In the Steps of Florence Nightingale
From England to Istanbul

21 – 30 May 2012

“A fabulous trip. Just as fascinating as Florence Nightingale was fascinating Istanbul. Thank you.”

Pat Smedley, Florence Nightingale in Istanbul, Sept 2008
On a specially designed tour follow in the footsteps of Florence Nightingale on a journey that breathes life into the remarkable story of this inspirational woman.

Travel from London, which formed the centre of her professional life, to her homes in rural England, to the Scutari Barracks in Istanbul where she worked tending the wounded of the Crimean War. It was the shocking conditions she encountered here that spurred her on in her campaign to improve conditions in army hospitals, which continued throughout her life and helped establish modern nursing practice.

The tour will be led by Alex Attewell, former director of the Florence Nightingale Museum in London, who will bring alive her inspiring life story and her relevance to nursing health care in the twenty-first century.

The tour starts on Monday evening, once everyone has made their transfers to the UK. Meet with your tour guide, Alex Attewell at your London hotel for a welcome dinner. The following morning hear a summary of the aims and objectives of the tour and an introduction to Florence Nightingale. Join a Panoramic Bus Tour of central London, visiting sites including the statue of Florence Nightingale, St Paul’s Cathedral, Buckingham Palace and the Houses of Parliament. That afternoon Alex will deliver a lecture in the evening on *The Life of Florence Nightingale* with the rest of the afternoon free to further explore London or relax.

Alex will start the next day with an informal talk on *Nightingale in London* before you take to the streets of London on a walking tour using public transport with Mary Taylor, a specialist Medical History guide. Visit Nightingale’s and Medical London with visits to Harley Street, South Street, Jermyn Street, Guy’s Hospital, the Old Operating Theatre, and Nightingale’s St Thomas’ Hospital. Visit the Florence Nightingale Museum and hear
a talk. Afterwards, board the London Eye for a ‘flight’ with wonderful views of London and the Thames snaking below. In the evening, there is the option seeing a West End show.

Next day, head into rural England to visit Nightingale’s childhood home in the Amber Valley in Derbyshire. Nightingale returned here by train to Whatstandwell Station when she came back from Scutari and the original platform is still in use today. Stand on the same platform upon which Nightingale disembarked after what was no doubt an emotionally charged journey, before she walked to Lea Hurst, one of the homes of her childhood. Pat Smedley will give an informal talk on Nightingale in Derbyshire and you can explore the villages of the Valley and stop at a 17th century inn, the Jug and Glass, for lunch. After lunch, you may further explore Lea Hurst before returning to London.

Head back into the countryside of Hampshire the next day to see another home of the wealthy Nightingale family, the grand Embley Park, now a school. You will also visit St Margaret’s Church in East Wellow, the Nightingale family burial site. This small church was founded in 1215, the year of the signing of the Magna Carta, and contains in one window the ‘Scutari Cross’, originally made of bullets from the Crimea, and beside it a framed text which was hanging in Florence Nightingale’s bedroom when she died. Spend the afternoon at leisure before returning to London.

Head onward to Istanbul with a morning flight from Heathrow. Check into the Peak Hotel and freshen up before joining Alex in the evening for dinner and a talk on Florence Nightingale in Scutari, in preparation for your visits the following day.

Visiting Scutari is a profound and often emotional experience for nurses. Here, you can stand in the vast corridors once filled with wounded soldiers and tour the barracks where Nightingale was inspired to embark on her life mission to transform the conditions in army hospitals. Visit the Florence Nightingale Museum and the British Cemetery, before stopping for a picnic lunch at a tea garden on the Bosphorus. After lunch, see old Kuleli Hospital and cruise from Europe to Asia across the Bosphorus. Later that evening, there is...
the opportunity to unwind the local way in a traditional Cagaloglu Bath, or Turkish Bath.

Start the next day with a lecture from Alex on *Florence Nightingale and the Nightingale Legacy*, prior to your visit to the Florence Nightingale School of Nursing and a modern Turkish hospital. In the afternoon, immerse yourself in the labyrinthine Grand Bazaar for an afternoon of friendly bartering with the stallholders, along with endless cups of apple tea. You will also visit the Egyptian Spice Bazaar, with its fragrant piles of vivid spices. In the evening, there is the option to see a Whirling Dervish performance.

Next morning, visit the enormous vaulted underground cisterns, the magnificent Byzantine Aya Sophia, and the exquisitely elegant Blue Mosque. After lunch, take an afternoon visit to fabulous Topkapi Palace, with its glittering jewels and royal Ottoman architectural splendour.

Enjoy a delicious Turkish farewell feast that evening, before a final morning at leisure before transferring to the airport to return to the USA.
Itinerary 21 – 30 May 2012

20 May (Sun) Depart US

21 May (Mon) London - Arrival
Am Arrive London Heathrow and transfer to the hotel (group transfer)
Pm At leisure
Eve Meet with tour leader Alex Attewell for welcome dinner

22 May (Tues) London - Introduction Day
Am Aims and Objectives and Introduction to Florence Nightingale: Alex Attewell
Depart on guided Panoramic Bus tour of greater London visiting Aldwych, the Strand, the Statue of Florence Nightingale at Waterloo Place, St Paul’s Cathedral, Westminster Abbey, Buckingham Palace and the Houses of Parliament
Pm Lecture: The Life of Florence Nightingale: Alex Attewell

23 May (Wed) London - Nursing and Florence Nightingale in London
Am Informal Talk: Nightingale in London: Alex Attewell. A tour on foot and via public transport of Nightingale’s and Medical London, with Mary Taylor, a specialist Medical History Guide. Visit Harley Street, South Street, Jermyn Street and Floris, Guys Hospital and the Old Operating Theatre
Pm Walk past St Thomas Hospital and visit The Florence Nightingale Museum. Talk on the Museum by a curator. Finish with a trip on the London Eye
Eve Optional West End Show

24 May (Thur) Derbyshire - Florence Nightingale's early life
Am Bus to Derby. Arrive Whatstandwell Station. Informal Talk: Nightingale in Derbyshire: Pat Smedley (President of Nightingale Derbyshire Association).
Walk through village past family church, Lea Hurst, Lea Hall and Bridge House
Pm Visit the Jug and Glass Inn for lunch
Further time explore Lea Hurst before returning to London

25 May (Fri) Hampshire - Nightingale’s Life and Death
Am Drive to East Wellow and visit St Margaret’s Church. See the video on Nightingale. Visit Embley Park
Pm Drive to Winchester to visit Jane Austen’s house and Winchester Cathedral before returning to London

26 May (Sat) London / Istanbul
Am Fly to Istanbul
Pm Arrive Istanbul and transfer to the Peak Hotel
Eve Informal Talk: Nightingale at Scutari: Alex Attewell. Dinner at the hotel

27 May (Sun) Istanbul - Nightingale in Istanbul
Am Visit the Selimiye Barracks, Florence Nightingale Museum and the British Cemetery
Pm Picnic lunch at a tea garden on the Bosphorus. Drive past the old Koulaiki Hospital building, cruise across the Bosphorus
Eve Option to visit the Cagaloglu Baths (Turkish Baths) (additional cost)

28 May (Mon) Istanbul - Nursing in Turkey Today
Am Lecture: Florence Nightingale and the Nightingale Legacy: Alex Attewell. Visit a modern “Florence Nightingale” Turkish Hospital
Pm Visit the Aya Sophia, the Grand Bazaar and explore the Egyptian Spice market. Free time at Bazaar. Transfer to hotel
Eve Option Whirling Dervishes (additional cost)

29 May (Tue) Istanbul
Am Visit the Underground Cistern and the Blue Mosque
Pm Visit Topkapi Palace
Eve Farewell Dinner

30 May (Wed) Istanbul / US
Am At leisure
Pm Depart Istanbul on flight to US

To book a place on the tour, please email us at info@jonbainestours.co.uk

Aya Sophia at sunset
Tour Leader

Alex Attewell is the former Director of the Florence Nightingale Museum in St Thomas’ Hospital in London. A history graduate of the University of Bristol, Alex trained as a Social History Curator at Leicester University, qualifying with the AMA in 1992. Alex became Curator of the Florence Nightingale Museum in 1994 and Director in 2000. Since leaving the Museum in 2007, Alex works as a heritage consultant, writer and tour leader.

“Alex Attewell was fantastic – he looked after us all really well and gave some excellent talks. Top class tour leader!”

Drs Daniel and Hilary Haines, Florence Nightingale Study Tour in Istanbul, Oct 2009

Tour Guides UK

Mary Taylor (London) is a former nurse at the Royal London Hospital, London and is a registered Blue Badge Guide with a special interest in the Medical History.

Pat Smedley (Derbyshire) is a qualified history teacher and Nightingale nurse, Pat Smedley has for some years led tours in the Florence Nightingale Museum and is currently the Chairman of the Friends of the Florence Nightingale Museum. Pat has recently been involved in establishing the Florence Nightingale Derbyshire Association.

“All the guides and tour leaders were exceptional”

Bobbie Richards, US Health Worker, Florence Nightingale Tour, March 2010

Tour Guide Istanbul

Alp Kaya is a highly experienced and knowledgeable guide, having led tours in Istanbul and Turkey for over 20 years. Recently, Alp has specialised in organising and guiding medical historical groups and works with us on our tours and cruises.

“Allp was fantastic – very knowledgeable, extremely patient and pleasant. He’s a gem.”

Sally Harlow, participant, Florence Nightingale Tour Sept 2008

Hotels

The Corus Hyde Park (London)
The Corus Hotel Hyde Park is a four star hotel located in Kensington next to London’s Hyde Park. The hotel has been recently refurbished and the group will be based in their larger executive rooms.

Peak Hotel (Istanbul)  
Located in the heart of Galata, this elegant and modern hotel offers comfortable accommodation and a relaxed ambience.
The Cost of the tour is $2,640.00  
The Single Supplement is $990.00

The cost includes:
- Nine night’s accommodation on a sharing basis in an executive room in London and the Peak Hotel in Istanbul
- Full British Breakfast Daily in the UK, Continental Breakfasts at the Peak
- Three Dinners (Welcome 21 May, 26 May and Farewell on 29 May)
- Two Lunches (Jug and Glass Pub 24 May, Picnic lunch on 27 May)
- All coach transfers as per the itinerary and tube pass on 23 May
- Tour Leader and Lecturer Alex Attewell throughout the tour (21 May to 30 May)
- Turkish National Guide in Istanbul
- Specialist History of Medicine Blue Badge Guide and Nurse Mary Taylor
- President of the Florence Nightingale Derbyshire Association Pat Smedley
- All Professional Visits and Talks
- All Admission fees where relevant
- Meeting Rooms Where required
- All taxes

The cost excludes:
- Meals not mentioned
- Tips
- Travel Insurance (Mandatory)
- Drinks with lunches and dinners
- Porterage
- Laundry, personal expenses etc
- All Flights (both to and from the US and between UK and Turkey)