



Magnificent Uluru in dramatic light

# From the Red Centre to the Top End Remote Health Care in the Northern Territory

3 - 11 September 2026

2 nights Uluru – 2 nights Alice Springs – 1 night Ghan – 3 nights Darwin

“I felt so comfortable and welcomed – I had such a marvellous and amazing time and made wonderful friends. A truly wonderful experience.”

Sumaiya Bhorat from a previous *From the Red Centre to the Top End* tour



Level 3  
MODERATE





Spend a night on The Ghan

**From the Red Centre to the Top End, experience Australia at its most remote, historic and starkly beautiful. Encompassing vast Indigenous heartlands, dramatic landscapes and fascinating history from ancient to pioneer to the modern day, the tour is led by specialist travel medicine practitioner and inveterate traveller, Dr Jo Grey.**

Starting at Uluru, explore the sacred site and learn about its history, Aboriginal rock art, desert flora and wildlife, and enjoy a sunset dinner at the Field of Light. Visit beautiful Kata Tjuta and continue to Alice Springs, from where you will visit the striking MacDonnell Ranges, learn about the work of the Royal Flying Doctor Service and outback medicine, and visit Purple House.

Board the iconic Ghan for a magnificent 24-hour journey. In Katherine, explore unspoiled wilderness on a cruise along Nitmiluk Gorge and

learn about Indigenous culture. Arrive in Darwin and explore the city and learn of its history through guided visits.

Visit Headspace, a charity providing mental and physical health and educational and social support to young people, and Danila Dilba Health Service, which provides innovative comprehensive primary health care, community services and advocacy. You will also visit stunning Litchfield National Park and enjoy a sunset dinner at Mindil Markets.

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

**Dr Jo Grey** is a specialist travel medicine practitioner. Her initial interest in things creepy-crawly, tropical and contagious developed whilst serving as the Regimental Medical Officer at 2nd Health Services Battalion, Gallipoli Barracks, Queensland caring for defense personnel deploying to Timor-Leste, Sudan and Afghanistan.

She completed a Master of Public Health and pursued her passion for travel and tropical medicine, travelling to India in 2013 to complete the International Short Course in Clinical Tropical Medicine at the Christian Medical Centre in Vellore, Tamil Nadu (India) and the Diploma in Tropical Medicine and Hygiene at the prestigious London School of Hygiene and Tropical Medicine in 2016. She also holds a Certificate in Travel Health from the International Society of Travel Medicine.



Dr Grey is actively involved in educating medical students and GPs about travel medicine, supervises medical and health science students on overseas electives and humanitarian work and has worked as a tour doctor on international tours for over 10 years, travelling to over 70 countries and all seven continents.

Nitmuluk Gorge  
(credit Tourism NT Sam Earp)



# Itinerary 3 - 11 September 2026

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

2 nights Uluru – 2 nights Alice Springs – 1 night Ghan – 3 nights Darwin



## Day 1: Uluru (Thurs, 3 Sept) **D**

**Am / Pm:** Arrive in Uluru and transfer to the Desert Gardens Hotel. (You may also fly to Alice Springs the day before, from where we will organise a free bus transfer to Uluru. Please contact us for details.)

**Pm:** Meet your tour leader and option to visit the Gallery of Central Australia.

**Eve:** Enjoy a sunset dinner at the Field of Light. Return to the Desert Gardens Hotel.

## Day 2: Uluru (Fri, 4 Sept) **B D**

**Am:** Drive into the desert for a sunrise viewing of Uluru and light breakfast. Take a guided walking tour examining Aboriginal rock art, desert flora, wildlife and the history of this sacred site.

**Pm:** Return to Uluru for lunch and at leisure.

**Eve:** Enjoy a sunset barbeque.

## Day 3: Uluru / Alice Springs **B D**

(Sat, 5 Sept)

**Am:** Visit beautiful Kata Tjuta, also known as the Olgas, a group of large domed rock formations, or bornhardts, and see Walpa Gorge.

**Pm:** Drive to Alice Springs via Mount Connor and the popular Elrunda Roadhouse in the 'centre of the Centre.'

**Eve:** Check in to the Hilton Hotel and have dinner at Hanuman restaurant.

## Day 4: Alice Springs (Sun, 6 Sept) **B**

**Am:** Talk: *TB and BCG vaccination in indigenous communities* by Dr Jo Grey. Visit the Olive Pink Botanical Gardens. Continue via Simpsons Gap to the West MacDonnell Ranges and take part in a guided walk learning of the geology of the region. Visit Standley Chasm and Ellerey Creek, where there is the option to swim.

**Pm:** Return mid-afternoon and at leisure.

## Day 5: Alice Springs / The Ghan **B D**

(Mon, 7 Sept)

**Am:** Visit Purple House, an innovative Indigenous-owned and run health service that provides mobile dialysis units and runs 18 remote clinics. Meet with staff, volunteers and elders, learn about their work and bush medicine, enjoy morning tea and see a bush balm demonstration.

**Pm:** Visit the Royal Flying Doctor Service museum and learn of their history and the provision of medical care to outback Australia. Visit the Alice Telegraph Station and the School of the Air.

**Eve:** Board the Ghan and transfer to your compartment. Enjoy modern Australian cuisine with regional fine wines onboard. Socialise with your fellow travellers before retiring to your comfortable private cabin for the night.

## Day 6: The Ghan / Darwin

**B L T**

(Tues, 8 Sept)

**Am:** Enjoy the pristine wilderness of Katherine from the water with a cruise along dramatic Nitmiluk Gorge. Learn of the ancient Indigenous rock paintings and gain insight into the culture of the traditional owners of Nitmiluk, the Jawoyn people. Reboard the Ghan for lunch.

**Pm:** Talk: *Hepatitis A - a success story in community vaccination* by Dr Jo Grey while the train makes its way through lush, green tropics. Enjoy afternoon tea on the train, arriving at the terminal in Darwin in the early evening.

**Eve:** Transfer to the Double Tree Hilton.

## Day 7: Darwin (Wed, 9 Sept)

**B**

**Am:** Drive to Litchfield National Park, see the magnetic termite mounds and stop at beautiful Wangi Falls and Florence Falls, with the option to have a dip in the crystal-clear waters surrounded by lush vegetation.

**Pm:** Return late afternoon and at leisure.

## Day 8: Darwin (Thurs, 10 Sept)

**B D**

**Am:** Visit Headspace, a charity providing mental and physical health and educational and social support to young people. Explore the history of Darwin on a bus tour and learn about the city's history through the World War II bombings and Cyclone Tracy to the current day. Take a tour of Parliament House, an elegant example of tropical architecture.

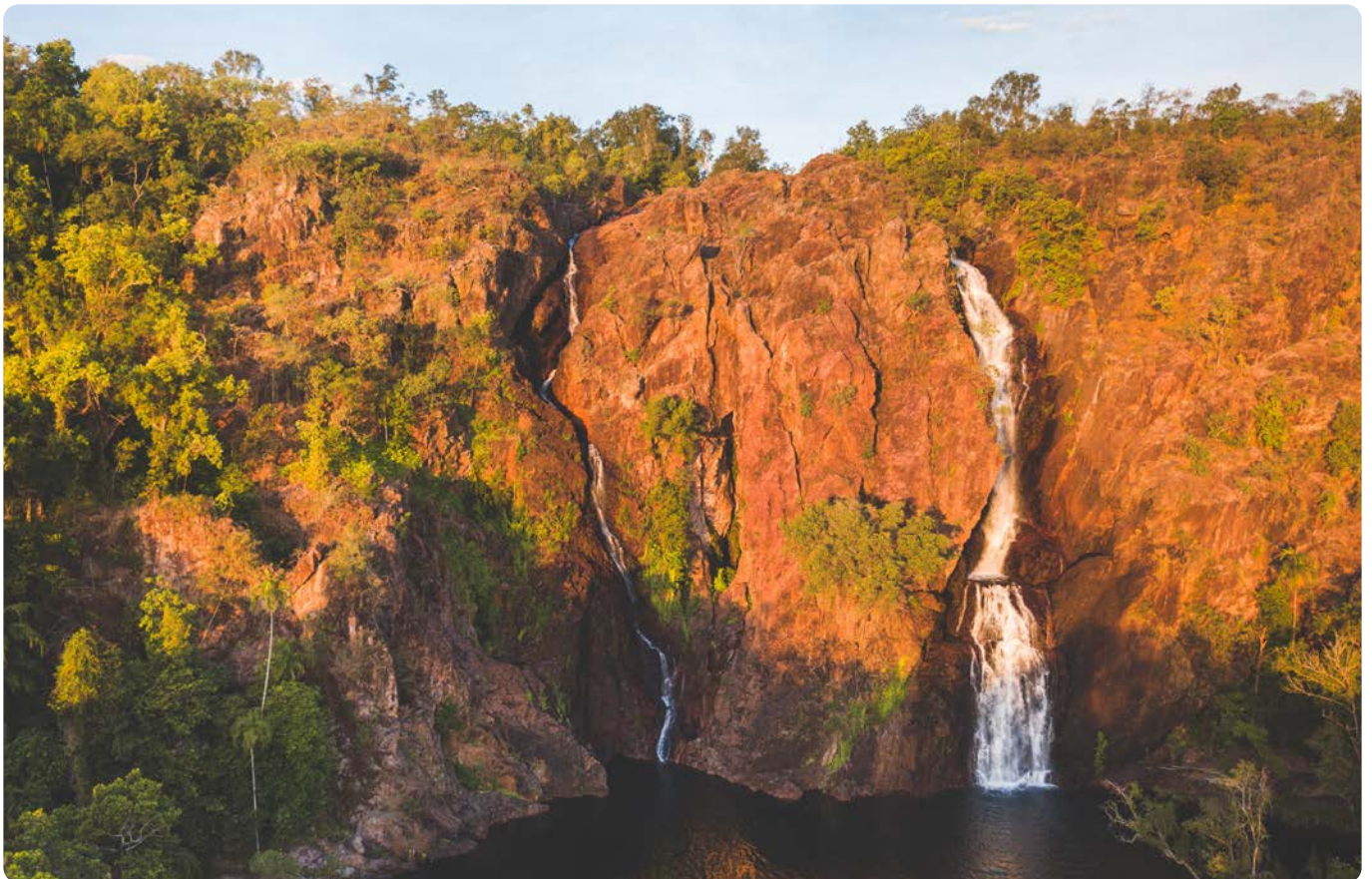
**Pm:** Visit Danila Dilba Health Service which provides innovative comprehensive primary health care programs, community services and advocacy to the community. Return to Darwin and at leisure.

**Eve:** Sunset dinner at Mindil Market.

## Day 9: Darwin (Fri, 11 Sept)

**B**

**Am:** Depart hotel after breakfast.



Wangi Falls (credit Tourism NT Dan Moore)



The Ghan and the MacDonnell Ranges

## The Ghan

In 2019 this iconic train celebrated 90 years of outback adventure, its legend stemming from the 1930s when the first Afghan cameleers arrived in Australia. The train was named for these pioneering souls and dubbed 'The Afghan Express', later being shortened in true Australian style to 'The Ghan'. Now regarded as one of the world's great rail journeys, The Ghan provides access to parts of Australia no other holiday can come close to, combining comfort, fine dining and adventure in a once-in-a-lifetime experience.

The Gold Service is the most popular level of service aboard The Ghan, with all-inclusive dining in the Queen Adelaide Restaurant and

all-inclusive Australian wines, beers, base spirits and non-alcoholic beverages. With in-cabin power outlets music channels and journey audio commentary available, the cabins include:

- For Gold Twin, a comfortable private sleeper cabin featuring private en suite and upper and lower berths that convert to a three-seater lounge by day.
- For Gold Single, a compact sleeper cabin featuring a bed that converts to a seat by day, and well-appointed shower and toilet facilities located at the end of the carriage. There are four toilets and two showers per carriage.



The Outback Explorer Lounge (left); The Queen Adelaide Restaurant (above)



Florence Falls, Litchfield (credit Tourism NT Jackson Groves) (top);  
Mindil Beach, Darwin (above)

**The cost of the tour is €4,718 per person sharing**

**The cost with a room to yourself is €5,284**

#### **The cost includes:**

- The services of tour leader, Dr Jo Grey
- Seven nights' accommodation in twin-bedded rooms with private facilities in medium grade hotels
- One night's all-inclusive accommodation on The Ghan Gold Service with unlimited Australian wines, beers, base spirits and non-alcoholic beverages.
- Breakfast daily, five dinners, two teas and one lunch
- A full programme of cultural tours
- All professional visits and talks as per the itinerary
- All admission fees
- All transport services (excluding flights and airport transfers – see below)
- All tips
- GST

#### **The cost excludes:**

- Meals not mentioned
- All optional excursions, tours and visits
- Arrival and departure flights and transfers



Parliament House, Darwin

# 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.

**Jon Baines Tours (London)**  
Hyde Park House, 5 Manfred Road,  
London, SW15 2RS  
Tel: +44 (0) 207 223 9485 / 5618

**Jon Baines Tours (Melbourne)**  
PO Box 68, South Brunswick,  
Victoria 3055  
Tel: +61 (0) 3 9343 6367

Email: [info@jonbainestours.com](mailto:info@jonbainestours.com)  
[www.jonbainestours.com](http://www.jonbainestours.com)



West MacDonnell Ranges (top); The Old Telegraph Station, Alice Springs; Kata Tjuta; Making bush balm, Purple House (above)



**JON BAINES  
TOURS**

