



Bonifacio Citadel in Corsica

Conflicts, Cures and Curiosities in the Mediterranean

18 - 28 April 2027

Naples, Italy - Gaeta - Elba -
Corsica, France - Sardinia,
Italy - Sicily - Valletta, Malta

'It was one of the best trips I have ever been on.'

Catherine Yelland, Conflicts, Cures and Curiosities Cruise, 2025



Level 3
MODERATE





Set sail on the MS Monet, a classic small cruise ship taking only 50 guests. From Naples to Valletta, cruise up the coast to Gaeta and to the island of Elba, across to beautiful Corsica and down to Sardinia, crossing the Tyrrhenian Sea to Sicily and into dramatic Valletta Harbour, exploring history that spans thousands of years.

Learn about historical approaches to health and medicine, with a focus on how the geographical position shaped the history of towns we visit. Coastal settlements connected to maritime routes were exposed to epidemics, plague outbreaks and infectious diseases brought by trade. These towns became important centres of early hygiene awareness and community support systems.

Throughout the cruise, enjoy private excursions and fascinating talks from your expert onboard lecturers, Natasha McEnroe and Simon Chaplin. Explore ancient ruins from Gaeta to Porto Empedocle, sample wine in Italian vineyards and local honey on a Corsican farm, wander around medieval and Renaissance towns that have charmed visitors for centuries, and relax over delicious Italian lunches.

There is a pre-cruise extension to Naples and a post-cruise extension to Malta, exploring the history of each area.

THE NAPLES AND MALTA EXTENSIONS CLASSED AS:

Level 3 | Moderate



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



Tour Leader

Lucy Malouf is an award-winning food and travel writer with a particular interest in the Middle East and Eastern Mediterranean. Lucy has previously led a very successful 'Cultural and Gastronomic Journey' cruise for JBT in Turkey.

She believes firmly that food is a delicious way of appreciating and understanding histories and cultures different from our own. Together with her first husband, Michelin-chef Greg Malouf, she is the co-author of 8 best-selling food-travel books including 'Turquoise: A Chef's travels in Turkey', as well as 'Saha', 'New Feast' and 'Arabesque'. She contributes features and reviews to anthologies, newspapers, magazines and restaurant guides, as well as food, wine, travel and tourism books and web sites.

Speaker



Natasha McEnroe is the CEO and General Secretary of the Society of Antiquaries of London. She was previously the Keeper of Medicine at the Science Museum in

South Kensington, London and prior to this Director of the Florence Nightingale Museum. She was also Museum Manager of the Grant Museum of Zoology and Comparative Anatomy and Curator of the Galton Collection at University College London. From 1997 – 2007, she was Curator of Dr Johnson's House in London's Fleet Street and has also worked for the National Trust and the Victoria & Albert Museum. Natasha was co-editor of *The Hospital in the Oatfield – The Art of Nursing in the First World War* (2014), editor of *Medicine: An Imperfect Science* (2019) and co-editor of *The Medicine Cabinet* (2019). She is a Freeman of The Worshipful Company of Barbers.

Speaker



Dr Simon Chaplin is an experienced historian, curator and public speaker. He is a past Monckton Copeman lecturer for the Society of Apothecaries, a Poynter lecturer for

the British Society for the History of Medicine, and a Hunterian Orator. He has lectured on several Jon Baines tours and cruises. His past roles include Director of the Hunterian Museum at the Royal College of Surgeons of England, where he is also a Fellow of the Faculty of Dental Surgery, and Head of the Wellcome Library and Director of Wellcome Collection. He is currently the Chief Executive of Arcadia, a charitable fund of Lisbet Rausing and Peter Baldwin, and a trustee of Erasmus Darwin House in Lichfield and the Wende Museum in Los Angeles.

The **Malta and Naples extensions** will be led by experienced, English-speaking local guides.

'Would be happy to accompany Simon and Natasha to the ends of the earth!'

Jan M Goplerud, *Conflicts, Cures and Curiosities Cruise, 2025*



The incredible ruins of Pompeii

Naples Pre-Cruise extension 15 - 18 April 2027

Day 1: Naples (Thurs, 15 April) **D**

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

Pm: Enjoy a welcome dinner at a classic Neapolitan pizzeria.

Day 2: Naples (Fri, 16 April) **B**

Am: Explore the historical heart of **Naples** on a **walking tour** where churches, artisan shops, and pizzerias line the narrow streets. Finish along the waterfront promenade with views of Castel dell'Ovo and Mount Vesuvius.

Pm: Visit The Museo Archeologico Nazionale di Napoli (MANN), one of the world's greatest archaeological museums. Housed in a grand historic palace, it showcases extraordinary treasures from ancient Greece and Rome.

Day 3: Naples (Sat, 17 April) **B L**

Am: Visit the incomparable **UNESCO World Heritage designated Archaeological Area of Pompeii**, which shows Pompeii and its inhabitants immobilised by the terrible eruption of Vesuvius that buried Pompeii on August 24, 79 A.D. Continue to a charming winery nestled at the base of Mount Vesuvius for a light lunch paired with some of the most iconic wines of the Campania region.

Pm: Return to the hotel.

Day 4: Naples (Sun, 18 April) **B**

Am: Depart and transfer to the port to board M/S Monet

Main Cruise Itinerary 18 – 28 April 2027

Naples, Italy – Gaeta – Elba – Corsica, France – Sardinia, Italy – Sicily – Valletta, Malta



Day 1: Naples, Italy (Sun, 18 April) D

Pm: Transfer to Naples to embark on Monet.

Day 2: Gaeta, Italy (Mon, 19 April) B L D

Am: Explore the medieval heart of Gaeta on a walking tour through narrow stone alleys to see hidden courtyards and historic churches overlooking the sea. Continue to the majestic Castello Angioino-Aragonese, a fortress dominating the skyline with breathtaking coastal views.

Pm: At sea and hear a talk.

Day 3: Portoferraio, Elba (Tues, 20 April) B L D

Am: Sail into the historic port of Portoferraio, described by Nelson as the “safest port in the world.” Explore Napoleon’s Elba in vivid detail on a themed walking tour starting at Villa di San Martino, the neoclassical summer residence

that Napoleon acquired. Continue to Teatro dei Vigilanti, a theatre Napoleon commissioned inside one of the grandest churches in Portoferraio.

Pm: At leisure before boarding the ship. At sea and hear a talk.

Day 4: Bastia, Corsica (Wed, 21 April) B L D

Am: Board a mini train for a panoramic ride through the streets of Bastia towards the Citadel. Learn how Bastia’s geographical position and port activity shaped its history and visit the **Bastia Museum** for an overview of the city’s history, art, and heritage. Continue on a **walking tour** through the atmospheric streets of Bastia’s oldest districts to see its small chapels and Baroque oratories. Return to the Monet for lunch.



Pm: At leisure OR take the optional visit to Saint-Florent & Patrimonio (3h30). **Option:** Drive inland via the **Teghime Mountain Pass** to the seaside town of **Saint Florent**, the “Little Saint-Tropez of Corsica.” Learn about its history combating epidemics with early hygiene awareness and community support systems. Continue into the hills of the **Patrimonio region**, home to some of Corsica’s most prestigious vineyards and a long **winemaking heritage**. Visit an organic-certified estate and savour several elegant cuvées.

Day 5: Ajaccio, Corsica B L D

(Thurs, 22 April)

Am: Take a **walking tour** through the historic heart of the city past elegant squares and lively cafés. Learn about Ajaccio’s rich heritage, its deep connection to the Bonaparte family and how hygiene, and public health evolved over the centuries. Guided visit of **Maison Bonaparte**, the birthplace and family home of Napoleon. Learn how health and medicine were approached during Napoleon’s era, and how Corsican society relied on a mix of local practices, religious support, and early physicians. Return to the Monet for lunch.

Pm: Scenic drive to **The Prunelli Gorges (Gorges du Prunelli)** one of southern Corsica’s most striking natural landscapes with steep granite cliffs and deep valleys. Continue to a **Corsican honey farm** for a tasting session of honey, produced from over 2,800 plant species, 127 of which are endemic to the island. Honey has long been a cornerstone of Corsican traditional medicine.

Day 6: Bonifacio, Corsica B L D

(Fri, 23 April)

Am: Explore the impressive, fortified town **Bonifacio** with a scenic mini-train ride from the pier, passing through the charming Bosco quarter. Learn about Bonifacio’s unique history as a strategic maritime stronghold shaped by conflict, trade and the constant challenges of health, hygiene, and epidemics common to Mediterranean ports. Walk through Bonifacio’s narrow, winding streets to see historic churches, including St. Roch built on the site where the last plague victim of Bonifacio is believed to have died in 1528. Return to the Monet for lunch via the famous Hundred Steps or by mini train.

Pm: At leisure OR take the optional visit to **Sartene (4h)**.

Option: Drive along Corsica's rugged west coast to **Sartène**, an archetypal Corsican village perched on a rocky promontory. Explore its narrow stone streets, traditional architecture and learn how in the Middle Ages it was the scene of vendettas, pirate attacks, and fierce battles with Genoese occupiers.

Day 7: Olbia, Sardinia (Sat, 24 April) B L D

Am: Enjoy a relaxing morning on the beach in Olbia.

Pm: Set sail on the Monet.

Day 8: Cagliari, Sardinia B L D (Sun, 25 April)

Am: Discover the ancient city of **Nora**, a stunning seaside archaeological site where Phoenician, Roman, and Punic ruins reveal history through mosaics, temples, and a breathtaking coastline. Lunch at a local restaurant.

Pm: In **Cagliari**, enjoy a charming **walking tour** through historic districts, and visit the **Anatomical Wax Museum**.

Day 9: Trapani, Sicily (Mon, 26 April) B L D

Am: Afternoon visit to the shimmering **Salt Flats in Paceco**. This is a historic salt-producing landscape and protected wetland where windmills, mirror-like basins, and flamingos paint a timeless Sicilian landscape. Continue to the historical town of **Marsala** and visit a local winery with a cellar tour and tasting.

Pm: Set sail and hear a talk.

Day 10: Porto Empedocle, Sicily B L D (Tues, 27 April)

Am: Visit Agrigento, Valley of the Temples, a UNESCO World Heritage Site and one of Sicily's most extraordinary landmarks, with ancient Greek ruins and breathtaking vistas. Lunch at a local restaurant.

Pm: Time at leisure before returning to port.

Day 11: Valletta, Malta (Wed, 28 April) B

Am: Arrive in Valetta in the early morning and disembark. Transfer to airport or take the extension to Malta.

Cagliari, Sardinia





Malta Post-Cruise Itinerary

28 April – 1 May 2027

Day 11: Valletta, Malta (Wed, 28 April) D

Am: Arrive in Valletta.

Pm: Visit Upper Barrakka Gardens for views over the Grand Harbour. See Fort St. Elmo and visit the Sacra Infermeria, before watching the Malta Experience. Return to hotel past the Siege Bell Monument.

Eve: Overnight at Victoria Hotel in Sliema.

Day 12: Valletta, Malta B L (Thurs, 29 April)

Am: Tour of Fort Mosta and look out over the Victoria Lines.

Pm: Lunch in a local restaurant. Walking tour of Mdina past Xara Palace Hote. Visit Mdina Cathedral. Enjoy a panoramic view of the island from Fontanella Tea Rooms. Return to the hotel via Mtarfa to visit a WWII hospital site and Mtarfa Military Cemetery.

Day 13: Valletta, Malta (Fri, 30 April) B D

Am: Visit the Grand Master's Palace gardens and armoury.

Pm: Visit the Casa Rocca Piccola, a 16th-century palace and a museum that includes the collection of surgical instruments used in the Knights' medical practices. Enjoy some time at leisure in Valletta.

Eve: Farewell dinner.

Day 14: Valletta, Malta (Sat, 01 May) B

Am: Depart hotel after breakfast.

'Food was outstanding! Endlessly tempting and varied.'

Melanie McGee, *Conflicts, Cures and Curiosities Cruise*, 2025



MS Monet

The charming and intimate MS Monet takes up to 50 guests in 28 twin or double cabins with 29 crew, providing an excellent service experience. The ship was built for the 2019 cruise season and is able to navigate small ports inaccessible to bigger cruise ships.

Onboard there is Wi-Fi internet (free of charge). She has ample seating space, a well-stocked mini library with modern A/V equipment. The glass-enclosed dining room accommodates all guests at one setting and allows for panoramic views of the stunning scenery.

The public areas include a main lounge and bar with comfortable sofas on the Lumiere Deck, a restaurant located on the Parisian Deck and the Lumiere Open Deck al fresco dining area, where

meals can be enjoyed when weather permits. The Lumiere Sun Deck provides a delightful space with sun loungers and a Jacuzzi, ideal for relaxation and wonderful views.

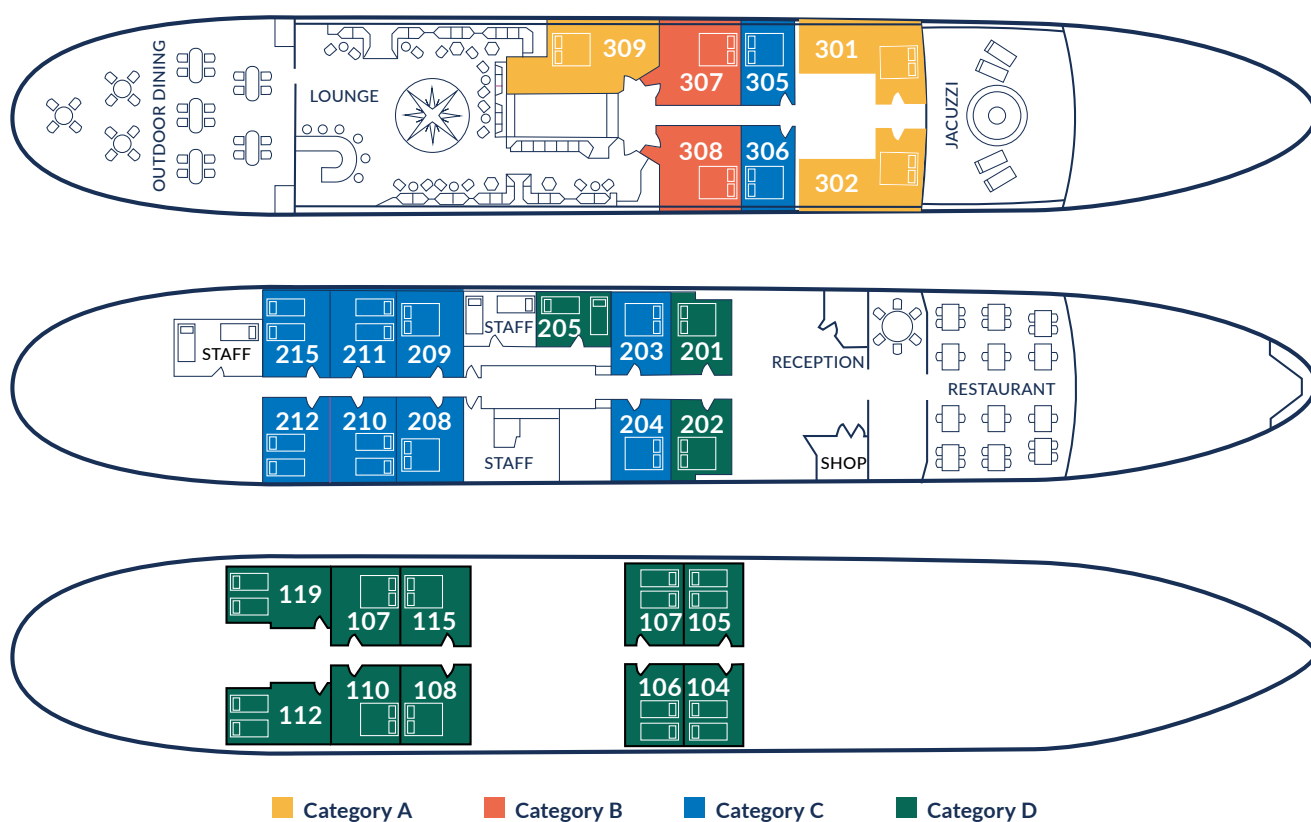
The comfortable cabins have a warm and inviting feel with light fabrics and wood trimmings. Cabins range in size from 9 to 22 square metres and Categories A, B & C are equipped with windows, while those in Category D have portholes. Cabins 104–107, 112, 119, 205 and 210–215 feature twin beds and all other cabins have fixed double beds. Facilities include en suite bathroom with shower, television, minifridge, safety deposit box, air conditioning and hairdryer.



One of the comfortable public areas on board



Dining at night on the deck



‘Outstanding crew, wonderful vessel, could not be better.’

Robert Q. Terrill, *Conflicts, Conflicts, Cures and Curiosities Cruise*, 2025



Lemons for sale in Sicily

Cost of pre-cruise extension in Naples is €1,318 pp sharing

**OR €1,822 with a room to
yourself**

The cost includes:

- 3 nights' accommodation
- English speaking local guide throughout
- Visits and meals as per the itinerary, admission fees, transport and tips.

Cost of post-cruise extension in Malta is €1,026 pp sharing

**OR €1,258 with a room to
yourself**

The cost includes:

- 3 nights' accommodation,
- English speaking local guide throughout
- Visits and meals as per the itinerary,
- Admission fees, transport and tips.

Extension costs exclude:

- Airport transfers,
- Meals not mentioned
- Drinks with meals (unless mentioned),
- Any optional excursions, tours or sightseeing, travel insurance, visa (if required).

Cost of optional excursions pp:

Saint-Florent & Patrimoine
(21 Apr '27) €96
Sartene (23 Apr '27) €88

Cabin Costs (per person)

Category D (Standard Single) €8,752

Camille or Parisian Deck cabins range in size from 9 to 12 square metres and feature two portholes and ensuite facilities.

Category D €6,716

Camille or Parisian Deck cabins range in size from 9 to 12 square metres and feature two portholes and ensuite facilities. Cabin numbers with twin beds are 104-107, 112, 119 & 205. All others have double beds.

Category C €7,194

Category C (Parisian & Lumiere) cabins range in size from 12 to 14 square metres and feature a window and ensuite facilities. Cabin numbers 210, 211, 212 and 215 have twin beds. All others have double beds.

Category B €7,556

Category B (Lumiere) cabins are 17 square metres and feature windows and double bed and ensuite facilities.

Category A €8,398

Category A (Lumiere) cabins range in size from 21 to 22 square metres and feature windows and a double bed and ensuite facilities.

The cost includes

- Ten nights' accommodation with private facilities on MS Monet
- Tour leader (Natasha McEnroe)
- Speakers (Natasha McEnroe and Simon Chaplin)
- Private specialist lecture programme
- Comprehensive briefing notes
- All meals on the cruise ship with wine, beer and soft drinks at lunch and dinner
- Tea and coffee available on the ship through the day
- Private escorted shore visits exclusive to this cruise as per the itinerary
- Admission fees where applicable
- Services of local English-speaking guides
- Cabin portage and ship and excursion tips

The cost excludes

Flights and transfers; all personal extras such as laundry and vaccinations; all optional excursions, tours and visits; meals and drinks not mentioned; travel insurance; visa (if required).

We can assist with flights and transfers; please contact us if required.

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.

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Chiesa del Purgatorio in Marsala, Sicily (top); Elba Island; Superb mosaics in Nora, Sardinia; The salt pans of Trapani, Sicily (above)



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