



Croatia, Bosnia Herzegovina & Montenegro

ADRIATIC ADVENTURES



Nestled on the Eastern coast of the Adriatic Ocean are the countries of Croatia, Bosnia & Herzegovina, and Montenegro who were all countries of the old Yugoslavia. This is a land filled with deep blue oceans, rugged mountains, with decadent ancient seafood cuisines, and some of the most pristine and beautiful beaches in the world. Countries rich in the history of a land divided, and raised from the ashes of war, these three countries are anything and everything you want them to be. Whether you would like to enjoy a nice cocktail on the beach, get lost in the history of the old Republic, see where Game of Thrones was filmed, get the chance to go spelunking in a cave or learning about ancient cultures, this trip has something in store for you.

Croatia

Where is Croatia?

Croatia is located in Southeastern Europe across the Adriatic Sea from Italy. A large portion of the country borders the Adriatic Sea (nearly 590 miles of coastline).



What you will be experiencing:

- Diocletian's Palace and the history behind the great emperor
- The Cetnia River
- Plitvice Lakes National Park or the Islands of Bisevo, Vis, Ravnik, Budihavoc, Hvar, and Brac

Can you tell me some more about where my group will be traveling?



Some facts:

- Croatia's coastline has more than 1,000 islands. We will be spending time on the brilliant waters here.
- A former member of the Socialist Federal Republic of Yugoslavia, Croatia declared its independence in 1991.
- Marco Polo, the world-renowned 13th century adventurer, traveler and merchant, was most probably born in 1254 on the Dalmatian island of Korčula, and even today, there are people on the island, who bear the same family name
- The Roman emperor Diocletian built a palace in Dalmatia in 305 A.D., which became the foundation of today's city of Split.



Bosnia and Herzegovina

Did you know that the country is nicknamed the “Heart Shaped Land” due to the country’s slight heart shape?



What will we be doing?

- Visiting the capital of Sarajevo, which was rated as one of the top cities in the world to visit in 2010 by Lonely Planet
- Traveling to the city of Mostar to observe some very old Bosnian traditions and experience yet another culture that used to be a part of the old Yugoslavian Republic



Interesting Facts:

- The name “Bosnia” comes from an Indo-European word *Bosana*, which means water. Which is fitting as the country is covered with beautiful lakes, rivers, waterfalls, and a strip of the Adriatic Sea
- Bosnia and Herzegovina has the tenth highest coffee consumption per capita in the world

Montenegro



I love being able to travel to new places with other women because I feel they understand my experience and also because I can do it with my daughter. I loved traveling with all women and have come out of this experience with friends all over the world! We want to come back!

- Sheri from San Diego, California United States



Interesting Facts:

- Montenegro is still considered a very new country, having gained its' independence from the Federal Republic of Yugoslavia on May 21, 2006
- The name "Montenegro" comes from the old Italian-Venetian language and literally means "Black Mountain"
- Despite of being a small country, Montenegro features over 120 beaches along its 182 miles of coastline on the Adriatic Sea.

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What You Need to Know

You're traveling to a new and different place, which means that everything from size of your living spaces, to the kind of plug in you need, could be unfamiliar to you, and you should be thinking about these changes. Here are some tips to help you prepare for your Adriatic Adventure.

Who will be traveling with us?

- Mackenzie Price
- Guest 2
- Guest 3
- Guest 4
- Guest 5
- Guest 6
- Guest 7
- Guest 8
- Guest 9
- Guest 10
- Guest 11
- Guest 12
- Guest 13
- Guest 14
- Guest 15

We will all become more acquainted during our trip as we go through our experience.

Power

Since you will more than likely be bringing electrical devices of some sort (camera, phone, computers, etc.) you will need a 2-prong adapter plug and a converter to change the 220V European plug to the 120V United States Version. Many plugs do convert the power, but still need an adapter. If you don't get one before you go, then you can purchase one inexpensively from an international airport along your travels.

PLEASE CHECK ALL OF THE DETAILS IN THIS ITINERARY WITH CARE. IF YOU FEEL THAT THERE ARE ANY ERRORS OR OMISSIONS, PLEASE LET US KNOW.

Passport

In order to travel to Croatia, you will need a passport. Make sure to check your passport if you already have one and make sure that you have at least 6 months on it beyond the last day you will be in Croatia. It is always a good idea to make a copy of your passport and then leave the other copy at home. Just in case something happens to your passport while you're abroad. If you are an American or Canadian citizen, you will not need to acquire a visa or get any special vaccinations to enter the country.



Time

The country of Croatia is 6 hours ahead of Eastern Daylight Savings time. In Croatia they also demonstrate time differently in that they use Military Time. For example 1:00pm would be written 13:00. They also write the date a bit differently than we do here in the United States. Here we write the date 08/23/16, whereas they would write it 23/8/2016.

Currency and Banking

Even though Croatia is a member of the European Union, it does not use Euros. Instead they use what is called the Croatian Kuna (HRK). As of February 2016, the exchange rate is \$1 = 6.9 Kuna. We would recommend getting an ATM card to access cash as there are places to get money at airports, train stations, and banks in some cities. You will also see things advertised in the Euro as well.

Bosnia has its own currency system as well, known as Bosnia and Herzegovina convertible mark.

Montenegro operates on the Euro. As of February 2016, the exchange rate was \$1 = .91 Euros.

Packing List



Clothing

5 dresses - For casual day activities or for wearing out a night

2 swimsuits – We will be spending a lot of time near the water on the coast of the Adriatic and some us potentially even more when we go on excursions so it will be necessary to bring multiple suits

3 tank tops or undershirts – These are quick and easy for throwing over you swimsuit or to just wear around comfortably

2 pairs of shorts – Better for hiking and being outdoors

1 pair leggings – These are great for wearing under dresses for breezy nights or even to sleep in

2 bras – You will most likely be wearing your swimsuit a lot just because of the heat, but make sure that you are comfortable during your time in the Adriatic

5 pairs of underwear – There will be laundry facilities at the places we will be staying along the way. Remember that you can always wash them in the sink and let them air dry

1 pairs of socks - We will be hiking a few of the days and could be good in your shoes

1 scarf – Great for covering your shoulders in the sun and also as a potential pillow during travel

1 light jacket – it could rain so we want to be prepared for that

Toiletries

Shampoo and Conditioner

Soap or Body Wash

Deodorant

Razor

Brush

Hair Ties

Motion Sickness Medicine

Sunscreen

Important Prescriptions

Towel

Tampons/Pads/Diva Cup

Other

Earplugs - These are great to block out noise from travel, traffic, other guests, ect

Eye Mask – Sleep as long as you want at whatever time of day!

Water bottle – many of the towns have public water fountains that we can fill our water bottles up at. We are also trying to **ECOTOURISTS** and want to cut down on our plastic consumption

Passport – You need to bring this to go abroad. For more information, please look at the above information concerning passport.

Deck of Cards - Great for making friends and passing time

Books or E-Reader – This is a vacation! This means you are going to have time on your own to spend your time as you please. Reading is a great way to sit back and relax.

Shoes

1 pair tennis shoes – These will be good for walking as we will be doing a lot of it

1 pair of Tevas/Chacos/sandals – It's going to be hot and we are going to be doing a lot of walking. Good walking sandals can help keep your feet and lets cooler.



Ecotourism



The International Ecotourism Society (TIES) defines ecotourism as “responsible travel to natural interpretation and education.” (Education is meant to be inclusive of both staff and guests.

TIES also states that ecotourism is about “uniting conservation, communities, and sustainable travel.”

So, why are you telling us about this?

One of the main focuses of this tour is the fact that we will be traveling as “**ecotourists**.” This means that every item in your itinerary has been carefully selected to meet not only your needs as an adventure traveler, but also to meet the needs of the local people in Croatia, Bosnia and Herzegovina, and Montenegro. It is our job as responsible tourists to make sure that when we travel, we are benefiting the local communities we visit. To travel as ecotourists we will be staying at locally owned hotels, purchasing tours from organizations that are too making efforts to make tourism more sustainable, and eating at places that are locally owned and operated as to support the local cultures.

What are some examples of ecotourism behaviors?

- Participating in recreation opportunities that are powered by self operation. These would be activities such as hiking, biking, kayaking, canoeing, rafting, and backpacking.
- Purchasing goods from local vendors instead of from the supermarket
- Purchasing food and other services from locally owned businesses instead of large corporations
- Using environmentally friendly transportation methods (busses, bikes, group travel)

Why does this matter?

Conservation

By uniting tourism entities with local communities they create positive economic catalysts. This brings benefits to the tourism entity, the local community, the environment and the tourist.

Communities

By allowing local communities into the tourism industry, we open up doors for employment opportunities, offering empowerment to these communities, and helping in the promotion sustainable economic and environmental development of these areas.

Interpretation

Through the involvement of local communities and cultures, ecotourism can promote a greater understanding of the culture, customs, societal norms, and appreciation for nature of the places we visit.¹

¹ What is Ecotourism? (n.d.). Retrieved February 25, 2016, from <https://www.ecotourism.org/what-is-ecotourism>

Mackenzie Price

Target Market Analysis

A deeper look into how women are investing in the travel and tourism industry.

When looking at the tourism market as a whole, you need to understand what kinds of people are investing in the market, why they are investing, what services they are interested in, and the places that they wish to go. This observation of a specific sector of the tourism market is called a **Target Market Analysis**. The goal of this analysis is look into and evaluate what travel trends **women** are currently following, and why those are the current trends.

Women have always been in the travel market. From the 4th century where Abbess of Egeria, travelled with “her Bible as a guidebook,” to women who left their husbands in the 19th century and used their personal money for travel (Stoller). In many places of the world, the early and mid 20th century proved to be great times for careers for women, so many of them “made their living as travel writers... or authors (Stoller).” The 21st century continues to show that the economic growth and power of women is still on the rise. In 2014, Forbes Magazine stated that in the fields of tourism and travel that “women are fueling an explosive growth, making 80% of decisions and are expected to spend more than \$125 billion this year (Rodriguez).” The average adventure traveler is not a 28-year-old male, but a 47-year-old female. And she wears a size 12 dress,’ writes travel expert Marybeth Bond, based on statistics by the Travel Industry Association of America indicating that women ranging in age between 20 and 70 comprise three-quarters of those taking nature, adventure, or cultural trips. (Rodriguez).” Seeing that women are becoming such dominant sources of economic growth, it seems as though we should be creating more goods and services targeted specifically towards this demographic.

Lets look at some statistics: (1) According to the Harvard Business Review, women in the United States control \$15 trillion in spending power, (2) 80% of all travel decisions are made by women. Regardless of: who they travel with, who pays for the trip, or where they go, (3) 75% of those who take cultural, adventure, or nature trips are women (Hewlett) (4) There has been a 230% increase in the number of women-only travel companies in the past six years (Jaffe) (5) While statistics are limited, an estimated 32 million single American women traveled at least once in the last year, and about three in 10

made tracks five times or more, according to the Travel Industry Association (6) According to Intrepid Travel, who booked over 100,000 US passengers for 2012, 63% were female and female travelers between the ages of 25 and 39 were their biggest market (Hewlett) (7) The girlfriend getaway market represents a significant amount of money – 4% of all U.S. travel spending, which is almost \$200 million a year (8) When booking travel alone, 82% of women spent on average, less than \$4,999 on travel (9) When traveling alone, it's no surprise that nearly half of women's greatest concern was **safety** (10) 91% of female travelers book trips with other females (Bond).

In terms of services that women are looking for when they travel, the most common one found is that “Women expect the same level of travel hotels and services that they have experienced in their business travel (Dunham).” This means that during travel these women will be looking for quality hotels and other services. Dunham also spoke to the types of locations that women are going to these days and described women as “seeking out unusual and new destinations (Jaffe).” Even more intriguing, is that women are more likely to book travel on their own to save money, earn frequent flier miles, loyalty points and many other travel rewards. The reason that this is important is because a large portion of the market is missing out on these solo travelers because they don't offer services for a solo traveler, and instead cater more to couples, families, and groups (Dunham). I could mean that we need not look toward creating an entirely different service; just creating programs that would help to support, accommodate, entertain, and inspire women who travel alone. Examples of this could be:

- Putting a greater emphasis on targeting the solo traveler market in advertising, especially the abroad market
- Creating inclusion plans for already existing women's only travel foundations
- Encouraging tour operators (accommodations, excursion operators, airlines etc.) to offer packages for one

In conclusion, women comprise a gargantuan portion of the United States economic travel market segment, and they overwhelmingly have **majority control** over the American travel market in that they make most of the decisions. Women are traveling more now than ever before because they enjoy to travel together with other women, who share experiences in the same way. They are looking to go to diverse and exotic places with their mothers, children, grandchildren, and friends and are looking for authentic, memorable, and specially catered travel.

In doing this research, I have found that women are a gigantic part of the travel and tourism market, and yet creating a marketing strategy for them has been difficult. I feel that this is because the spectrum of women who travel does not just cross one demographic, or one age range. The one variable that has seemed constant about my research is that women like to travel with other women no matter how old they were. Women also were deal hunters, in that they looked for ways to book travel that could make their next departure cheaper, or earn points or discounts. I am going to play with this idea of travel while I create my itinerary because it will allow for a lot of diversity in activity, cuisine and experience. I am also glad that going to more unique places is in the market trend for women as of now because I have planned to add Bosnia and Herzegovina to my tour itinerary, and it is a much more exotic destination than Croatia. I also realize that I might need to fill my itinerary with more luxury accommodations and cuisine options because I don't have that many as of now and seeing as that is a large part of the trend, I feel that adding these would be worth my while. \$125 billion is a lot to spend in the travel and tourism sector, and I strive to not only gain a part of that investment with my tour itinerary, but also make sure that my guests are getting the experience they want and are looking for.

Work Cited

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Activity Summary

So you have finally arrived in Croatia! It's time to travel our way though the Adriatic on our quest to gain new insights into Western European cultures, enjoy local cuisine, history and history, and focus on creating not only transformative experiences, but doing it in way that is environmentally sustainable. Over the duration of this trip, we will be focusing on creating an "Ecotourism" experience.

Friday September 23rd, 2016 (Day 1)

Welcome to Croatia! Upon your arrival to the country, you will pass though customs and then you will have transport from the **Hotel Peristil** waiting to take you to your accommodations.

For the next three (3) nights we will be staying at the **Hotel Peristil**, near the center of the city and near Diocletian's Palace. From this location we will be close to many scenic attractions, activities, ports, and eateries.

This day is going to be dedicated to getting the group members to get acquainted with one another and to get some time to relax after a long day of travel. We will be meeting at the hotel restaurant for breakfast at 09:00 to go over the days plans and then at 12:00 we will be going on a **Walking Tour of Diocletian's Palace!** This is going to be especially cool because the Hotel Perisil actually shares a wall with the ancient palace!

*Breakfast will be provided at Restaurant Tifany (in the Hotel Peristil), Lunch will be at Villa Spiza, and dinner will be on your party (options will be provided along with directions)

Lunch Information:

- [Villa Spiza](#) - This restaurant is a local favorite that offers simple and traditional home cooked Dalmatian mainstays that change daily. They offer great quality meals for breakfast, lunch, dinner, and anytime in-between while also being easy on your budget.
 - Address: Ul. Petra Kružića 3, 21000, Split, Croatia
 - Phone : +385-91-152-1249



Saturday September 24th, 2016 (Day 2)

Our second day in Croatia is going to start bright and early, as we leave to go and raft on the **Cetina River** for the day. Everyone who wants to, will meet for breakfast at Tiffany's and the rest will go where they please be back NO LATER THAN 7:15. Our tour company Opcija Tours will pick us up at 07:30 and drive an hour to their Cetina River location. They will then give you a safety orientation, get the gear you would like into some dry bags, and you'll be off! Lunch is provided on this trip and we will be returning to Split around 15:00.



Dinner will be at the **Oje Oil Bar** close to our hotel in downtown Split and we will have reservations at 19:00. If you are already out and about then you can meet us there, or if you are at the hotel, we will be meeting in the main lobby around 18:30.

Dinner Information:

Oje Oil Bar – This is one of 15 local Croatian Olive Oil businesses that are all owned by a local Croatian. The company has been working on expanding the Croatian Olive market into the rest of the world. They have a superb selection of local oils available for purchase at their restaurants along with opportunity to sample them in a multitude of their dishes.

- Address
 - Uje d.o.o., Kneza Višeslava 5, 21000 Split, Croatia
 - Phone: +385(0) 21 490 990



Sunday September 25th (Day 3)

This day is going to be different than the first few days, in that we will be splitting up the group for the first time! Exciting! You will have the option of going to **Plitvice Lakes National Park** and getting a guided tour there for the day, or you can go on a **6 Island Visit and Wine Tasting Tour in Dalmatia**.

***Arrangements for pick up and drop off for both excursions will be at the Hotel Peristil.

Breakfast and Dinner for both tours will be on your own or at the Restaurant Tifany. Don't forget that you have one meal a day there if you wish already included in your package.

Plitvice Lake National Park



We will be departing at 07:30 this morning from the hotel to drive up north to Plitvice Lakes National Park. This is one of the most famous national parks in the world having earned a place on UNESCO's list of World Heritage Sites. An experienced guide will spend the day with you exploring the park, and sharing knowledge about the local history, navigation, and geological environment.

After the tour there is even an option to stop and taste local dishes from the area at a local tavern!

6 Island Visits and Wine Tasting Tour

If you have your heart set on seeing the islands of Dalmatia, then this is the tour for you. Starting at 08:00 in the morning, we will be traveling by Rigid Inflatable Boat (RIB for short) to the Islands of Bisevo, Vis, Ravnik, Budihavac, Hvar, and Brac. Along the way we will be making numerous stops including a blue lagoon, beaches, and at the end, winetasting. You will be arriving back home in split around 18:00.



Monday September 26th (Day 4)

Hope you wake up feeling refreshed from your adventures for today we will be **traveling to the city of Dubrovnik!** It's going to be a long day, so you are going to have a lot of time for yourself. We will be **departing from the bus station at 12:30** and we have transportation arranged from the hotel to the station.

About the bus ride to Dubrovnik

Remember during our travels especially that we are traveling as ecotourists. There are faster ways of getting from one point to another, but they aren't keeping the environment in mind. The other great things about this bus tour are the sights along the way. The busses are equipped with restrooms and air conditioning and it is recommended that you sit on the right side of the bus so you can see the Adriatic Coastline as we make our way south to Dubrovnik.

Upon arriving, we will be get into a pre-arranged pick up at the bus terminal, and taken to the **California Apartments** near the Old City of Dubrovnik. Tonight is going to be very laid back and we don't have anything planned as a group for the night. There are many restaurants, bars, beaches, and other places to visit all within walking distance. It is also planned that we make a run to the nearby market to grab food for snacks, and breakfast items.



Tuesday September 27th (Day 5)

Today is going to be leisurely. After some time spent traveling, it is time to get some relaxation in. After a nice breakfast prepared at home with the items you purchased from the local Croatian market last night, we will head to one of the oldest Arboretum's in the country, **Trsteno Arboretum**. It has been around since the 15th century, and was built by the Gozze family to help plant and persevere their botanical imports.



After some quality time in the arboretum, we will drive our two vans back to the old city to have an amazing locally prepared meal at **Konoba Bonaca**. The owner of the restaurant, Ivan, can be seen at multiple times of the day preparing meals for guests, or for himself.

Wednesday September 28th (Day 6)

After making a local Croatian style breakfast in the comfort of our own kitchen, we will be departing for **Lokrum Island!**

This is a beautiful island and nature park that has a unique Mediterranean botanical garden with over 500 species of plant growing there. It is surrounded by a rocky coastline, which is rich in vegetation and makes it easy to find places to enjoy the sun and the sea. The small island is a great place for exploring because of its unique nature and clear blue waters. Also look for wild peacocks on the island as it is rumored that there are many of them!



We will also be having lunch at a local café on the island called the **Monastery Restaurant**. There they serve simple Croatian dishes. Feel free to bring snacks along with you as well.

Thursday September 29th (Day 7)

Seeing as this is our last full day in the city of Dubrovnik, we want to make the most of it! We will be doing breakfast on our own for the last time this morning and cleaning out the fridges of goodies! Our goal is to leave by 10:00 this morning. We will then head off north to Bosnia and Herzegovina and making some fun sightseeing stops along the way!

We will be stopping at the viewpoint for the Dubrovnik Gondola because you can drive to the location. After this stop we will be off to Mostar, Bosnia.

During our time in Mostar, we will be staying at Pansion Cardak, in Old Town Mostar. The complex features 12 bedrooms with 12 beds, all arranged differently and in a traditional Bosnian style. We will be staying here with hosts of the lodge who will also be preparing us home cooked Bosnian breakfasts for the duration of our stay.

We will be dining at the recommendation of our hosts tonight.

<https://www.airbnb.com/rooms/853939?guests=12&s=Xmy4XTLg>



Friday September 30th (Day 8)

This is going to be our first full day in **Bosnia & Herzegovina!** This entire day is going to be completely open for your party. Transportation can be arranged with our hosts and we can go and explore the city of Mostar at our own pace. There are many exotic and beautiful places to visit even within walking distance.

Here are just a few of the places you could visit within walking distance:

- The Čardak – A great local restaurant to try traditional Bosnian coffee and Turkish tea. Remember that Bosnia was the #10 Consumer of Coffee in the World!
- The Biscevic House – One of three Turkish houses in the city of Mostar that is filled with artifacts and historical information about the Ottoman Empire
- The carsija (markets) in Mostar near the Old Bridge and along the banks of both sides of the river. You can mingle with shop owners and enjoy being transported back in time to the Ottoman Empire
- Blagaj Tekija - is an important monument of the early Ottoman period in Bosnia and Herzegovina. It is a place where, by special ritual, the dervishes performed – and perform today – Zikr (praising God).



Both lunch and dinner will be covered in the cost of your tour



Saturday October 1st (Day 9)

We will be leaving for the capital of Bosnia, **Sarajevo**, today, but before we leave we will be having one last home cooked Bosnian breakfast with the hosts of the Parison Cardak. We don't plan on departing too early, but we do have around a three-hour drive up to the capital.

Upon arrival in Sarajevo, we will be staying at the **Garni Hotel Konak**, located right in the heart of the Sarajevo; we are going to have some fun with this location.

After arriving, we will be heading to **Cajdzinica Dzirlo – Tea House**, which is about a 10 minute walk from our hotel. The beautiful, locally owned and operated Bosnian coffee and tea house, is said to be a gem of the area. The owners (pictured below) are very personable and speak many different languages. They love telling people about things there are to do and introducing others to the Bosnian culture.



After our visit and some tea or coffee, we will head to our lunch location, **Dveri**. Dveri is a local favorite that comes recommended by all and serves a smorgasbord of local delicacies. Most Bosnian dishes are simple in nature, but have distinct and unique flavors.

The rest of the day will be spent walking around the city, shopping, talking to locals, and then returning to the hotel before we have dinner together.



Dinner this evening will be held at **INSERT HERE**

Sunday October 2nd (Day 10)

Since we have been on the move quite a bit and still have one more country to stop into for our complete Adriatic Adventure, today is going to be a free day to relax and do as you please. We still have the vans to help people with getting to and from places if they want to go further than walking distance, and we can also arrange transportation from the hotel through our host if smaller groups want to go out exploring the city.

Monday October 3rd (Day 11)

Today we will be doing a cultural emersion experience up in the **Bijambare Nature Park Area**. We will be exploring some ancient forests, a series of enormous and historic caves, and an ancient Bosnian Village. This trip will take the day and we will be leaving after breakfast from the lobby of the hotel at 08:30.

After the conclusion of the tour around 17:30, we will head back to Sarajevo.



Tuesday October 4th (Day 12)

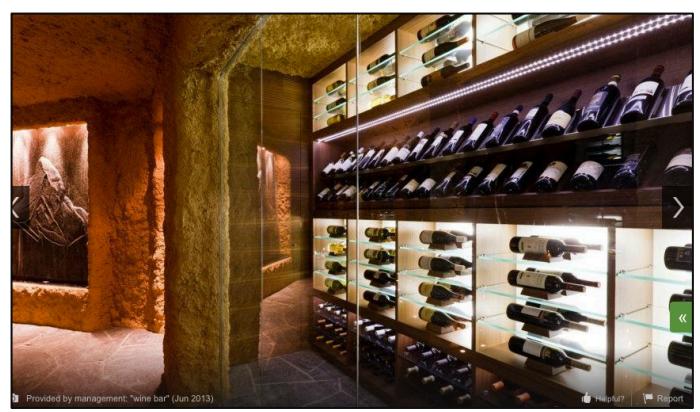
Today we will travel to our final Adriatic destination, **Montenegro**. It will be a long drive so we are going to make the day as comfortable and enjoyable as possible. We will eat breakfast at the Hotel to give everyone as much time as possible in the morning to get ready for departure. We will travel to **Muo, Muo, Montenegro**.

We will be staying at a seaside villa here that will accommodate all of us comfortably.

https://www.airbnb.com/rooms/6971768?guests=12&s=qRARMMmXv&check_in=2016-10-04&check_out=2016-10-07



We will then be going **Kondoa Ferao** for our first authentic meal in Montenegro. Owned by a member of the staff, this restaurant is locally owned. They specialize in home made seafood delicacies and home made wines.

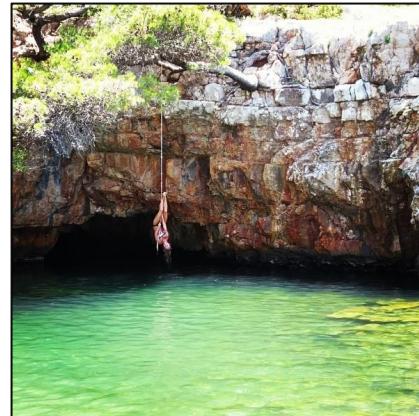
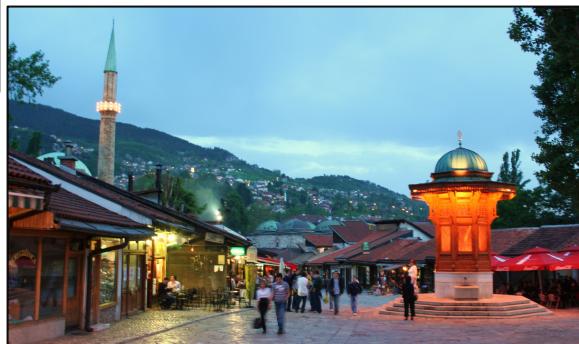


Wednesday October 5th (Day 13) & Thursday October 6th (Day 14)

We will have options for what to do today seeing as this will be one of our last days together. We want you to get the experience YOU want to have while in this experience. That's why this is part of the trip that you get to plan exclusively for your party. We can give you recommendations for your party. Here are some recommendations from us, but feel free to incorporate your own ideas. On Thursday, we will be doing a large group dinner at the **Restaurant Galion at 19:00** to enjoy one last meal as a group and to spend some time reflection on our experiences here in the Adriatic together.

Thursday October 6th (DEPARTURE DAY)

Today is the day we day we go our separate ways. Check out of the villa is at 10:00 and we will assist you in getting to your next destination. We hope that you take something away with you after this experience in the Adriatic with us and hope that you will recommend our ecotourism ways to others like you.



15 Day Trip

Total Cost of Trip: \$4400

Does not include airfare or
the day before we meet at
the Hotel Peristil

Meals included in tour cost:

10 Breakfasts

8 Lunches

8 Dinners

Contact Information:

Trip Leader:

Mackenzie Price

661-972-4486

kenzielynnprice@yahoo.com

Packing:

We encourage you to pack lightly as we will be practicing our ecotourism values while traveling down the coastline of Croatia down to the countries of Bosnia and Montenegro. We will have laundry facilities at some of our locations so we can do laundry along the way.



The Tour

We want you to get the most out of your experience here in the Adriatic, that's why we want you to be as prepared as possible before your arrival with us! Below we have included a daily itinerary for each day that you will be joining us on tour. Remember that your accommodations both before and after the trip are not included in your packaged price, and neither is your airfare round trip.

Financial Overview

Overall \$4,400 USD

Includes the following:

- Accommodations for 15 days and 14 nights in 5 different cities
- 10 Breakfasts, 8 lunches & 8 dinners
- Transportation for the duration of the trip
- All excursions in the itinerary
- Guide Fees and Tips
- Overhead Fees for trip creation and implementation
- Donations to Croatia and Bosnia's National Park Service to continued land preservation, along with the National Ecotourism Organization of Montenegro to help further support the growth of cultural and environmental travel.

DAY 1:

Today will be our first day in Split Croatia!

09:30 Meet in Restaurant Tifany (in the Hotel Peristil) for breakfast and quick overview of the day

12:00 Diocletian Palace Walking Tour. We will meet for the tour around

11:40 in the main lobby.

*We will be staying at the Hotel Peristil for three (3) nights



Food for the day:

Breakfast: Provided at Restaurant Tifany

Lunch: Villa Spiza (Included in tour price)

Dinner: This will be **ON YOUR OWN** tonight

***** BONUS NOTE: One meal per day is covered at the Hotel at the Restaurant Tifany. This can be breakfast, lunch, or dinner.**

DAY 2:

- 07:30 Depart for Rafting the River Cetina
- 15:00 Return from Rafting Trip
- 19:00 Dinner at Oje Oil Bar

ACTIVITY DETAILS

OPCIJATOURS WHITE WATER RAFTING

For this activity, we will be meeting at 07:15 in the main lobby this morning! You will need to have already eaten breakfast either on your own, or at Restaurant Tifany, before we leave at 07:30 with the members of Opcijatours.



Report to Main Lobby:

07:15

What you need to bring:

- A dry change of clothes
- Sunscreen
- Swimsuit



They Provide:

- Transportation to and from the rafting location back to the hotel
- Skipper
- Lunch
- Rafting equipment and safety equipment

Contact Information:

Tel 1: 38598894930

Tel 2: 385915908356

Email:

management@opcijatours.hr

OJE OIL BAR

We will be having dinner at one of the most acclaimed restaurants in Split for the evening! All dishes are locally made native to Croatia. Their menu changes seasonally, but is raved about all over the place. They use only oils from their own home grown Croatian olives and serve it in their various dishes.

Remember that part of being an ecotourist is purchasing goods and services that are local. This helps create sustainable businesses and keep local culture authentic.

and



Report to Main Lobby:

18:20

Reservations at Uje Oil Bar at 19:00

- Address
 - Uje d.o.o., Kneza Višeslava 5, 21000 Split, Croatia
 - Phone: +385(0) 21 490 990

*** During dinner we will be going over who is doing what for the next days activity

Food for the day:

Breakfast: At The Restaurant Tiffany

Lunch: Provided on the rafting trip

Dinner: Provided by the tour at Uje Oil Bar

Day 3

Today is going to be a bit different from our first two days in that we are going to be splitting up between two different activities. You will have the choice of doing one, the other, or neither. You will pick which one you want to go on when you make a booking, but if you change your mind once we get there, we will do our best to meet your request, with no guarantee that your wants will be met.

CHOICE 1: A VISIT TO PLITVICE LAKES NATIONAL PARK

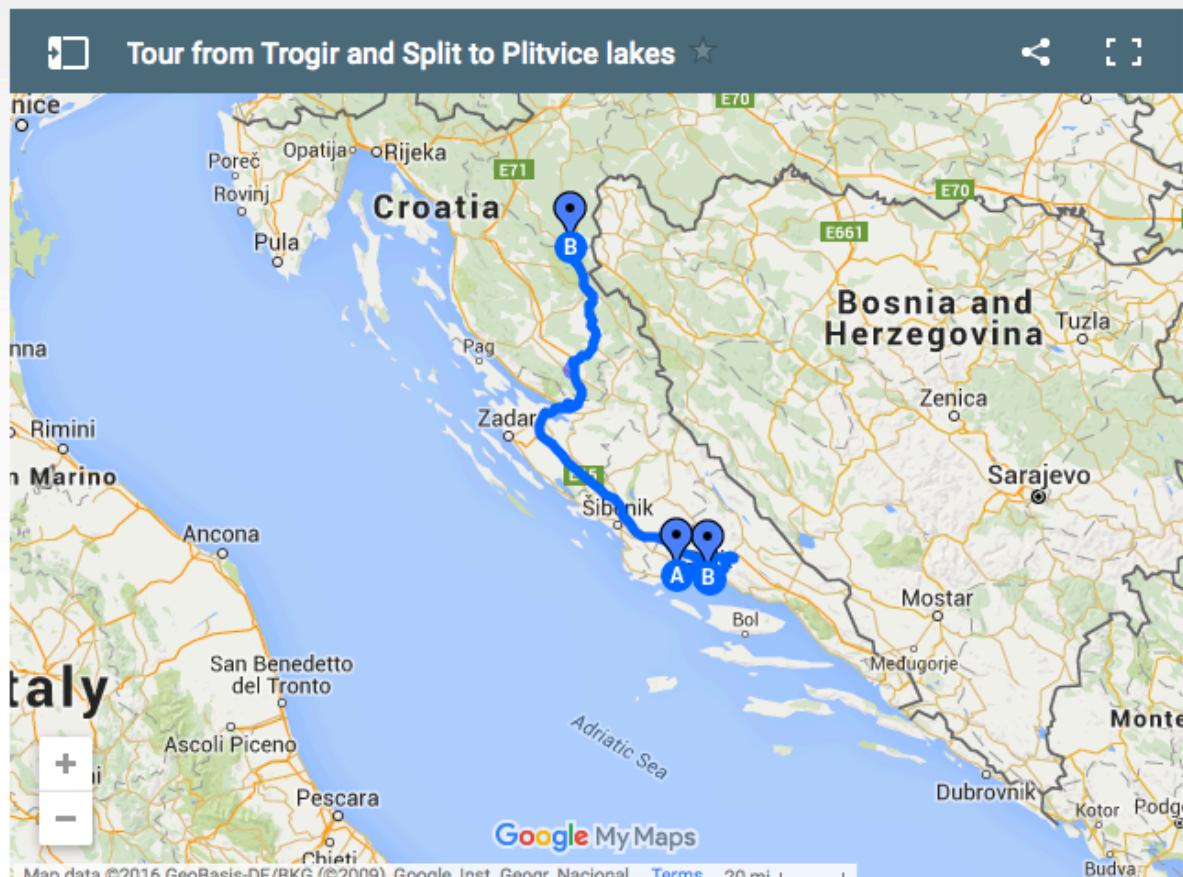
CHOICE 2: 6 ISLAND AND WINETASTING TOUR

CHOICE 1: PLITVICE LAKES NATIONAL PARK

If you enjoy spending time in the woods, or want to experience the serenity of nature, you will be traveling north from the city of Split, to one of the largest waterfall national parks in the world, Plitvice Lakes National Park. This is one of the oldest national parks in Southeast Europe and is the largest national park in the country of Croatia. The park encompasses 73,350 acres of the Dinaric Alps, and brings more than 1.1 million visitors to the country each year.



MAP



It
is

recommended that you eat breakfast before you depart for this excursion prior to leaving Split, or bringing food with you so you can snack along the way.

- 07:30* Departure from Split (Pick up is arranged at Hotel Peristil)
- 11:30 - 15:30 Sightseeing of Plitvice lakes with a guide
- 16:00 - 17:00 Time for lunch in a local tavern
- 20:00 - 20:30 Arrival in Split (Drop off is arranged at Hotel Peristil)

*Voucher check: 7:20

What the tour recommends you bring:

- Camera (duh)
- Closed toed comfortable shoes for hiking, sportswear appropriate for the weather, hat (optional)
- A small backpack or bag for snacks and water
- An extra layer for warmth as the park is a couple of hours away from Split and the weather is very unpredictable.
 - ***They also recommend that you bring a rain jacket and collapsible umbrella as precipitation could always occur during your tour, and advises that you look at the weather conditions before hand.

CHOICE 2: 6 ISLAND AND WINE TASTING TOUR

This tour is for the person that wants to see the Dalmatian Islands and get some time on the magical blue waters of the Adriatic Ocean. Departing from Split at 08:00, we will be speeding around in an RIB (Rigid Inflatable Boat) to six (6) of the Dalmatian Islands. Along the way we will be making stops at the Islands of:

- Bisevo
- Vis
- Ravnik
- Budihovac
- Hvar
- Brac

On these stops there will be opportunities to do many activities including: Swimming, snorkeling, cliff jumping, and winetasting. We will be arriving back to Split around 16:30.



to

Itinerary

08:00 Depart from Split

16:30 Return to Split and take arranged transport back to Hotel Peristil.

What's included in the tour:

- Boat, skipper (who speaks Dutch, English, and German)
- Fuel
- Insurance
- Lunch



What to bring:

- Swimwear
- Towel
- Sunscreen
- Sunglasses
- Camera
- Money for souvenir

Food for the Day:

- **Breakfast:** Should preferable be eaten on your own before you depart for your excursion and that you will provide your own snacks for the tour. Don't forget that you get one free meal a day from the Restaurant Tiffany.
- **Lunch:** Lunch will be provided on the tour. If you have dietary needs, please let us know in advance of booking,
- **Dinner:** Will be on your own this evening as we will all be arriving back to the hotel at different times.

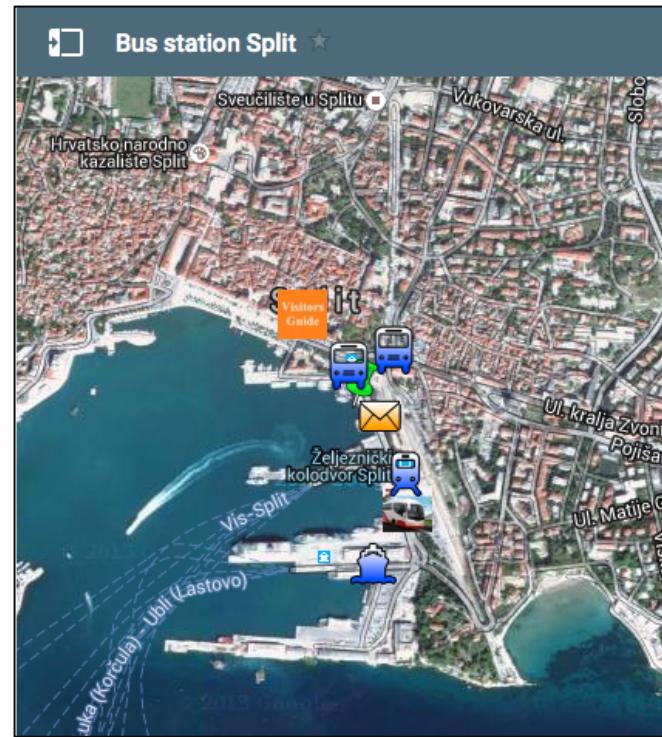
Day 4

CHECKING OUT OF THE HOTEL PERISTIL

CHECK OUT TIME – 11:00

The time before we depart at 11:00 can be spent at your leisure. PLEASE BE IN THE LOBBY NO LATER THEN 11:00 FOR OUR DEPARTURE.

11:00	Check out of Hotel Peristil
11:15	Get in bus station transfer with luggage
11:45	Arrive at Bus Station and Check Tickets
12:30	Bus Departure from Split
16.15	Arrive in Dubrovnik (Pick up rental vans 2 – 7 passenger vans)
16:45	Take van to California Apartments near the Old City of Dubrovnik



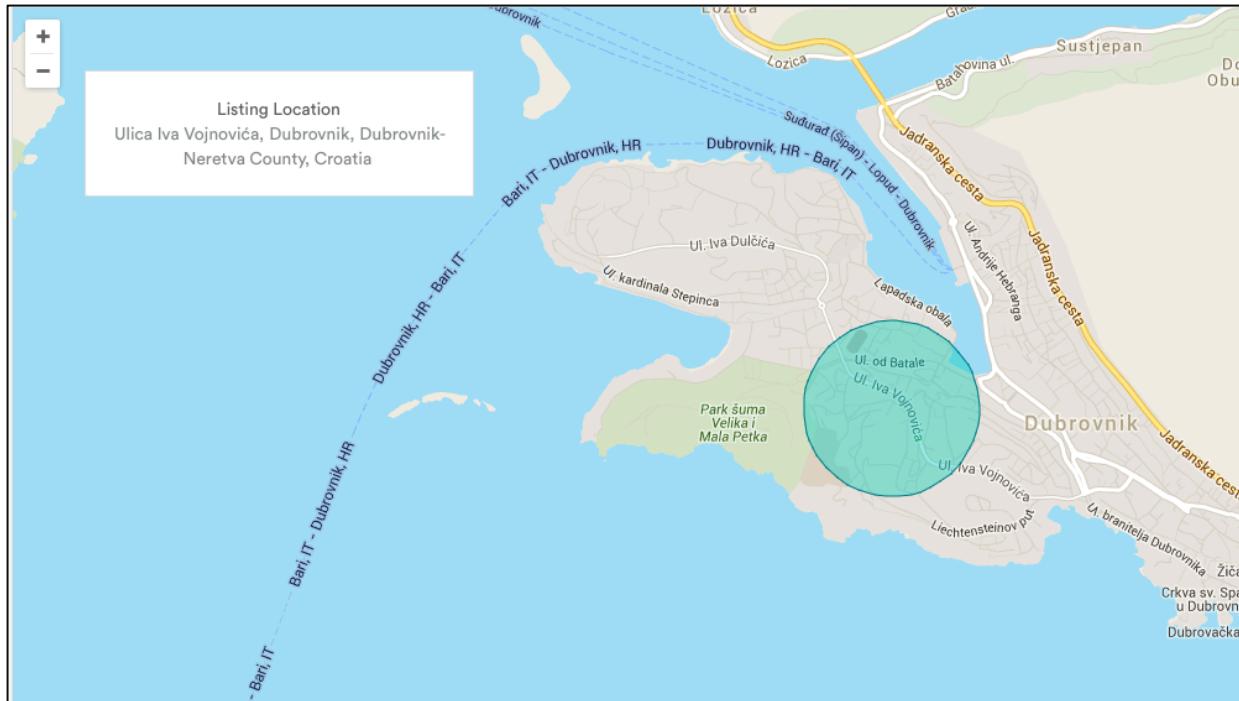
The time after we arrive can spent as you like. It is planned that we will walk to a nearby market and purchase food for breakfasts and snacks for the following days. But first, a little about our accommodations

CALIFORNIA APARTMENTS (Located 10 Minutes from the Old City.)



Marija and Eli, who live here in Dubrovnik Croatia, own this apartment complex. We will be staying in their newly renovated complex featuring:

- 6 Bedrooms
- 6 Bathrooms
- 16 Beds
- Located very close to the Old City of Dubrovnik
- Full kitchens
- Bedroom options (size beds)
- Flat screen TV's and more
- Centrally located



Day 5

Today we will be doing some exploring! After making a good hearty breakfast at home, we will be driving our vans north to see the **Trsteno Arboretum**. We will spend most of the afternoon here, exploring the oldest arboretum of the area.

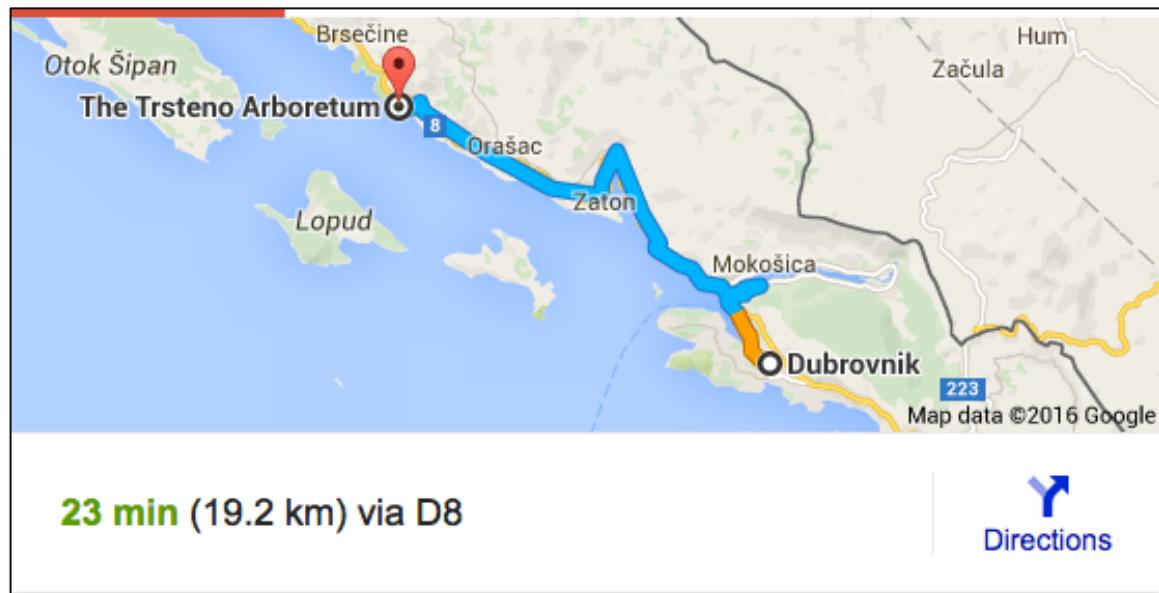
After exploring for a couple of hours, we are going to head back to old town, and eat at the locally owned. **Konoba Bonaca** for a hearty and filling lunch.

We will be doing breakfast at the apartments with the food that we purchased the night before.

Also don't forget to bring snacks for our adventure today!

09:30	Depart from Dubrovnik
10:15	Arrive at Trsteno Arboretum
13:00	Depart from Trsteno Arboretum
13:45	Lunch @ Konoba Bonaca
16:00	Depart from Konoba Bonaca
16:30	Arrive home

The rest of the evening can be spent as you wish. Recommendations of what to spend your time doing can be obtained though asking our host, your guides, or exploring places you saw along the way on your own.



Day 6

This morning will once again begin with a breakfast cooked at home. We might as well take advantage of our kitchen and try our own hand at making some authentic Croatian dishes! After making breakfast and packing our snacks for the day, we will be heading off to **Lokrum Island** for the day!

10:00 Depart from apartment
10:15 Get on ferry in Old Town
10:30 Arrive on Lokrum Island
14:00 Lunch at Monastery Restaurant
15:30 Depart Monastery Restaurant
16:15 Depart on Ferry from Lokrum

**Dinner and the rest of the evening will
be free to do as you please.**

**Recommendations for places to eat can
be obtained through talking with your
guides or with the host.**



Departures from city harbour		Departures from Lokrum	
09:00 a.m.	02:00 p.m.	10:15 a.m.	02:45 p.m.
10:00 a.m.	02:30 p.m.	10:45 a.m.	03:15 p.m.
10:30 a.m.	03:00 p.m.	11:15 a.m.	03:45 p.m.
11:00 a.m.	03:30 p.m.	11:45 a.m.	04:15 p.m.
11:30 a.m.	04:00 p.m.	12:15 a.m.	04:45 p.m.
12:00 a.m.	04:30 p.m.	12:45 a.m.	05:15 p.m.
12:30 a.m.	05:00 p.m.	01:15 p.m.	05:45 p.m.
01:00 p.m.	05:30 p.m.	01:45 p.m.	06:15 p.m.
01:30 p.m.	06:00 p.m.	02:15 p.m.	07:00 p.m.

Day 7

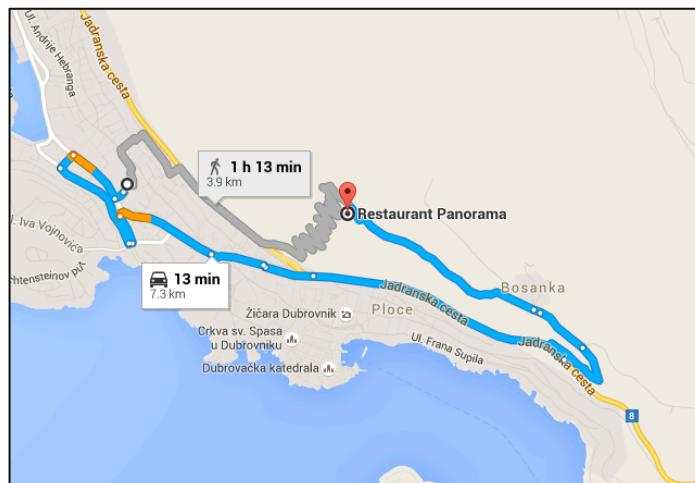
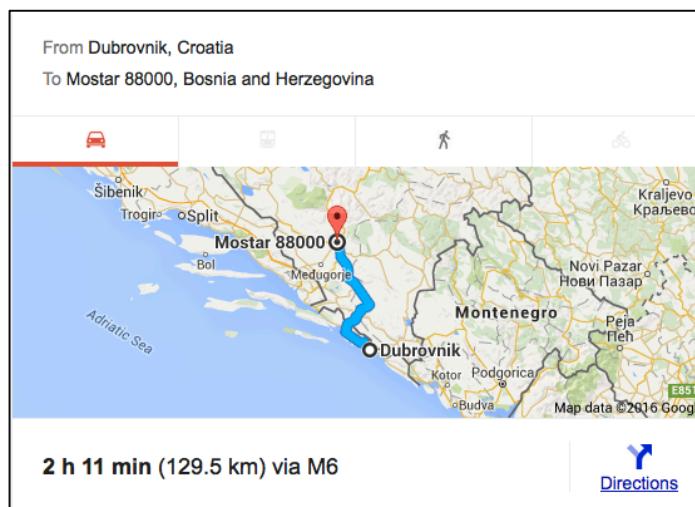
Today we will be heading out of Dubrovnik to **Bosnia and Herzegovina** and will be making a fun stop along the way.

- 10:00 Depart from Dubrovnik
- 10:30 Arrive at famous viewpoint of Dubrovnik
- 11:15 Depart for **Mostar, Bosnia and Herzegovina**
- 15:00 Arrive at Pansion Cardak in Old Town Mostar

We will get dinner this evening together that will be included in your tour package price. We believe that we should get recommendations from our hosts about where to eat while here in Mostar, and seeing it is only a 10-minute walk from the city center, we couldn't be in a better location.



<https://www.airbnb.com/rooms/853939?guests=12&s=Xmy4XTLg>



Day 8

This day is going to be very laid back, and yet adventurous. We want to all meet for breakfast and chat with our hosts about the best places to visit in Mostar. We will be enjoying a Bosnian style breakfast prepared at the Pansion Cardak.

9:00 Meet for breakfast in the restaurant in the front of the Hotel

10:30 Depart on foot to the city of Mostar

11:00 For the remainder of the day we will be exploring downtown Mostar. There are many locally recommended areas listed above in the activity summary section of the tour.

The rest of this day is up to the group. We can split into 2 groups if we have different interests. We can make these decisions based on the recommendations of our host.

***** All lunch costs will be covered in the cost of your trip for our stay in Mostar *****

Day 9

Today we head for the capital of **Bosnia and Herzegovina, Sarajevo**. The journey is not far so we will have time to explore another historical Bosnian city.

09:00 Depart from Mostar

11:30 Arrive in Sarajevo

12:00 Arrive at **Hotel Konak**

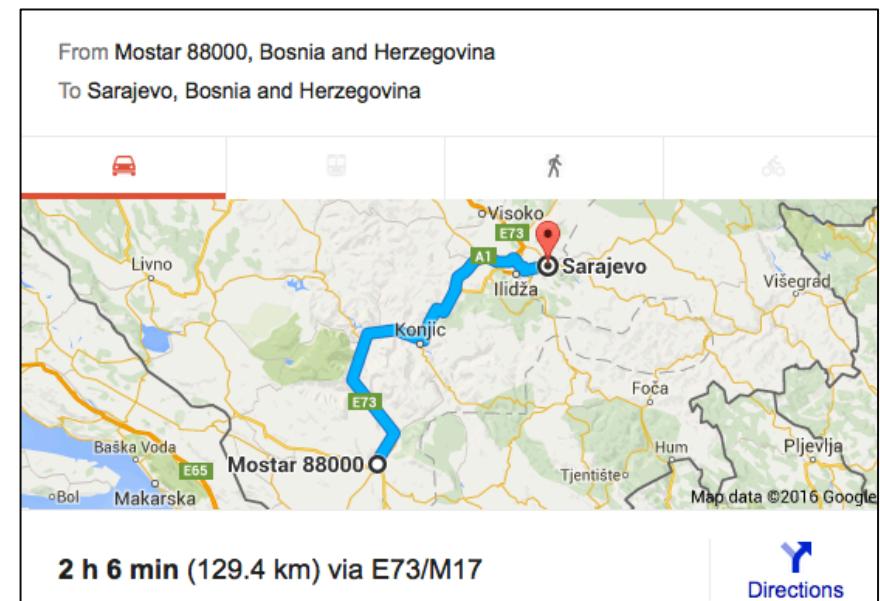
12:15 Unpack and settle in

12:45 Head on walking tour

13:00 **Cajdzinica Dzirlo**

14:30 Lunch @ **Dveri**

*****Dinner will be on your own tonight. We are located near the center of the Old Town Sarajevo so there are many restaurants to choose within walking distance*****



Hotel Konak Information



GARNI HOTEL KONAK

Mula Mustafe Bašeskije 54

71 000 Sarajevo

Phone: +387 (0)33 476 900

Fax: +387 (0)33 533 506

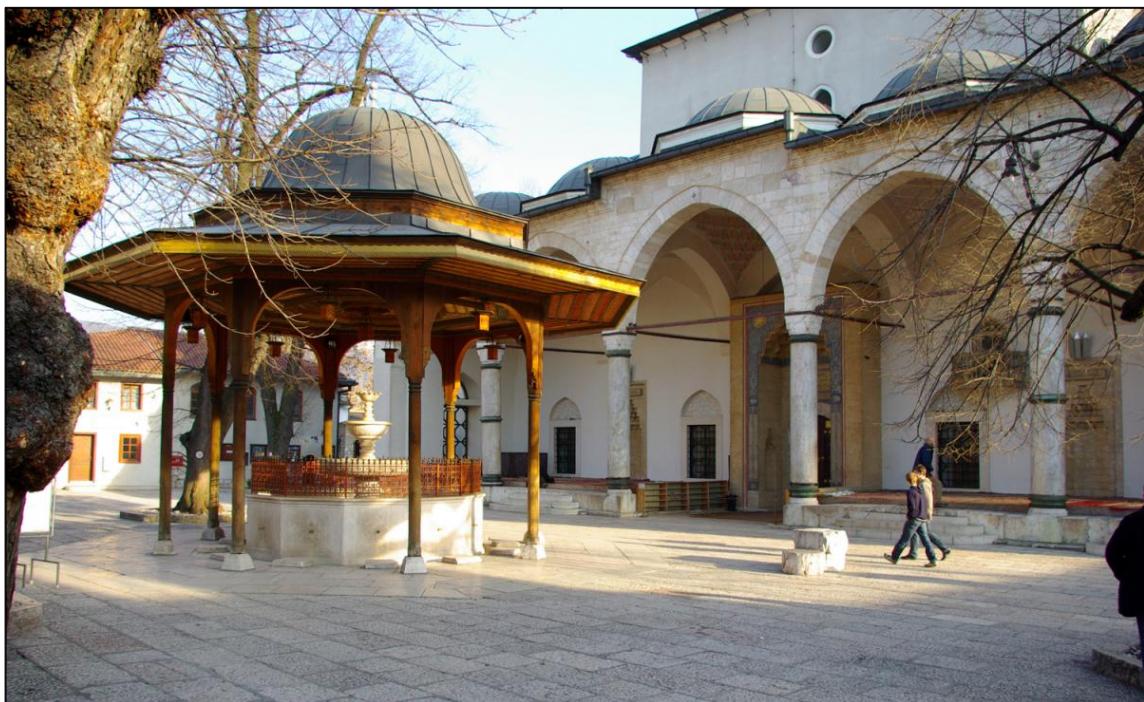
Cell: +387 (0)61 531 494

How long will be we staying?

2 nights

Locations we are close to for sightseeing:

- The Gazi Husrev-beg Mosque – the area that this mosque is located in is one of the oldest areas of the city of Sarajevo. This mosque is one of the cities most historic landmarks, and reflects the style of the Ottoman Empire.



- Bascarsija – this is the actual mosque located in the Old Town of Sarajevo. This monument is only a 5-minute walk from our accommodations here in Sarajevo.



- Cajdzinica Dzirlo – Tea House – This locally owned Bosnian tea and coffee house is a must see in the city. The owner is very charismatic and boisterous and loves welcoming people to Sarajevo and Bosnia. We will be stopping here for some authentic coffee and tea on our first day!



Day 10

Today has been designated a rest day. We have been on the move a lot in the last few days, and we know you would like some time to relax. There are no scheduled activities for today at all. If you wish to schedule something for you party, please feel free to talk to your guides, or ask the host at the front desk for options. Transportation can be arranged for those who wish to go and explore the city further, but make sure to stick together!

Recommendations:

Day 11

Exploring part of the Bosnian backcountry is on the agenda for today. We will be heading to the **Bijambare Nature Park Area** with a guided tour.

07:30	Breakfast at the hotel
08:30	Pick up from the hotel lobby
10:00	Arrive in Bijambare Nature Park Area and begin tour
15:00	Conclude Tour
17:00	Arrive back at the Hotel

Day 12

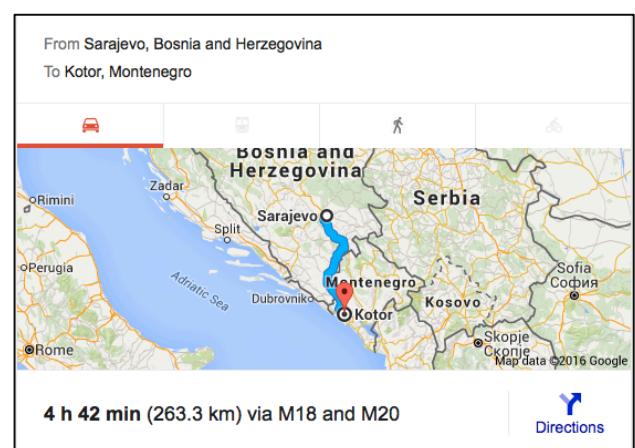
Today we will be departing for the third and final country of our Adriatic Adventure Tour, **Montenegro**. It is a long journey (nearly 5 hours) south to the northern coastal country of Montenegro. We will be staying in the city of **Kotar**. Seeing as our day is going to be so long, we are going to grab one last hearty, local Bosnian breakfast at **Nanina Kuhinja**.

This restaurant is known for its amazing breakfast entrees, which is why we've decided to eat here this morning!

It's time to head to the third and final destination of our Adriatic Adventure, **Montenegro**. It is going to be a long day so we are going to take it at leisure. We will be meeting for breakfast at 09:30.

09:30	Breakfast
11:00	Depart for Kotar, Montenegro
16:00	Arrive in Kotar

Staying in Muo, Muo Montenegro



18:30

We will be driving to dinner at Dinner at

Konoba Ferao

Kotor Preanj 154, Kotor 85335, Montenegro

Phone: +(382) 679153081



Day 13 and Day 14

There are a lot of things to do in the city on your own time. We understand that this is your vacation, and that has been a long two weeks traveling with us. That's why we are giving you the choice of what to book. There were possible options for bookings above, but if there is something else that you find that you would like to do, please feel free to send us the information and I'm sure we could arrange something. The only thing we have scheduled is a **Last Dinner**, at the **Galion** at 19:00.



Day 15 DEPARTURE DAY

Today is the day we go our separate ways. We will have an optional breakfast for those of you who will be staying longer in Montenegro, and for those of you who will be returning home, we can arrange transportation for you to the airport or wherever you need to go. We hope that you have enjoyed your time with us, and with all of who have traveled so far together.

We hope that we have made a good and lasting impression on you of what the culture in the Adriatic is like and what a culture these people have to share. We hope you will reflect on these experiences for years to come and we hope to see you, or the friends you tell about this trip, in the future.

Thank you,

ADRIATIC ADVENTURES

