



Cruise through Halong Bay in Vietnam

Medicine and Society in Vietnam

8 – 20 February 2020

With extension to Angkor Wat, Cambodia
8 – 22 February 2020

“An exceptional experience.”

Dr Chantal Sargent, *Medicine in Vietnam and Cambodia*, 2017



Jon Baines
tours



Hoi An from the river

Vietnam is a country where ancient traditions live side by side with a drive for modernity. It has thousands of miles of beautiful coastline, an enviable climate, a unique and rich history, sumptuous cuisine and warm and welcoming people.

This tour examines Vietnam's healthcare and provides insight into its contemporary society. Professional visits include a prestigious teaching hospital in Hanoi, the Kim Long charity clinic, which provides rural health care, the Quang Hop Clinic, which integrates western and eastern medicine, and a meeting with former military doctors. This programme is balanced by a wide range of cultural visits as well as ample opportunity to experience the beauty and hospitality of Vietnam. Stay in some lovely hotels and resorts and enjoy one of the world's great cuisines.

Arrive in Hanoi and check into La Siesta Hotel. That afternoon take a rickshaw ride around peaceful Hoan Kiem Lake, past the elegant Opera House and through the former French colonial area. Enjoy a welcome dinner that evening.

Cars are banned from the old quarter at the weekend, making it ideal for walking tours. The

following morning stroll through Hanoi's '36 Streets', where each street is named after the produce that was sold there – hence you may find yourself leaving Silver Street to enter Lacquer Street via Bamboo and Silk Streets – and visit the traditional medicine shops in Medicine Street. In the afternoon meet with former military doctors who were on the frontline during the Vietnam-American conflict. These meetings have been highly commended on previous tours, providing real, personal insight into the past. Dinner that night is at the acclaimed Green Tangerine, a blend between French haute cuisine and Vietnamese culinary art.



Opera House, Hanoi



Green Tangerine restaurant, Hanoi (top);
Cruise in Halong Bay (above)

Embark on a sightseeing tour the next morning, including the One Pillar Pagoda and the Temple of Literature, the site of Vietnam's old university, and see the infamous Hanoi Hilton, a former military prison. Have lunch at KOTO, an Australian-Vietnamese charity, and learn about their inspiring initiatives with street children. Later visit Bach Mai Hospital, built by the French in 1911 and bombed during the conflict. It was partially rebuilt with aid from US veterans' groups and is now one of Vietnam's leading teaching hospitals.

Rise early the next day to set off for Halong Bay, where thousands of towering, steep-sided islands rise from the emerald waters as junk boats cruise languidly among them. Board your luxury junk in time for lunch. Spend the afternoon cruising with time to stop and explore caves, beaches and coves. Spend the night in a cabin on the junk.

Take coffee on deck next morning before disembarking at the port. Visit a water puppet

theatre show in Doa Thuc village before flying to Hue and the elegant Saigon Morin Hotel.

Next morning visit the Kim Long Charity Clinic to learn about the work carried out by its team of volunteers, who provide free healthcare and support to impoverished rural populations. In the afternoon take a relaxing boat trip along the Perfume River and visit the elegant Thien Mu Pagoda.

The following morning visit the Quang Hop Clinic, which integrates western and eastern medicine, and tour the small hospital. In the afternoon visit Hue Citadel, which was home to the nation's last royal family. The vast citadel defended the Imperial City itself, its huge outer walls still bearing the scars from the Tet Offensive during the Vietnam-American conflict. Following the tour meet with a military veteran and hear his story as an officer in the south Vietnamese army.

Board the train for one of the great railway journeys of the world. Travel along the South China Sea, snaking from cliff to jungle-covered cliff, past beaches and islands and through the lush green mountains via the Hai Van Pass to Danang. In Vietnamese the pass is known as Đèo Hải Vân, meaning 'Ocean Cloud Pass'.

Arrive in charming Hoi An and check into the La Siesta Resort. Hoi An was once a thriving port popular with European, Chinese and Japanese



Hue Citadel



as the ‘Five-o-Clock Follies’ took place during the Vietnam-American conflict.

Next morning tour the former Presidential Palace, a combination of luxurious reception rooms and reinforced bunkers. Spend the afternoon at leisure with the option to visit the poignant War Museum. Enjoy a farewell dinner at elegant Indochine restaurant.

Transfer to the airport next day for your return flight, or alternatively join the extension to Angkor Wat in Cambodia (see overleaf).

merchants - a cultural mix still in evidence today. Have one of the famed local tailors run up a bespoke outfit, shop in the silk market or simply relax and soak up the atmosphere.

Take a walking tour of its old quarter to see ancestral homes, merchants’ houses, Chinese Assembly Halls, herbalists and acupuncturists interspersed with boutiques and cafes. Enjoy dinner at Tam Tam, a former merchant’s house in old Hoi An. The afternoon is at leisure with options to take a cookery class or silk lantern making workshop, explore the old town, visit a tailor, browse the local markets or relax around the pool.

Take a boat across Thu Bon River and visit Kim Bong village and some surrounding villages and countryside. The area is littered with ancestral tombs, family temples and herb farms. Visit a family-run vegetable and herb farm and sample some of their fresh homegrown ingredients for lunch, followed by a relaxing foot massage. Return to the hotel with time at leisure.

From the relative quiet of Hoi An continue south to the hurly burly of Ho Chi Minh City, or Saigon as it is still often referred to by its inhabitants. That afternoon visit the French era Notre Dame Cathedral and the palatial Central Post Office. Enjoy a pre-dinner drink at the rooftop bar of the Rex Hotel, where the the media briefings known



Take the train along Ocean Pass (top); The Japanese Bridge, Hoi An; Central Post Office, Saigon (above)

Itinerary 8 – 20 February 2020

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

3 nights Hanoi – 1 night junk cruise – 3 nights Hue – 3 nights Hoi An – 2 nights Ho Chi Minh City

8 Feb (Sat) Hanoi **D**
Am Arrive and transfer to the Hotel La Siesta
Pm Cyclo tour around Hoan Kiem Lake past the French District
Eve Welcome dinner

9 Feb (Sun) Hanoi **B D**
Am Walking tour of Hanoi's '36 Streets'
Pm Meet with veteran army doctors and hear about their experiences
Eve Dinner at Green Tangerine

10 Feb (Mon) Hanoi **B L**
Am Continue exploring Hanoi including the Hanoi Opera House, see Hoa Lo Prison (Hanoi Hilton) and the One Pillar Pagoda
Pm Lunch at Koto and learn of their work. Visit Bach Mai Hospital

11 Feb (Tue) Hanoi / Halong Bay **B L D**
Am Early departure for Halong Bay. Arrive and board the Glory Legend
Pm Cruise through Halong Bay and overnight on the junk

12 Feb (Wed) Halong Bay / Hue **B D**
Am Morning coffee on-board and return to port. Visit a water puppet theatre
Pm Fly to Hue. Check into Saigon Morin

13 Feb (Thur) Hoi An **B D**
Am Visit the Kim Long Charity Clinic
Pm Visit Thien Mu Pagoda to see a service. Cruise back to the hotel by dragon boat along the Perfume River
Eve Dinner at Y Thao

14 Feb (Fri) Hue **B D**
Am Visit the integrated Quang Hop Clinic
Pm Guided tour of Hue Citadel and meet a veteran of the Tet Offensive

15 Feb (Sat) Hue / Hoi An **B D**
Am Train along Ocean Pass to Hoi An
Pm Arrive and transfer to La Siesta Hotel
Eve Dinner at Tam Tam

16 Feb (Sun) Hoi An **B D**
Am Walking tour of the old town
Pm At leisure or optional activities
Eve Dinner at Secret Garden

17 Feb (Mon) Hoi An **B L**
Am Take boat across Thu Bon River and visit Kim Bong village, artisans' villages and surrounding countryside
Pm Lunch and foot massage at a local herb and vegetable farm. At leisure

18 Feb (Tue) Hoi An / Ho Chi Minh City **B D**
Am Fly to Saigon and transfer to the hotel
Pm Visit Notre Dame Cathedral and the Central Post Office
Eve Drinks on the rooftop bar of the Rex Hotel before dinner at Viet Village

19 Feb (Wed) Saigon **B D**
Am Visit the Reunification Palace
Pm At leisure. Options to visit War Remnants Museum or take culinary tour
Eve Farewell dinner at Indochine

20 Feb (Thur) Saigon **B**
Am The tour ends after breakfast. Depart for the airport or take the extension to Angkor Wat

"The food was excellent everywhere and on all the visits we were welcomed as friends."

Daisy Surmont, *Medicine in Vietnam and Cambodia with the RSM, 2017*



The elegant Saigon Morin Hotel, Hue



The temples of Angkor Wat

Extension to Angkor Wat Cambodia

20 – 22 February 2020

Cambodia is a nation with a proud ancestry in the form of the Khmer Empire, which at its zenith covered much of modern South East Asia, leaving as its legacy the magnificent structures at Angkor. At its peak Angkor is thought to have contained upwards of a million people, making it the largest city in the world at that time.

Fly to Siem Reap and transfer to the Lotus Blanc Hotel. Dinner that night is at the Foreign Correspondents' Club, located in the former French Consul building on the river. The following morning depart early to visit the Bayon and the romantic ruins of Ta Prohm, still intertwined with enormous tree roots hundreds of years old. Have a packed breakfast on-site and then visit the astonishing Angkor Wat Temples. The afternoon is at leisure to explore the market, the old French Quarter or relax around the pool. Dinner that evening is at Vrioth to enjoy delicious Cambodian food, which is different again to that of its Thai or Vietnamese neighbours. Transfer to the airport the following day or spend more time in Cambodia.

20 Feb (Thur) Ho Chi Minh City / Siem Reap

B D

Am Fly to Siem Reap and transfer to the Lotus Blanc Hotel

Pm At leisure

Eve Dinner at the Foreign Correspondents Club

21 Feb (Fri) Am

Siem Reap

B D

Sunrise visit to the Bayon and Ta Prohm with packed breakfast on-site. Visit the Angkor Wat complex

Pm
Eve

At leisure
Farewell dinner at Vrioth

22 Feb (Sat)

Siem Reap

B

Am
Pm

At leisure
Depart to airport for onward flight



Ta Prohm, Cambodia (top); Lotus Blanc Hotel (above)

Tour Leader

Michael KH Crumplin is a retired consultant surgeon, educated at Wellington College and the Middlesex Hospital. During his career he was chairman of the Court of Examiners of the Royal College of Surgeons of England. He served on the council of the College and was elected an honorary fellow of the Royal College of Surgeons of Edinburgh.

After studying the history of surgery for over 45 years, he devotes time to writing, lecturing and supporting students, research workers and the media. His principle purpose is to promote interest in the human cost of war.

He is an honorary curator and archivist at the Royal College of Surgeons and has been treasurer/trustee of the Waterloo Committee, heading up the educational group for the Bicentenary of the Battle of Waterloo. He is a trustee for the new DCMS-funded education project, the Age of Revolution. He was recently elected a Fellow of the Royal Historical Society.

“The trip was arranged very well. I didn’t feel any need to do anything, other than enjoy the trip to the fullest. A great trip.”

Latha Viswanathan, medical tour to Vietnam, March

CPD / CME

It is possible to gain CPD/CME points on this tour through the professional visits and talks. If you wish to apply please contact us.

**The cost of the tour is
USD \$3,538 per person
(excluding international
flights and transfers)**

Please contact us if you would like us to organise your flights or for advice on flights.

The cost includes:

- The services of an experienced tour leader (Michael Crumplin)
- 11 nights’ accommodation in twin-bedded rooms with private facilities in medium grade and first-class hotels

The single room supplement is USD \$708

- Overnight on first-class junk with private facilities
- Breakfast and lunch or dinner daily
- All admission fees
- Services of an English-speaking national guide
- All transport services and taxes in Vietnam
- Internal flights and taxes
- All tips

The cost excludes:

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

**The cost of the extension is
USD \$695 per person and includes:**

- Two nights’ accommodation in twin-bedded rooms with private facilities at the Lotus Blanc Hotel

The single room supplement is USD \$114

- Two breakfasts and two dinners
- All admission fees and water and tips during sightseeing
- Services of an English-speaking national guide
- All transport services in Cambodia
- One way flight from Ho Chi Minh City to Siem Reap

The cost excludes:

- Meals not mentioned and drinks with meals
- All optional excursions, tours and visits
- Visa (payable on arrival)

NB: All itineraries in Vietnam and Cambodia are subject to change according to local conditions. Places on this tour are strictly limited.

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.



St Joseph's Cathedral, Hanoi (top); Harvest time; The flower market in Hoi An; Cycling back from market (above)

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