



Christ the Redeemer overlooking Rio de Janeiro

Medicine in Brazil and Argentina

8 – 20 November 2026

Post-Tour Extension to Patagonia

20 – 23 November 2026



Level 3
MODERATE





Iguazú Falls - 'Devil's Throat' on the Brazilian side

Experience the vitality, music, colour and diversity of Brazil, the fine wines and food of Argentina, and see authentic tango in the most sophisticated city in South America.

Take a spectacular journey from Rio in Brazil to Buenos Aires in Argentina, travelling through a breathtaking range of landscapes, towns and cities. Starting in iconic Rio de Janeiro, continue to the historic gold rush port of Paraty, onto the vast, thundering Iguazú Falls, and finish in the cosmopolitan elegance of Buenos Aires - Argentina's grand capital city.

Along the way, learn about medicine in very different parts of South America. Gain specialist insight into the society, healthcare and culture of both destinations on this tour of breathtaking variety and contrasts.

There is an optional extension to the magnificent icefields of Patagonia after the tour.

'Well chosen... Jon Baines tours, take a bow. Every place we visited reciprocated our love. They loved us and we loved them – an exceptional pairing!'

Nim Yohendran, *Medical Study Tour to Brazil & Argentina*, March 2023

THIS TOUR IS CLASSED AS:

Level 3 | Moderate



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

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. She also provides music and art tours for the Foundling Museum and the London Handel Festival.

Janice has travelled extensively and has led highly successful RSM tours to Vietnam and Cambodia, Sri Lanka, Cuba, South Africa, China, Japan and India.



'Janice Liverseidge has boundless energy and enthusiasm; she is an effective tour leader without being officious.'

Paul and Anne Siklos, *A History of Medicine Cruise Along the Nile*, February 2025



Itinerary: 8 – 20 November 2026

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

3 nights Rio de Janeiro - 3 nights Paraty - 3 nights Iguazú Falls - 3 nights Buenos Aires



Day 1: Rio de Janeiro (Sun, 8 Nov) **D**

Eve: Arrive in Rio and transfer to the Hotel Windsor Leme in Copacabana. Settle in before enjoying a welcome dinner a short walk away.

Day 2: Rio de Janeiro (Mon, 9 Nov) **B L**

Am: Experience the city's natural drama by taking a train up Corcovado Mountain, where the statue of Christ the Redeemer towers over the barrios, rainforests and beach below.

Pm: After lunch, ride the cable car to Morro da Urca, the first stop on the way to Sugarloaf Mountain - one of Rio's iconic *morros*, named for its resemblance to loaf sugar. From there, stroll to the second stage for stunning views over Guanabara Bay and Copacabana.

Day 3: Rio de Janeiro (Tues, 10 Nov) **B D**

Am: Visit to a university medical school to learn about medical education and training in Brazil. Learn about the public health

system and private health options.

Pm: Visit a research institution that focuses on science and technology in healthcare.

Eve: Meet with local doctors and healthcare professionals at a traditional restaurant in the Copacabana neighbourhood.

Day 4: Rio / Paraty (Wed, 11 Nov) **B D**

Am: Scenic drive along the coast to Paraty, an idyllic colonial town nestled between the mountains and the sea. Stop for an independent lunch.

Pm: Arrive in Paraty and check into the Pousada Porto Imperial.

Eve: Dinner in a local restaurant.

Day 5: Paraty (Thurs, 12 Nov) **B L**

Am: Walking tour of the exquisitely preserved old town, exploring its Baroque architecture and colonial past. Visit Nossa Senhora do Rosario Church, an artist's workshop, and the Santa Rita Church's Museum of Sacred Art. Lunch at a local restaurant.

Pm: Visit a small local hospital with a local doctor in Paraty to learn about the challenges presented by working in a small town.

Day 6: Paraty (Fri, 13 Nov) **B L**

Am: All day private schooner boat trip visiting the stunning islands and white-sand beaches along the coast. Make several stops to snorkel or swim and enjoy a traditional moqueca lunch on board.

Day 7: Paraty / Iguazú Falls (Sat, 14 Nov) **B D**

Am: Drive to São Paulo Airport.

Pm: Fly to Iguazú in Brazil. Iguazu Falls straddles the border between Brazil and Argentina, and each side offers a different view of the spectacular falls, where hundreds of thunderous cascades span nearly three kilometres.

Eve: On arrival transfer into Argentina and to the Hotel Mercure Iguazu for dinner.

Day 8: Iguazú Falls (Argentinian Side) B D
(Sun, 15 Nov)

Am: Visit the Argentinian side of Iguazú Falls. Wander amongst the cascades on walkways within lush rainforest, with hundreds of butterflies fluttering in the mist.

Pm: At leisure.

Eve: Dinner at local restaurant.

Day 9: Iguazú Falls (Brazilian side) B
(Mon, 16 Nov)

Am: Visit the Brazilian side to witness the dramatic “Devil’s Throat.” From a platform above the torrent, watch the water crash into hidden depths; its roar and the ‘smoke’ from the cascade can be seen and heard several kilometres away.

Pm: Visit to a local centre for tropical medicine or a visit to learn about Guaraní Indigenous health in Puerto Iguazú.

Day 10: Iguazú Falls/ Buenos Aires B D
(Tues, 17 Nov)

Am: Explore the surrounding rain forest and visit the Guiraoga Wildlife Refuge, a rehabilitation centre for injured wildlife. It carries out valuable research on the forest environment and has a breeding program for endangered species.

Pm: Fly to Buenos Aires, often described as the “Paris of South America.” This stylish, edgy city has its own inimitable Latin American twist.

Eve: Check in to Hotel Palladio before dinner at a local restaurant.

Day 11: Buenos Aires (Wed, 18 Nov) B D

Am: Immerse yourself in Buenos Aires life as the locals do with a coffee at the ornate Café Tortoni before visiting San Telmo’s the famous antiques market and the multi-coloured artist quarter of La Boca.

Pm: Visit the British Hospital, which has been serving the public since 1844.

Eve: Dinner followed by a tango show.

Day 12: Buenos Aires (Thurs, 19 Nov) B D

Am: Explore elegant Recoleta on a walking tour. Stroll along Avenida Alvear, once home to the aristocracy of the city. Visit Recoleta Cemetery and the grave of Evita Peron. Head north to the attractive Palermo district.

Pm: At leisure.

Eve: Farewell dinner at local restaurant.

Day 13: Buenos Aires (Fri, 20 Nov) B

Am: Depart and transfer to the airport for the return flight or to take the extension tour.

Extension to Patagonia 20-23 November 2026

Day 13: Buenos Aires/ El Calafate B D
(Fri, 20 Nov)

Am: Fly to El Calafate.

Pm: Transfer to the hotel and enjoy a traditional Nativos Patagonian dinner.

Day 14: El Calafate (Sat, 21 Nov) B

Am: Visit the vast Perito Moreno Glacier, in the UNESCO Los Glaciares National Park. This vivid blue natural phenomenon is 200 feet high with a three-mile-wide river of constantly moving and exploding ice.

Pm: Take a cruise up close to the colossal glacier and view it from walkways.

Day 15: El Calafate (Sun, 22 Nov) B

Am: At leisure or optional Navigation All Glaciers for majestic views of three vast glaciers with a height of over 135 meters.

Day 16: El Calafate / Buenos Aires B
(Mon, 23 Nov)

Am: Fly back to Buenos Aires and connect to your international return flight or transfer to the Hotel Palladio for an optional extra night.

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



Perito Moreno Glacier (extension to Patagonia)

Hotels

Windsor Leme Hotel (Rio de Janeiro)

The Windsor Leme Hotel is a beachfront hotel, located in the peaceful northern end of Copacabana Beach with stunning views of the nearby beach. Facilities include a gym, spa, rooftop pool and bar.

Pousada Porto Imperial (Paraty)

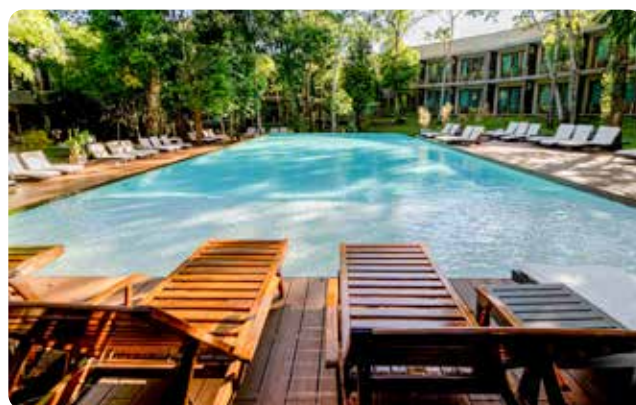
The guesthouse is a restored colonial mansion located in Paraty's cobbled historic centre. The cosy, traditional rooms have modern amenities and there is an outdoor pool in the peaceful garden, where you can take breakfast.

Hotel Mercure (Puerto Iguazú)

Located very near Iguazú National Park, this is a stylish, modern 5-star hotel. Facilities include a pool and bar within the tropical gardens, a gym, spa and wellness centre, and a good restaurant.

Palladio Hotel (Buenos Aires)

A luxurious five-star hotel at the heart of the city opposite the beautiful Rodriguez Peña Square that provides bright, spacious rooms, an excellent restaurant and an 11th floor bar with sunset views. The hotel is equipped with a spa, outdoor pool, and fitness centre.



Relax by the pool at the Mercure Hotel, Iguazú



Take the cable car in Rio (top); Toucan, Iguazú Falls; Iguazú Falls; Cruise the Paraty coastline in Brazil (above)

The cost is €5,266 per person sharing a double or twin room

Tour cost with a room to yourself is €6,360

The cost of the tour includes:

- 12 nights' accommodation in double or twin-bedded rooms with private facilities
- The services of a tour leader, Janice Liverseidge
- The services of English-speaking local guides at each destination
- A full programme of professional visits and cultural tours as detailed in the itinerary
- Breakfast daily and meals as per the itinerary
- All internal transport including flights
- All admission fees, tips and taxes

The cost excludes:

- International flights to and from Brazil and Argentina
- Airport transfers
- 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

Extension cost is €1,678 per person sharing a double or twin room

Extension cost with a room to yourself is €2,188

Extension cost includes:

- 3 nights' accommodation at the Posada Los Alamos Hotel or similar in a standard room on a bed and breakfast basis
- The services of an English-speaking national guide
- Meals as detailed in the itinerary
- All internal transport including flights and transfers
- All admission fees, tips and taxes

Exclusions as per main tour

Supplement per person for an extra night at the Hotel Palladio in Buenos Aires including transfer from the airport to the hotel is €190

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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Cruise alongside Upsala Glacier (extension) (top);
Tango Dancers, Buenos Aires;
Morning light in Paraty (above)



**JON BAINES
TOURS**

