



Heart of Britain

YORKSHIRE | LAKE DISTRICT | WALES



BROUGHT TO YOU BY



June 30 – July 12, 2025

Other dates available upon request

AHI is a preferred provider of travel services through

AMA 
Member Benefits PLUS



Curated for AMA Physicians:

Embark with us on a 11-night adventure in northern England and Wales and be greeted by nature's spectacular pageantry and remarkable cultural gems! Take in the rolling, green landscapes of the Yorkshire Dales, the literary legacy of the English Lake District and the sweeping valleys and rocky peaks of Snowdonia National Park in Wales.

In walled York, feel immersed in medieval England along tiny, twisting lanes, and marvel at dazzling stained glass in the majestic York Minster. Delight in the extraordinary ruins of a Cistercian abbey, a stately historic manor that's starred on film, and the formidable, 13th-century Welsh castles of Conwy and Caernarfon!

Cultural heritage and education have been thoughtfully interwoven into this well-crafted itinerary. You'll sit down for a traditional English afternoon tea and feel your spirits lifted during a session with a Welsh musician. Plus, look to our expert guides for illuminating details, and delve deeper into special topics with our experienced lecturers.

Across Britain, enjoy the comfort of first-class hotels, the organizational savvy of a Travel Director and the fellowship of other curious travelers. Interest in this fascinating journey is sure to be high, so ensure your spot by reserving today!



Member Benefits PLUS

AHI is a preferred provider of travel services through AMA Member Benefits PLUS. Please read the AMA liability disclaimer under "Responsibility" in the program specific terms and conditions at ama.ahitravel.com.

UNESCO World Heritage

1. Studley Royal Park including the Ruins of Fountains Abbey, North Yorkshire, England
2. The English Lake District
3. Castles and Town Walls of King Edward in Gwynedd, Wales
4. The Slate Landscape of Northwest Wales

Right: Snowdonia in the Slate Landscape of Northwest Wales





A World of Discovery



Welsh mountain pony, Snowdonia National Park

Traverse the heart of the United Kingdom on this enriching journey to northern England and Wales! Be nourished by the soul-stirring natural beauty of Britain's national parks and immerse yourself in the literary history of the romantic English Lake District. Marvel at majestic Welsh castles and atmospheric 12th-century ruins. Roam lovely Bodnant Garden and visit seaside Llandudno. Plus, engage in the cultural traditions of English tea and Welsh music!

Top: Rievaulx Abbey, North York Moors National Park

Cover: Yorkshire Dales National Park

Mail panel: The Shambles, York | Conwy Castle

Inspiring Moments



- Marvel at the natural grandeur of **Britain's premier national parks.**
- Take in sublime vistas of the 12th-century **Fountains Abbey** ruins.
- Explore **medieval, walled York.**
- Appreciate Welsh history inside the mighty **castles of Conwy and Caernarfon.**
- Walk in the footsteps of **literary greats** in the enchanting **English Lake District.**
- Relax in the refined comforts of an elegant **Welsh country manor.**
- Indulge in an **English afternoon tea** and interact with **Welsh singers.**
- Experience four **UNESCO World Heritage Sites.**

ALUMNI CAMPUS
ABROAD®



York Minster and medieval walls of York

Day 1 | In Transit

Depart your gateway city for Manchester, United Kingdom. 🌐

Day 2 | York, United Kingdom

Upon arrival, transfer 🚗 to the Hotel Indigo York, check in and refresh with an afternoon tea.

Meet your fellow travelers and get acquainted at this evening's Welcome Reception and Dinner.

Day 3 | York

Enrichment: Contemporary Britain.

Historic York. Surrounded by 13th-century walls, this medieval city radiates a truly special ambience with its quaint buildings tightly packed on the Shambles' narrow lanes and its crowning glory, the magnificent Gothic York Minster. With insights from your guide, see its highlights, stroll on the Riverside Trail, and visit the cathedral ornamented with fine stonework and impressive medieval stained glass.

Free Time: Enjoy some time at leisure in York.

🌐 **AHI Connects | Afternoon Tea at Bettys Café Tea Rooms.** Savor lunch and the English tradition of afternoon tea at this local landmark.

Day 4 | North Yorkshire

Hidden Treasures of North Yorkshire.

Take a scenic drive through moorland blanketed in heather to Rievaulx Terrace and Temples in North York Moors National Park. Admire this stately, 18th-century landscape design featuring two classical temples on a grassy terrace with stunning views of an ancient abbey in the valley below. Afterward, tour stately Castle Howard, the handsome backdrop of many film and TV productions, including "Bridgerton."

Day 5 | Yorkshire Dales | Windermere

Check out of the hotel this morning.

Fountains Abbey & Yorkshire Dales.

Visit Studley Royal Park for a walking tour of the magnificent, 12th-century ruins of Fountains Abbey, a splendid Cistercian abbey and Georgian water garden. Next, marvel at the splendor of Yorkshire Dales National Park. Visit the small village of Grassington for lunch on your own and to see lovely Aysgarth Falls. In the hamlet of Hardraw, opt for a walk followed by a cheese tasting at a local creamery. *(Active)* Arrive in the Lake District and check in to the Macdonald Old England Hotel & Spa. Sit down to a group dinner at the hotel this evening.

Day 6 | English Lake District

Northern Lake District. On a scenic tour, revel in the peaceful landscapes of fells, dales, becks and tarns that inspired 19th-century Romantic poets, such as William Wordsworth. Stop in charming Grasmere and walk within the atmospheric, Neolithic Castlerigg Stone Circle.

Rydal Mount





Serene Derwentwater, Lake District National Park

Later, savor lunch and a spirits tasting at a distillery followed by a pleasant cruise across Derwentwater from Keswick to Lodore Falls.

Day 7 | English Lake District

Enrichment: *History of the English Lakes.*

Authors Day. See more enchanting Lake District scenery on a themed day devoted to the renowned literary figures who established homes here. Tour Rydal Mount, Wordsworth's hillside home, and listen to a poetry reading in his garden. Continue to the villages where Victorian writer John Ruskin and author Arthur Ransome lived. After lunch, head to the pretty village of Hawkshead before concluding at Hill Top, the home of author Beatrix Potter. Join your group for a dinner in the hotel.

Day 8 | Chester | Deganwy, Wales

Check out of the hotel and depart for Wales.

Chester. Stop for lunch and a guided walk

along the historic city's original Roman walls. Check in to the Quay Hotel & Spa in Deganwy.

AHI Connects | Welsh Music Traditions.

Discover the Welsh fondness for music during an interactive session with a talented musician.

Day 9 | Conwy Castle | Bodnant Garden | Llandudno

Conwy Castle, Bodnant Garden &

Llandudno. Visit imposing Conwy Castle for a guided tour of the grounds, with its eight huge towers and a high curtain wall. Visit Bodnant Garden to roam the 80 acres of flower-filled terraces and winding paths of plants from around the world. After lunch, cap off your day with a visit to the much beloved, Victorian seaside resort town of Llandudno.

Day 10 | Snowdonia National Park | Betws-y-Coed

Enrichment: *Wales, Past & Present.*

Caernarfon Castle



Included Features



Snowdonia National Park. Be dazzled with a visit to the stunning region of Snowdonia, a national park that boasts vistas of rivers, valleys, lakes and rugged mountain ranges. On your scenic tour, visit the National Slate Museum and continue to the resort town of Betws-y-Coed, for lunch and free time.

Day 11 | Caernarfon Castle | Llyswn

Check out of the hotel this morning.

Caernarfon Castle. Visit this well-preserved royal fortress and castle for a guided tour of the grounds surrounding the immense castle. Savor a tasty lunch of Welsh specialties and continue on a scenic drive through Snowdonia with photo stops and views of the Welsh countryside. Arrive in Llyswn and check in to Llangoed Hall, an elegant country manor.

Day 12 | Llyswn

Free Time: Unwind amid the hotel's lush, rural setting, or make your own plans in the area.

This evening, celebrate your adventure at the Farewell Reception and Dinner in the hotel.

Day 13 | In Transit

After breakfast, transfer 🔄 to the airport in Birmingham, England, for the return flight ✈️ to your gateway city.

Note: Itinerary may change due to local conditions.

✈️ Flights and 🔄 transfers included for AHI FlexAir participants.

Note About Activity Levels

We have designated activity levels for all excursions on this program. For more details, please call or visit our website.

Excursions on this itinerary require:

- walking on cobblestones, unpaved paths and/or uneven surfaces
- getting on/off motor coaches and boats

Accommodations (with baggage handling)

- **3 nights** in York, England, at the first-class Hotel Indigo York.
- **3 nights** in Bowness-on-Windermere at the first-class Macdonald Old England Hotel & Spa.
- **3 nights** in Deganwy (Conwy), Wales, at the first-class The Quay Hotel & Spa.
- **2 nights** in Llyswn at the first-class Llangoed Hall.

Transfers (with baggage handling)

- Deluxe motor coach transfers during the Land Program.

Extensive Meal Program

- 11 breakfasts, 6 lunches and 7 dinners, including Welcome and Farewell Dinners; tea or coffee with all meals, plus wine, beer or soft drinks with lunch and dinner.

Your One-of-a-Kind Journey

- **Small group:** Sized just right at 28 guests.
- **Enrichment by expert speakers** enhances your insight into the region.
- **Engaging excursions** showcase the local culture, heritage and history.
- Free time to pursue your individual interests.
- 🌍 **AHI Connects | Local immersion.**
- Welcome and Farewell Receptions to mingle with fellow travelers.
- A personal VOX headset to hear your English-speaking guide clearly.
- Tipping of guides and drivers.
- Complimentary travel mementos.
- 🌱 **AHI Sustainability Promise:** We strive to make a positive impact wherever we travel.

Bodnant Garden



Accommodations

Our travel experts have carefully selected these first-class properties for their prime locations. They are ideally situated for exploring each region's renowned landmarks while providing opportunities to immerse yourself in local life. Of utmost importance is the superior quality of their services, amenities and accommodations, allowing you to enjoy your stay fully.



Hotel Indigo York | York



Macdonald Old England Hotel & Spa | Bowness-on-Windermere



Quay Hotel & Spa | Deganwy



Llangoed Hall | Llyswen



Reserve your trip today!

To book your journey,
please call our AHI Travel Experts
at **877-893-8444** or
visit **ama.ahitravel.com**.

Program Dates

Travel dates †

June 30 – July 12, 2025

† Travel dates include any overnights required for international travel. These dates may vary depending on air schedules.

Tour dates*

July 1-12, 2025

* Tour dates begin on the scheduled arrival date at your destination and end on the scheduled departure date from your destination.

Land Program

Full Price	\$6,140
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Special Savings	\$750
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Early Booking Special Price*	\$5,390
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*Early Booking Special Price valid if booked by date on address panel and paid in full at booking. If you pay only your deposit by early booking date, you still save \$250 per person.

VAT in the amount of \$495 per person is included in the above prices. All prices quoted are in USD, per person, based on double occupancy and do not include air transportation costs (unless otherwise stated).

Special offers, promotions and discounts cannot be combined.

Single accommodations are an additional \$1,695 (limited availability).

Please note: Program-specific terms and conditions are available at <https://ama.ahitravel.com/destinations/1896A?schoold=442>. You can also request a copy from our travel experts. Any payment to AHI Travel constitutes your acceptance of the terms and conditions set out therein, including but not limited to the cancellation terms.

AHI FlexAir

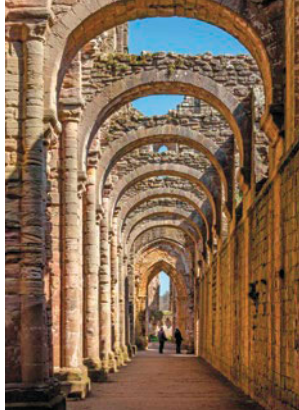
Let us arrange your flights

Our experts are ready to assist you in booking flights. Our personalized air program offers the following advantages:

- **price guarantee** to protect you from fuel surcharge increases after ticket purchase
- arrival and departure **transfers** on group dates
- **flexibility** to change or cancel your reservation before departure on most flights (Fees may apply.)
- **assistance** in the event of schedule changes or delays



Eastgate clock on walls of Chester



Fountains Abbey



Castlerigg Stone Circle, Lake District



Iconic Castle Howard

AHI Travel Expertise



From your reservation to your return home, we are here to ensure you have the adventure of a lifetime.

Before you go:

Travel Consultants stand ready to answer your questions as they guide you through the reservation process.

Travel & Air Coordinators each offer their personalized assistance with flights, electives and special requests.

Travel Information provides pre-departure details and enrichment about your destination.

Once you arrive:

Your Travel Director, a seasoned, multilingual professional, manages daily logistics so you enjoy a seamless experience.

Handpicked Expert Guides offer fascinating insights and share their passion for their country with you.

Knowledgeable Lecturers deepen your appreciation for the region and its history, culture and current events.



English afternoon tea



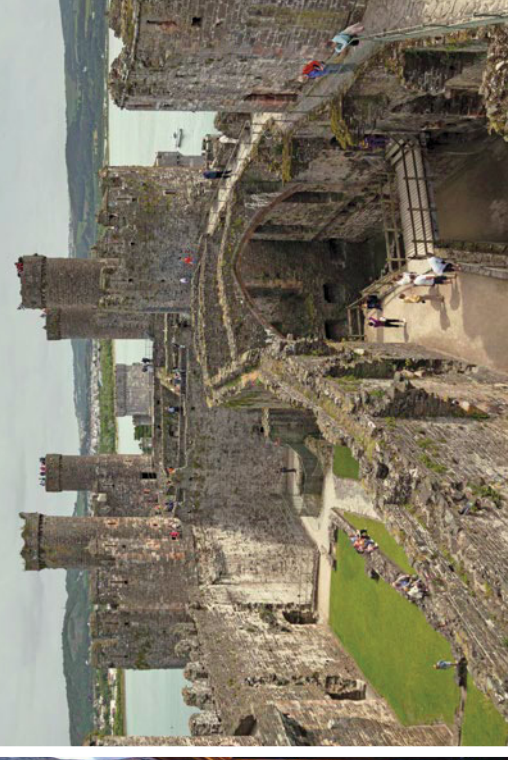
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Discover the beauty & cultural gems of England & Wales!

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**Please call or refer to
our website for the
most current program
information, discounts
and pricing.**

AHI Travel's mission is to deliver inspirational, educational and cultural programs that delight travelers.

With AHI you can rely on:

- Experienced Travel Directors who attend to every detail of your journey.
- An exceptional travel value.
- Unique access to local sites.
- Flexibility and customization.
- Safety and security.

