



The Pyramids at Giza

Dental Study Tour to Egypt with a Nile Cruise

11 – 24 January 2027



Level 3
MODERATE





Temple of Philae, Aswan

The Nile is a repository of stories stretching back millennia. As the world's longest river, it has long been an essential source of life and balance, sustaining one of the great cradles of civilisation.

Travel by land and water through thousands of years of history and culture. Explore the Giza Plateau and the newly opened Grand Egyptian Museum in Cairo. Continue to Alexandria, founded by Alexander the Great and shaped by Queen Cleopatra's legacy, where the legends of the Pharos Lighthouse and the Great Library echo beneath the modern city.

Fly to Luxor to experience the enduring grandeur of ancient Thebes. Board the elegant Jaz Regent and cruise the Nile for four nights, enjoying private shore visits to iconic archaeological sites in Edfu and Kom Ombo. Disembark in Aswan to explore Nubian culture in this serene stretch of fertile land.

In the company of your fellow professionals, make specialist dental visits and hear CPD

accredited lectures from local practitioners and tour leader, Kevin Esplin. Stay in first-class hotels and cruise in style through a destination that can captivate the imagination like no other.

This tour has broad appeal and partners are very welcome.

'A trip down the Nile was always going to be beautiful, but this tour was unforgettable. Thank you!'

Lucy Griffiths, A History of Medicine Cruise Along the Nile, February 2025

THIS TOUR IS CLASSED AS:

Level 3 | Moderate

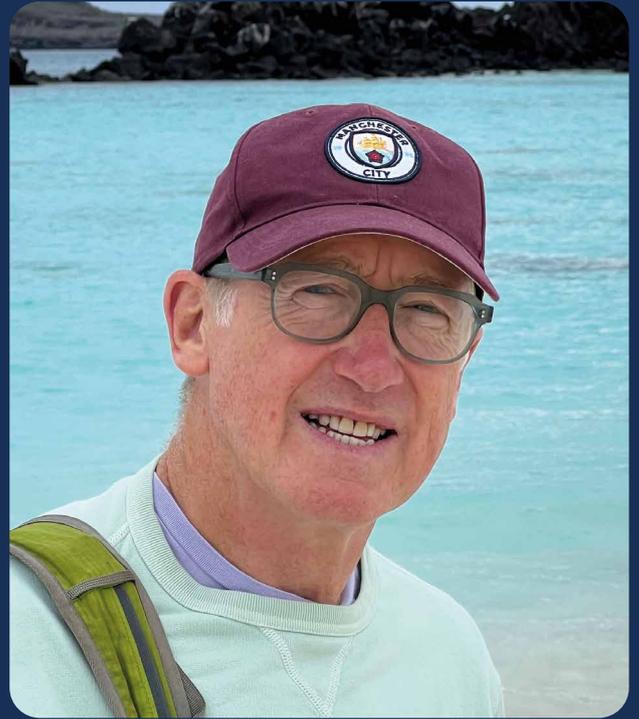


Regular walking at destinations, extended standing and /or increased travel distances. Good fitness is required.

Tour Leader

Kevin Esplin has been a specialist in prosthodontics for many years. He trained at King's College Hospital, London and then embarked on a two-year postgraduate program at the University of Connecticut, followed by a stint at the Eastman Dental Institute, London. For the past 35 years he has been in private practice in Cambridge, where he specialises in restorative dentistry and dental implants. His practice won the award of 'The Best Dental Practice in Britain' in 2015.

He has lectured in the USA and England and has been running dental education programs in his practice for the past 10 years. He is also a highly experienced and popular tour leader.



'Kevin has been excellent as ever; he is a great reason to book future tours.'

Anne-Louise & David Langman, Dental Study Tour in Japan, October 2025



Temple of Karnak, Luxor

Itinerary: 11 – 24 January 2027

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

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



Day 1: Giza (Mon, 11 Jan) **D**

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

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

Day 2: Giza (Tues, 12 Jan) **B D**

Am: Visit the Pyramids of Giza and the Sphinx.

Pm: Visit the spectacular new Grand Egyptian Museum, the world's largest museum dedicated to a single civilization, displaying many artifacts for the first time, and visit the unmissable King Tutankhamun Exhibition Hall.

Day 3: Giza (Wed, 13 Jan) **B D**

Am: View the original Sakkara Step Pyramid before entering the Tomb of Ankhmahor to visit Imhotep Museum.

Pm: Known as 'The City of a Thousand Minarets', Cairo has long been the centre of the region's political and cultural life. Tour the superb Royal Mummies Hall at the National Museum of Egyptian Civilization and discover ancient life through exhibits on medicine, agriculture, engineering, art, and music. Visit a private dental clinic in Cairo.

Day 4: Giza / Alexandria (Thurs, 14 Jan) **B D**

Am: Drive to Alexandria.

Pm: Check in to the hotel. Visit the Alexandria University Dental Hospital and tour its departments.

Eve: Dinner at the Fish Market Restaurant.

Day 5: Alexandria (Fri, 15 Jan) **B D**

Am: Visit the outstanding National Museum, which traces the city's history from antiquity, and the Roman and Manuscript Museums.

Pm: Drive to El Alamein, a crucial turning point for the Allies in World War II described by Churchill as the "end of the beginning." Explore Commonwealth, German and Italian cemeteries, followed by a visit to the military museum.

Day 6: Alexandria / Luxor (Sat, 16 Jan) **B D**

Am: Guided tour of Alexandria, including the catacombs of Kom El Shoqafa and the Roman Theatre.

Pm: Return to Cairo via the Wadi Natrun Coptic desert monasteries, one of Christianity's most sacred areas between the 4th and 7th century.

Eve: Fly to Luxor and transfer to the hotel.

Day 7: Luxor (Sun, 17 Jan) **B D**

Am: Visit a community dental practice.

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.

Day 8: Luxor / Cruise (Mon, 18 Jan) **B L D**

Am: Visit the Valley of the Kings, famed for the discovery of Tutankhamun's tomb and the "curse of the pharaohs." 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 as you exit the site.

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

Day 9: Cruise (Tues, 19 Jan) B L D

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

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

Day 10: Cruise (Wed, 20 Jan) B L D

Am: Guided tour of Edfu Temple – dedicated to the falcon god, Horus, it is 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 11: Cruise (Thurs, 21 Jan) 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 a mammisi (birth house) dedicated to Horus and a temple to Hathor. Continue to the Aswan High Dam.

Day 12: Cruise / Aswan (Fri, 22 Jan) B D

Am: Disembark and 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 13: Aswan (Sat, 23 Jan) B D

Am: Take 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 on Elephantine Island before farewell dinner.

Day 14: Aswan (Sun, 24 Jan) B

Am: Depart hotel after breakfast or take extension to Petra, Jordan.

The port of Alexandria





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, cost under cost includes section below.**

'Jaz Regent 10/10, super helpful staff, a great experience.'

Alan Bates, *A History of Medicine Cruise Along the Nile*, February 2025

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 offers warm, friendly service.

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.

Steigenberger Nile Palace, Luxor

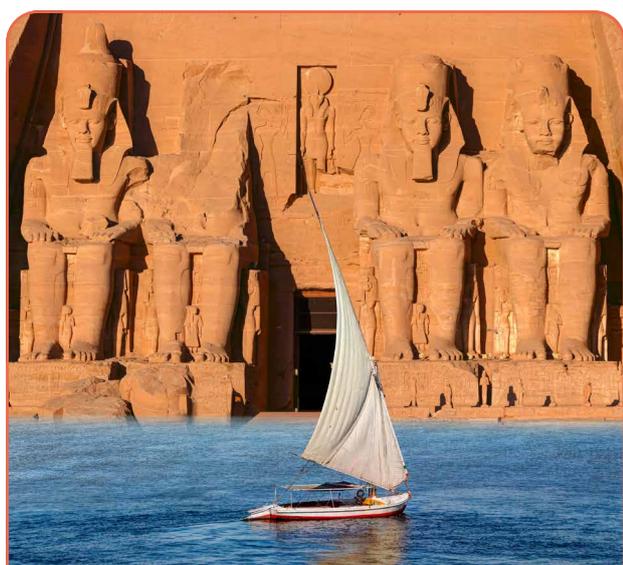
A comfortable stay in a beautiful riverside location. Rooms are spacious and bright, and there are a range of excellent facilities, including a large outdoor swimming pool, several dining options, and a stylish Nile-side lounge and bar.

Movenpick Hotel, Aswan

Located on Elephantine Island, 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.



Hieroglyphs at Kom Ombo Temple



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.**

Optional Son et Lumiere

Experience a sound and light show at the pyramids in Giza that narrates the history of the great kings. **The additional cost is available on request.**

The cost of the tour is £4,380 per person sharing

The cost of the tour with a room to yourself is £5,560

The cost includes:

- The services of an experienced tour leader, Kevin Esplin
- The services of an English-speaking national guide throughout
- 9 nights' accommodation in double or twin-bedded rooms with private facilities in first-class hotels in Giza, Alexandria, 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)
- All internal transport services including flight from Cairo to Luxor
- Comprehensive pre-departure briefing notes
- A full programme of specialist dental visits and talks and cultural tours as detailed in the itinerary
- Breakfast, lunch and dinner daily on the cruise
- Breakfast daily and meals as per the itinerary on land
- All admission fees, 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 portorage, laundry and inoculation fees; travel insurance and visas

The additional cost to upgrade to a suite aboard the Jaz Regent is £2,084 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. We also ensure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to.

From the sublime to the humble, we provide a variety of experiences 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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ATOL

European and UK travellers booked on flight-inclusive holidays are financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. For more information about financial protection and the ATOL Certificate go to:
www.atol.org.uk/ATOLCertificate

Total payment protection policy cover (TOPP)

For all other holidays, 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. Please see our booking conditions for further information.

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The Temple of Edfu (top); King Tutankhamun's mask;
Learn about traditional Nubian medicine, Nubia Island;
A felucca in Aswan (above)



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TOURS**

