *In the Steps of Florence Nightingale*, 2012

Jon Baines Tours also has a Dental and Dental History Tour taking place on this cruise. Participants on both groups are welcome to listen to lectures from either group.

The cost includes:

- Comprehensive briefing notes
- Private specialist lecture programme
- Seven nights' accommodation with private facilities on the MS Rostropovich
- Three nights' accommodation with private facilities at the 5-star Hotel Astoria
- All meals on the cruise ship (not on excursions)
- Breakfast and lunch or dinner in St Petersburg
- All onboard entertainment
- Private escorted visits as per the itinerary
- Admission fees where applicable
- Services of local English speaking guides
- Cabin portage and all tips

The cost excludes: All international flights and transfers, personal extras eg laundry, hotel portage, all optional excursions, tours and visits.

J Grade Cabins – main deck 12 sqm
USD \$3,763 per person, Single supplement USD \$907

H Grade Cabins – middle deck with balcony, 13 sqm
USD \$4,031 per person, Single supplement USD \$1,012

F Grade Cabins – main deck, 19 sqm
USD \$4,147 per person, Single supplement USD \$1,836

D Grade Cabins – middle deck, 21 sqm
USD \$4,263 per person Single on request

C Grade Cabins – middle deck with balcony, 16 sqm
USD \$4,437 per person Single on request

B Grade Cabins – boat deck with balcony, 16 sqm
USD \$4,727 per person Single on request

A Grade Cabins – sun deck with balcony, 16 sqm
USD \$4,872 per person Single on request

The cost for the Pre Cruise Extension in Moscow is USD \$357 per person

and includes: Airport transfer on arrival, one night's accommodation at the Holiday Inn Tagansky and breakfast, dinner at a local restaurant, visit to the museums including entrance fees, full time English speaking guide throughout, transfer to the cruise ship, all tips.

The cost excludes: as above

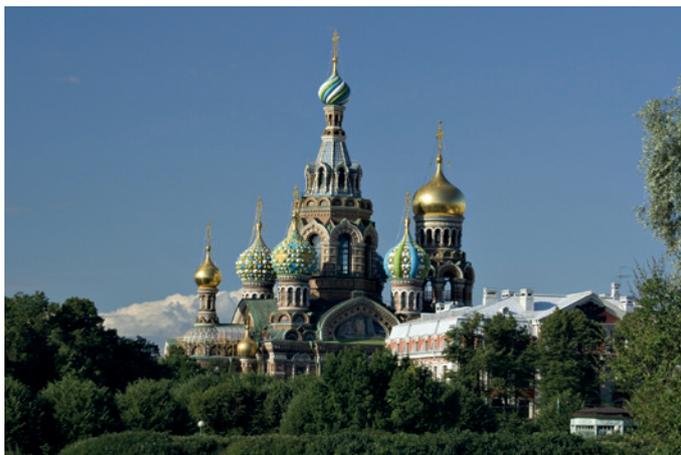
About Us

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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Kremlin from the Moskva River; Traditional house at Goritsy; The Catherine Palace, St Petersburg; Church of the Spilled Blood, St Petersburg (above)



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