The Roman amphitheatre in Pergamum

The History of Medicine in Turkey and Greece

4–15 September 2027

With Extension to Athens and Epidaurus

15–19 September 2027

"Thanks again Jon for putting together another high-quality JBT extravaganza that ran like clockwork."

Jamie and Sarah Farquharson,
***A History of Medicine Cruise in the Eastern Mediterranean*, May 2026**

AITO
The Specialist Travel Association

JON BAINES TOURS

Level 4
ACTIVE

The Blue Mosque in Istanbul

History, medicine and culture intertwine on this journey through Turkey and the Greek Islands. It would be hard to find such a concentration of important medical historical sites anywhere else, amidst some of the richest culture and history in the world.

Start in Istanbul, where history is as layered as one of its baklava pastries, and travel down the western coast to Rhodes, a showpiece Greek island with an exquisitely preserved medieval city. Your journey will encompass thousands of years of medical history, from the beach hospitals of Gallipoli to Hippocrates, Galen and the Knights of St John, with a range of expert talks and specialist visits along the way.

Cuisine is an important part of travel, and we have included a number of local restaurants and culinary experiences to provide the delicious flavours of Turkey and Greece.

At the end of the tour there is an extension to the Peloponnese and Athens.

THIS TOUR IS CLASSED AS:

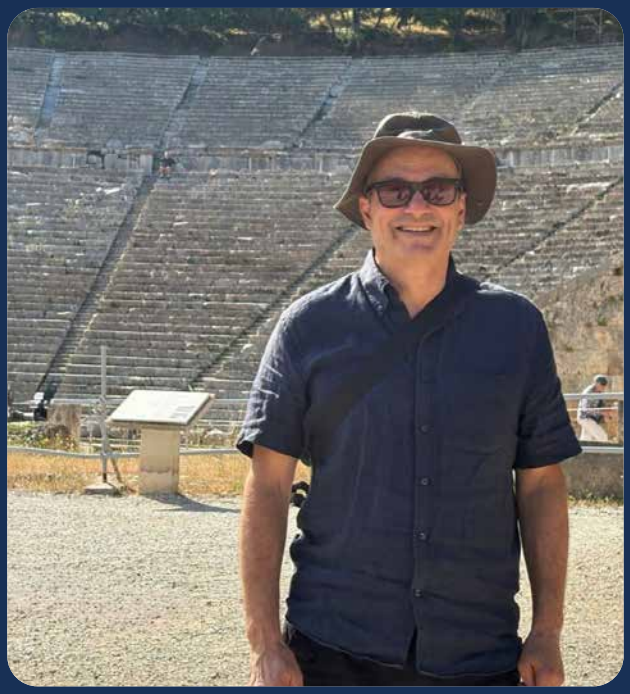
Level 4 | Active

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

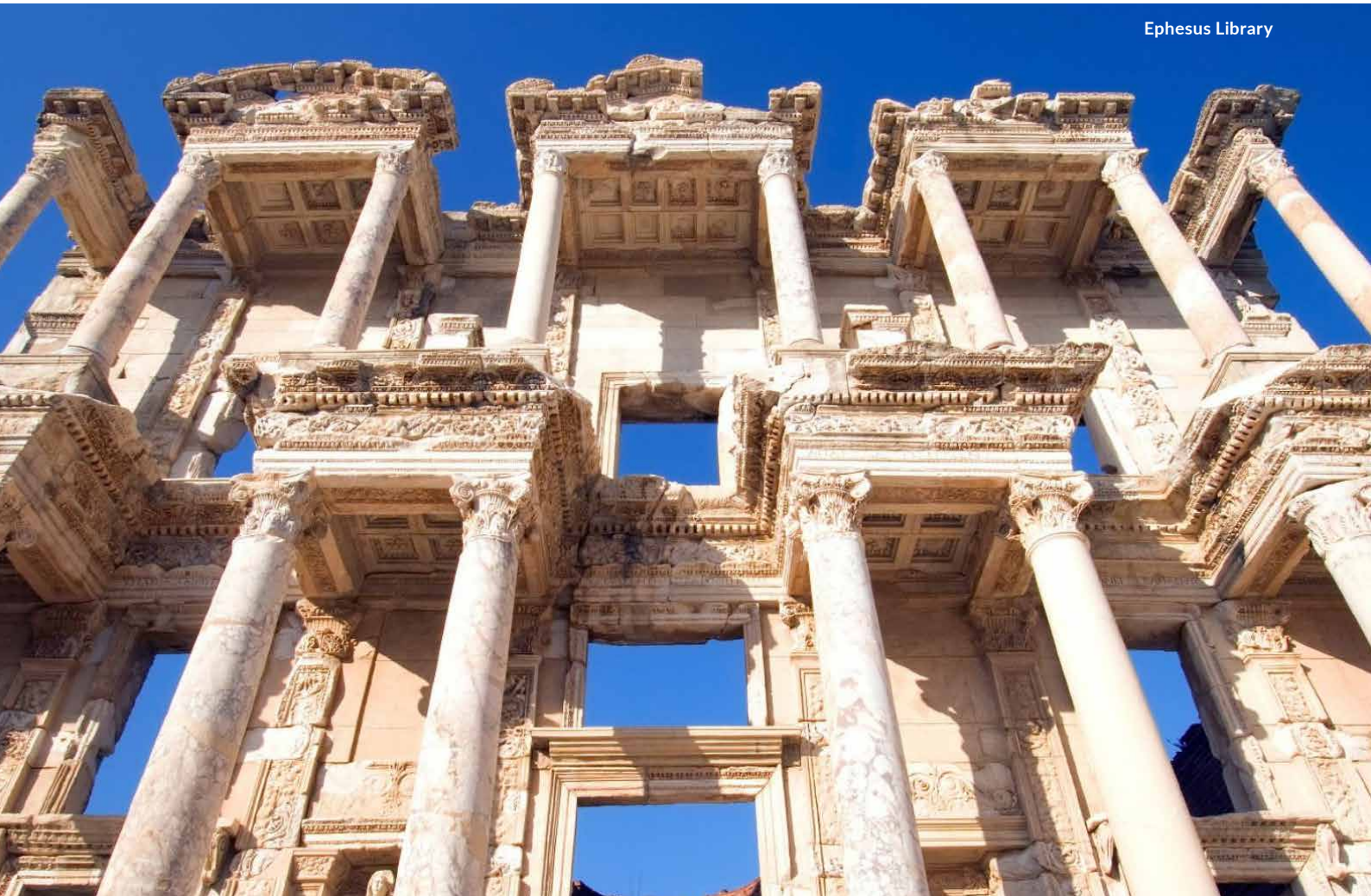
Tour Leader

Dr. Marc Iravani, is a board certified anesthesiologist in Los Angeles, California. Marc Iravani received his M.D. from the Medical College of Wisconsin and completed his residency along with a fellowship in pediatric anesthesia at Columbia University in the City of New York. He has been a clinical professor for over 20 years at the University of California, Los Angeles.

His interests lie at the intersection of the history of medicine and classical texts, along with a special interest in botanical medicine. For the past few years, he has taught undergraduate seminars at UCLA on various themes related to the history of medicine and medicinal plants. He has also participated in numerous international humanitarian missions, providing anesthetic care to children and training anesthetic personnel in resource-poor areas in Honduras, Guatemala, Armenia, Mozambique, and Ethiopia.



Along with his medical missions, Dr. Iravani also enjoys travel medicine and recently served as the expedition doctor on a trip to the Guyanese Amazon. Marc recently travelled with Jon Baines on a medical history cruise visiting these sites in Turkey and Greece.



Ephesus Library

Itinerary: 4–15 September 2027

B = Breakfast L = Lunch D = Dinner

3 nights Istanbul - 2 nights Çanakkale - 2 nights Kuşadası - 1-night Bodrum - 3 nights Rhodes

Day 1: Istanbul (Sat, 4 Sept) D

Pm: Arrive in Istanbul, the only city in the world that spans two continents. It is a bewitching dust-devil of cultures and influences spanning thousands of years. Check in to the hotel.

Eve: Meet your tour leader with the group at a welcome dinner.

Day 2: Istanbul (Sun, 5 Sept) B L

Am: Visit the Chora Museum, home to some of the finest surviving examples of Byzantine architecture, paintings and mosaics. Continue to the Palace of the Porphyrogenitus, a Byzantine palace built next to the Theodosian Walls, the last great fortification system of antiquity. Take part in a tasting tour with lunch in the Kadıköy district, known for its markets and specialist food shops.

Pm: Afternoon cruise on the Bosphorus, circling back to Eminönü, a bustling waterfront district on the European side of the city, to explore the 17th-century Spice Market, filled with fragrant spices, dried fruits, teas, and Turkish delight. At leisure.

Day 3: Istanbul (Mon, 6 Sept) B D

Am: Visit the Blue Mosque, cross the Hippodrome, now known as Sultanahmet Square, to the Hagia Sophia, one of Istanbul's most imposing sights. Its huge arching dome, encrusted with exquisite mosaics, appears to stand unsupported thanks to skilful engineering.

Pm: Explore the Grand Bazaar, a labyrinth of colourful stalls and shops selling everything from kilims to coffee pots. Dinner at a local restaurant.

Day 4: Istanbul / Çanakkale for Gallipoli (Tues, 7 Sept) B D

Am: Depart from Istanbul and drive to Gallipoli.

Pm: Visit Anafartalar War Museum, a private museum displaying archaeological objects collected by a local resident. Continue to the battlefields of Gallipoli, including Anzac Cove and Lone Pine Cemetery. Drive to Çanakkale and check in to the hotel for dinner.

Day 5: Çanakkale for Troy (Wed, 8 Sept) B L

Am: Visit the UNESCO-listed World Heritage Site of Troy, home to the legendary Trojan Horse, and tour the Troy Museum.

Pm: At leisure with an optional beach visit to Güzelyalı or Dardanos.

Day 6: Çanakkale / Pergamum / Kuşadası (Thurs, 9 Sept) B D

Am: Drive to the spectacular ruins of Pergamum, which tower one thousand feet above the city with superb views in all directions. This great Greek city was once a centre of commerce, culture and medicine, famed for its intellectual tradition and its grammatical and medical school. Its most famous son was Galen, who studied medicine and philosophy here and became known as the greatest physician of ancient times. Visit the magnificent Acropolis and the Aesclepion, the first complete health spa the world had known.

Pm: Continue to Kuşadası. Enjoy dinner at a local restaurant.

Day 7: Kuşadası for Ephesus (Fri, 10 Sept) B L

Am: Full day in Ephesus, the best-preserved classical city in the Eastern Mediterranean, unmatched in its sheer magnitude. Ephesus' history stretches back thousands of years and it possessed one of the Wonders of the Ancient World in its magnificent Temple to Artemis. Most of the surviving ruins belong almost exclusively to its golden Roman age, when it replaced Pergamum as the capital and became the first great metropolis of Asia.

Pm: Visit a traditional carpet-weaving school, where you will also enjoy a barbecue lunch. Continue to the picturesque village of Şirince for wine tasting before exploring the Temple of Artemis.

Day 8: Kuşadası / Bodrum (Sat, 11 Sept) B D

Am: Drive to Bodrum stopping en route at Lake Bafa (Herakleia) for a scenic coffee break.

Pm: Visit Bodrum Castle and the Museum of Underwater Archaeology. Check in to the hotel and enjoy some time at leisure before a local dinner.

Day 9: Bodrum / Marmaris / Rhodes (Sun, 12 Sept) B D

Am: Drive to the lovely seaside resort of Marmaris.

Pm: Take the ferry to Rhodes and transfer to the hotel.

Eve: Dinner in a taverna.

Day 10: Rhodes/ Kos /Rhodes (Mon, 13 Sept) B L

Am: Catch the fast ferry for a day trip to Kos, the birthplace of Hippocrates. Visit the International Hippocratic Institute of Kos, the famous Hippocrates plane tree and the Asclepium.

Pm: Lunch at a taverna before the afternoon ferry back to Rhodes, where there will be time at leisure.

Day 11: Rhodes (Tues, 14 Sept) B D

Am: Take a half-day tour of Rhodes' medieval city, a legacy of the crusading Knights of St John, who were based here from 1309 to 1522. Visit the Street of the Knights, the Grand Master's Palace, and the Hospital of St John, now a museum.

Pm: At leisure before a farewell dinner.

Day 12: Rhodes (Wed, 15 Sept) B

Am: Depart for airport or join the extension in Athens.

The lovely seaside resort of Marmaris

The Theatre of Epidaurus

Extension to Epidaurus and Athens

Fly to Athens and drive to Nafplio, Greece's first capital. Explore its historic and elegant streets, and wander through the old town, with its traditional tavernas, charming cafés and boutique shops.

The following day, visit the Asclepium at Epidaurus, the most celebrated healing centre of the classical world, followed by Mycenae, with its ancient royal palace.

Continue to the great city of Athens. September is the perfect time to visit at the end of the busy, hot summer, with pleasant weather and much smaller crowds.

One of the world's oldest and most storied cities, Athens is 'the eye of Greece, mother of arts and eloquence,' according to John Milton. It stars in myth and fable and is the historical capital of Europe, being the birthplace of western democracy, arts, science and philosophy. The city is an open-air museum, its classical history evident on the streets, not least in the crowning glory of the Parthenon atop Acropolis Hill.

"Thank you JBT for organising this wonderful trip, every new place we discovered was exciting and the whole journey was unforgettable."

Wala Al-Saffar, The History of Medicine in Turkey and Greece, 2025

Extension itinerary:
15–19 September 2027

2 nights Nafplio – 2 nights Athens

Day 12: Rhodes/Nafplio (Wed, 15 Sept) B D

Am: Fly to Athens and transfer to Nafplio stopping at the Corinth Canal, one of the most striking engineering feats of the 19th century.

Pm: After checking in to the hotel, set out on a guided walking tour of the old town, including a visit to the Palamidi Fortress. Enjoy a harbourside taverna dinner in the heart of Nafplio.

Day 13: Nafplio (Thurs, 16 Sept) B L

Am: Visit Epidaurus and the Sanctuary of Asclepius, the most celebrated healing centre of the ancient world, and its museum.

Pm: Enjoy lunch in a small village near Pallia Epidaurus before continuing to Mycenae, the citadel of Agamemnon and the seat of power that gave an entire Greek age its name. On the return to Nafplio, stop at Tiryns, the older sister citadel and the finest surviving example of Mycenaean fortification. At leisure.

Day 14: Nafplio / Athens (Fri, 17 Sept) B D

Am: Drive to Athens.

Pm: Take part in a walking tour of Athens, taking in Plaka, the old quarter beneath the Acropolis, with its neoclassical houses, narrow lanes and the historic centre surrounding it. Check in to the hotel before dinner at a local restaurant.

Day 15: Athens (Sat, 18 Sept) B D

Am: Visit the Acropolis and the Parthenon on a guided walking tour. Continue to the Acropolis Museum where the sculptures once carried on the temple are displayed in a top-floor gallery of glass.

Pm: At leisure before a farewell dinner and drinks on the hotel rooftop overlooking the Acropolis.

Day 16: Athens (Sun, 19 Sept) B

Am: Depart Athens after breakfast.

Athens

Charming Nafplio

Tour Hotels

Crowne Plaza Istanbul Old City, Istanbul
Located in the historical peninsula of Istanbul, the ancient heart of the city. The hotel includes a restaurant, café, bar and spa and is known for its elegant and peaceful atmosphere and inviting communal spaces.

DoubleTree by Hilton, Çanakkale
A smart, modern hotel, centrally located in Çanakkale, with views of the Dardanelles Strait. The rooms are spacious and bright. Make the most of the traditional Turkish hammam and take a dip in the indoor and outdoor pools.

Elite World, Kuşadası
A stylish harbourfront hotel with lovely, well-equipped rooms and excellent facilities, including a spa, restaurant, bar and outdoor pool.

Bodrium Hotel Spa, Bodrum
This well-located, medium-grade hotel has an outdoor swimming pool set in the heart of its verdant grounds and the comfortable rooms each feature a balcony. There is also a restaurant, spa, and wellness facilities.

Mediterranean Hotel, Rhodes
A contemporary hotel in an excellent location, just steps from the beach and close to the medieval city. The rooms are spacious and filled with natural light, with sleek, modern furnishings and good facilities.

Extension Hotels

Nafsimedon Hotel, Nafplio
This elegant 19th-century neoclassical mansion has kept its original character. Charming rooms pair modern amenities with antique furnishings, set in the heart of Greece's first capital, directly opposite historic Kolokotronis Park.

Elia Ermou Hotel, Athens
Stay in the lovely Elia Ermou Hotel, a sleek, modern 4-star hotel in the heart of Athens. The scenic Plaka and lively Monastiraki are just 400 metres away, after which you can relax at the hotel's wellness center. Enjoy your breakfast or a swim or jacuzzi on the roof top, with stunning views across Athens and its most famous icon, the Acropolis.

Hippocratic Institute, Kos (top); Anzac Cove, Gallipoli; The spices of Kuşadası; Views of Bodrum (above)

The cost of the tour per person sharing a double or twin room is USD $5,294

The cost of the tour with a room to yourself is USD $6,304

The cost includes:

- 10 nights' accommodation in twin-bedded rooms with private facilities in medium grade and first-class hotels
- The services of tour leader, Dr Marc Iravani
- The services of English-speaking national guides in Turkey and Greece
- A full programme of cultural visits, excursions and activities as detailed in the itinerary with specialist guides where required
- All breakfasts, and lunch or dinner as per itinerary
- All internal transport
- All admission fees and tips
- Comprehensive briefing notes

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, if applicable

The extension cost is USD $2,506 per person sharing OR USD $2,898 with a room to yourself

Extension cost includes:

- 4 nights' accommodation with private facilities in medium grade hotels and first-class hotels
- Flight from Rhodes to Athens and all transport services
- Breakfast daily and meals as per itinerary
- Services of local English-speaking guides
- All cultural tours, admission fees and tips
- All Taxes

The cost excludes

- As per main tour

NB:All itineraries in Turkey and Greece are subject to change according to local conditions. Places on this tour are strictly limited.

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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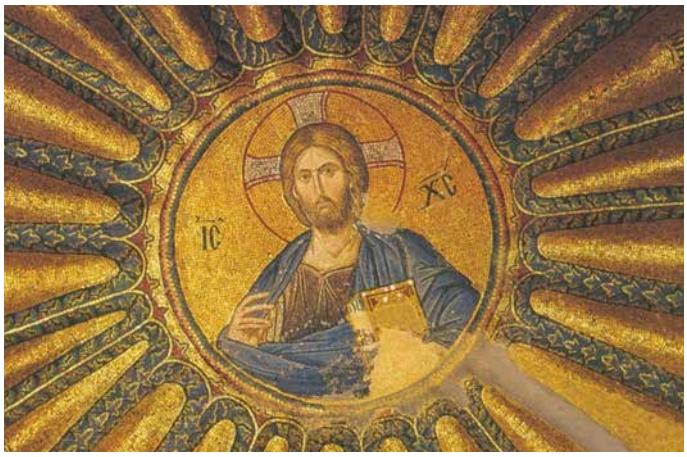

Inside the Blue Mosque (top); The Asclepium, Kos; Byzantine mosaic, Hagia Sophia; Castle of the Knights, Rhodes (above)

JON BAINES TOURS

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