



Mount Bromo sunrise

# Medicine in the Malay Archipelago

## 21 June – 4 July 2026

Borneo – Singapore – Sulawesi – Java



Level 4  
ACTIVE





Borobudur

**The snake-like Malay Archipelago is the world's largest collection of geologically active islands and is home to a diverse mix of cultures and extraordinary biodiversity. Located at the crossroads of global trade, Malaysia and Indonesia have long been a vital hub in the Southeast Asian spice route. Their medical heritage blends ancient belief with modern healthcare.**

Begin in the dense rainforests of Sarawak, Borneo, and discover the colonial past of Kuching, perched languidly on the river. Visit longhouse communities and travel to a Bidayuh village to meet local healers and discover how traditional healing is deeply rooted in cultural beliefs, customs, and ancestral history. Learn how medicine is delivered to remote areas within the vast expanse of Borneo before continuing to the vibrant cultural landscape of Singapore, where you will learn how urban planning intertwines with public health.

Visit lesser trodden Indonesia, starting in northern Sulawesi, where you will explore the primeval beauty of Tangkoko National Park,

the last refuge of some of the planet's oddest creatures. Learn from healthcare workers at a local clinic before unwinding in the stunning Bunaken Marine Reserve with the opportunity to explore spectacular underwater scenery.

Fly to Java, where Javanese herbal medicine (jamu) remains an integral part of community life. See dawn break over Mount Bromo and meet with healers and herbalists at a rural education centre. Explore the palaces of Yogyakarta and learn how it became a hotbed of revolutionary idealism in the 1940s. Finish at the spectacular temple complexes of Prambanan and mighty Borobudur; the largest Buddhist temple in the world.

**THIS TOUR IS CLASSED AS:**

**Level 4 | Active**



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



## Tour Leader

**Dr Chet Pager** grew up in Honolulu and spent a lot of time in his parents' home cities of Melbourne and London. He is qualified as a medical doctor in both the UK and Australia and has practised in both countries. Since completing his PhD in 2015, he has become more settled in London.

Chet originally started out in education (studying at Harvard, Stanford and Cape Town) and worked in policy and evaluation as a consultant for the RAND corporation and the Victorian Government. After qualifying and initial training in medicine at Sydney Royal Prince Alfred Hospital, he assisted the NSW Government in developing local Aboriginal health plans. His interest in Indigenous health policy led him to a JD at Yale Law School and a year of studying Zulu. He has also volunteered in medical settings in Mali, Sierra Leone, Uganda, Nepal and South Africa.

On the travel front, Chet has been a tour doctor as well as tour manager for Captain's Choice



since 2005. He has also worked with the UK-based Golden Eagle Luxury Trains, a number of UK Charity Challenge companies, and is a leader and medical technical advisor for The Perse School's Outdoor Pursuits Programme, which in 2023 culminated in ascending a 6,200m peak in Bolivia. Chet has visited more than 140 countries and led or assisted leading over 50 tours and expeditions, including a successful JBT medical tour to Cuba in early 2025.

**'Chet was truly excellent. Knowledgeable, polite, patient, helpful, punctual.'**

Angus Gordon, *Medicine in Cuba*, February 2025



Sunset on Kuching River

# Itinerary 21 June – 4 July 2026

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

4 nights Borneo - 1 night Singapore – 3 nights Manado – 1 night Mount Bromo  
– 1 night Surabaya – 3 nights Yogyakarta



## Day 1: Kuching (Sun, 21 June) **D**

**Pm** Arrive in Kuching, a bustling city set on the Sarawak River. Check in to the Ranee Hotel and at leisure.

**Eve** Welcome dinner.

## Day 2: Kuching (Mon, 22 June) **B D**

**Am** Explore Kuching, beginning at the Sarawak Museum to learn about the peoples of Borneo. Visit Fort Margherita, built by Charles Brooke, the second Rajah of Sarawak. Experience the onsite Brooke Gallery, which tells the fascinating history of Sarawak and its White Rajahs.

**Pm** Visit Borneo Cultures Museum, then walk along Carpenter Street to a traditional medicine shop, where you will see herbal remedies prepared by Indigenous healers. Enjoy a cruise down the languid Sarawak River before dinner.

**Eve** Dinner with a local physician involved in community outreach, who will offer valuable insights into the challenges of delivering healthcare to Borneo's remote regions.

## Day 3: Kuching (Tues, 23 June) **B L**

**Am** Drive to Bako for a boat journey into the beautiful Bako National Park. Encompassing seven distinct ecosystems, it is one of the best locations in Sarawak to

experience biodiversity. Look out for long-tailed macaques, water monitors, wild boar, gibbons, and the proboscis monkey.

**Pm** Lunch at the park and return to Kuching.

## Day 4: Kuching (Wed, 24 June) **B D**

**Am** Visit Semenggoh Wildlife Centre, dedicated to the rehabilitation and reintroduction of formerly captive orangutans into the wild. Visitors have the rare opportunity to observe these remarkable primates up close within their natural habitat.

**Pm** Continue to the longhouse village of Annah Rais, home to the Bidayuh people—the second largest ethnic group in Sarawak. Learn about the culture of the Land Dayaks, once known as head-hunters; you can still see suspended human skulls in the village's traditional baruk.

## Day 5: Kuching/Singapore (Thurs, 25 June) **B D**

**Am** Fly from Kuching to Singapore and transfer to the hotel.

**Pm** Explore Singapore's public housing and learn how it has been designed to enhance healthcare access and promote well-being.

## Day 6: Singapore/Manado (Fri, 26 June) **B D**

**Am** Fly to Manado in northern Sulawesi.

**Pm** Arrive early afternoon and check in. At leisure before dinner in the hotel.

## Day 7: Manado (Sat, 27 June) **B D**

**Am** Travel into the Minahasa Highlands, a cool retreat away from the coast.

**Pm** Explore Tangkoko National Park, where you'll have the chance to encounter Sulawesi's endemic black crested macaques, vibrant hornbills and colourful kingfishers. At dusk keep an eye out for the tiny nocturnal tarsier—small enough to fit in the palm of your hand.

**Day 8: Manado (Sun, 28 June)****B L**

**Am** Meet with the community doctor at a local clinic and learn about health care in north Sulawesi. Continue to Bunaken.

**Pm** Enjoy lunch with ocean views at the Sea Garden. Afterwards, take a boat trip out to the nearby islands, where you can relax on pristine beaches or snorkel in Bunaken National Marine Park. Located at the heart of the Coral Triangle, it is one of the world's premier destinations for reef diving and snorkeling.

**Day 9: Manado/Surabaya/Mount Bromo (Mon, 29 June)****B D**

**Am** Drive to the airport.

**Pm** Fly to Surabaya and transfer to Mount Bromo and the Jiwa Jiwa Resort.

**Day 10: Surabaya (Tues, 30 June)****B L**

**Am** Very early start to visit Mount Bromo at dawn and watch sunlight fill the crags and crevices of the dramatic volcanic landscape. Return to hotel for breakfast and time to refresh and change. Drive to Seloliman Nature and Education Centre and see a traditional jamu demonstration and learn about Javanese herbal medicine.

**Pm** Lunch at the centre. Return to Surabaya and at leisure.

**Day 11: Surabaya / Yogyakarta (Wed, 1 July)****B D**

**Pm** Take the train to Yogyakarta.

**Eve** Arrive at the Phoenix Hotel and at leisure.

**Day 12: Yogyakarta (Thurs, 2 July)****B D**

**Am** Rickshaw through the lively streets of Yogyakarta to Kraton, the Royal Palace of the Sultan. Visit a traditional wayang kulit (shadow puppet) maker before continuing to Taman Sari, a former royal pleasure garden with a network of underground passageways and sunken bathing pools.

**Pm** Drive to the temples of Prambanan, an impressive 10th-century Hindu complex, painstakingly restored between 1913 and 1953. The ornate temples are adorned with deities, demons, and bas-reliefs that depict scenes from the epic, Ramayana.

**Day 13: Yogyakarta (Fri, 3 July)****B D**

**Am** Early visit to Borobudur, the world's largest Buddhist monument. Forming the shape of a mandala, each level of this tiered structure represents a step on the path toward enlightenment. Descend to Candirejo, a traditional Javanese village, to visit local farms, workshops, and the cultural centre.

**Pm** Return to the hotel and at leisure.

**Eve** Visit South Square before a farewell dinner at the Royal Restaurant.

**Day 14: Yogyakarta (Sat, 4 July)****B**

**Am** Depart the hotel after breakfast.

All itineraries are subject to change according to local conditions.



Church on Bunaken Island, Manado





The Phoenix Hotel

## Hotels

### **Ranee Hotel (Kuching, Sarawak)**

Overlooking the Sarawak River, this elegant, centrally located hotel in two converted 19th century shop houses has a period feel. There is the option of booking one of four Exclusive suites at the Ranee (Margaret, Sylvia, Valerie and Elizabeth), with private terraces. Suite upgrade costs available on request.

### **Mondrian Singapore Duxton (Singapore)**

The Mondrian rises above the colorful streets of Chinatown, right in the heart of Duxton Hill, one of Singapore's most vibrant and creative neighborhoods. The rooms are sleek and stylish, and there is a rooftop pool that offers sweeping city views. There is also a lively bar and restaurant scene with plenty of options available.

### **Cocotinos Manado (Manado, Sulawesi)**

This attractive boutique dive resort is located within Wori Bay, overlooking Bunaken National Marine Park, located on a volcanic beach with magnificent views of the volcano. There is the option of upgrading to a Water's Edge room or a two-room Ocean View suite. Please contact us for details.

### **Jiwa Jawa Resort (Mount Bromo)**

A contemporary artisan-built resort, this stylish and very comfortable resort uses quality natural materials with a modernist twist. Owned by a skilled photographer, the resort includes a gallery of his photos and a collection of cameras.

### **Hotel Majapahit (Surabaya)**

Built 1910 by the famous Sarkies brothers – who also built the Raffles Hotel in Singapore and the Strand in Burma - the elegant Hotel Majapahit is a classic landmark. Its graceful colonial architecture and immaculate gardens combine with modern facilities and its famous spa to make this a truly memorable stay in the heart of old Surabaya.

### **The Phoenix Hotel (Yogyakarta)**

A beautiful hotel dating back to 1918, this colonial landmark is a superb example of early 20th century Indonesian Dutch architecture. Located in the heart of Yogyakarta, the hotel features an inviting swimming pool and day spa. The Phoenix was the official residence of Suharto, Indonesia's first president, when he was in Yogyakarta.

Room preferences are subject to availability.





Annah Rais Longhouse (top); Bunaken Green Turtle, (credit Jan Beccaloni); CSR-Semenggoh Wildlife Centre (above)

The cost of the tour sharing a room is €4,600 per person

The cost of the tour with a room to yourself is €5,380

When planning flights, please ensure you start the tour in Kuching and end in Java.

#### The cost includes:

- 13 nights' accommodation in 4 & 5-star hotels, boutique hotels and lodges
- The services of tour leader, Dr Chet Pager
- The services of local English-speaking national guides throughout
- Comprehensive briefing notes
- A full programme of tours and specialist visits as per the itinerary
- Breakfasts daily and other meals as indicated on itinerary
- All transport, including flights from Kuching to Singapore, Singapore to Manado, Manado to Surabaya
- All admission fees, tips and taxes

NB: Due to the nature of the tour places are strictly limited.

#### The cost excludes:

- International flights and transfers on arrival and departure
- Meals not mentioned
- Drinks with meals
- All optional excursions, tours and visits; all personal extras such as portage, laundry and inoculation fees; travel insurance and visas



A Water's Edge room in Cocotinos, Manado



# 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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Sarawak River from above (top); Proboscis Monkey in Bako National Park, Sarawak; Prambanan Temples, Yogyakarta; Spot the tiny tarsier in Manado (above)



**JON BAINES  
TOURS**

