



The Temple of Edfu

History of Medicine Cruise along the Nile

29 January – 10 February 2027

With Alexandria Extension

10 – 13 February 2027

'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



Level 3
MODERATE





Temple of Philae, Aswan

The Nile is a repository of stories that stretch back millennia. As the world's longest river, it has always been an essential source of life, sustaining one of the great cradles of civilisation and influencing the dawn of modern medicine.

Cruise through thousands of years of culture and medical history aboard the elegant Jaz Regent River Cruiser. Listen to talks by Professor Rosalie David, a renowned authority on the medicine of Ancient Egypt. Rosalie will also accompany you on private shore excursions to see the wonders of ancient Egypt and sites of medical-historical interest.

Stay in first-class hotels in Giza and Luxor. Explore the Giza Plateau, complete with the newly opened Grand Egyptian Museum, experience the

enduring grandeur of ancient Thebes in Luxor and the emerald islands of Aswan.

There is an optional post-tour extension to the great city of Alexandria and the battlefield of El Alamein. Founded by Alexander the Great and shaped by Queen Cleopatra's legacy, the legends of the Pharos Lighthouse and the Great Library echo beneath the modern city.

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 plus 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. She will be accompanied by Amr Hassan, a local guide and Egyptologist.



Speaker

Professor Rosalie David, OBE, BA, PhD, FRSA is Director of the KNH Centre for Biomedical Egyptology at the University of Manchester. The focus of her career has been the establishment of a new university specialisation – biomedical research within the field of Egyptology – to provide a different approach to understanding the civilisation of ancient Egypt. Graduating with a BA degree in Ancient History from University College London, she subsequently pursued a PhD study of ancient Egyptian temple ritual at the University of Liverpool. Rosalie has lectured at universities in many countries and, since 1974, on Nile cruises. She is the author of over 30 books, many articles, and has been a consultant and contributor to several television documentaries. In 2003, she was awarded an OBE for services to Egyptology and has received Fellowships of The Royal Society of Medicine and The Royal Society of Arts.



'Thank you Janice, Rosalie and Amr for all your efforts in creating a safe and memorable tour that we will remember it forever!'

Dr & Mrs Zuhair Najim, A History of Medicine Cruise Along the Nile, February 2026

Itinerary 29 January – 10 February 2027

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

3 nights Giza – 7 nights Nile cruise – 2 nights Luxor



Day 1: Giza (Fri, 29 Jan)

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 (Sat, 30 Jan)

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: Tour the new Grand Egyptian Museum, the world's largest museum dedicated to a single civilization. See the spectacular King Tutankhamun Exhibition Hall and many artifacts on display for the first time.

Day 3: Giza (Sun, 31 Jan)

B L

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

Pm: 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.

Day 4: Giza / Luxor (Mon, 1 Feb)

B L D

Am: Fly from Cairo to Luxor. Explore Luxor Temple and the massive Karnak complex, visit the Sacred Lake and King Tuthmosis III's Botanical Hall, and see plant reliefs from his Syrian campaigns.

Pm: Board the Jaz Regent cruise ship and commence your journey along the Nile.

Talk: Ancient Egyptian civilisation, the historical background and significance of the Nile, and the beginnings of civilisation.

Day 5: Luxor / Esna / Edfu

B L D

(Tues, 2 Feb)

Am: *Talk: An introduction to ancient Egyptian medicine including medical papyri, art, mummies and inscriptions.*

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

Day 6: Edfu / Aswan (Wed, 3 Feb)

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: 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.

Talk: Mummies – A resource for studying disease, treatment and lifestyle.

Day 7: Aswan (Thurs, 4 Feb)

B L D

Am: Visit Philae Temple, a dedication to Isis, goddess of birth, magic, and healing. Continue to the Aswan High Dam.

Pm: Take a felucca trip to Kitchener Island Botanical Garden and Nubia Island to learn about traditional Nubian medicine.

Day 8: Aswan (Fri, 5 Feb) B L D

Am: Optional flight to visit the UNESCO World Heritage site of Abu Simbel or take a bird watching tour to a Nubian village.

Pm: At leisure.

Day 9: Aswan / Kom Ombo / Edfu B L D
(Sat, 6 Feb)

Am: *Talk: 'The temples as centres of healing.'*

Pm: Cruise back along the Nile towards 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. Sail on to Edfu.

Day 10: Edfu / Luxor (Sun, 7 Feb) B L D

Am: Sail back towards Luxor. *Talk: The Ancient Egyptian contribution to Graeco-Roman and later medicine.*

Pm: At leisure while sailing.

Day 11: Luxor (Mon, 8 Feb) B L D

Am: Visit the Temple of Hathor at Denderah, with its sanatorium where patients were treated with 'Dream Therapy'.

Pm: Lunch at the House of Life, Abydos Hotel. Continue to the Temple of Sethos I at Abydos, which boasts the finest painted hieroglyphs in Egypt. Check in to hotel.

Day 12: Luxor (Tues, 9 Feb) 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 and Queen Hatshepsut's uniquely designed temple, which features a former sanatorium terrace. Continue to The Ramesseum, the location of a priest's tomb (likely a physician). Conclude in the village of Deir el Medina.

Eve: Farewell dinner in a local restaurant.

Day 13: Luxor / Cairo (Wed, 10 Feb) B

Am: Depart for flight back to Cairo or take the extension to Alexandria.

Extension to Alexandria: 10 – 13 February 2027

Day 13: Luxor / Alexandria B D
(Wed, 10 Feb)

Am: Fly to Cairo. Drive to Alexandria via the Wadi Natrun Coptic desert monasteries; one of Christianity's most sacred areas between the 4th and 7th century. Arrive in Alexandria and check in to the hotel.

Day 14: Alexandria (Thurs, 11 Feb) B D

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

Pm: Explore the National Museum, which traces the city's history from antiquity, and the Roman and Manuscript Museums. Visit the Citadel of Quait Bay, Abu El Abbass Mosque and the Tomb of the Unknown Soldier.

Eve: Dinner at the Fish Market Restaurant.

Day 15: Alexandria / Cairo B L
(Fri, 12 Feb)

Am: Drive to El Alamein, a crucial turning point for the Allies during the war. Visit the Commonwealth, German and Italian cemeteries, and the military museum.

Pm: Return to Cairo after lunch.

Day 16: Cairo (Sat, 13 Feb) B

Am: Depart hotel after breakfast.

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.

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.

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

A contemporary hotel with welcoming staff and bright, spacious rooms. There are several restaurants and bars, and it is located close to the airport.



Hieroglyphics at Kom Ombo Temple

Alexandria Extension

**The cost of the extension is
€994 per person sharing**

**The cost of the extension
with a room to yourself is
€1,340**

The cost includes:

- 3 nights' accommodation in double or twin-bedded rooms with private facilities in medium grade and first-class hotels
- Services of an English-speaking national guide throughout
- Specialist visits as per itinerary
- Breakfast daily and meals as per the itinerary
- All internal transport services
- All admission fees and tips and taxes

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 cost per person is €514.**

**The cost of the tour is €5,610
per person sharing**

**The cost of the tour with a
room to yourself is €7,182**

The cost of the tour includes:

- The services of an experienced tour leader, Janice Liverseidge
- The services of an expert speaker, Professor Rosalie David
- The services of an English-speaking national guide throughout, Amr Hassan
- 5 nights' accommodation in double or twin-bedded rooms with private facilities in first-class hotels in Giza and Luxor
- 7 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 return flights from Cairo to Luxor
- Comprehensive pre-departure briefing notes
- A full programme of specialist visits, 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 porterage, laundry and inoculation fees; travel insurance and visas

**The additional cost to upgrade
to a suite aboard the Jaz Regent
is €4,558**

**Due to the nature of the cruise,
places are strictly limited.**

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

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!

An ATOL and TOPP logo guarantee that your money is safe. Tours not covered by ATOL are covered by TOPP.

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: <https://www.atol.org>

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.

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
www.jonbainestours.com



The Pyramids at Giza (top); King Tutankhamun's mask;
Learn about traditional Nubian medicine, Nubia Island;
A felucca in Aswan (above)



**JON BAINES
TOURS**

