



The Temple of Edfu

History of Medicine Cruise along the Nile 14 – 26 February 2025

With Alexandria Extension 14 February – 1 March 2025

“How could anyone not be impressed?! Superb.”

Michael and Linda Fleming, *History of Medicine Cruise along the Nile*, November 2019



Jon Baines
tours

Level 3
MODERATE





Felucca on the River Nile, Aswan

The Nile has been the repository of stories for millennia. Hear these ancient tales as you cruise in comfort to Egypt's most fascinating destinations, learning about Egyptian history of medicine aboard the deluxe MS Jaz Regent river cruiser.

Stay in first-class hotels in Giza and Luxor and listen to talks by Professor Rosalie David, a renowned authority on the medicine of Ancient Egypt. The tour is led by Janice Liverseidge, an experienced tour leader and former Director of Membership at the Royal Society of Medicine. Both Rosalie and Janice will accompany you on shore visits.

This tour includes guided private shore visits to sites of medical historical interest, as well as the wonders of ancient Egypt.

There is an optional 3-night extension to the great city of Alexandria and the battlefield of El Alamein after the tour. Alexandria, founded by Alexander the Great, was the seat of Queen Cleopatra, the site of the Pharos Lighthouse and the Great Library of Alexandria, known as the ultimate archive of ancient knowledge.

Tour Leader



Janice Liverseidge was previously Director of Membership at The Royal Society of Medicine and is now a full time guide and in her spare time a trustee of both the Royal Medical

Benevolent Fund and the London Handel Festival. 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, including an eight month journey around India, South East Asia and Australia, and has led highly successful RSM tours to Vietnam and Cambodia, Sri Lanka, Cuba, South Africa, China and Japan.

Speaker



Professor Rosalie David, OBE, BA, PhD, FRSA is Director of the KNH Centre for Biomedical Egyptology at the University of Manchester. The focus of her career

has been the establishment of a new university specialisation – biomedical research within the field of Egyptology – to provide a different approach to understanding the civilisation of ancient Egypt. Graduating with a BA degree in Ancient History from University College London, she subsequently pursued a PhD study of ancient Egyptian temple ritual at the University of Liverpool. Rosalie has lectured at universities in many countries and, since 1974, on Nile cruises. She is the author of over 30 books and many articles in peer-reviewed journals, and has been consultant and contributor to several television documentaries. In 2003, she was awarded an OBE for services to Egyptology and has received Fellowships of The Royal Society of Medicine and The Royal Society of Arts.

“Prof Rosalie David was outstanding. So knowledgeable and the talks were pitched at the right level and she was very generous with her knowledge.”

Dr Kathleen Hamblet, *History of Medicine Cruise along the Nile*, 2019

The Giza Pyramids



Itinerary: 14 – 26 February 2025

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

3 nights Giza – 7 nights Nile cruise – 2 nights Luxor



Day 1: Giza (Fri, 14 Feb) **D**

Am/Pm: Arrive in Cairo and transfer to the hotel.

Eve: Dinner at the hotel.

Day 2: Giza (Sat, 15 Feb) **B L D**

Am: Known as 'The City of a Thousand Minarets', Cairo has long been the centre of the region's political and cultural life. Visit the famous Pyramids of Giza and the Sphinx.

Pm: Visit the Grand Egyptian Museum.

Day 3: Giza (Sun, 16 Feb) **B L**

Am: View the original Sakkara Step Pyramid before entering the Tomb of Ankhmahor to visit Imhotep Museum, a fascinating archaeological museum located at the foot of the Saqqara necropolis complex.

Pm: Visit the new Royal Mummies Hall at the National Museum of Egyptian Civilization.

Day 4: Giza / Luxor (Mon, 17 Feb) **B L D**

Am: Fly from Cairo to Luxor to board the Jaz Regent cruise ship.

Pm: The River Nile - the longest in the world - is a source of life, transport and an essential balance for a desert country. **Talk: Ancient Egyptian civilisation, the historical background and significance of the Nile, and the beginnings of civilisation. (RD)**

Day 5: Luxor / Esna / Edfu (Tues, 18 Feb) **B L D**

Am: Visit the Temple of Luxor and the massive complex of Karnak Temple. The trip pays close attention to the Sacred Lake and Botanical Hall of King Tuthmosis III, decorated with scenes of plants brought back from his Syrian campaigns.

Pm: Sail to Edfu and pass through Esna Lock. There is time at leisure to relax with superb Nile views. **Talk: An introduction to ancient Egyptian medicine including medical papyri, art, mummies and inscriptions. (RD)**

Day 6: Edfu / Aswan (Wed, 19 Feb) **B L D**

Am: Guided tour of Edfu Temple, dedicated to the falcon god, Horus, and one of the best preserved temples in Egypt.

Pm: Continue sailing to the city of Aswan with its distinctly African atmosphere and relaxed pace. Here the Nile is at its most beautiful, flowing through amber desert and granite rocks, around emerald islands covered in palm groves and tropical plants. **Talk: Mummies – A resource for studying disease, treatment and lifestyle. (RD)**

Day 7: Aswan (Thurs, 20 Feb) **B L D**

Am: Visit Philae Temple, a dedication to the goddess Isis, and the Aswan High Dam.

Pm: Felucca boat trip to visit Kitchener Island Botanical Garden and Nubia Island to learn about Nubian medicine.

Day 8: Aswan (Fri, 21 Feb) **B L D**

Am: Optional flight to visit the UNESCO World Heritage site of Abu Simbel or take a bird watching tour to a Nubian village.

Pm: Afternoon at leisure.

Day 9: Aswan / Kom Ombo / Edfu / Luxor (Sat, 22 Feb) **B L D**

Am: **Talk: The Temples as Centres of Healing. (RD)**

Pm: Cruise back along the Nile towards well preserved Kom Ombo Temple. Here, see a rare engraved image of what is thought

to be the first representation of medical instruments for performing surgery, including scalpels, curettes, forceps, dilator, scissors and medicine bottles dating from Roman Egypt. Sail on to Edfu.

Day 10: Edfu / Luxor (Sun, 23 Feb) B L D

Am: Sail back towards Luxor. **Talk: *The Ancient Egyptian Contribution to Graeco-Roman and Later Medicine.* (RD)**

Pm: At leisure while sailing.

Day 11: Luxor (Mon, 24 Feb) B L D

Am: Visit the Temple of Hathor at Denderah, with its sanatorium where patients were treated with 'Dream Therapy'.

Pm: Continue to the Temple of Sethos I at Abydos, which boasts the finest painted hieroglyphs in Egypt. Return to the ship and disembark before checking in to the St George Hotel for two nights.

Day 12: Luxor (Tues, 25 Feb) B L D

Am: Visit the Valley of the Kings, famous for the discovery of the tomb of Tutankhamun and subsequent rumours of the 'curse of the pharaohs.' The group has access to three tombs at the site, followed by a visit to the Temple of Hatshepsut, whose structure is vastly different to the traditional temples; it has a sanatorium terrace for the sick. Continue to the Temple of Ramesses II (the Ramesseum), which is also the location for a tomb of a priest (probably a doctor). Continue to the village of Deir el Medina.

Eve: Farewell dinner

Day 13: Luxor / Cairo (Wed, 26 Feb) B L D

Am: Depart for flight back to Cairo or take the extension to Alexandria.

Pm: If taking flight package, connect with flight to London.

Extension to Alexandria 26 February - 1 March 2025

Day 13: Luxor / Alexandria (Wed, 26 Feb) B D

Am: Fly from Luxor to Cairo.

Pm: Drive to Alexandria via the Wadi Natrun Coptic monasteries in the desert; they became one of Christianity's most sacred areas between the 4th and 7th century. Arrive Alexandria and check in to the Cecil Hotel.

Day 14: Alexandria (Thurs, 27 Feb) B D

Am: City tour of Alexandria, including a visit to the Catacombs and the Roman Theatre.

Pm: Visit the outstanding National Museum, which traces the city's history from antiquity, as well as the Roman and Manuscript Museums. Return via the Citadel of Quait Bay, Abu El Abbass Mosque and the Tomb of the Unknown Soldier.

Eve: Dinner at the Fish Market Restaurant.

Day 15: Alexandria (Fri, 28 Feb) B L

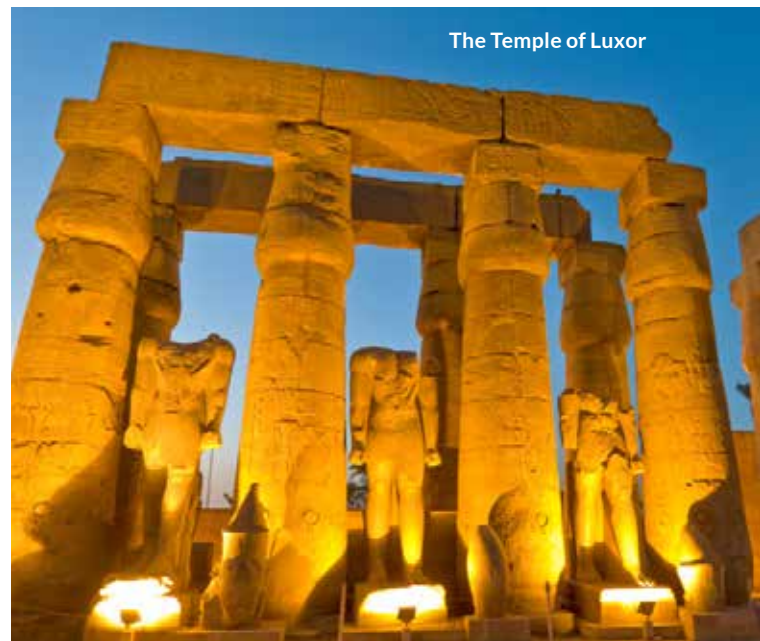
Am: Visit El Alamein, including the Commonwealth, German and Italian cemeteries, followed by a visit to the military museum.

Pm: Drive back to Cairo.

Day 16: Alexandria (Sat, 1 March) B

Am: Depart hotel after breakfast.

NB: All itineraries are subject to change according to local conditions.





The Jaz Regent river cruise ship

Cruise Ship

The Jaz Regent is a five-star deluxe cruise ship with excellent facilities and cuisine. The ship contains a restaurant, lounge and sundeck bar; a spa with gym room, massage, sauna and a small outdoor pool. There is free, low level Wifi (allowing for emails, WhatsApp, browsing etc, but not streaming).

On Board Cabins

The Jaz Regent features 56 spacious cabins. Double cabins are 19sqm and have panoramic large windows opening onto French balconies. The suites are 38sqm, have a private seating area and large panoramic windows opening onto private balconies.

All cabins feature panoramic windows, hairdryer, safe, mini-bar, televisions, individual climate control, bathroom with full-size bathtub and shower. **Please contact us to reserve cabin upgrades.**

Hotels

Steigenberger Cairo Pyramids, Giza

This stylish hotel is adjacent to the pyramids, providing some wonderful views, and

comfortable, spacious rooms. The hotel has two swimming pools, several bars and restaurants and warm, friendly service.

Sonesta St George Hotel, Luxor

A five-star hotel located on the Nile in the heart of Luxor with large rooms, many overlooking the Nile. The hotel has lovely gardens and a pool alongside the Nile, as well as a gym and a spa with massage, sauna, steam room and jacuzzi.

Extension

Cecil Hotel, Alexandria

A classically elegant hotel that overlooks the bay and yacht club, the historic Cecil Hotel retains its 1929 style alongside modern services and amenities, with soaring ceilings, palm-lined patios, French doors opening onto balconies, and beautiful detailing.

Intercontinental City Stars, Cairo

This elegant, contemporary hotel offers light-filled, spacious rooms with lovely décor and views. It has ten restaurants and bars and is conveniently adjacent to Stars Centre Mall. The staff are welcoming and very well trained.

Tour Activity Level

Level 1 Relaxed



A gentle pace, involving minimal walking and exertion. Shorter travel distances and a full but relatively relaxed itinerary.

Level 2 Gentle



Easy walking at a mostly leisurely pace. Slightly more daily activity and travel.

THIS TOUR IS CLASSIFIED AS:

Level 3 Moderate



Regular walking at destinations, extended standing and /or increased travel distances. Good fitness is required.

Level 4 Active



Longer and fuller days. Significant levels of walking, covering longer distances, requiring very good fitness and mobility.

Level 5 Challenging



May involve extended drives, hikes and multiple visits across busy days. Excellent fitness is required.



Hieroglyphics at Kom Ombo Temple

Alexandria Extension

The cost of the extension is USD \$1,064 per person sharing.

The cost of the extension with a room to yourself is USD \$1,274.

The cost includes:

- 3 nights' accommodation in double or twin-bedded rooms with private facilities in medium grade and first class hotels
- Specialist visits
- Breakfasts daily and lunch or dinner daily
- All admission fees and tips
- Services of an English-speaking national guide throughout
- All transport services and taxes

Due to the nature of the cruise places are limited.

Optional visit to Abu Simbel

Fly from Aswan to Abu Simbel to visit the relocated temples, then fly back to Aswan. The temples were originally carved from the mountainside during the reign of Pharaoh Ramesses II in the 13th century BC, as a monument to himself and his Queen Nefertari. The complex was relocated to higher ground to make way for the Aswan High Dam. The cost per person is USD \$478.

The cost of the tour is USD \$5,914 per person sharing (excluding international flights and transfers).

The cost of the tour with a room to yourself is USD \$7,496.

The cost includes:

- The services of an experienced tour leader (Janice Liverseidge).
- The services of an expert speaker (Professor Rosalie David)
- 5 nights' accommodation in double or twin-bedded rooms with private facilities in first-class hotels in Giza and Luxor
- 7 nights' accommodation in double twin-bedded cabins on the first class Jaz Regent cruise ship with private facilities. Cabin upgrades available on request (costs below).
- Comprehensive pre-departure briefing notes
- Specialist visits and talks
- Breakfast and lunch and dinner daily on the cruise
- Breakfast daily and meals as per the itinerary on land
- All admission fees and tips
- Services of an English-speaking national guide throughout
- Return flights from Cairo to Luxor
- All transport services and taxes in Egypt

The cost excludes:

- Meals not mentioned and drinks with meals
- All optional excursions, tours and visits
- Travel insurance and visa

The additional costs for Jaz Regent suite upgrades is USD \$5,374.

Due to the nature of the cruise places are limited.

'The variety of foods at the buffet were well presented and tasty...shore excursions were fascinating and varied.'

Jane Bowden-Dan, *History of Medicine Cruise along the Nile*, 2019

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.

All the flights and flight-inclusive holidays in this brochure are financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. Please ask for it and check to ensure that everything you booked (flights, hotels and other services) is listed on it. Please see our booking conditions for further information or for more information about financial protection and the ATOL Certificate go to:
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The rooftops of Cairo (top); Abu Simbel; Karnak Temple, Luxor;
Philae Temple, Aswan (above)



Jon Baines
tours

