



Twin babies in China

Midwifery and Maternal Care in China

1 – 13 June 2027

'Thank you for the wonderful tour. We had a brilliant time - it's a memorable experience.'

Paul Myers, *Medicine in China*, April 2025



Level 4
ACTIVE



JON BAINES
TOURS



The Great Wall at sunset

Following many successful midwifery tours we have run to China and beyond, this itinerary is designed to give participants a fascinating insight into China and its approach to midwifery and maternity care.

From 2,000-year-old Hangzhou, where China's Normal Birth Movement originated on the shores of vast West Lake, continue to imperial Beijing before travelling by high-speed train to the Silk Road city of Xi'an and Chengdu in Sichuan Province. Continue to Guilin in spectacular Guangxi Province, a favourite of artists for centuries for its incredible karst landscapes. Cruise on the Li River past jaw dropping scenery to finish in the cobblestone town of Yangshuo.

This tour examines the rapid development of midwifery, maternity care and childcare in China and how these incorporate Traditional

Chinese Medicine (TCM). It looks at the challenges posed due to its rapid economic development and the legacy of the One Child Policy, as well as how Western Medicine and TCM are integrated in practice in China.

A full cultural programme, looking at contemporary and traditional culture and society, will provide a context to the professional visits. Experience the great cities of China and enjoy the stunning landscapes, history and society of this extraordinary land.

THIS TOUR IS CLASSSED AS:

Level 4 | Active



Longer and fuller days. Significant levels of walking, covering longer distances, requiring very good fitness and mobility.

Tour Leader

Alison Weatherstone is a contemporary dual qualified midwife, Adjunct Associate Professor and Executive Director Nursing & Midwifery Services for Western Australian Country Health Service (WACHS), which is Australia's largest regional public health provider, delivering medical, nursing, and community health services to rural and remote Western Australia. Alison was the inaugural Chief Midwife for the Australian College of Midwives.

With lived midwifery experience across W.A, VIC, QLD and Kenya in Africa, Alison is drawn to rural and remote midwifery and has a keen interest in midwives wellbeing, equitable access to midwifery and sexual and reproductive healthcare, midwifery leadership, breech birth and global maternal health.

Alison draws on experience working in the private and public healthcare sectors, not for profit member organisations, executive level leadership and clinical research projects. An advocate of culturally safe and midwifery led continuity of carer close to home, Alison has played key roles in policy, advocacy and media at a local, national and international level. Alison led the successful Midwifery in the Northern Territory tour in 2025.

'Alison was a knowledgeable, respectful, lovely tour leader.'

Ros McDonough, *Midwifery in the Northern Territory tour, 2025*



National Guide

Zhang Zhong Jiu (known as John) has worked with Jon Baines since 1994, taking healthcare and cultural groups around China. Educated in Beijing and London and widely travelled, with familial links in Australia, John is extremely knowledgeable and popular with our groups for his ability to bring China's history and society to life with personal anecdotes.

Having led a wide variety of professional groups over so many years, John's breadth of knowledge is second to none.

'John has been an absolute joy to have as our guide.'

Sahar Bactor, *Travelling Surgical Society in China, May 2025*

Itinerary 1 – 13 June 2027

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

2 nights Hangzhou – 3 nights Beijing – 2 nights Xi'an – 2 nights Chengdu
– 1 night Guilin – 2 nights Yangshuo



Day 1: Hangzhou (Tues, 1 June)

D

Pm: Arrive and transfer to the hotel in Hangzhou. This historical city dates back 2,000 years and is full of spectacular architecture and scenery.

Eve: Welcome dinner.

Day 2: Hangzhou (Wed, 2 June)

B D

Am: Visit Hangzhou's First People's Hospital and learn of the development of China's first Midwifery Led Normal Birth Unit (MLNBU) in 2008 (with the support of academics at Edinburgh University). Visit the Normal Birth Unit and meet local midwives.

Pm: Cruise on the tranquil expanse of West Lake before visiting a silk factory.

Day 3: Hangzhou / Beijing (Thurs, 3 June)

B D

Am: Fly to Beijing, China's great imperial city, where the ancient and the modern collide on the most magnificent scale.

Pm: Visit the high-tech Beijing Antai Hospital, which mainly uses endoscopic minimally invasive surgery, excelling in gynaecology and obstetrics.

Day 4: Beijing (Fri, 4 June)

B D

Am: Visit the vast expanse of Tiananmen Square and the impressive Forbidden City, once barred to all but the inner royal circle.

Pm: Take a walking tour of one of the traditional hutong districts of Beijing, the oldest areas in the city, to explore the laneways of markets, bazaars and cafes of Old Beijing.

Eve: Option to see the gravity-defying Beijing Acrobats.

Day 5: Beijing (Sat, 5 June)

B D

Am: Visit the beautiful Summer Palace.

Pm: Visit the iconic Great Wall and spend time exploring this great architectural wonder.

Eve: Enjoy a traditional Peking Roast Duck dinner.

Day 6: Beijing / Xi'an (Sun, 6 June)

B D

Am: Fly from Beijing to Xi'an, the ancient Silk Road hub and probably the first truly multicultural city in the world.

Pm: Visit the medieval city walls, still perfectly intact today.

Day 7: Xi'an (Mon, 7 June)

B D

Am: Visit the amazing necropolis of the Terracotta Warriors.

Pm: Visit a local maternity clinic and meet with staff.

Eve: Optional visit to see traditional, graceful Tang Dynasty Theatre.

Day 8: Xi'an / Chengdu (Tues, 8 June)

B D

Am: Option to watch or join early morning t'ai chi in the local park. Take the high-speed train to Chengdu.

Pm: Walking tour of Chengdu old town and a street market known for its Tibetan arts & crafts.

Day 9: Chengdu (Wed, 9 June) B D

Am: Visit the Hospital of Chinese Medicine.
Pm: Visit the Chengdu Panda Research Base – the lovable pandas make this a favourite visit for many!
Eve: Hot pot dinner.

Day 10: Chengdu / Guilin B D
(Thurs, 10 June)

Am: Scenic train journey through the mountains to Guilin.
Pm: Check in to hotel and at leisure.

Day 11: Guilin / Yangshuo (Fri, 11 June) B L

Am: Cruise down the Li River to the attractive town of Yangshuo. At leisure.
Eve: Option to see the spectacular local *son et lumière* show.

Day 12: Yangshuo (Sat, 12 June) B D

Am: Visit a rural maternity hospital and examine baby massage. Explore the beautiful countryside and local villages. Visit a village health worker (formerly known as 'barefoot doctors').
Pm: Option of Sichuan cookery class at Cloud 9 or at leisure.
Eve: Dinner at Cloud 9.

Day 13: Yangshuo / Hong Kong B
(Sun, 13 June)

Am: Transfer to the station for high-speed train to Hong Kong (Kowloon West).

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



The Terracotta Warriors in Xi'an



(clockwise from top) The Temple of Heaven in Beijing; Forbidden City details of imperial architecture; Panda cub in Chengdu; The Forbidden City.



Join the locals in the Muslim Street evening market in Xi'an (top); Xi'an old city walls; Sunset over West Lake, Hangzhou (above)

The cost of the tour sharing a double or twin room is £2,280 pp

The cost of the tour with a room to yourself is £2,600

The cost includes:

- The services of a tour leader (Alison Weatherstone)
- 12 nights' accommodation in twin-bedded rooms with private facilities in medium grade hotels
- Breakfast and lunch or dinner daily on the tour
- An allowance of soft drinks, tea and beer with meals on the tour
- All admission fees
- Services of a specialist English speaking national guide (Zhang Zhong Jiu, aka John)
- All transport services and taxes in China, including flights and high-speed trains
- All tips

The cost excludes:

- International flights and airport transfers
- Meals not mentioned
- All optional excursions, tours and visits
- Travel insurance; Visa (if required)

Flights

Book your flights to arrive in Hangzhou (close to Shanghai) and depart from Hong Kong. If you need help booking flights, please contact us or our helpful flight organisers:

- In the UK: **Phil Burdekin**;
email Phil.Burdekin@flightcentre.co.uk;
phone 0208 605 9806
- in Australia: **Belinda Baillie**;
email beljam@blastexperiences.com.au;
phone 0417 594 200

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

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Traditional dress at the Summer Palace (top); Curious pandas in Chengdu; Water therapy in Yangshuo Maternity Hospital (above)



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