



Temple of Philae Aswan

Obstetrics and Gynaecology in Egypt with a Nile Cruise 4 – 15 November 2026

With Alexandria Extension
15 – 18 November 2026



Level 3
MODERATE





The Pyramids at Giza

The Nile has been a repository of stories for millennia. Begin on its western bank in historic Giza, home to the last surviving wonder of the ancient world. Fly to Luxor to explore the grandeur of ancient Thebes, then board the Jaz Regent for a four-night Nile cruise, travelling in comfort as the river unfolds around you and reveals its tales of antiquity.

Along the way, enjoy private shore excursions to iconic archaeological sites, places of medical-historical significance, and contemporary healthcare centres. Conclude in Aswan, where you'll experience Nubian culture in one of the Nile's most fertile and captivating landscapes.

Travel with Professor Richard Smith, an experienced and popular tour leader and the renowned gynaecological surgeon responsible for the UK's first womb-transplant baby. Benefit from his expertise on visits exploring modern healthcare and maternity practices in Egypt, while gaining unique insights into childbirth and women's health in the ancient world.

There is an optional 3-night extension to the 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 classical knowledge.

THIS TOUR IS CLASSED AS:

Level 3 | Moderate



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

'The choice of Richard as tour leader, was the essential factor of the success of the trip. Very caring to each person, genteel and cheerful.'

Suzan Soliman, *Nepal and Bhutan O & G*, March 2023

Tour Leader

Professor J. Richard Smith MD, DSc, FRCOG is a consultant gynaecological surgeon at the Queen Charlotte's and Hammersmith Hospitals, Imperial College NHS Trust and Honorary Consultant in Transplantation Surgery at Oxford University Hospitals. He was Adjunct Associate Professor at the New York University School of Medicine from 2001 to 2021 and is currently Professor of Practice, Imperial College. A graduate from the University of Glasgow he is also an honorary consultant at the Royal Brompton Hospital.

His sub-specialisation of gynaecology is oncology, and within this he specialises in gestational trophoblastic disease, ovarian germ cell tumours, cervical cancer and vulval disease. During his career, he co-invented the procedure of radical abdominal trachelectomy, and the modified Strassman procedure to allow fertility sparing surgery for women with rare uterine tumours. He also invented the Smith's safety needle holder.

He is the Chairman of Womb Transplant UK Charity and leader of this research team. He is an Honorary Consultant in Transplantation



Surgery at the University of Oxford hospitals. He is also involved with research related to endometrial transplantation, endometrial stem cell research and novel treatments for vulval cancers.

Richard has published widely, with over 200 peer-reviewed publications as well as numerous reviews and articles and several books. He spends his time between London, where he lives on a houseboat, and Scotland, where he lives at the south end of an island, in the middle of nowhere. Richard has previously led successful tours to Scotland, Nepal and Bhutan, and Japan.



Temple of Karnak

Itinerary: 4 – 15 November 2026

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

3 nights Giza – 2 nights Luxor – 4 nights Nile cruise – 2 nights Aswan



Day 1: Giza (Wed, 4 Nov)

D

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

Eve: Welcome dinner at the hotel, with views of the great pyramid.

Day 2: Giza (Thurs, 5 Nov)

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 Pyramids of Giza and the Sphinx.

Pm: Visit the spectacular new Grand Egyptian Museum, home to the fascinating King Tutankhamun Exhibition Hall, it is the world's largest museum dedicated to a single civilization, featuring many artifacts displayed for the first time.

Day 3: Giza (Fri, 6 Nov)

B D

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 and explore ancient life through exhibits

on medicine, agriculture, engineering, art, and music.

Day 4: Giza / Luxor (Sat, 7 Nov)

B D

Am: Visit a Cairo Hospital, with a focus on the obstetrics department.

Pm: Fly to Luxor and transfer to the hotel.

Day 5: Luxor (Sun, 8 Nov)

B D

Am: Visit the Luxor Reproductive Centre, then continue to the International Hospital to learn how they treat tourists for a wide range of medical conditions.

Pm: Tour Luxor Temple and the massive Karnak complex, including the Sacred Lake and King Tuthmosis III's Botanical Hall, featuring reliefs of plants from his Syrian campaigns.

Eve: Optional Son et Lumière.

Day 6: Luxor / Cruise (Mon, 9 Nov)

B L D

Am: Visit the Valley of the Kings, famed for the discovery of Tutankhamun's tomb and the "curse of the pharaohs." The group will access three tombs, then continue to Queen Hatshepsut's uniquely designed temple, featuring a former sanatorium terrace. Conclude at the Ramesseum, home to a priest's (likely physician's) tomb, and admire the Colossi of Memnon.

Pm: Board the Jaz Regent Cruise ship for lunch and begin your journey along the longest river in the world.

Day 7: Cruise (Tues, 10 Nov)

B L D

Am: Visit Luxor Museum, with its vast collection of antiquities.

Pm: Sail to Edfu and pass through Esna Lock. There is time at leisure to relax with superb Nile views.

Day 8: Cruise (Wed, 11 Nov)

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: Cruise the Nile to Kom Ombo Temple, where you'll see a rare, engraved image believed to show early surgical instruments—scalpels, curettes, forceps, a dilator, scissors, and medicine bottles from Roman Egypt.

Day 9: Cruise (Thurs, 12 Nov) B L D

Am: Sail 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. Optional flight to the UNESCO World Heritage site of Abu Simbel.

Pm: After lunch, visit Philae Temple, dedicated to Isis, goddess of birth, magic, and healing. Explore the *mammisi* (birth house), celebrating Horus' divine birth, and a temple to Hathor, adorned with carvings of Bes, protector of mothers and children. Continue to the Aswan High Dam.

Day 10: Cruise / Aswan (Fri, 13 Nov) B L

Am: Disembark to visit the Chain of Hope Hospital, founded by Professor Sir Magdi Yacoub. This state-of-the-art facility and its supporting charity provide free, world-class paediatric cardiac care to the local community.

Pm: Check in to the hotel, then visit the Nubian Museum and the traditional healing oil and perfume centre, where the ancient pharaonic practice of using oils for healing remains largely unchanged.

Day 11: Aswan (Sat, 14 Nov) B D

Am: Optional early-morning birdwatching, followed by a felucca trip to Kitchener Island Botanical Garden and Nubia Island to learn about Nubian medicine, visit a local clinic, and hear about the healing properties of local herbs from an elder.

Pm: At leisure at the Movenpick hotel on Elephantine Island before farewell dinner.

Eve: Farewell Dinner.

Day 12: Aswan (Sun, 15 Nov) B

Am: Depart for airport or Alexandria extension.

Extension to Alexandria 15 – 18 November 2026

Day 12: Aswan / Alexandria (Sun, 15 Nov) B D

Am: Early flight from Aswan to Cairo. 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.

Pm: Arrive Alexandria and check in to hotel.

Day 13: Alexandria (Mon, 16 Nov) B D

Am: Tour of Alexandria, including the catacombs and the Roman Theatre.

Pm: Visit the National Museum, which traces the city's history from antiquity, and 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 14: Alexandria / Cairo (Tues, 17 Nov) B L

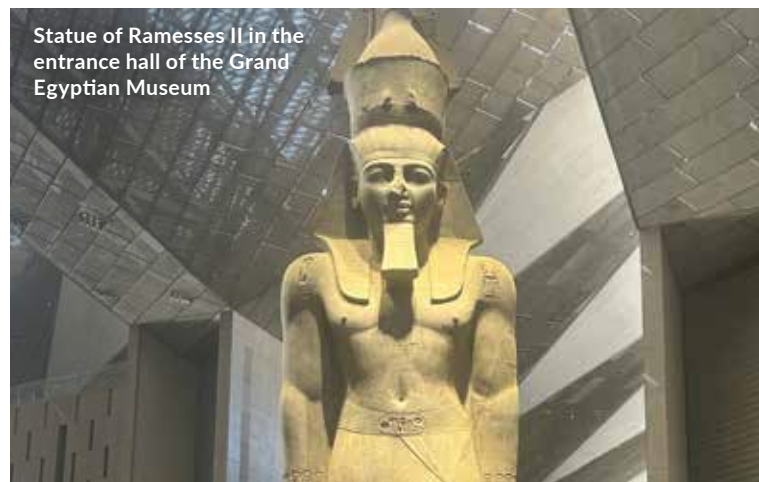
Am: Visit El Alamein, including the Commonwealth, German and Italian cemeteries, followed by a visit to the military museum.

Pm: Lunch and drive back to Cairo.

Day 15: Cairo (Wed, 18 Nov) B

Am: Depart hotel after breakfast.

Statue of Ramesses II in the entrance hall of the Grand Egyptian Museum





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.

Steigenberger Nile Palace, Luxor

Located on the Nile in the heart of Luxor, the hotel offers large rooms. Set around peaceful, shaded courtyards, it has several excellent restaurants, a pool along the Nile with a bar, and a relaxed waterfront café.

Movenpick Aswan

Located on Elephantine Island, in the Nile, near Kitchener Island's botanical gardens it is a beautiful and relaxing way to end the tour. The hotel features two pools, restaurants and bars, complimentary ferry transfers to the mainland, and extensive shaded gardens.

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.



Hieroglyphics at Kom Ombo Temple

Alexandria Extension

The cost of the extension is USD \$1,364 per person sharing

The cost of the extension with a room to yourself is USD \$1,682

The cost includes:

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

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. This is a seven-hour round trip excursion.

The additional cost is available on request.

The cost is USD \$5,626 per person sharing

The cost with a room to yourself is USD \$7,338

The cost includes:

- 7 nights' accommodation in double or twin-bedded rooms with private facilities in first class hotels in Giza, Luxor and Aswan
- 4 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)
- The services of an experienced tour leader, Professor Richard Smith
- Services of an English-speaking national guide throughout
- Comprehensive pre-departure briefing notes
- Professional and cultural specialist visits as per itinerary
- Internal transport services including internal flight from Cairo to Luxor
- Breakfast, lunch and dinner daily on the cruise
- Breakfast daily and meals as per the itinerary on land
- All admission fees and tips and taxes

The cost excludes:

- International flights and 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

The additional cost to upgrade to a suite aboard the Jaz Regent is USD \$5,438 per suite.

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.

Total payment protection policy cover (TOPP)

We have arranged a TOPP insurance policy to protect customers' prepayments in the unlikely event of our financial failure. A copy of the policy is available on request. This policy is provided by Travel & General Insurance Services Limited (t&g), registered number 02527363 and underwritten by Hiscox Insurance Company Limited (Hiscox), registered number 00070234.

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The Temple of Edfu (top); Learn about traditional Nubian medicine, Nubia Island; Spices in Khan el Khalili Bazaar, Cairo; Felucca and Abu Simbel (above)



JON BAINES
TOURS

