



Sail into Valletta Harbour in Malta

Conflicts, Cures and Curiosities in the Eastern Mediterranean

6 - 15 May 2025

Dubrovnik - Kotor - Sarande - Corfu - Otranto
- Lecce - Crotone - Lipari - Stromboli - Messina
- Taormina - Modica - Scicli - Valletta



Main Cruise

Level 2
GENTLE



Post-tour Malta Extension

Level 3
MODERATE



Jon Baines
tours



Dubrovnik, the 'Pearl of the Adriatic'

Set sail on the MS Monet, a classic small cruise ship taking only 50 guests. From Dubrovnik to Valletta, journey through the Adriatic and across the Eastern Mediterranean along the coastlines of Italy, Albania and Greece, exploring history that spans thousands of years.

Hear about ancient pharmacology; how religion and medicine co-existed in the ancient world; and about plagues and sailors, Victorians and volcanoes from your expert onboard lecturers, Natasha McEnroe and Simon Chaplin.

Throughout the cruise, enjoy private excursions that take you beyond the everyday. Cruise from Dubrovnik down the lovely Adriatic coastline to Montenegro, Albania and Corfu, across to Puglia and Calabria, through the Aeolian Islands and the Straits of Messina and into dramatic Valletta Harbour. Explore ancient ruins from Butrint to Taormina; 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 Dubrovnik and a post-cruise extension to Malta, which explore the history of each area.

Tour leader and speakers

Tour leader Natasha McEnroe is the Keeper of Medicine at the Science Museum in South Kensington, London. Her previous post was Director of the Florence Nightingale Museum, and prior to this was 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, including three Mediterranean 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.

Dubrovnik Extension

This tour will be led by a local guide.

Malta Extension

Dr Peter Brinsden qualified from St George's Hospital, London, in 1966 and joined the Royal Navy. He served as a Ships Medical Officer, before beginning training as a gynaecologist, gaining the MRCOG in 1976 and FRCOG in 1989. He served in Naval Hospitals in Singapore, Malta, Gibraltar, as well as Portsmouth and Plymouth. He is an experienced tour leader.

'The tour leader [Natasha] and lecturer [Simon Chaplin] worked extremely well together and went out of their way to look after the group; to keep us informed and interested. Their input meant that the group gelled.'

Maureen Watson Sheehan, *History of Medicine Mediterranean Cruise, 3-15 Sep 2017*

The attractive port of Otranto in Puglia, Italy





Dubrovnik Pre-Cruise Itinerary 4 – 6 May 2025

Day 1: Dubrovnik, Croatia (Sun, 4 May)

D

Pm: Arrival in Dubrovnik and transfer to the hotel. Take a tour of the old city, along cobblestone streets, past The Rector's Palace and visit the old pharmacy. There are no cars, making it ideal for walking.

Eve: Dinner at a local restaurant.

Day 2: Dubrovnik (Mon, 5 May)

B L

Am: Transfer out to the Peljesac peninsula, renowned for its wines. Explore the old town of Ston with its romantic medieval walls overlooking the town.

Pm: Visit the Trsteno Arboretum, a breathtaking botanical garden, before enjoying a seafood lunch in a family run tavern. The region is justly famed for its wine; after lunch, enjoy a wine tasting in a wine cellar. Transfer back to Dubrovnik.

Day 3: Dubrovnik (Tues, 6 May)

B L D

Am: Take an excursion to Konavle region and transfer to the pretty town of Cavtat, surrounded by mountains and pine and cypress forests, with a seafront promenade lined with fishing boats and artisan shops.

Pm: Enjoy a traditional lunch by the river Ljuta in Konavle. Transfer back to Dubrovnik port and embark MS Monet.

Main Cruise Itinerary

6 – 15 May 2025

Day 1: Dubrovnik, Croatia (Tues, 6 May) D

Pm: Embark MS Monet.

Eve: Enjoy a welcome dinner with your group, followed by a drinks party as you sail out of Dubrovnik Harbour into the Adriatic.

Day 2: Kotor, Montenegro B L D (Wed, 7 May)

Am: Early morning arrival into beautiful Kotor Fjord. Take a guided walk through Kotor's squares, flanked by Renaissance buildings, to the 12th century cathedral of St Tryphon.

Pm: Cruise along the coast. Talk: '*Plague Ports of the Adriatic*' - Simon Chaplin.

Day 3: Sarande, Albania / Corfu, Greece (Thur, 8 May) B L D

Am: Talk: '*The Durrells' medical connections*' - Natasha McEnroe. Talk: '*Health in Butrint from Asclepius to Byron*' - Simon Chaplin.

Pm: Visit historic Butrint, a UNESCO World Heritage Site with remains of Greek, Roman, Byzantine, Venetian and Ottoman settlements, including the sanctuary and temple of Asclepius, Roman baths, an amphitheatre and medieval fortress.

Eve: The ship will overnight in Corfu.

Day 4: Corfu (Fri, 9 May) B L D

Am: Drive out to the Kapodistrias Museum, dedicated to the work and legacy of Ioannis Kapodistrias, first governor of Greece and a major 19th century European diplomat. Visit the British Cemetery and explore the UNESCO listed historical centre of Corfu on a walking tour.

Pm: Following a light lunch, at leisure to explore Corfu old town.

Eve: Depart Corfu.



Kotor, Montenegro



The castle in the Isola di Capo Rizzuto, Crotone, in Calabria, Italy

Day 5: Otranto/Lecce/Otranto, Italy B L D (Sat, 10 May)

- Am:** Cruise to Otranto in Puglia and travel to the beautiful city of Lecce, known as 'the Florence of the South,' and visit the historic Ospedale delle Spirito Santo* and the Piazza del Duomo.
- Pm:** Following lunch, return to Otranto via a scenic tour through beautiful countryside. Afternoon at leisure in Otranto, which is an important Roman and medieval port and also one of Puglia's most charming towns, looking out across the strait to the Balkans and Greece.

Day 6: Crotone (Sun, 11 May) B L D

- Am:** Sail along the southern coast of Calabria to the ancient city of Crotone. Discover the history of Graeca Magna's oldest city, home of the Pythagorean School, which made Crotone one of the great centres of medical and scientific thought in the ancient world. Explore the traditional market in Piazza Pitagora, the Archaeological Museum and see the Castle of Charles V. *

- Pm:** Afternoon at leisure before returning to the ship. Talk: *'Pythagoras and the medicine of Graeca Magna'* - Simon Chaplin

Day 7: Lipari/Stromboli B L D (Mon, 12 May)

- Am:** Sail through the Straits of Messina to Lipari, the largest of the Aeolian Islands. Visit the Museum of Lipari** and the Ecomuseo della Memoria, which covers the island's extraordinary geology and the therapeutic use of its thermal baths.
- Pm:** Afternoon at leisure with a sunset cruise past Stromboli Volcano, which has been in almost continuous eruption for the past 2,000 years. Talk: *'Volcanoes and the Grand Tour'* - Natasha McEnroe.

'A very good tour. Natasha and Simon were excellent.'

Lesley Laxton, *History of Medicine Cruise on the Volga*, 2018

Day 8: Messina/Taormina
(Tues, 13 May)

B L D

Am: Dock in Messina, once one of Caravaggio's Sicilian refuges, and drive to beautiful Taormina. Visit the Teatro Greco and the Park Giovanni Colonna to discover the story of the remarkable English noblewoman, Lady Florence Trevelyan.

Pm: Lunch at a winery on the slopes of Mount Etna. Return to Messina. Talk: *'Syphilis and Seafarers'* – Simon Chaplin.

Day 9: Pozzallo/Modica/Scicli
(Wed, 14 May)

B L D

Am: Dock at Pozzallo to visit two of southern Sicily's UNESCO-listed baroque gems in Modica; the museum dedicated to doctor and polymath, Tommaso Campailla, and a historic chocolate factory that still uses an Aztec recipe brought to Sicily by the Spanish in the 16th century.

Pm: Enjoy a local lunch before returning to the ship via Scicli, where you will visit the Antica Farmacia Cartia.

Day 10: Valletta, Malta (Thur, 15 May)

B

Am: Sail into magnificent Valletta Harbour in Malta. Transfer to the airport or join the Malta extension.

***During May there are some events taking place in Crotone in honour of the patron saint; this may impact on some of the visits.**

**** The opening schedule for the Museum of Lipari has not been confirmed for May 2025.**

***** The opening schedule for the Campailla Museum has not been confirmed for May 2025.**



Taormina, Sicily



Hellenic style temple on Corfu

'From the start, Natasha came over as a confident, dependable leader. The best.'

Sally Taber and Nigel Chilcott, *Heritage, Harbours and Hygge in Copenhagen*, 2022

Cost of pre-cruise extension in Dubrovnik is £624 pp sharing OR £860 with a room to yourself:

includes 2 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 £774 pp sharing OR £994 with a room to yourself:

includes tour leader (Peter Brinsden), 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, any optional excursions, tours or sightseeing, travel insurance, visa (if required).

Malta Post-Cruise Itinerary 15 – 18 May 2025

Day 1: Valletta, Malta (Thur, 15 May)

D

Am: Disembark 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.

Eve: Overnight at Victoria Hotel.

Day 2: Valletta (Fri, 16 May)

B L

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

Pm: Walking tour of Mdina past Xara Palace Hotel and visit Mdina Cathedral. Panoramic view of the island from Fontanella Tea Garden. Return to the hotel via Mtarfa to visit a WWII hospital site and Mtarfa Military Cemetery.

Day 3: Valletta (Sat, 17 May)

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.

Day 4: Valletta (Sun, 18 May)

B

Am: Depart hotel after breakfast.



MS Monet at sea

Ship - MS Monet

The charming and intimate MS Monet takes no more than 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 and an onboard gym. The glass-enclosed dining room reflects the ports of call and 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.

All the cabins on board the MS Monet are designed for comfort and 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



Messina, Sicily

Tour Activity Level

THIS TOUR IS
CLASSIFIED AS:

Level 1 Relaxed



A gentle pace, involving minimal walking and exertion. Shorter travel distances and a full but relatively relaxed itinerary.

Level 2 Gentle



Easy walking at a mostly leisurely pace. Slightly more daily activity and travel.

Level 3 Moderate



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

Level 4 Active



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

Level 5 Challenging



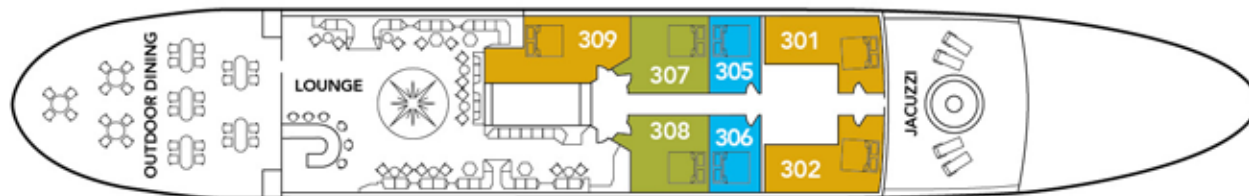
May involve extended drives, hikes and multiple visits across busy days. Excellent fitness is required.

NB: the Malta extension is Activity Level 3.

'I thoroughly enjoyed all the lectures; very informative, interesting and well delivered. Simon Chaplin and Natasha McEnroe were excellent.'

Sharon Ann Derso, *Heritage, History of Medicine Mediterranean Cruise*, 2017

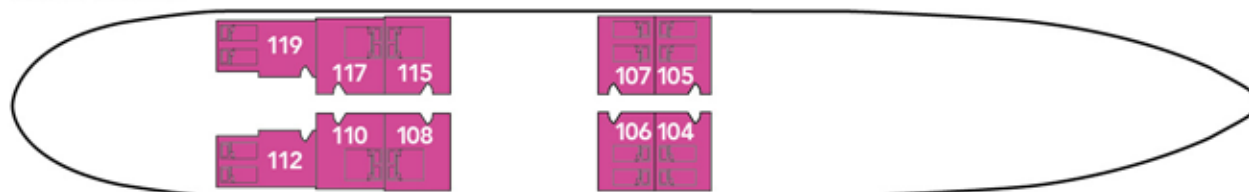
LUMIERE DECK



PARISIAN DECK



CAMILLE DECK



CATEGORY A **CATEGORY B** **CATEGORY C** **CATEGORY D**

Cabin Costs (per person)

Category D (Standard Single) = £5,995

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

Category D = £4,695

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 = £5,240

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 = £5,760

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

Category A = £6,580

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

- Nine 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
- Lunches on full day excursions
- 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 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.

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. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, 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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Butrint, Albania (top); Stromboli;
The streets of old Lecce; Modica, Sicily (above)



Jon Baines
tours

