



CME MEDICAL CONFERENCE

NAMIBIA: Unbound Spaces, May 6 – 16, 2011



A large and sparsely populated country, Namibia is a gem for those in search of wilderness. The desolate Namib Desert, said to be the oldest in the world, stretches seemingly forever. However, Namibia also offers contrasting landscapes, including the Etosha National Park and Game Reserve. The third largest in Africa, the park offers rewarding game viewing.

Our itinerary takes us from the sand dunes of Sossusvlei to the coastal town of Swakopmund. From there we look for the desert elephants of Damaraland, culminating with game viewing in Etosha National Park.

Course theme and faculty to be advised.

CONFERENCE DIRECTOR



Dr. Lorne Greenspan, our course director, was an internationally renowned Emergency Physician and Chairman of CME who is now a consultant to industry and government. In recent years he has combined his medical skills and experience with his love of travel by consulting to the adventure travel industry and providing medical services to them.

FACTS:

- 11 day conference
- **Optional extension to Botswana or Victoria Falls**
- Limited to 45 conference participants
- CME credits earned

BRIEF ITINERARY:

- Day 1:** Arrive in Windhoek
- Day 2:** Drive Windhoek – Sossusvlei
- Day 3:** Sossusvlei
- Day 4:** Drive Sossusvlei – Swakopmund
- Day 5:** Swakopmund
- Day 6:** Drive Swakopmund – Twyfelfontein
- Day 7:** Drive Twyfelfontein – Etosha National Park
- Day 8:** Etosha
- Day 9:** Etosha
- Day 10:** Drive Etosha – Windhoek
- Day 11:** Tour concludes

SIGNATURE MOMENTS:

- Climbing the highest dunes in the world
- Cruising Walvis Bay among the dolphins
- Admiring mysterious ancient rock art in the Uri-Ais valley
- Spotting desert elephants from our 4X4s in Damaraland
- Exploring Etosha National Park on the look out for giraffes, kudus and zebra

Following the conference, an optional extension trip to Botswana or Victoria Falls will be offered.

Start and Finish:

Windhoek

TOUR COST PER PERSON (approximate):

\$5,350 CAD

LOCAL TAXES AND GRATUITIES (PP):

\$245 CAD

SINGLE SUPPLEMENT:

TBA

CONFERENCE REGISTRATION FEES PER PERSON

PHYSICIAN:

\$895 CAD

NON-PHYSICIAN:

\$395 CAD

CME FEE:

\$25 CAD

Please Note: The Registration Fee is applicable to every person travelling on this trip.

DEPOSITS & BALANCE PAYMENTS:

A non-refundable deposit of **\$500 CAD** per person is required to reserve a space on this tour. A second non-refundable deposit of **\$500 CAD** per person is due six months prior to departure. Final payment is due 90 days prior to departure.

SINGLE SUPPLEMENT:

If you wish to have guaranteed single accommodation, the single supplement for this trip is an additional \$TBA (CAD). Please note that if you are travelling alone, and we cannot match you with a roommate, you will have to pay the single supplement for this trip. This will be collected at 90 days prior to departure.

CANCELLATION POLICY:

All deposits are non-refundable. If you cancel within 90 days prior to trip departure, all associated trip costs are non-refundable. The tour price is quoted as a package. No partial refunds or credits will be given for services not used. In the event of a cancellation, you must notify Worldwide Quest immediately and in writing.

INSURANCE:

Worldwide Quest offers travel insurance for Cancellation and/or Out-of-Province Medical coverage through RBC Insurance. Since participants on any Worldwide Quest tour are often travelling in remote places and on active vacations, all should have travel insurance either issued by us or someone else. If you are purchasing travel insurance from Worldwide Quest, then the policy **MUST** be purchased *within two weeks of booking*. **Your RBC travel insurance policy takes effect on the date it has been issued in our office.** If you have any questions regarding exclusions or any other specific issues in your intended travel insurance coverage, please call RBC Insurance directly at 905-791-8713 or 1-800-387-4357. Please call the Worldwide Quest office if you would like a quote on travel insurance.



TOUR COST INCLUDES:

- Accommodations in listed hotels or similar, based on double occupancy
- Meals as specified
- All sightseeing as outlined in itinerary
- Private English-speaking guides
- All ground transportation by private vehicle except where otherwise noted
- Entrance fees, hotel and local taxes
- Airport arrival and departure transfers if travelling with the group
- Gratuities
- Special presentations by expert speakers and conference faculty
- *MainPro credits to be advised*

TOUR COST DOES NOT INCLUDES:

- International flights
- Visa fee — currently not required for Namibia
- Travel insurance
- Airport and departure taxes
- Airport transfers if not travelling with the group
- Fuel surcharges, if any
- Excess baggage charges
- Items of a personal nature: laundry, drinks, telephone calls, etc.
- Meals and services not specified
- Additional arrangements required due to emergency or other situation

THIS MEDICAL CONFERENCE GROUP IS LIMITED TO 45 PARTICIPANTS

FOR MORE INFORMATION AND TO BOOK THIS TOUR:

Please contact **Kerry Tattrie** at the **Worldwide Quest** office:
1.800.387.1483 or email at: **kerry@worldwidequest.com**.

For additional information about Worldwide Quest's terms and conditions, please refer to the current Cultural Explorations brochure or visit: www.worldwidequest.com/terms.php.

All participants on tours operated by Worldwide Quest are covered by the terms of the Ontario Travel Industry Act (Worldwide Quest International, Ontario - License # 2667946).

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ITINERARY IN DETAIL:

Day 1: Arrive in Windhoek, Namibia

Upon arrival at the airport in Windhoek we will be met by our local representative and taken to our hotel. Namibia's capital is one of the smallest capitals in the world, with a population of around 250,000. It spreads out in a wide valley between bush-covered hills. With its old German architecture and street stalls, the city is combination of European and African sensibilities.

Overnight: Windhoek Country Club, Windhoek

Meals: Dinner

Day 2: Drive to Sossusvlei

We'll drive south from Windhoek today to our desert lodge, which is situated only 100 metres from the entrance to Namib Naukluft National Park and very near the dunes at Sossusvlei, said to be the highest dunes in the world.

Overnight: Sossusvlei Lodge, Sossusvlei

Meals: Breakfast, Lunch, Dinner



Day 3: Sossusvlei

Early this morning, we will visit the Sossus Vlei, a large clay pan which is only filled with water in years when exceptionally good rainfall is received in the catchments of the Tsauchab River. This unique area of the southern Namib's great sand sea has been maintained over the millennia by the action of the Tsauchab River and the wind. We'll leave very early and enjoy breakfast outdoors among the dunes. We'll walk on the dunes for a firsthand desert experience.

Overnight: Sossusvlei Lodge, Sossusvlei

Meals: Breakfast, Lunch, Dinner

Day 4: Drive to Swakopmund

Swakopmund was an important harbour town during the German colonial time and many old buildings dating back

to the turn of the century give the town a special flair. The town spreads from the mouth of the Swakop River out into the surrounding desert plain. Palm-lined streets and well-kept gardens make it a pleasant oasis in which we will spend two nights.

Overnight: Hansa Hotel, Swakopmund

Meals: Breakfast, Lunch



Day 5: Walvis Bay

Walvis Bay is the only fully developed harbour on the Namibian coast. A spit of land, which ends at Pelican Point in the north, protects the deep-sea harbour. Where the spit joins the mainland the shallows are home to a diverse collection of birds. The Portuguese explorers also noted the abundance of fish. Today we will take a marine cruise, enjoying fresh oysters and drinks as we experience the leaping dolphins, playful seals and soaring seabirds of this area.

Overnight: Hansa Hotel, Swakopmund

Meals: Breakfast, Dinner

Day 6: Drive to Twyfelfontein

Twyfelfontein means "doubtful spring" in reference to the failings of the perennial spring of water which wells up near the base of the valley, formerly known as Uri-Ais. The





valley appears to have been occupied for thousands of years. In early times its spring, on the desert's margins, would have attracted large herds of game from the sparse plains around, making this an excellent base for early hunters. This probably explains why the slopes of Twyfelfontein, amid flat-topped mountains typical of Damaraland, conceal one of the continent's greatest concentrations of rock art. The boulders that litter these slopes are dotted with thousands of paintings and engravings, only a fraction of which have been recorded. Among African rock art sites, Twyfelfontein is unusual in having both engravings and paintings, many of animals or of geometric motifs. Why they were made remains a mystery to this day.



This afternoon there is a 4-wheel drive nature drive through Damaraland. With luck you will be able to observe the desert elephants that roam the riverbeds of Damaraland and Kaokoland. These elephants are not a different species. Rather they have adapted to survive in the harsh desert environment, routinely moving great distances between feeding grounds and the isolated water sources.

Overnight: Twyfelfontein Country Lodge, Damaraland
Meals: Breakfast, Lunch, Dinner

Days 7-9: Etosha National Park

We will have a tour of the famous rock carvings of Twyfelfontein before leaving for Etosha. Translated as the Place of Mirages, Land of Dry Water or the Great White Place, Etosha is an apparently endless pan of silvery white sand, upon which dust devils play and mirages blur the

horizon. The defining feature of the national park is the huge Etosha Pan, which appears to be the remnant of a large inland lake that was fed by rivers from the north and east. The game and birds found here are typical of the savannah plains of Southern Africa but include several species endemic to the western side of the continent, adjacent to the Namib Desert. The more common herbivores include elephant, giraffe, eland, wildebeest, kudu, gemsbok, springbok, impala, steenbok and zebra. Among the rarer species, black rhino continue to thrive here. During our stay here, we'll enjoy several game drives.

Overnight: Etosha Safari Lodge
Meals: Breakfast, Lunch, Dinner

Day 10: Drive to Windhoek

Today we return to Namibia's capital.

Overnight: Windhoek Country Club, Windhoek
Meals: Breakfast, Lunch, Dinner

Day 11: Tour concludes

Transfer to the airport to depart on your homeward flights or extend your African adventure with a safari to Botswana or a stay at magnificent Victoria Falls. Our Botswana adventure offers incredible game viewing with four nights in the Okavango Delta and four nights in Chobe National Park. Our two-night Victoria Falls extension gives you the opportunity to view this awe-inspiring natural wonder.

Meals: Breakfast

Itinerary and accommodations subject to change.



Front cover elephants: © Ute von Ludwiger, all other photos: © Worldwide Quest