

## CMEatSEA

### Africa 2011

8 Day Safari/South Africa Land Program

10 Day Roundtrip Capetown Cruise



February 12–March 2, 2011

Up to 30 CME Hours

Cardiology Update 2011

## Itinerary

February 10–11, 2011	Depart North America
February 12, 2011	Arrive Johannesburg (depending on airline schedules)
February 12–15, 2011	Johannesburg
February 15–18, 2011	Safari
February 18–20, 2011	Capetown
February 20, 2011	Depart Capetown, South Africa
February 21, 2011	At Sea
February 22, 2011	East London, South Africa
February 23, 2011	At Sea
February 24, 2011	Maputo, Mozambique
February 25, 2011	Richards Bay, South Africa
February 26, 2011	Richards Bay, South Africa
February 27, 2011	Durban, South Africa
February 28, 2011	Port Elizabeth, South Africa
March 1, 2011	Mossel Bay, South Africa
March 2, 2011	Capetown, South Africa – disembark and flight home



## At-A-Glance Itinerary

Date	City	Scenic Spots	Hotel
Feb 12, 2011	Johannesburg	<ul style="list-style-type: none"> <li>• Arrive in Johannesburg and transfer to hotel</li> <li>• Dinner at a local restaurant</li> </ul>	5 star – The Michelangelo Hotel ( <a href="http://www.legacyhotels.co.za">www.legacyhotels.co.za</a> )
Feb 13, 2011	Johannesburg	<ul style="list-style-type: none"> <li>• Morning: Tour to the Cradle of Humankind including the Maropeng Visitor Centre</li> <li>• Lunch</li> <li>• Afternoon: Visit Pretoria – one of the three Capital Cities of South Africa</li> <li>• Dinner at a local restaurant</li> </ul>	
Feb 14, 2011	Johannesburg	<ul style="list-style-type: none"> <li>• Morning: Soweto tour</li> <li>• Lunch at a local restaurant in the Soweto</li> <li>• Afternoon: Free time to relax and enjoy Johannesburg</li> <li>• Valentine’s Dinner at a local restaurant</li> </ul>	
Feb 15, 2011	Johannesburg To Kruger National Park  Kapama River Lodge Exclusive Lodge Charter	<ul style="list-style-type: none"> <li>• Morning: early morning charter flight to Hoedspruit</li> <li>• Transfer to the Kapama River Lodge for your three day Safari Experience (<a href="http://www.Kapama.co.za">www.Kapama.co.za</a>)</li> <li>• Afternoon at leisure prior to High Tea</li> <li>• Late Afternoon: Game Drive (safari) to see the nocturnal animals as well as the big cats, as they ready themselves for the evenings hunt</li> <li>• Welcome Dinner</li> </ul>	
Feb 16, 2011	Kapama River Lodge Exclusive Lodge Charter	<ul style="list-style-type: none"> <li>• Early Morning: After coffee/tea and morning rusks, head out on an early morning game drive at sunset (best time of the day for game viewing)</li> <li>• exclusive bush breakfast</li> <li>• Balance of the day free to relax and enjoy the property</li> <li>• Lunch</li> <li>• Late Afternoon: Game Drive in search of the big five</li> <li>• Dinner</li> </ul>	
Feb 17, 2011	Kapama River Lodge Exclusive Lodge Charter	<ul style="list-style-type: none"> <li>• Early Morning: After coffee/tea and morning rusks, head out on an early morning game drive at sunset (best time of the day for game viewing)</li> <li>• Breakfast</li> <li>• Balance of the day free to relax and enjoy the property</li> <li>• Lunch</li> <li>• Late Afternoon: Game Drive in search of the big five</li> <li>• Dinner – Traditional African ‘Bush’ Dinner</li> </ul>	
Feb 18, 2011	Kapama River Lodge To Cape Town	<ul style="list-style-type: none"> <li>• Early Morning: Game Drive</li> <li>• Breakfast</li> <li>• Charter Flight to Cape Town</li> <li>• Afternoon tour to Table Mountain</li> <li>• Dinner at a local restaurant</li> </ul>	5 star –Table Bay Hotel ( <a href="http://www.tablebay-hotel.co.za">www.tablebay-hotel.co.za</a> )
Feb 19, 2011	Cape Town	<ul style="list-style-type: none"> <li>• Tour of the Cape Peninsula</li> <li>• Picnic Lunch (CMEatSEA style) at Cape Point Nature Reserve</li> <li>• Visit to view the Penguins at the Colony</li> <li>• Dinner at a local restaurant</li> </ul>	
Feb 20, 2011 To Mar 2, 2011	Silver Wind 10 Day South Africa Cruise	<ul style="list-style-type: none"> <li>• Free time to relax before transfer to the Silver Wind Cruise Ship – <a href="http://www.silversea.com">www.silversea.com</a></li> <li>• 10 day South Africa cruise</li> </ul>	
Mar 2, 2011	Cape Town	<ul style="list-style-type: none"> <li>• Morning Tour of Robben Island – “Alcatraz of Cape Town where Nelson Mandela was held”</li> <li>• Farewell lunch</li> <li>• Transfer to airport for flight home</li> </ul>	

\*\* PLEASE NOTE: The itinerary, hotels, restaurants and tours are subject to change.

## Detailed Itinerary

### Saturday 12 February 2011:

- Meet and Greet at the Johannesburg Airport
- Check in at five star The Michelangelo Hotel ([www.legacyhotels.co.za](http://www.legacyhotels.co.za)) on Nelson Mandela Square, with direct access to the luxurious Sandton Shopping Centre. The hotel is the perfect complement to Sandton's exclusive central business district of Johannesburg. With its signature Renaissance architecture, elegance and service excellence, The Michelangelo hotel makes a lasting impression from the moment you arrive in Johannesburg.



- You will have the remainder of the day free at leisure.
- Dinner will be enjoyed at a local restaurant on Nelson Mandela Square.



### Sunday 13 February 2011:

- After breakfast, depart on a guided tour to the Cradle of Humankind. The Cradle of Humankind Site comprises a strip of a dozen dolomite limestone caves containing the fossilized remains of ancient forms of animals, plants and most importantly, hominids. The dolomite in which the caves formed, started out as coral reefs growing in a warm shallow sea about 2.3 billion years ago.
- Visit the Maropeng Visitor Centre, this internationally acclaimed tourist attraction highlights the universal relevance of the Cradle of humankind as our ancestral home. An exciting boat ride will take you back 3-billion years through the elements that kick-started life on the planet as you pass through a 150m interactive "virtual cave".
- Lunch will be at the Maropeng Visitor Centre before departure to Pretoria.



- Return to the hotel in the late afternoon to relax prior to dinner.

- Dinner will be enjoyed at Moyo Zoo Lake. The building in the park, part of Joburg's heritage, has been given life once again. Moyo took on this challenge of transforming this once heritage site into the African Bride she was meant to be. Facing the setting African sun, overlooking the tranquil lake, protected by tall pine trees and their unmistakable smell, Moyo Zoo Lake welcomes locals and tourists alike



## **Monday 14 February 2011:**

- After breakfast, depart for Soweto. Enjoy the morning visiting the biggest and most vibrant township in South Africa. Soweto is increasingly becoming one of the most popular tourist destinations in the country. Soweto was pivotal to the struggle for freedom, and is now full of sites of significant historical importance. Today, Soweto is a cultural melting pot, and a absolute must-see for any visiting tourist.
- Lunch will be served at a restaurant in the heart of Soweto. Nambitha is a restaurant situated in the Soweto township of Johannesburg. Nambitha (meaning "to taste" in isiXhosa) was established in 1999 by entrepreneur Khulani Vilakazi, the restaurant has already been host to many famous visitors.



- After the visit, you will return to the hotel in the late afternoon to relax prior to dinner.
- Dinner will be enjoyed at Pigalle Melrose Arch. Following the success of Pigalle Sandton and Bedfordview in Johannesburg, and Pigalle Cape Town, the new location overlooks the vibrant new Melrose Arch Piazza shopping and dining precinct. Renowned South African interior designer Deborah Witkin lent her talent to the space, creating a warm and contemporary feel that stays true to The Arch's metropolitan lifestyle. The menu boasts the delicious dishes one has become accustomed to from Pigalle, their shellfish grilled to their longstanding recipe, gorgeous meat dishes perfected by the chef and specialty poultry dishes that will impress.



**Tuesday 15 February 2011:**

- After breakfast, you will check out from The Michelangelo Towers Hotel
- Transfer from the hotel to OR Tambo International Airport to check in for your chartered flight to Hoedspruit.
- Upon arrival in Hoedspruit you will be met by representatives of Kapama Game Reserve and you will enjoy an open vehicle transfer through to Kapama Game Reserve
- Arrival at Kapama Private Game Reserve, which is a private game reserve located within the Greater Kruger National Park. The reserve is a beautifully scenic wilderness area teeming with Africa's wild animals (e.g. "The Big Five") in the eastern corner of South Africa. The Greater Kruger National Park is South Africa's largest park and its unique combination of habitats ensures a diversity of species seldom found in one single park.
- Check in upon arrival at Kapama River Lodge ([www.kapama.co.za](http://www.kapama.co.za)). The River Lodge is quietly situated deep in the scrub thorn bush and its close proximity to a small river ensures a steady flow of animals that pass by the lodge on their way to the river. Each of the spacious rooms features a full en-suite bathroom and enjoys uninterrupted views of the surrounding bushveld. The central guest entertainment areas include a swimming pool, lounge, curio shop and boma.



- You will enjoy the afternoon at leisure before high tea is served.
- In the evening, you will leave on a game drive (safari). This is experienced in open 4x4 Land Rovers and offers a great opportunity to see nocturnal animals as well as the big cats, as they ready themselves for the evenings hunt.
- After the game drive, an extensive welcoming dinner buffet will be served back at the lodge in a traditional eating area known as a "boma". A "boma" in ancient times was an enclosed area of thorn bushes and wooden poles as a means of protecting the cattle and the cattle herders from the prowling predators of the night such as hyenas and lions (*please note that boma dinners are weather dependant*). The Rhino Boma dining area, with tables arranged under a low thatch in a horseshoe curve, has a central open space where a roaring outdoor fire gives a glow to evening meals. Buffet-style meals introduce African flavours with Pan African dishes using fresh local ingredients and specialist dishes featuring venison like kudu and impala.

**Wednesday 16 February 2011:**

- After coffee/tea and morning rusks, you will head out on an early morning game drive at sunrise (best time of the day for game viewing).
- The game drives will be ended with an exclusive bush breakfast. After breakfast, return to the lodge where the remainder of the day is at leisure.
- Take a nap after the early morning game drive, stay by the swimming pool or visit the spa.
- After lunch at the lodge the afternoon game drive will begin as you go in search of the big five. This is the perfect time of the day to see the big cats in action as they prepare for the evenings "hunt", sundowners will be enjoyed at sunset.
- Everyone will return to the lodge for dinner. Rhino Boma is the most popular buffet dinner venue where a delicious variety of dishes is eaten under an open-sided thatch around a crackling fire.



## **Thursday 17 February 2011:**

- After coffee/tea and morning rusks, you will head out on an early morning game drive at sunrise (best time of the day for game viewing).
- Breakfast back at the lodge, and then the day at leisure. Take a nap after the early morning game drive, stay by the swimming pool or visit the spa.
- After lunch at the lodge, the afternoon game drive will begin as the guests go in search of the big five. This is the perfect time of the day to see the big cats in action as they prepare for the evenings "hunt", sundowners will be enjoyed at sunset.
- For dinner, you will be treated to a traditional African "bush" dinner, in the deep bush under a star filled African sky. "Braai" is local South African slang for barbecue. Open fires and a buffet packed with traditional African meats and vegetables will set the tone for an exotic evening. The perfect ending to a wonderful stay in Africa and Kapama.

## **Elephant Back Safari – INCLUDED FOR ALL GUESTS:**

- This is an once-in-a-lifetime opportunity here in Kapama Game Reserve to ride on the back of an African elephant. Meet the herd in the early morning or late afternoon and learn just how to get onto the back of an elephant and move to its rhythm as they walk through the bush. Elephants need to feed for many hours a day, so just because you are on top, this doesn't stop them from pulling down branches and grabbing a trunk full of grass as they walk. They are the largest creatures in the African jungle so other animals that you may come across will give way to you. After walking for about an hour, the elephants will return you to the elephant boma. A video can be made of your experience for an additional fee. *Please note that the group will be split over the three mornings to accommodate the entire group.*



## **Optional Extras:**

### **Hot Air Ballooning - \$399 USD PER PERSON:**

- There is the opportunity for 72 guests to go Hot Air Ballooning. **This is on a first come first serve basis**
- The giant candy-striped balloons lift off at first light and drift at the mercy of the wind for about an hour. This usually means that you pass right over Kapama Game Reserve and the skill of the balloon pilot is such that you can skim the top of the trees and spot the wild animals below. This memorable experience is highly recommended.



**Friday 18 February 2011:**

- After an early morning game drive and breakfast, check out of the lodge for your transfer to the airport for your Charter flight to Cape Town

***Cape Town is the beautiful gateway to the African continent. At the tip of Africa this city is set on a peninsula of soaring, rocky heights and lush valleys warmed by the African sun. Immense natural beauty and the fast pace and bright lights of a great urban centre merge effortlessly here. There truly are one hundred and one things to see and do in Cape Town, from the wine lands, to the beaches, to the outdoor activities and to the shopping, everybody's taste and interest will be more than satisfied here.***

- Arrival at Cape Town International Airport.
- Upon arrival into Cape Town, you will go to signal hill for a light lunch.



- After Signal Hill, you will check in at the cosmopolitan five star Table Bay Hotel ([www.suninternational.com](http://www.suninternational.com)). The Table Bay Hotel, located on Cape Town's Victoria & Alfred Waterfront, straddles the antique breakwater and is an architectural masterpiece, capturing the essence of the enchanting Cape, the Victorian elegance of yesterday, combined with the contemporary design of today. It is in perfect harmony with the backdrop of Table Mountain, the historic working harbour and the yacht bay.



- This evening, you will experience a night out of the ordinary at the unique and funky restaurant Gold Of Africa. Enjoy a welcome cocktail in the foyer of the Gold Museum. You will then enjoy a private tour of the Gold of Africa Museum ([www.goldofafrica.com](http://www.goldofafrica.com)). The museum is home to a fascinating collection of North and Central African gold jewelry and artifacts – the tour explains the symbolism behind many of the pieces.
- Dinner will be served at GOLD Restaurant in the large courtyard.



**Saturday 19 February 2011:**

- This morning , you will depart along the beautiful Cape Peninsula Route. The first stop along the way will be at Table Mountain. After a Cable Car ride to the top of Table Mountain (1086 Meters), you will enjoy a breathtaking view over the whole of Cape Town and the Cape Peninsula.
- After the stop at Table Mountain, we will continue on the Cape Peninsula Route. The route follows the legendary Chapman's Peak way, where one is afforded magnificent views of the Atlantic Ocean as the peninsula road winds its way down to the tip of Africa, where the Atlantic Ocean and Indian Ocean converge. The route continues along the Indian Ocean and if one is lucky, southern right whales and baboons will occasionally make the odd delegate appearance.



- The tour will continue en route to Cape Point Nature Reserve, where you will enjoy a fantastic buffet beach braai (bbq) picnic lunch (Cruise Connections Canada Style) in one of the most scenic places in Cape Town. Overlooking the shimmering Atlantic Ocean on a green grassy lawn the set up for lunch will create a serene casual atmosphere, where the guests can relax and watch the waves trickling onto the shore.



- Return to the hotel in the late afternoon to relax prior to dinner.
- This evening, you will enjoy your dinner at Atlantic Grill, Table Bay's in house restaurant. Decorated in a Cape winelands theme with large murals and thick-pile carpets, this dignified restaurant overlooks Table Mountain and the inner harbour.

**Sunday 20 February 2011:**

- This morning, relax and enjoy some free time prior to check out.
- Transfer to cruise ship terminal

**February 20 – March 2, 2011**

- 10 Day South Africa Cruise

**Wednesday 02 March 2011:**

- Disembark the Silver Wind and transfer to the V & A Waterfront.
- You will spend the remainder of the morning on a tour of Robben Island. Depart for Robben Island from the V & A Waterfront. A boat tour will take you out to Robben Island, through South Africa's history as they follow in the footsteps of Nelson Mandela and the time he spent on this island. The Robben Island guide was once a prisoner himself and will take you deep into the mysteries that were once the "Alcatraz of Cape Town". Upon return from Robben Island, the ferry boat will dock at the V&A Waterfront.



- Upon arrival to V & A Waterfront at mid day; you will enjoy a final lunch together.
- This afternoon , you will be transferred to Cape Town's international airport to check in for your flight home.

**\*\* PLEASE NOTE: The itinerary, hotels, restaurants and tours are subject to change.**

## CMEatSEA Exclusives

- ✓ Escorted by Sanjay Goel, President of CMEatSEA
- ✓ Up to 30 CME Hours
- ✓ 10 day Silverseas Cruise
- ✓ 8 day land program pre-cruise including a 3 day safari

## Itinerary Highlights

- ✓ Johannesburg – largest city in South Africa including the Soweto
- ✓ Safari – Africa – the very name calls to mind images of expansive savannahs, breathtaking landscapes, magnificent animals, proud ancestral tribes and above all...Safaris
- ✓ Cape Town – one of the most multicultural cities in the world
- ✓ East London, South Africa – Sometimes referred to as Buffalo City. The city lies on the Indian Ocean coast, and is the city's only river port
- ✓ Maputo, Mozambique – Maputo is a melting pot of several cultures, with a strong South Africa influence. The Bantu and Portuguese cultures dominate, but the influence of Arab, Indian and Chinese cultures is also felt
- ✓ Richards Bay – The region is dominated by the Zulu tribe; their customs, historical traditions and culture are evident throughout the region
- ✓ Durban – originally called Rio de Natal (Christmas River), as its discover fell on Christmas Day 1497. It is a bustling, subtropical city with a warm, more often hot than sultry climate.
- ✓ Port Elizabeth – the Addo Elephant National Park is the most famous and popular destination for tourists to Port Elizabeth
- ✓ Mossel Bay – The Dias Museum Complex is the main attraction of Mossel Bay. It includes the imposing post office tree. This huge milkwood tree served passing sea captains as a convenient message center in the late 16<sup>th</sup> and early 17<sup>th</sup> centuries

## Land Program Highlights

- ✓ Exclusive Safari Lodge Charter
- ✓ Charter flights from Johannesburg to Hoedspruit and then from Hoedspruit to Cape Town
- ✓ Beer, Wine and Sodas included with lunch and dinner
- ✓ All gratuities

*This adventure was without a doubt the best of our five CME trips: dramatic in ways we could never have anticipated. It is difficult to identify highlights in such a successful journey but the outstanding event was Lunch on the Great Wall. That is unlikely to ever be equaled.*

**Dr. Robert Fairbairn, Chatham ON**

## Cruise Highlights

### ALL-INCLUSIVE VALUE

#### ALL OCEAN-VIEW SUITE ACCOMMODATION — MOST WITH PRIVATE VERANDA

The most expansive suites of their class at sea, each provides a panoramic view of ocean, shore and port, and an elegant ambience of unrivalled luxury.

#### COMPLIMENTARY BEVERAGES SERVED THROUGHOUT THE SHIP

An extensive selection of fine wines, champagne, spirits, bottled water and soft drinks are yours to enjoy — all courtesy of Silversea.

#### IN-SUITE BEVERAGE CABINET STOCKED WITH OUR COMPLIMENTS

Besides the chilled bottle of champagne that awaits you, every suite features a beverage cabinet stocked with your preferred assortment of complimentary beverages.

#### OPEN-SEATING DINING

No assigned dining time, no assigned table. When, where and with whom you dine is up to you.

#### COMPLIMENTARY IN-SUITE DINING AND 24-HOUR ROOM SERVICE

A formal dinner served course-by-course, a late-night snack, or a full breakfast delivered at your request — with no charge and no tipping.

#### A FULL SPECTRUM OF ENTERTAINMENT AND ENRICHMENT

Production shows, classical concerts, and folkloric performances. Multi-tiered show lounge. Lectures by world affairs experts, renowned authors and destination specialists.

#### COMPLIMENTARY TRANSPORTATION INTO TOWN

Roundtrip transportation from the pier to the heart of town in most ports of call

## Cruising With Silverseas

"The perfect blend of travel and good living has always been our inspiration. From our earliest days, we set the benchmark in the ultra-luxury cruise market. We are no ordinary cruise line, as with Silversea you experience a very special lifestyle; your journey is one of enlightenment, enjoyment and excitement. This year we have added even more destinations to our collection, have delved deeper into the worlds of art and culture, and our unique onboard programmes offer unprecedented exploration into the heritage of great wines and culinary styles. To us, travel is an art form; it requires the same style and careful design of any great masterpiece. Welcome to the world of Silversea."

*Manfredi Lefebvre d'Ovidio, Chairman, Silversea Cruises*

Art inspires. Awakens your emotions and stimulates your thoughts.

In the quiet calm of morning, your private veranda becomes a place of true inspiration. Surrounded by the magnificence of the dawning day, at one with the vista of sea and sky, in awe of nature and the vast beauty of this world. The shoreline of the next port slides closer and closer into view, and with it an undeniable anticipation of things to come and the promise of limitless possibilities.

Silversea creates exceptional ocean journeys with unique opportunities to explore remote ports-of-call from an intimate haven of incomparable luxury, each voyage a unique masterpiece. Discover genuine European expertise reflected in every detail, from our tranquil all-suite accommodation and uncompromising service to distinctive fine dining and a carefree all-inclusive philosophy.

Our guests hail from across the globe, yet share an appreciation for the spectrum of choice offered in Silversea's array of exotic destinations and exclusive explorations ashore. By blending these elements together with enrichment experiences, each new port becomes more than a destination, it becomes a state of mind, transcending the traditional concepts of cruising. It is this distinction that has earned Silversea the reputation of World's Best.

Silversea ... The art of travel. The art of good living.

## WHY THE SILVER WIND?

**Luxurious Intimate Style:** Small Ships. Great Possibilities.

Relax in refined luxury as you traverse the Indian Ocean aboard the Silver Wind. Admire untouched natural wonders, discover cultures unchanged throughout the centuries, follow the path less travelled.

**Suites:** After a day spent exploring ashore, return to the creature comforts of your spacious ocean-view suite. Over 80% feature a private teak veranda and all include the complimentary services of your own dedicated butler.

A personal retreat. A sumptuous sanctuary. Your suite invites you to relax completely. Enjoy a scented soak in the full-size bath and a romantic, in-suite dinner for two served course by course. Step out onto your private veranda to toast the day's destination as it fades into the horizon. Then, when you've tired of gazing at the vast sea and starry sky, curl up beneath your fluffy duvet while your ship travels through the night en route to the next new adventure.

All suites include the following: dedicated Butler service; champagne upon arrival and replenished as you desire; in-suite refrigerator stocked with your preferred beverage selections; fresh fruit and flowers; choice of Bvlgari, Acqua di Parma, or Neutrogena bath amenities; down duvets, fine bed linens, pillow selection and plush mattresses; spa robe and slippers; spacious walk-in wardrobe and full-length mirror; writing desk with personalized stationery; Italian marble bathroom featuring full-size bath and shower; complimentary movie channels and film library.

Butler service includes: unpack your luggage, hang clothing and set out personal items; arrange private fitness sessions; prepare at pack your luggage at the end of the voyage.

Additional services are available for Royal, Grand and Owner's suites.

## Cuisine

**Cuisine:** The pleasures of gourmet cuisine and fine wines are yours to savour in settings intimate and elegant. Breakfast with a panoramic oceanview. Lunch served on deck in the open air. Dinners destined to become memorable events.

Silverseas talented chefs bring out the true essence of the destination with dishes full of flavour, rich in heritage and prepared with fresh, locally acquired ingredients whenever possible.

Indulge in a world of epicurean delights created exclusively for Silversea by Relais & Chateaux – the prestigious international association of exquisite boutique hotels and restaurants. Their partnership with Relais & Chateaux has inspired an array of signature dishes and the only wine restaurant by Relais & Chateaux at sea.

### The Restaurant

Sophisticated elegance. Impeccable service. Contemporary international cuisine for breakfast, lunch and dinner with exclusive menus by Relais & Chateaux.

### La Terrazza

Indoor or alfresco dining on the outdoor terrace. Panoramic ocean views. Buffet-style for breakfast and lunch. Authentic Italian cuisine served a la carte for dinner. Casually elegant attire as a formal night option.  
*Reservations required for dinner.*

### Le Champagne by Relais & Chateaux

A six-course epicurean experience in an intimate setting. Fine wines are complemented by a tasting menu of regionally inspired dishes. *Per guest reservation fee.*

### Pool Grill

Poolside convenience. Lunch and dinner menus include grilled meats, fresh-from-the-oven pizza and lighter fare.

### In Suite

Dine course by course during Restaurant hours with complimentary 24-hour room service.

## Onboard

**The Spa at Silversea:** Awaken your senses and sense of well-being with pampering spa therapies including facials, body wraps and massages plus a full-service beauty salon.

**Fitness:** The Fitness Centre offers energizing group classes that are led by a professional and always complimentary. Try aqua aerobics, circuit training or a refreshing early morning walk around the top deck track. On the softer side: Pilates, yoga, stretch and meditation classes are popular choices. Following your workout, relax in one of the outdoor whirlpools.

**Your Night:** Stepping out on the town is just a step beyond the threshold of your suite. Catch a movie on deck or the urge to splurge in the designer Boutique. Take a spin at roulette or around the dance floor. Be enchanted by the sparkling talent in the Show Lounge or the moonlight reflected across a midnight sea.

Celebrate the freedom of our all-inclusive philosophy. Fine wines and spirits are served not only with meals, but also throughout the ship. Champagne flows freely and the open bar policy means never having to decide whose turn it is to pick up the tab. So, go ahead. Have that after-dinner cognac, and drink in the sublime effortlessness of another perfect day.

### The Show Lounge

Sophisticated performances from full-scale production shows and classical soloists to feature films and cultural entertainment.

### The Panorama Lounge

A spacious dance floor. Live music from standards to the latest club mixes.

### The Observation Lounge

A quiet retreat, high atop the ship with breathtaking ocean views

### Poolside

Cocktails, moonlight and soft ocean breezes. Traditional dances by local folkloric troupes. Movies on deck under the stars.

### Connoisseur's Corner

An excellent assortment of Davidoff and Cuban cigars. Exceptional cognacs.

# CME @ SEA™

## ACCOMODATION

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### Verandah and Midship Verandah Suite



295 SQ. FT. / 27 M<sup>2</sup> — VERANDA 49 SQ. FT. / 4.5 M<sup>2</sup>

- Teak veranda with patio furniture and floor-to-ceiling glass doors
- Twin beds or queen-sized bed
- Sitting area

*The Midship Veranda Suite offers preferred midship location with identical accommodation to a Veranda Suite.*

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### Vista Suite



240 SQ. FT. / 22 M<sup>2</sup>

- Large picture window providing panoramic ocean views
- Twin beds or queen-sized bed
- Sitting area

## TESTIMONIALS

*This was a well planned, well executed CME. I'll recommend it to colleagues.*

**Dr. E. Udoeyop, Cornwall ON**

*At CMEatSEA you really are treated as 'family'.*

**Dr. Bob Thompson, Drayton Valley AB**

*This adventure was without a doubt the best of our five CME trips: dramatic in ways we could never have anticipated. It is difficult to identify highlights in such a successful journey but the outstanding event was Lunch on the Great Wall. That is unlikely to ever be equaled. Close seconds were the sampan races, Geiko evening, the tea ceremony and the kids at Wanzou.*

**Dr. Robert Fairbairn, Chatham ON**

*Well worthwhile. Refreshing approach to CME.*

**Dr. Peter Methven, Langley BC**

*My wife and I were overwhelmed by your hospitality, efficiency and excellence on this trip. We want to thank everybody that made this trip such a super experience. We will definitely see you on a future program! Thank you again!*

**Dr. Fanie De Nysschen, Cabri SK**

*I really enjoyed the CMEatSEA and our 1st cruise. It was a very good balance of life, vacation and education. The CMEatSEA was very well organized.*

**Dr. Dennis Dahl, Moose Factory ON**

*You have a high caliber of speakers. I usually don't expect to have this much new information from most seminars.*

**Dr. Anthony Lam, Calgary AB**

*As you advertise - a trip of a lifetime.*

**Dr. Denis Lacroix, Hearst ON**

*Overall, the experience was fantastic. The attention to detail and organization was great. It was wonderful to not have to wrestle with our luggage. The shore excursions and activities were wonderful.*

**Dr. Winston Jong, Mississauga ON**

*The organization, attention to detail, the quality of CME, and excursions were superb. I have never been on a .*

**Dr. William Cross, Cobourg ON**

*This was the best organized of the 3 cruises that I have presented at. Your attention to detail was amazing. Family felt part of the experience.*

**Dr. Roman Jovey (presenter), Mississauga ON**



**February 12 – March 2, 2011  
 Cardiology Update 2011  
 Pre Land Program plus 10 day Silver Wind Cruise  
 \*\*\*FREE AIR – Companion Travels and Flies FREE. Delegate Flight included**

<b>Package Rates:*</b>	<b>Delegate</b>	<b>Companion</b>
Vista Suite (picture window)	\$22999	FREE
Verandah Suite	\$25499	FREE
Midship Verandah Suite	\$26249	FREE

**Safari Upgrades**

Spa Suite	\$450	FREE
Hot Air Balloon Ride (per person)	\$399	\$399

**CME Fee \*\***

Delegate	\$1795	
Partner Program	\$995	

**Cruise Taxes/Gratuities:**

Per person	\$485	
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**Payment Information:**

Deposit \$2500 per couple

\*\*\*Pricing Subject to Availability and Change – FREE Air is from YYZ – low air add-ons will be available

**Cancellation Fees:**

121+ days in advance	No cancellation fee
120-90 days in advance	25% of the total price
89-65 days in advance	50% of the total price
64-45 days in advance	75% of the total price
44-0 days in advance	Non-Refundable

\* Package prices include free Air from YYZ; all on board accommodation as stated, all meals as stated, activities and events as described; all inclusive beverage program onboard the ship including soft-drinks, hot beverages, wines and spirits; wine, beer and soft drinks during lunch and dinner on the land program.

\*\*CME Fees subject to 5% GST at time of Final Payment. For BC and Ontario residents, the CME fees are subject to the HST at the time of Final Payment.

\*\*\*Free Air from YYZ. Low air add-ons from other gateways available. Please call for more details.

\*\*\*\*Travel Insurance is obligatory for this journey through our insurance provider

**Final Payment is due October 12, 2010.**

All funds stated in USD dollars.

CMEatSEA reserves the right to change or cancel course content, speaker or topics for cause. The itinerary, hotels, restaurants and tours are subject to change.

**Reserve Today  
 1-888-523-3732**



# AFRICA Registration Form

## GENERAL INFORMATION:

Dr. \_\_\_\_\_ Date of Birth (mm/dd/yyyy) \_\_\_\_\_ Shirt Size (S, M, L, XL) \_\_\_\_\_  
First Name Surname (complete name as it appears on your passport)

Professional Degree: \_\_\_\_\_

Would you like designations to appear on your name badge?  Yes  No Clinic Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_ E-mail: \_\_\_\_\_

Telephone Bus.:(\_\_\_\_) \_\_\_\_\_ Telephone Home:(\_\_\_\_) \_\_\_\_\_ Fax: :(\_\_\_\_) \_\_\_\_\_

Partner Name:  Dr.  Mr.  Mrs.  Ms. \_\_\_\_\_ Date of Birth (mm/dd/yyyy) \_\_\_\_\_

Partner Program:  Yes  No Shirt Size (S, M, L, XL) Will you be traveling with any other family or friends?  Yes  No

## REGISTRATION RATES (circle your choice):

**February 12 – March 2, 2011 FREE AIR\*\***

<b>Destination:</b>	Africa	
<b>Conference:</b>	Cardiology Update 2011	
<b>Package Rates:*</b>	Delegate	Companion
Vista Suite (ocean view)	\$22999	FREE
Verandah Suite	\$25499	FREE
Mid-ship Verandah Suite	\$26249	FREE

<b>Safari Upgrades</b>		
Spa Suite	\$450	FREE
Hot Air Balloon Ride	\$399 per person	

<b>CME Fee:**</b>		
Delegate	\$1795	
Partner Program	\$995	

<b>Cruise Taxes/Gratuities:</b>		
Per person	\$485	

<b>Payment Information:</b>		
Deposit***	\$2500 per couple	

\*Package prices include all on board accommodation, meals, activities and events; beverages as described and FREE air from YYZ.  
\*\*CME Fees subject to 5% GST at time of the Final Payment. For BC & ON residents, CME Fees are subject to HST at time of Final Payment.  
\*\*\*\*Travel Insurance is obligatory for this journey through our insurance provider

**Final Payment is due October 12, 2010**  
All funds stated in USD  
CMEatSEA reserves the right to change or cancel course content, speaker or topics for cause. The itinerary, hotels, restaurants and tours are subject to change.  
We cannot invoice for payment. Registration will not be completed without payment.

**Payment Method**  
 Visa  MasterCard  Cheque (Payable to Cruise Connections Canada)

**TOTAL DEPOSIT** \_\_\_\_\_  
I hereby authorize Cruise Connections Canada on behalf of CMEatSEA to charge the credit card provided for the fee indicated.  
I am aware that all charges are subject to applicable taxes.  
Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_ Cardholder's Signature: \_\_\_\_\_

Fax 1-604-689-9283