



The Drakensburg Mountains

Medical and Military History in South Africa

16 - 29 January 2018



Jon Baines
tours



Blyde River Canyon

This tour 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 Swaziland with its rich culture and plethora of bird and animal life before continuing to stunning and culturally distinct KwaZulu-Natal. Continue to the historical town of Ladysmith and explore the battlefields of the Anglo-Zulu and Boer Wars. Travel to 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 military and medical history and cultures of South Africa. The personal history and connections of tour leader, Dr Paul Luckin, will provide an added dimension to the tour. There is also an optional pre tour extension to beautiful Victoria Falls.

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 set off on a full day tour of Soweto; a sharp contrast to affluent Sandton in the north, where you are staying. Take a tour of points of interest in the township, including Freedom Square and Nelson Mandela's former home. After lunch at a *shebeen*, visit Baragwanath Hospital, a specialist acute hospital



Elephants in Kruger National Park



Isandlwana

and the only public hospital serving approximately 4 million people in Soweto. With 3,200 beds, it is the largest hospital of its kind in the Southern Hemisphere, third largest in the world. Doctors visit Baragwanath from all over the world to gain experience in trauma. Hear a talk about life under the Nationalist Government during the days of apartheid.

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 safari country of Mpumalanga, hearing a talk on the history of the Kruger National Park on the way. Transfer to your lodge in Timbavati and settle in, with the rest of the day at leisure and dinner at the hotel 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.

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 morning drive into the Royal Kingdom of Swaziland, one of the smallest countries on the continent and one of Africa's few remaining monarchies. Arrive in the beautiful National Park of Mlilwane in the afternoon and spend the night in distinctive Swazi 'beehive' huts, the traditional domed building style. Dinner is at Hippo Haunt Restaurant, built on stilts and extending over a waterhole that is home to hippos, crocodiles, terrapins, and a host of birdlife. At night, warthogs surround the campfires just outside the restaurant, even letting themselves be scratched by the tourists.

The next morning is at leisure, with options for birdwatching, bike trails or cultural excursions. Late in the afternoon join a sunset game drive in open top safari vehicles to see the distinctive game in the Mlilwane National Park. In the evening hear a talk on mountain rescues in the Drakensburg.

There is the option to rise early the next morning for bird watching before breakfast, before heading off on the bus to Ladysmith. Hear a talk on the background and consequences of the Boer War en route and stop at the historical town of Piet Retief.



Mlilwane Wildlife Sanctuary



Fly to Cape Town, transfer to your hotel and enjoy dinner on the waterfront that evening. Take a tour of Cape Town the next day before a visit to Groote Schuur Hospital, internationally renowned as the training ground for some of South Africa's best doctors, surgeons and nurses. Take part in an escorted tour with Dr Peter Gord of the Heart of Cape Town Museum, which tells the history of the world's first heart transplant that took place here in 1967. In the afternoon, accompanied by an ex-political prisoner, visit the UNESCO World Heritage Site of Robben Island where Nelson Mandela was imprisoned for 18 of the 27 years he served during apartheid.

Arrive in Ladysmith, established in 1850 as a staging-post for fortune hunters on their way to the gold fields in the then-Transvaal and the diamond mines of the Kimberley, and check into the Battlefields Country Lodge.

Spend the next day touring the battlefields of the Anglo-Zulu Wars with local battlefield guides. Isandlwana was one of Britain's most famous colonial defeats, where the Zulu army defeated a large British military force. At Rorke's Drift 150 British and colonial troops held out against the repeated attacks of 3,000 to 4,000 Zulu warriors and 11 Victoria Crosses were awarded. The guides will provide talks on the conflicts and on the battlefield medicine during the Zulu Wars.

Next morning visit the Siege Museum and learn of the Siege of Ladysmith and the Boer War. Winston Churchill, then a young war correspondent was present at the Relief of Ladysmith as was Mahatma Gandhi, who established stretcher-bearing corps during the Boer War.

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 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 meal at Beluga's.

The following day you drive into the winelands. Visit Stellenbosch and take part in chocolate and wine tasting at the Lanzerac Wine Estate, followed by lunch and wine tasting at the Fairview Wine Estate, with a cheese and wine tasting to finish the day. Return to Cape Town and relax before your farewell dinner in the evening.

Transfer to the airport for your return flight the following morning.



Table Mountain in the distance

Itinerary 16 – 29 January 2018

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

2 nights Johannesburg - 3 nights Kruger National Park - 2 nights Swaziland -
2 nights Ladysmith - 3 nights Cape Town

16 Jan (Tue)	Johannesburg D	23 Jan (Tue)	Swaziland / Ladysmith B D
Am	Arrive Johannesburg and transfer to the Garden Court Hotel	Am	Optional early morning bird watching Talk on bus: <i>"The Boer War - causes and consequences"</i>
Pm	Visit the Apartheid Museum	Pm	Stop at the historical town of Piet Retief. Drive into Zululand and continue to the town of Ladysmith and the Battlefields Country Lodge
Eve	Dinner at the hotel		
17 Jan (Wed)	Johannesburg B L	24 Jan (Wed)	Ladysmith B D
Am	Sightseeing tour of Soweto including the Baragwanath Taxi Rank, Freedom Square and Nelson Mandela's former home	Am	Full day touring the battlefields with a local historian. Visit Isandlwana Talk: <i>"The Zulu Wars"</i>
Pm	Lunch at a <i>shebeen</i> . Visit Baragwanath Hospital. Talk: <i>"Life under the Nationalist Government during Apartheid"</i>	Pm	Visit Rorke's Drift. Talk: <i>"Battlefield Medicine of the Zulu Wars"</i>
18 Jan (Thur)	Johannesburg / Timbavati B D	25 Jan (Thur)	Ladysmith / Durban B D
Am	Visit the Adler Medical Museum in the Medical School of the Charlotte Maxeke Johannesburg Academic Hospital. Drive to Mpumalanga and safari country	Am	Visit the Siege Museum
Pm	Talk on bus: <i>"History of the Kruger National Park"</i> . Arrive and at leisure	Pm	Drive to Durban to fly to Cape Town
		Eve	Dinner on the V&A Waterfront
19 Jan (Fri)	Timbavati B L D	26 Jan (Fri)	Cape Town B L
Am	Set out before sunrise in open top safari vehicles with qualified game rangers to view the 'big five' on a game drive	Am	Take part in a city tour of Cape Town. Continue to Groote Schuur Hospital for an escorted tour of the Heart of Cape Town Museum with Dr Peter Gord
Pm	Bush lunch and return to the lodge in the early evening	Pm	Visit Robben Island on a tour with an ex-political prisoner
20 Jan (Sat)	Timbavati B D	27 Jan (Sat)	Cape Town B D
Am	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	Am	Visit Table Mountain (by cable car or on foot). Continue onto Cape Point and the Peninsula. Take in the beaches of Clifton and Camps Bay and cross to Houts Bay where you may cruise to Seal Island. Drive to the Cape of Good Hope Nature Reserve via Chapman's Peak. Take a funicular to the top of the Peninsula where the Indian Ocean and Atlantic meet. Later visit the Penguin Colony at Boulders Beach.
Eve	Boma dinner under the stars	Eve	Dinner at Beluga's
21 Jan (Sun)	Timbavati / Mlilwane, Swaziland B D	28 Jan (Sun)	Cape Town B L D
Am	Drive into the Royal Kingdom of Swaziland	Am	Visit Stellenbosch and take part in chocolate and wine tasting at the Lanzerac Wine Estate
Pm	Arrive in the National Park at Mlilwane and overnight in traditional Swazi 'beehive' round huts	Pm	Lunch and wine tasting at the Fairview Wine Estate followed by cheese and wine tasting
Eve	Dinner at Hippo Haunt	Eve	Dinner at Gold restaurant
22 Jan (Mon)	Mlilwane, Swaziland B D	29 Jan (Mon)	Cape Town B
Am	At leisure. Optional walks, birdwatching, bike trails or cultural excursions	Pm	Depart to airport
Pm	Late afternoon for sunset game drive in open top safari vehicles with qualified game rangers to see the distinctive game of National Park at Mlilwane		
Eve	Talk: <i>"Mountain Rescue in the Drakensburg"</i>		



Hippo Haunt, Swaziland

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.

Mlilwane Beehive Huts, Swaziland

These charming thatched beehive huts are a traditional Swazi design - they offer simple comfort and a cultural experience in the heart of the Mlilwane Wildlife Sanctuary.

Battlefields Country Lodge, Ladysmith

This comfortable lodge has a lovely location in a green valley with views of rolling hills, dams and the famous Talana Hill, which is the site of the first battle between the Boers and the British soldiers.

The President, Cape Town

This oceanfront hotel is ideally situated a short taxi ride from the V&A Waterfront. It is also possible to walk from the hotel to the city centre along the beach. The President Hotel has a lovely pool and the rooms have mountain views.



Timbavati Lodge, Kruger (top); Battlefields Lodge, LadySmith;
The President Hotel, Cape Town (above)

Tour Leader

Dr Paul Luckin AM MB.BCh.(Rand.), D.A.(S.A.), F.F.A.(S.A.), M.MED.ANAESTHESIA (Natal), FANZCA is an anaesthetist in Brisbane. He started training in rescue as an ambulance paramedic in Tasmania before studying medicine in South Africa, where he spent eight years in a Mountain Rescue Team. Paul served on the Tasmanian Ambulance Service Medical Advisory Council, was Director of the Advanced Airway Management Training Program and was President of Royal Life Saving Society Tasmania Branch.

Paul teaches Search and Rescue at the state and national level and is on the directing staff of the National Police Search and Rescue Managers Course. He provides advice on survivability during Search and Rescue operations to the Australian Maritime Safety Authority, and Police Search and Rescue teams across the nation, in PNG and the Solomon Islands.

As a Captain in the Royal Australian Naval Reserve, Paul has served in Bougainville, East Timor, the Solomon Islands, in the Resuscitation and Retrieval Team for the victims of the Bali bombs, in the first medical team into Banda Aceh following the tsunami, and in Afghanistan. He is Medical Director, Medical Services Branch, St John Ambulance Queensland, and has been invested as a Commander of the Order of St John (CStJ).

For his work in SAR, in 2006 Paul received the Australian National Search and Rescue Award, and in 2015 he was made a Member of the Order of Australia, AM, for significant service to the community through emergency medicine, and as an authority on survivability in search and rescue operations.

“Paul Luckin was an absolutely amazing tour leader and I would highly recommend Jon Baines use him again.”

Mark S. Schulman, Medicine in Vietnam, 2016

Ground only cost of the tour is USD \$4,320 (excluding international flights)

The cost includes:

- 12 nights' accommodation in twin-bedded rooms with private facilities in boutique hotels
- The single room supplement is USD \$550**
- Tour leader (Dr Paul Luckin)
 - Comprehensive briefing notes
 - Airport transfers
 - 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
 - Local English speaking guides
 - Tips

The cost excludes:

- All personal extras such as portage, laundry, inoculation fees and drinks not included with meals
- All optional excursions, tours and visits
- All airport taxes
- Visa, if required (not required for UK or Australian citizens)

Flights

The tour price does not include international flights. If you require help booking flights to South Africa please contact the London office on +44 (0) 207 223 9485 or the Melbourne office on +61 (0) 3 9343 6367

**Victoria Falls Extension
(pre tour extension)
USD \$718 per person
USD \$345 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:

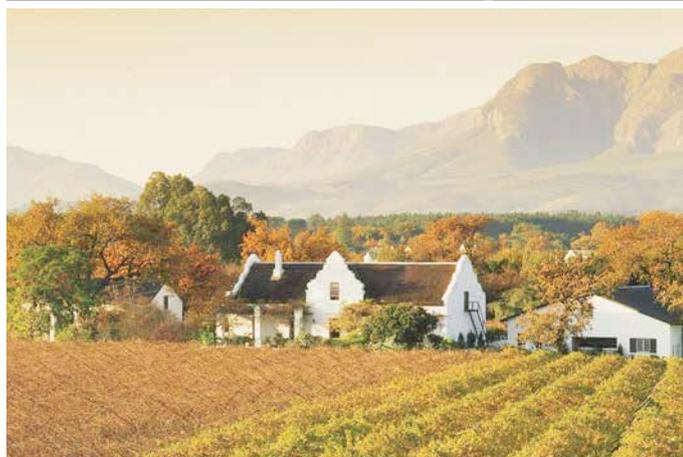
- Visa fee (if required); USD \$30 Victoria Falls entrance fee (payable on arrival); USD \$10 River fee (prior to cruise); meals and transfers not included
- Flights from Johannesburg to Victoria Falls return

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 City Lodge Airport Hotel (Double room USD \$189. Single room USD \$141) OR in Cape Town at the President Hotel (Double room USD \$181. Single room USD \$148).

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.



Rhinos in the Kruger, courtesy of Virginia Oxford (top);
Zulu girls; Cape Point; The winelands (above)

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