



The magnificent amphitheatre at Epidauros, Greece

A History of Medicine Cruise in the Eastern Mediterranean

16 – 25 May 2026

Pre-Cruise Extension in Istanbul
13 – 16 May 2026

Post Cruise Extension in Athens
25 - 27 May 2026



Level 3
MODERATE





The Venetian charm of Nafplion

History, medicine and culture intertwine on this journey along the western coast of Turkey through Greek Islands to the Peloponnese coast and Athens. It would be hard to find such a concentration of important medical historical sites anywhere else, amidst some of the richest culture and history in the world.

Your journey encompasses thousands of years of medical history, including Florence Nightingale, the Gallipoli beach hospitals, Hippocrates, Galen and the Knights of St John.

THIS TOUR IS CLASSED AS:

Level 2 | Gentle



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

Cruise for nine nights on the classic small ship, MS Monet, along the dazzling Mediterranean Sea, past shingle beaches and Lycian peaks. Dock in a new port each day to explore a wealth of ancient sites in the company of veteran tour leader, Jon Baines, and experienced speakers, Simon Chaplin and Prof. Christine Hallett. Enjoy time at leisure during shore excursions, where you have the opportunity to linger at local tavernas amidst hills and lush vineyards.

From a wide range of expert talks, learn about the civilisations that have crossed these shores and developments that have laid the foundations for modern medicine.

Speakers



Professor Christine Hallett is a leading authority on nursing during the First World War. A practising nurse before attaining PhDs in Nursing and History, Christine was appointed Professor of Nursing History at the University of Manchester in 2010. Christine was Founding Chair of the United Kingdom Association for the History of Nursing, President of the European Association for the History of Nursing, and Associate Editor of the journal *Nursing History Review*. Widely published, she has spoken at conferences and symposia around the world; appeared on television and radio, and offered expert advice to the BBC, the Royal College of Nursing, the National Trust, and the Queen Alexandra's Royal Army Nursing Corps. Christine recently attained emeritus status.



Dr Simon Chaplin is an experienced historian, curator and public speaker. He is a past Monckton Copeman lecturer for the Society of Apothecaries, a Poynter lecturer for the British Society for the History of Medicine and a Hunterian Orator and has lectured on several JBT tours and cruises. His past roles include Director of the Hunterian Museum at the Royal College of Surgeons of England, where he is also a Fellow of the Faculty of Dental Surgery, and Head of the Wellcome Library and Director of Wellcome Collection. He is currently the Chief Executive of Arcadia, a charitable fund, and a trustee of Erasmus Darwin House in Lichfield and the Wende Museum in L.A.



Tour Leader

Tour leader Jon Baines is the co-founder and managing director of Jon Baines Tours. Jon has created and led a diverse collection of study tours. His interests encompass archaeology, history, cuisine, economics and politics.



10 Day Cruise: Istanbul to Athens

Istanbul – Gallipoli – Pergamum – Ephesus – Bodrum – Kos – Rhodes – Naxos – Epidauros – Athens



Day 1: Istanbul, Turkey (Sat, 16 May) **D**

Pm: Arrive and transfer to the MS Monet.

Day 2: Canakkale, for Gallipoli and Troy (Sun, 17 May) **B L D**

Am: Cruise into the Dardanelles and dock at Canakkale. Visit Gallipoli, Anzac Cove, The Gallipoli War Museum, Lone Pine and walk to the site of No 1 Casualty Clearing Station and the war memorials.

Pm: Reboard and cruise down the Dardanelles to visit the extensive UNESCO-listed remains of Troy, the site of the legendary Trojan horse. Continue cruising along the Gallipoli Peninsula.

Day 3: Dikili, for Pergamum (Mon, 18 May) **B L D**

Am: Disembark in the pretty little port of Dikili and drive to the spectacular ruins of Pergamum. Visit the magnificent Acropolis and the Asclepieion, the first complete health spa the world had known.

Pm: Depart Dikili and cruise along the glittering Aegean coastline.

Day 4: Kusadasi, for Ephesus (Tues, 19 May) **B L D**

Am: Explore Ephesus, the best-preserved classical city in the Eastern Mediterranean, and gain a glimpse into day-to-day life in the ancient world.

Pm: The afternoon is at leisure to further explore Ephesus or relax on the Monet or at Kusadasi.

Day 5: Bodrum (Wed, 20 May) **B L D**

Am: Visit Bodrum Castle and Museum of Underwater Archaeology.

Pm: At leisure.

Eve: Cruise to Kos and overnight.

Day 6: Kos, Greece (Thurs, 21 May) **B L D**

Am: Explore Kos, the birthplace of Hippocrates. Visit the International Hippocratic Institute of Kos, the famous Hippocrates plane tree and the Asclepium.

Pm: Lunch at a local taverna. Visit the Museum of Medicine. At leisure to enjoy the local town before late departure.

Day 7: Rhodes (Fri, 22 May)**B L D**

Am: Rhodes is one of the showpiece Greek islands, with an exquisitely preserved medieval city that was the legacy of the crusading Knights of St John, based here from 1309-1522. Take a half day tour of Rhodes, including the Street of the Knights, the Grand Master's Palace and the hospital of St John, now a museum.

Pm: At leisure with an option to visit the Valley of the Butterflies and the charming town of Lindos, dominated by the citadel.

Day 8: Naxos (Sat, 23 May)**B L D**

Pm: Arrive Naxos at midday. At leisure to explore this beautiful Cycladean island, with its classic whitewashed buildings, blue doors and a fertile, mountainous interior flanked by stunning beaches. It also boasts impressive ancient sites, such as the Temple of Poseiden and Temple of Apollo in the atmospheric old town.

Day 9: Nafplio (Sun, 24 May)**B L D**

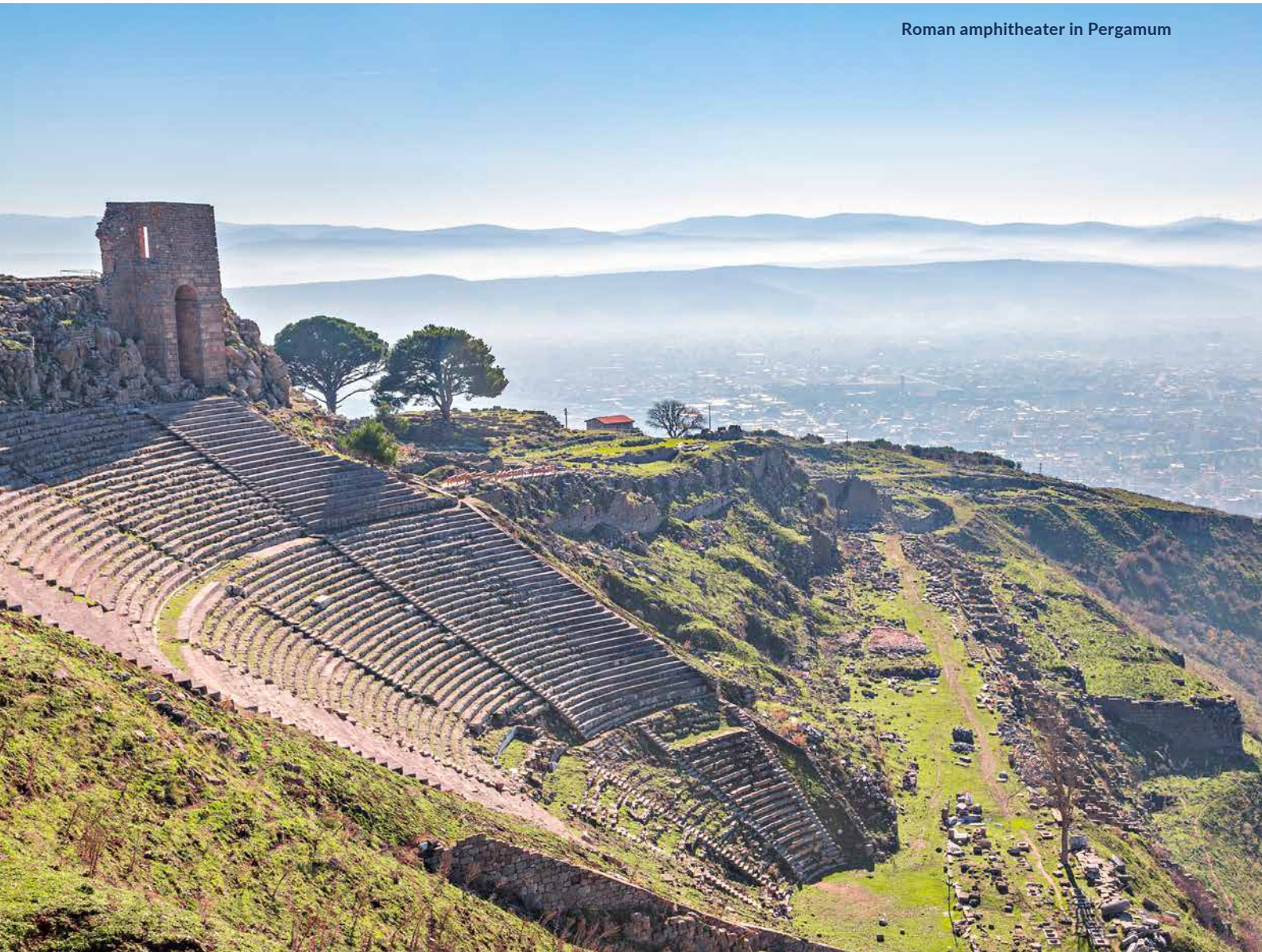
Am: Drive through the Argos Plain to Mycenae, where you will enter by the Lion Gate. Explore the Royal Palace and the remains of the city walls.

Pm: Continue to the magnificent amphitheatre at Epidauros, birthplace of the son of Apollo, Asclepius. Visit Asclepieion - the most celebrated healing centre of the classical world - as well as the theatre and museum. Explore Nafplion, one of the prettiest Greek towns, set on a lovely harbour surrounded by the Arcadian Mountains and crowned by a Venetian castle.

Day 10: Athens (Mon, 25 May)**B**

Am: Disembark the MS Monet and depart or join the extension to Athens.

Roman amphitheater in Pergamum





Pre-Cruise Itinerary Istanbul

13 – 16 May 2026

Day 1: Istanbul (Wed, 13 May) D

Am: Arrive and transfer to the hotel.

Pm: Welcome dinner.

Pm: Take part in a tasting tour with lunch in the Kadakoy district, known for its markets and specialist food shops.

Day 2: Istanbul (Thurs, 14 May) B D

Am: Visit the Blue Mosque, the Hippodrome and the Hagia Sophia, one of Istanbul's most imposing sights.

Pm: Explore the Grand Bazaar and the Spice Bazaar.

Day 4: Istanbul (Sat, 16 May) B D

Am: At leisure.

Pm: Transfer to the MS Monet.

Day 3: Istanbul (Fri, 15 May) B L

Am: Visit Scutari Barracks, where Florence Nightingale tended thousands of Turkish and allied soldiers during the Crimean War. Visit the museum dedicated to her in the northwest tower.

Cost of pre-cruise extension in Istanbul is USD \$980 pp sharing

OR USD \$1,358 with a room

to yourself: Includes 3 nights' accommodation, English speaking local guide throughout, visits and meals as per the itinerary, admission fees, transport and tips.

Post-Cruise Itinerary

Athens

25 -27 May 2026

Day 10: Athens (Mon, 25 May)

B D

Am: Transfer to Athens and the Royal Olympic Hotel.

Pm: Take part in a walking tour of the colourful Plaka District of Athens with your local guide.

Eve: Dinner at a local restaurant.

Day 11: Athens (Tues, 26 May)

B D

Am: Visit the Parthenon and the Acropolis Museum on a guided walking tour.

Pm: At leisure.

Eve: Dinner and drinks on the hotel rooftop overlooking the Acropolis.

Day 12: Athens (Wed, 27 May)

B

Am: Depart hotel after breakfast.

Cost of post-cruise extension in Athens is USD \$864 pp sharing

OR USD \$1,096 with a room to yourself: Includes tour leader 2 nights' accommodation in a five-star hotel, English speaking local guide for visits, visits and meals as per the itinerary, admission fees and transport.

Extension costs exclude flights and airport transfers, meals not mentioned, any optional excursions, tours or sightseeing, travel insurance, visa and tips (if required).

'This is my second Jon Baines tour, and both have been very well organised. Food options have been fabulous. The local guide's service and knowledge were exceptional.'

Tracy Duggan, Nursing in Turkey and Greece, Sept 2024

View over Athens





Ship – MS Monet

The charming and intimate MS Monet takes no more than 50 guests in 28 twin or double cabins with 29 crew, providing an excellent service experience. The ship can navigate small ports inaccessible to bigger cruise ships.

Onboard there is Wi-Fi internet (free of charge). She has ample seating space, a well-stocked mini library with modern A/V equipment and an onboard gym. The glass-enclosed dining room reflects the ports of call and accommodates all guests at one setting and allows for panoramic views of the stunning scenery.

The public areas include a main lounge and bar with comfortable sofas on the Lumiere Deck, a restaurant located on the Parisian Deck and the

Lumiere Open Deck al fresco dining area, where meals can be enjoyed when weather permits. The Lumiere Sun Deck provides a delightful space with sun loungers and a Jacuzzi, ideal for relaxation and wonderful views.

All the cabins on board the MS Monet are designed for comfort and have a warm and inviting feel with light fabrics and wood trimmings. Cabins range in size from 9 to 22 square metres and Categories A, B & C are equipped with windows, while those in Category D have portholes. Cabins 104-107, 112, 119, 205 and 210-215 feature twin beds and all other cabins have fixed double beds.

Cabin facilities include en suite bathroom with shower, television, minifridge, safety deposit box, air conditioning and hairdryer.

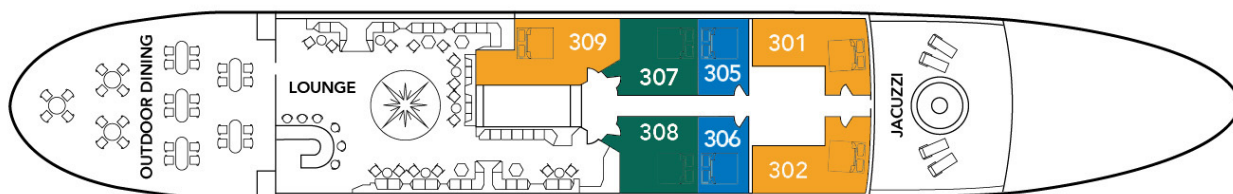


One of the comfortable public areas on board

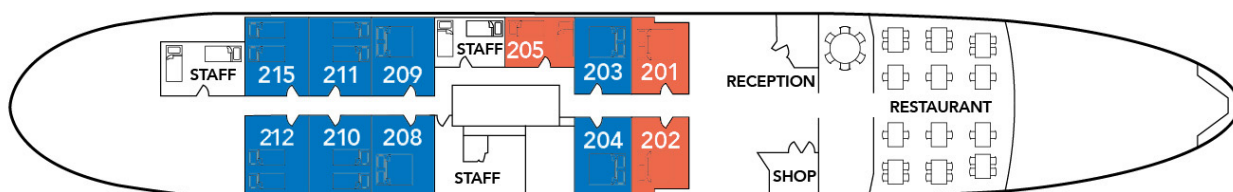


Dining at night on the deck

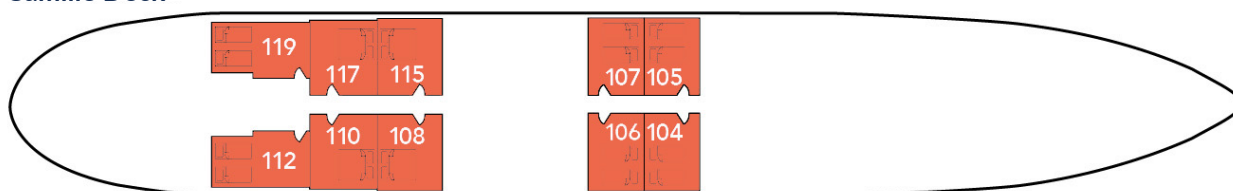
Lumiere Deck



Parisian Deck



Camille Deck



■ Category A
 ■ Category B
 ■ Category C
 ■ Category D

Cabin Costs (per person)

Category D (Standard Single) USD \$8,698
Camille or Parisian Deck cabins range in size from 9 to 12 square metres and feature two portholes and ensuite facilities.

Category D USD \$7,170
Camille or Parisian Deck cabins range in size from 9 to 12 square metres and feature two portholes and ensuite facilities. Cabin numbers with twin beds are 104-107, 112, 119 & 205. All others have double beds.

Category C USD \$7,888
Category C (Parisian & Lumiere) cabins range in size from 12 to 14 square metres and feature a window and ensuite facilities. Cabin numbers 210, 211, 212 and 215 have twin beds. All others have double beds.

Category B USD \$8,498
Category B (Lumiere) cabins are 17 square metres and feature windows and double bed and ensuite facilities.

Category A USD \$9,542
Category A (Lumiere) cabins range in size from 21 to 22 square metres and feature windows and a double bed and ensuite facilities.

The cost includes:

- Nine nights' accommodation with private facilities on MS Monet
- Tour leader (Jon Baines) and speakers (Christine Hallett and Simon Chaplin)
- Private specialist lecture programme
- Comprehensive briefing notes
- All meals on the cruise ship with wine, beer and soft drinks at lunch and dinner
- Lunches on full day excursions
- Tea and coffee available on the ship through the day
- Private escorted shore visits exclusive to this cruise as per the itinerary
- Admission fees where applicable
- Services of local English-speaking guides
- Cabin portage and tips

The cost excludes:

- Flights and transfers; all personal extras such as laundry and vaccinations; all optional excursions, tours and visits; meals and drinks not mentioned; travel insurance; visa (if required).

We can assist with flights and transfers; please contact us if required.

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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ANZAC Cove, Gallipoli (top); Aerial view of Bodrum and castle;
The pretty streets of Napflio; Bottom; A view over Kos from
the Temple of Apollo (above)



**JON BAINES
TOURS**

