

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

CROATIA

Cruising the Islands of the Adriatic



September 8 - 16, 2018

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TRIP HIGHLIGHTS

- ▶ Explore the beautiful islands of Croatia on an exclusive, chartered motorsailer yacht
- ▶ Visit the local market in Trogir with a chef to shop for fresh ingredients, and enjoy a hands-on cooking class
- ▶ Enjoy a private wine tasting at a local vineyard in the small town of Orebic and taste wine from the famous Peljesac hills
- ▶ Hike the thick pine forests, karstic caves, and sandy beaches of Mljet Island
- ▶ Snorkel and swim in the turquoise glow of the Blue Cave located on the island of Bisevo

TRIP ROUTE



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QUICK VIEW ITINERARY

- Day 1: Arrive Dubrovnik, welcome dinner
- Day 2: Explore Cavtat Town, board your yacht, sail to Mljet Island
- Day 3: Bike on Mljet Island, sail to Korcula Island, meet a local coral jeweler
- Day 4: Sail to the town of Komiza, explore on foot
- Day 5: Swim or snorkel in the Blue Cave, walking in the town of Vis
- Day 6: Sail to Hvar, explore Hvar's fortress, cathedral, monastery, and beaches
- Day 7: Experience the Diocletian Palace, walk Split's famous promenade - the "Riva"
- Day 8: Cooking class in Trogir, explore the city, relax on the beach, farewell dinner
- Day 9: Depart for the US

TRIP PRICE

Main Trip: \$5,990

Optional Single Accommodations: \$300

CROATIA

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September 8 - 16, 2018

is this trip
right for me?

We rate this trip as moderate. You should be able to hike comfortably for two to three hours at a time on varied terrain, as well as bike for half a day and paddle a raft. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you to ensure that you are prepared for the trip. Visit <https://fitfortrips.com/partners/adventure-women/> for more information.

the important
stuff

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

how do I get
there?

pack your
bags!

the fine print

your adventure
in depth

CROATIA

Cruising the Islands of the Adriatic

September 8 - 16, 2018

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for me?

the important
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your adventure
in depth

Forms and Final Payment:

Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Copy of Flight Information
- Copy of Issuing Page of Passport (photo page)

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before June 10, 2018.

Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates with at least two blank facing pages. If you do not have a passport, please apply now!

Money:

The Croatian currency is the Croatian kuna (kn). As of May, 2017, US\$1 = kn6.6. Credit cards are widely accepted in Croatia, and ATMs are accessible in larger towns. We suggest bringing a few hundred dollars in cash to exchange into kunas for spending money and gratuities.

Suggested Gratuities:

- ▶ Main guide: \$8-10 per day
- ▶ Drivers: \$2-4 per day
- ▶ Local Guides: \$3-5 per day
- ▶ Boat Crew: \$8-12 per day

CROATIA

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September 8 - 16, 2018

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Arrive: Arrive at Dubrovnik Airport (DBV) on September 8, 2018 before 2:00pm. There will be one group transfer included (time TBD).

the important
stuff

Depart: Depart Split, Croatia (SPU) on September 16, 2018.

We are happy to help you make your flight and travel arrangements. Please contact us at:

(800) 804-8686 or (617) 544-9393
email: info@adventurewomen.com

how do I get
there?

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

pack your
bags!

Note: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last-minute registrants, we must release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

the fine print

your adventure
in depth

CROATIA

Cruising the Islands of the Adriatic

September 8 - 16, 2018

is this trip right
for me?

the important
stuff

how do I get
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the fine print

your adventure
in depth

Packing Considerations: September weather on the Mediterranean in Croatia generally has daytime average temperatures in the comfortable 80s, with night time temperatures in the 60s. As in all outdoor activities, you should be well prepared for weather changes. It can get quite cool at night on the boat.

Please pack lightly in one duffel bag and one carry-on for this trip. When visiting churches and cathedrals you must wear appropriate clothes - t-shirt and pants, or a skirt that covers your knees.

Clothing and Gear:

- Duffel bag
- Daypack
- 1 pair of comfortable walking/hiking shoes (for walking and biking)
- 1 pair of flip flops
- 2-3 pairs of socks
- 3-4 short sleeve shirts/tank tops (quick dry recommended)
- 1 long sleeve shirt (quick dry recommended)
- 1 medium weight fleece sweater/jacket for cool evenings
- 1-2 pairs of pants
- 1-2 pairs of shorts
- 1 set of nicer clothes for dinner in Dubrovnik
- 1-2 bathing suits
- Waterproof jacket
- Hat for sun protection
- 5-7 pairs underwear
- Sleepwear

AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen insulated bottle (good for hot or cold drinks!)
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer

CROATIA

Cruising the Islands of the Adriatic

September 8 - 16, 2018

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for me?

the important
stuff

how do I get
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the fine print

your adventure
in depth

Essentials Continued:

- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at www.earplugstore.com
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens

Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

CROATIA

Cruising the Islands of the Adriatic

September 8 - 16, 2018

.....

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Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

the important
stuff

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

how do I get
there?

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

pack your
bags!

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

the fine print

Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

your adventure
in depth

In this spirit, the successful adventure traveler should be a

CROATIA

Cruising the Islands of the Adriatic

September 8 - 16, 2018

your adventure in depth

DAY 1

Saturday
9/8/18

Arrive in Dubrovnik

Dubrovnik, the “Pearl of the Adriatic” on the Dalmatian coast, became an important Mediterranean Sea power starting in the 13th century. Although severely damaged by an earthquake in 1667, Dubrovnik managed to preserve its beautiful Gothic, Renaissance, and Baroque churches, monasteries, palaces, and fountains.

Pick-up and Transfer

You will be picked up at the airport and transferred to your hotel. Note that there is one group transfer included in the trip - we will advise the transfer time closer to the trip.

Welcome Dinner

Enjoy a welcome dinner and group orientation this evening.

Accommodations

Hotel Lacroma

Meals Included

dinner

CROATIA

Cruising the Islands of the Adriatic

September 8 - 16, 2018

.....

your adventure
in depth

DAY 2

Sunday
9/9/18

Dubrovnik to the Dalmatian Coast

Island Mljet stretches over 100 square kilometers. Thanks to its thick pine forest, karstic caves, two picturesque lakes connected with the sea, gravelly and sandy beaches, and fishing areas abundant with fish and lobster, the west part of the island has been made a National Park.

Visit Cavtat Town

Cavtat is a unique town on the Adriatic, an old city situated on the hilly part of the wooded peninsula Rat. The charms of this old city are the buildings that have remained from the time of the old Dubrovnik Republic. Spend the morning sightseeing in Cavtat town. Visit the Rector's palace, see the unique Renaissance architecture, and St. Nicholas church.

Lunch

Enjoy lunch on your own in a local restaurant.

Check-in on the Boat

After lunch, head to the boat to check in. This will be your home and your base for exploring over the next several days.

Mljet Island

Sail from Dubrovnik towards Mljet. For many, Mljet is one of the islands "lost" on the sea, and cannot be reached easily on your own. Mljet is featured in the stories of the Odyssey! Enjoy your afternoon and have dinner on board.

Accommodations

Chartered Yacht

Meals Included

breakfast, dinner

CROATIA

Cruising the Islands of the Adriatic

September 8 - 16, 2018

.....

your adventure
in depth

DAY 3

Monday
9/10/18

The Dalmatian Coast

Mljet is Croatia's greenest island, with its Mediterranean vegetation, clear and clean sea, gentle sandy shoreline, and a wealth of underwater sea life. The island is considered to be one of the most beautiful of the Croatian islands. It is well known for its white and red wine, olives, and goat cheese.

Biking on Mljet

After breakfast, head to shore for a three-hour biking excursion on the beautiful Mljet Island. Enjoy the rich flora and fauna and take in the stunning views.

Lunch

Have lunch on board.

Sail to Korcula Island

After lunch, begin sailing to Korcula island. Korcula island is allegedly the birthplace of Marco Polo. It is located on a small headland, and has Venetian architecture, defensive walls, and attractive pantiled roofs Korcula evoking memories of Dubrovnik.

Local Jewelry Artist

Visit a local coral jewelry artist, Irena Katela, and enjoy a short presentation. Irena is also a president of the association of Albanian minority in Croatia.

Accommodations

Chartered Yacht

Meals Included

breakfast, lunch, dinner

CROATIA

Cruising the Islands of the Adriatic

September 8 - 16, 2018

your adventure in depth

DAY 4

Tuesday
9/11/18

The Dalmatian Coast

Vis is the farthest island of middle Dalmatia, famous for its clear sea and protected underwater world, rich in sunken ships and miraculous flora and fauna.

Town of Komiza Komiza is a small fisherman's town, about six miles from the town of Vis. It will inspire you with its charm, rich cultural heritage, and its excellent food and wines. Explore Komiza on your own this afternoon.

Dinner Enjoy dinner on board.

Accommodations

Chartered Yacht

Meals Included

breakfast, lunch, dinner

CROATIA

Cruising the Islands of the Adriatic

September 8 - 16, 2018

your adventure
in depth

DAY 5

Wednesday
9/12/18

The Dalmatian Coast

Vis has some of the best beaches in the country, and is known for its fresh seafood and local wines.

The Blue Cave

Visit the Blue Cave, where you can swim into the cave. It was formed by the waves of the sea. The sea water eroded the limestone rock which makes up the whole island of Bisevo. The cave itself is 78 feet long, 35 feet deep, and up to 49 feet high, while the entrance to it measures five feet high and eight feet wide.

Visit the Town of Vis

The town of Vis is in a large, protected bay on the northeast side of the island of Vis. It faces the island of Hvar and the Dalmatian mainland.

Accommodations
Chartered Yacht

Meals Included
breakfast, lunch, dinner

CROATIA

Cruising the Islands of the Adriatic

September 8 - 16, 2018

your adventure in depth

DAY 6

Thursday
9/13/18

The Dalmatian Coast

The island of Hvar is the queen of the Croatian Dalmatian islands. It has been famous since antiquity because of its important strategic and nautical position, the culture, natural monuments, and literature.

Hvar Island Sail to Hvar Island. Explore on foot, and visit Hvar's fortress, St. Stephen Cathedral, the Franciscan monastery, and spend some time on the beautiful beaches.

Lunch and Dinner Enjoy lunch and dinner on the boat today.

Accommodations

Chartered Yacht

Meals Included

breakfast, lunch, dinner

CROATIA

Cruising the Islands of the Adriatic

September 8 - 16, 2018

your adventure in depth

DAY 7

Friday
9/14/18

The Dalmatian Coast

Split is the second largest city in Croatia, and the largest city in Dalmatia. It lies on the eastern shore of the Adriatic Sea, centered on the Roman Palace of the Emperor Diocletian. Spread over a central peninsula and its surroundings, Split's greater area includes the neighboring seaside towns as well. A regional transport hub and popular tourist destination, the city is the link to numerous Adriatic islands and the Apennine peninsula.

- Explore Split** After breakfast, explore Split. Visit Diocletian's Palace, Split's Cathedral, the Peristyle of Diocletian's Palace, and Split's famous promenade called "riva."
- Lunch** Enjoy lunch at a local restaurant.
- Dinner** Have dinner on the boat.

Accommodations

Chartered Yacht

Meals Included

breakfast, lunch, dinner

CROATIA

Cruising the Islands of the Adriatic

September 8 - 16, 2018

your adventure in depth

DAY 8

Saturday
9/15/18

The Dalmatian Coast

Trogir is a harmonious stone town on a small island that is connected to the mainland and the island of Ciovo by bridges. The old town is under UNESCO protection, and is a treasure trove for lovers of art, Renaissance and Baroque buildings, and Romanesque churches.

Cooking Class

After breakfast, visit the market with a local chef to purchase the ingredients for your cooking class. Learn how to make a traditional local lunch with your host. Sit down to feast on the delicious meal you create for lunch.

Explore Trogir

Spend some time exploring Trogir on your own this afternoon. Take some time to enjoy the local beaches.

Farewell Dinner

Have a farewell dinner with your new AdventureWomen friends. Reminisce over all of the memories you have made and celebrate the end of an incredible trip!

Accommodations
Chartered Yacht

Meals Included
breakfast, lunch, dinner

CROATIA

Cruising the Islands of the Adriatic

September 8 - 16, 2018

.....

your adventure
in depth

DAY 9

Sunday
9/16/18

The Dalmatian Coast and Depart

Enjoy one last morning on the boat before departing for the US.

Transfer to
the Airport

Say goodbye to your new AdventureWomen friends
as you transfer to the airport for your flights home.

Meals Included
breakfast

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

CROATIA

Cruising the Islands of the Adriatic

September 8 - 16, 2018

Accommodation Details

Hotel Lacroma

Hotel Lacroma is located on the tranquil Babin Kuk peninsula, surrounded by pine tree forests and soothing white pebble beaches. Renowned for its fusion of nature and state of the art facilities, the hotel offers ultra modern rooms and suites, memorable gastronomic experiences in its gourmet restaurant, a wine bar terrace with panoramic views of the Elaphiti Islands, and an abundance of activities to let you create a perfectly balanced adventure in Croatia.

Chartered Yacht

Your chartered yacht for the week has 19 luxury cabins, featuring air conditioning, wifi, and fully-equipped bathrooms. On board, enjoy the restaurant, terrace, and sun deck. You can have massages, use the fitness area, swim in the on-board pool, and enjoy the bar while you cruise the Dalmatian Coast.

CROATIA

Cruising the Islands of the Adriatic

September 8 - 16, 2018

your adventure
in depth

Included/Not Included

Included:

- ▶ All accommodations throughout the trip
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Fully-guided sightseeing as indicated in the itinerary
- ▶ English-speaking guides throughout the trip
- ▶ One AdventureWomen Associate

Not Included:

- ▶ International airfare to and from Croatia
- ▶ Optional activities as listed in the itinerary
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages
- ▶ Fees for passports, visas, or immunizations
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities