



Mama lion and her cub

Midwifery in South Africa

3 – 14 November 2024

With Pre-Tour Extension to Victoria Falls

1 – 14 November 2024

'I felt honoured and privileged to be on this tour, where we got to experience both the beauty South Africa has to offer and the challenges faced both past and present. It was life changing'.

Alison Smith, Nursing in South Africa, November 2022



Jon Baines
tours



The Drakensberg Mountains, Zululand

This midwifery tour 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 Eswatini (formerly 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 medical and social issues surrounding midwifery and maternity care in South Africa.

There is also the opportunity to take the pre-tour extension to spectacular Victoria Falls.

Tour Leader

Dr Mary Ross-Davie is a UK based midwife with a varied career across clinical practice, national and leadership roles. She is currently Director of Midwifery for the largest maternity service in Scotland, NHS Greater Glasgow and Clyde. After qualifying as a midwife in 1995, Mary worked in London; first as a core hospital midwife, then continuity midwife for a team caring for women with HIV and substance misuse problems, before working as a community midwife and labour ward coordinator. Mary then developed into specialist roles in HIV and perinatal mental health. After moving to Scotland in the early noughties, Mary worked as a Sure Start midwife, then consultant midwife, before undertaking her PhD which focussed on measuring the continuous support behaviours provided by midwives during labour. Mary also undertook national roles in perinatal mental health, quality improvement and education. From 2016-2022 Mary worked for the Royal College of Midwives, first as the County Director for Scotland, then taking on a UK professional Director role.

Mary has published widely and presented at a wide range of national and international conferences. Her key focus in her work is



on creating the right conditions to enable midwives to provide excellent maternity care, with a particular focus on reducing health inequalities and enabling a positive transition to parenthood.

Mary has travelled widely through her work, undertaking two volunteering trips to Nepal, as well as attending the International Congress of midwives conferences in Prague and South Africa. In 2023 she co-led the Jon Baines Midwifery tour in Japan and is supporting the tour to Scotland in September 2023. She runs and climbs Munros in her spare time.

Elephants in Kruger National Park



Itinerary 3 – 14 November 2024

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

2 nights Johannesburg – 3 nights Timbavati Safari Lodge – 1 night Eswatini –
2 nights Kwa Zulu Natal – 1 night Durban – 2 nights Cape Town



Pre-tour extension to Victoria Falls: 1 – 3 November 2024

Pre-Tour Day 1: Victoria Falls (Fri, 1 Nov)

Pm: Arrive early afternoon*. Transfer to A'Zambezi River Lodge and at leisure.

Pre-Tour Day 2: Victoria Falls (Sat, 2 Nov)

B L

Am: Breakfast at the Lodge's open-sided restaurant before guided tour of Victoria Falls.

Pm: Lunch at the Lookout café. Afternoon at leisure. Take an evening cruise on an open sided boat and enjoy a beautiful Zambezi sunset.

Pre-Tour Day 3: Victoria Falls / Johannesburg (Sun, 3 Nov)

B

Am: Late morning transfer to the airport.*

Pm: Arrive in Johannesburg and transfer to the Garden Court Sandton City Hotel.

*NB: Flights to and from Victoria Falls connect with Johannesburg (not included).

Day 1: Johannesburg (Sun, 3 Nov)

D

Am/Pm: Arrive Johannesburg and transfer to the Garden Court Sandton City Hotel.

Eve: Welcome dinner at the hotel.

Day 2: Johannesburg (Mon, 4 Nov)

B L

Am: Drive to Soweto and visit Baragwanath Hospital, a specialist acute hospital; the largest of its kinds in the Southern Hemisphere and the only public hospital serving approximately 3.5 million people in Soweto. Meet with local midwives.

Pm: Lunch at a shebeen. Sightseeing tour of Soweto including the Baragwanath taxi rank area, Freedom Square and Nelson Mandela's former home.

Day 3: Johannesburg / Timbavati Safari Lodge (Tues, 5 Nov)

B D

Am: Visit Netcare Private Hospital for a contrasting view of midwifery. Drive into the spectacular safari country of Mpumalanga.

Pm: Check in to Timbavati Safari Lodge and at leisure.

Day 4: Timbavati Safari Lodge (Wed, 6 Nov)

B L D

Am: Rise before sunrise 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.

Pm: Bush lunch and return to the lodge in the early evening.

Day 5: Timbavati Safari Lodge B D
(Thurs, 7 Nov)

Am: Full day exploring some of South Africa's most stunning scenery along the aptly named Panorama Route, including God's Window, Bourke's Luck Potholes, Blyde River Canyon, Three Rondavels and the historic gold rush town of Pilgrims Rest.

Eve: Enjoy a Boma dinner under the stars.

Day 6: Timbavati Safari Lodge / Eswatini B D
(Fri, 8 Nov)

Am: Drive into the Kingdom of Eswatini.

Pm: Orientation tour of Mbabane and its markets. Check in to Mantenga Lodge.

Day 7: Eswatini / Mkuze, Kwa Zulu Natal B D
(Sat, 9 Nov)

Am: Drive to the green oasis town of Mkuze in Zululand. Check in to Ghost Mountain Inn and at leisure.

Pm: Take a safari at Mkuze Game Reserve to spot black and white rhino, elephant, giraffe, leopard, cheetah, buffalo, and more.

Day 8: Mkuze, Kwa Zulu Natal B D
(Sun, 10 Nov)

Am: Visit Bethesda Hospital, a small rural hospital where you will learn about rural health care and the local Zulu culture, and the Mtwazi local school.

Pm: Head up into the Lebombo Mountains in the afternoon and visit the family home of the respected Justice Myeni – an authentic Zulu homestead where you will have the opportunity to spend time with members of his family and gain a much greater understanding of contemporary Zulu culture.

Day 9: Mkuze, Kwa Zulu Natal / Durban B D
(Mon, 11 Nov)

Am: Take a boat trip at St Lucia next morning, where you will view hippos

and crocodiles in the water amidst spectacular scenery. Drive to Durban and check in to Garden Court Umhlanga.

Pm: Visit a maternity unit at a local hospital.

Day 10: Durban / Cape Town B L
(Tues, 12 Nov)

Am: Fly to glamorous Cape Town with its stunning natural setting, dominated by Table Mountain.

Pm: Lunch at Lelapa, Cape Town's most popular township eating experience, where locals of all creeds and colours come together to enjoy a braai (barbeque). 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.

Day 11: Cape Town B D
(Wed, 13 Nov)

Am: A full day's tour of Cape Peninsula, starting with a cable car up Table Mountain for spectacular views. Drive past the beaches of Clifton and Campus Bay en route to Hout Bay. Continue on to the Cape of Good Hope Nature Reserve at the tip of Africa for wonderful views across False Bay. Return to the city.

Eve: Enjoy a farewell dinner on the Victoria and Albert waterfront.

Day 12: Cape Town B
(Thurs, 14 Nov)

Pm: Depart hotel after breakfast OR extend in Cape Town.

All itineraries subject to change according to local conditions



Ghost Mountain Inn, Mkuze

Hotels

Garden Court Sandton City, Johannesburg

This comfortable, modern hotel has an excellent location in a good area adjacent to the shops and restaurants in the Sandton City complex, next to Nelson Mandela Square.

Timbavati Lodge, Kruger National Park

In the heart of the Kruger National Park, 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.

Mantenga Lodge, Kingdom of Eswatini

Mantenga Lodge is a family-run hotel situated in the Ezulwini Valley (Valley of Heaven), nestled among beautiful natural surroundings with superb views of the mountains. The food at the restaurant is excellent, particularly the traditional dishes, and there is a lovely pool.

Ghost Mountain Inn, Mkuze

An historic and elegant homestead that has been a hotel for 50 years, 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 Umhlanga, Durban

This contemporary and well-situated hotel provides Indian Ocean views and relaxed rooms with ocean or pool views that include free Wi-Fi, flat-screen TVs, and tea and coffeemaking facilities. There are 2 restaurants, including a buffet offering Asian fare. Other amenities include an outdoor pool and a hot tub, plus a gym and a bar.

SunSquare Cape Town Gardens, Cape Town

Located in the lush Gardens area of Cape Town, this contemporary hotel offers good facilities, including a pool, and modern and spacious rooms. Its location at the base of Table Mountain is ideal for exploring the city, its shops and restaurants.

A'Zambezi River Lodge, Victoria Falls, Zimbabwe (extension)

A charming 4-star hotel set within beautiful grounds situated on the banks of the mighty Zambezi River. The staff are warm, friendly and helpful and the bar and restaurant serves excellent food. Watch wildlife, including warthogs and perhaps a hippo in the peaceful setting, with magnificent Victoria Falls just a few kilometres up the river.



Timbavati Lodge, Kruger (top); Spectacular Victoria Falls (extension);
White rhinos in Kruger (above)

The cost of the tour per person sharing is USD \$4,046

The cost of the tour with a room to yourself is USD \$4,449

Many midwives travelling solo choose to share rooms. Please contact us if you would like to share.

The cost includes:

- 11 nights' accommodation in twin-bedded rooms in medium grade and boutique hotels and game lodges
- Tour leader (Dr Mary Ross-Davie) and national guide (Frank Mbete)
- Comprehensive briefing notes
- Meals as per the itinerary
- Internal flight and taxes
- A full programme of cultural visits – including two safaris – as well as midwifery visits, as per the itinerary
- Admission fees and tips

The cost excludes:

- International flights, airport transfers and taxes
- All personal extras such as portage, laundry, inoculation fees and drinks not included with meals
- All optional excursions, tours and visits
- Visa, if required

The cost of the Victoria Falls pre-tour extension is:

USD \$812 per person sharing

USD \$1,168 with a room to yourself

Cost includes:

- Two nights bed and breakfast accommodation at the A'Zambezi River Lodge
- Transfers to/from Victoria Falls extension
- Lunch at the Lookout Café
- 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

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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Blyde River Canyon (top); A humpback breaching off the Cape;
Zulu girls; Cape Town harbour (above)



Jon Baines
tours

