EXPLORE! Tour Notes

PRICE GUARANTEE 100% NO SURCHARGES

Family Croatian Active Adventure (FCA 2016)

MULTI-ACTIVITY

TOURDURAT
8
DAYS

Tour Style: Classic
Tour Comfort: Standard
Tour Type: Centre Based
tour Code: FCA

Tour Highlights - Family Croatian Active Adventure

- ✓ Island of Ciovo - Charming family-run hotel on an island close to Trogir
- ✓ Cetina Gorge - Scramble and clamber over rocks as you canyon down the river
- ✓ Cetina River - Whitewater rafting down an impressive gorge with grade three rapids
- ✓ Historic Croatia - Optional visits to the fascinating towns of Split, Trogir and Omis
- ✓ The Dalmatian Coast - Discover the beautiful bay and picturesque inlets while sea-kayaking along the coast

Tour Essentials

Accommodation:	7 nights Standard Hotel
Included Meals:	7 breakfasts, 0 lunches, 7 dinners
Start Point:	Join tour: Split Airport
End Point:	Tour ends: Split Airport
Transport:	Bus
Countries:	Croatia
Minimum Age:	From 8 years

Family Croatian Active Adventure

Join us for a week of exciting activities in stunning Croatian landscapes. Based on an island just off Trogir and by the beautiful Dalmatian coast, we enjoy the thrills of white water rafting, try out sea kayaking and take the challenge of canyoning through caves and waterfalls. There is also time to discover Croatia's historic sites or relax, making this the ideal trip for all the family.

Why Book this tour

This trip is wet and active ! A range of adventures await from whitewater rafting, canyoning and sea kayaking to a great walk along the island where we stay plus optional trips to discover the coastal towns of Omis, Trogir and Split. The accommodation has been chosen for its large pool and beach front location which is a great place to return to after your pursuits. Active families will love this great value adventure with a number of included activities and meals within the price.

Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's adventure.

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

Tour Comfort: Standard

Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

Tour Style: Classic

Packed with adventure, these tours offer inspiring destinations and authentic travel experiences at a reasonable price. Using all kinds of transport and accommodation, we'll take you off the beaten track to discover the true heart of the people and places you visit.

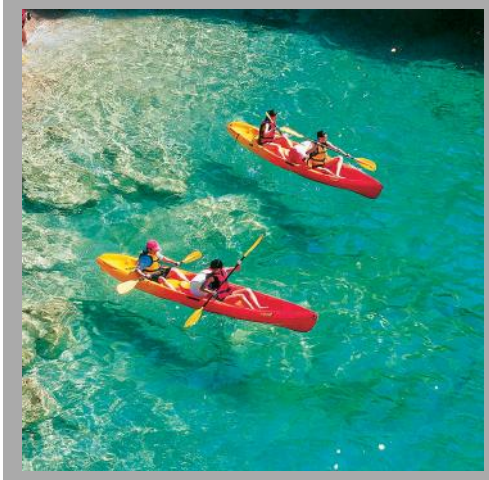
Your tour itinerary

Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

Your Tour Leader

A Tour Leader is an integral part of any Explore tour and your tour will be led by one of our experienced Tour Leaders who have been handpicked and expertly trained. We believe that our Tour Leaders are the key to the success of our tours; they are passionate travellers who are bursting with first-hand local knowledge which they love to share. Your Tour Leader will also take care of all the planning and organisation throughout your journey. Their passionate approach will make this tour fun and inspiring, bringing the destination to life whether you're travelling alone or with others.



DAY 1 Join tour Split and transfer to Ciovo Island

Joining the tour at the airport in Split this afternoon, we then transfer to Ciovo Island, which is situated just off Trogir. The hotel will be our base for the coming week and is ideally situated on the coast for exploring the scenery around the island and to enjoy the Croatia's lifestyle. The hotels facilities include a swimming pool and bars to make your stay as comfortable as possible. We enjoy a traditional Croatian home-cooked meal which affords us the perfect opportunity to become acquainted with our surroundings and our travelling companions for the coming few days.

Overnight: **Standard Hotel** **Swimming Pool Available**

Included Meals: Dinner

DAY 2 Scenic walking through rural Dalmatia

Our first full day in this beautiful region sees us exploring something of Croatia's idyllic rural landscape. Beginning our walk from our accommodation, we head to the monastery Gospa od Prizidnice. The monastery which includes a convent and small church enriched with ships was constructed in the 16th century by hermits and is situated in beautiful natural surroundings on stone cliffs beside the sea. The route provides the perfect introduction to a part of the world that still retains a sense of being less developed than many other regions of Europe. After walking back to our hotel, we can enjoy the remainder of the afternoon relaxing by the pool.

Overnight: **Standard Hotel** **Swimming Pool Available**

Included Meals: Breakfast, Dinner

DAY 3 Whitewater rafting on the Cetina River

One of the best ways to appreciate the Cetina River and its impressive gorge is from the water, and today we splash and crash through the rapids along part of its rugged course, taking in the rich vistas of lush vegetation, glorious lakes, mysterious caves and towering cliffs as we follow the river's path. The river's source lies somewhere deep within the depths of the Dinara and Gnjat Mountains, where a series of wells feed into the river at the northern town of Vrlilka, continuing down a course some 100km in length towards the Adriatic, making it the longest river in Dalmatia. Our guides are very experienced in the currents of the river and are used to dealing with family groups, ensuring a happy experience for all. All equipment and instruction will be provided, with wetsuits, life jackets and helmets supplied - a change of clothes for the post-rafting journey back to our hotel is recommended and remember to wear shoes that you do not mind getting wet. The rapids themselves are classed as grade 2-3, which makes them easy to medium in terms of difficulty, allowing you plenty of chance to take in the stunning scenery as you flow past, yet enjoying the adrenalin rush of this exciting sport.

Overnight: **Standard Hotel** **Swimming Pool Available**

Included Meals: Breakfast, Dinner

DAY 4 Free day with optionals; half-day climbing excursion or visit to Omis

Today has been left free for you to enjoy as you wish. You may like to try a half-day climbing excursion in the surrounding mountains with a local guide near Omis. Alternatively a visit to nearby Omis town should prove to be an interesting diversion. Once an impregnable pirate stronghold, Omis enjoyed the reputation as one of the most feared pirate haunts in the region, plundering the ships of Naples and Venice, as well as harassing Crusaders en route to the Holy Land. They became such a thorn in the side of merchant shipping that in 1221 the Pope himself was forced to intervene, leading an attack on the fortified town in an attempt to drive the pirates out, an attempt it has to be said, that failed. It wasn't until the middle of the 15th century, when Dalmatia came under the auspices of Venice, that Omis was finally conquered. Today the old city still retains something of its historical past, with the remnants of its walls and two Venetian fortresses still occupying the heights above the town. The views from up here are spectacular, looking out across the town and the islands beyond.

Overnight: **Standard Hotel** **Swimming Pool Available**

Included Meals: Breakfast, Dinner

DAY 5 Canyoning excursion in Cetina Gorge

Transferring to Zadvarje this morning we return again to the Cetina River for an exciting canyoning excursion in the gorge, which will include the spectacular 60 metre high Gubavica Waterfall. High cliffs, plunging waterfalls, crystal clear pools and underground tunnels all await our intrepid explorers for what is a unique way to explore the gorge and to discover more of a region that has been thousands of years in the making. Canyoning involves a guided walk, scramble and clamber over rocks, past waterfalls and pools and paddling down a river gorge. The route is suitable for all ages and full instruction and equipment will be provided (helmet, full wetsuit, life jacket). Anyone suffering a fear of heights may wish to opt out of this excursion due to the entry point into the gorge and the cliff jumps into rock pools. This afternoon has been left free to relax by the pool after what is bound to be an exciting morning out.

Overnight: **Standard Hotel** **Swimming Pool Available**

Included Meals: Breakfast, Dinner

DAY 6 Free Day; optional trip to Split and Trogir

A further free day allows for more personal exploration, or sheer lazy indulgence. You might like to join your Tour Leader on an optional visit to the ancient and captivating town of Split which is situated on a peninsula and surrounded by historical towns and settlements. We take a walk through the 4th-century Diocletian's Palace to visit its ancient cellars, Roman temples (today Christian ones), cathedral and the famous Golden Gate. We would then continue with a bus ride towards Trogir which is a UNESCO World Heritage Site. Without doubt, the town is one of the most picturesque settings along this part of the coast. With a rich history that dates back to the 3rd century BC, Trogir is a delightful collection of cobble stoned squares and medieval architecture, whilst its Romanesque cathedral is considered to be one of the most exquisite in the entire Adriatic. Spanning some three centuries, it boasts a superb entranceway in its west portal, carved in the 13th century by the master mason Radovan. The town also boasts Venetian Gothic mansions, an impressive clock tower and a comprehensive collection of church artwork displayed in the 13th century Church of St John. What makes Trogir such a delight to wander around though are its meandering alleyways, filled with cafes and restaurants and its elegant riverfront promenade, which leads up to the Kamerlengo Fortress, a 15th century edifice with imposing battlements and a huge octagonal tower. You may like to visit one of the town's many excellent eating establishments before returning to our hotel for the evening.

Overnight: **Standard Hotel** **Swimming Pool Available**

Included Meals: Breakfast, Dinner

DAY 7 Sea Kayaking excursion along the River Pantana and around Trogir

Today we head to the Pantana Old Watermill near the town of Trogir for a morning of sea kayaking adventure. The route takes us along the River Pantana, through the reed canals and on to the sand lagoon which feeds into the sea. We continue our journey travelling in the direction of Trogir with the old town being completely surrounded by the sea. We make a full circle around the island with great views of the town from the kayak. On the way back to Pantana, there is the chance for a swimming break at the beach. Full instruction and lifejackets will be provided and guides will accompany us during the day ensuring that even first-time paddlers enjoy the kayaking. Then it is back to the hotel for our final opportunity to sample the delicious home cooked Croatian fare that has been such a part of the whole experience.

Overnight: **Standard Hotel** **Swimming Pool Available**

Included Meals: Breakfast, Dinner

DAY 8 Tour ends Split

The group will transfer back to Split this morning, where our tour will end at the airport.

Included Meals: Breakfast

Ability to swim required

An ability to swim is essential for your safe enjoyment of the water based activities on this trip. If you wish to participate in these activities then we insist that you are able to swim.

Accommodation and Meals

Accommodation Rating

Your family run hotel for the week is located on the Island of Ciovo which is 4 km from the historic town of Trogir. The hotel overlooks the beach and the clear blue waters of the Adriatic and is surrounded by pine forests. Facilities include; a restaurant offering traditional and western cuisine, a large pool, a bar and a terrace area with views over the coastline. All en-suite rooms have air conditioning, satellite TV and a mini bar. Wi-Fi is available in the lobby of the hotel.

Food & Drink

Included meals: 7 breakfasts, 0 lunches,7 dinners included in the price of this tour. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

Budgeting for your Tour

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

Food

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide.Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Croatia

Lunch £: 15.00

Dinner £: 18.00

Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

Croatia

Bottle of Beer £: 2.00

Water £: 1.50

Other Sightseeing & Activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations.

Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Optional Excursions

Omis - Climbing excursion (min of 4 persons) EUR 110,00 pp including transport; Excursion trip to Omis approx EUR 52,00 pp
Split and Trogir - Visit to Old Town EUR 35,00 pp (min 5 pax)
Krka and Sibenik National Park - Full day visiting national parks EUR 75,00 pp

Tipping - Tour Leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Tipping - Local Crew

Although entirely voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. Accordingly you should allow 150 Kuna (per family member) for gratuities for local staff.

In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour.

Foreign Exchange

Croatia

ATM Availability: Most towns have ATM’s for cash withdrawal.

Credit Card Acceptance: Generally accepted throughout including most larger restaurants (make sure you have informed your credit card company that you are travelling abroad as some companies will reject payments)

Travellers Cheques: Travellers Cheques can only be exchanged in banks.

Local Currency: Croatian Kuna.

Recommended Currency for Exchange: Sterling pounds, US Dollars and Euro cash can all be exchanged for the local currency.

Where to Exchange: Most major towns have a Bureau de Change

Joining your Tour

Flight Information

You are able to book this tour on a 'land only' basis or as a ‘flight inclusive’ package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a land only package with Explore

Customers who have chosen to book on the ‘Land Only’ arrangements of our tour, please ensure that you have checked your tour specific ‘Joining Instructions’ prior to booking your own travel arrangements. Your joining instructions can be found on our website at www.explore.co.uk, in the tour specific dates and prices section.

You may also be eligible for the Free Explore Transfer. For more information please refer to https://www.explore.co.uk/transfers.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer please refer to https://www.explore.co.uk/transfers.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Important Information

Travel Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

EXPLORE!
The Adventure Travel Experts

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE

Travel Insurance is essential. If you have not already arranged cover, please contact our recommended Travel Insurance providers www.campbellirvinedirect.com/Explore who offer Travel Insurance specifically designed to cover travel with Explore or call **Campbell Irvine Direct** on Tel: 020 7938 1734

Explore Worldwide is an Introducer Appointed Representative of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority.

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Visa Information

Croatia: Visas are not required by UK, Australian, New Zealand, US or Canadian citizens. Other nationalities should consult their local embassy or consular office.

All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure.

Lone Parents

Croatia

Single parents or other adults travelling alone with children should be aware that some countries require documentation confirming that the individual has authority to travel with the minor. It is crucial that you contact the Croatian embassy for further information on exactly what may be required.

Vaccinations & Protection

Croatia

Nothing compulsory, but we recommend protection against hepatitis A, polio, tetanus, and typhoid. Tick-borne encephalitis is recommended by some medical sources if travelling in certain areas of Eastern Europe, at specific times of the year. Check latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at http://www.explore.co.uk/Travelhealth/ and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed before departure.

Preparing for your Tour

Climate

Croatia

The Croatian Adriatic has a Mediterranean climate with mild winters and warm, sunny summers. There is a chance of sporadic rain in spring and autumn, though generally it is in the form of short showers. Thunderstorms occur in summer, generally helping to cool the air. Itineraries with boat cruises can occasionally be disrupted due to bad weather.

Clothing

July and August are the hottest months, but early and late in the season go prepared with clothing to suit drops in temperature and the showers. You'll need your swimming gear, a bath towel and a beach towel. Light rainwear may be needed at any time of year, and a warm fleece/jacket is recommended for cooler evenings and nights.

Equipment

Wetsuits, lifejackets and helmets for the canyoning, canoeing and kayaking excursions will be provided locally. A water bottle, sunhat and high factor sunscreen are all essential though and you may also wish to bring your own mask and snorkel.

Footwear

Comfortable walking shoes, trainers and sandals; some strong footwear that you don't mind getting wet - a pair of old trainers would be ideal.

Luggage: On Tour

One main piece and a daypack.

Luggage allowance on tour: 20kg

General Information

Country details

Croatia

Population: 4,290,612

Size of Country: 56,594 sq km

Major Language: Croatian

Religion: Roman Catholic

Time Difference to GMT: +1

Electric Supply & Plugs

Croatia

2 Pin Round

Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years' experience, we are passionate about what we do.
- Pioneering small group adventures, self-guided, private journeys & tailormade holidays.
- Award winning tour leaders who you can trust.

- Responsible travel is and always has been one the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, elephant, or any number of unusual forms of transport . Often you will stay in family run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to – and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

Our commitment to the environment

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures and traditional, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people), Dekamer (a turtle rescue centre in Turkey) and Kids Saving the Rainforest (a wildlife rescue centre in Costa Rica supported through the LATA foundation). We also care passionately about the world's wildlife. We are patrons of the Born Free Organisation and Friends of Conservation.

Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

Earth Matters

- The Travel Foundation

  Explore are active members and supporters of the Travel Foundation which has established a variety of sustainable tourism projects in destinations and works with industry to improve practice. Visit their website www.thetravelfoundation.org.uk
- Tourism Concern

  Explore support the work of Tourism Concern who campaign for fairly and ethically traded tourism, and are part of its Ethical Tour Operator Group www.tourismconcern.org.uk
- For further information on responsible travel go to www.explore.co.uk/ResponsibleTourism/

Know before you go

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office Advice follow the link at www.explore.co.uk/travel-safety

Booking Your Holiday

Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's LicenceÂ granted by the Civil Aviation Authority.Â Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

Reserving your place

To reserve your place on this tour you will need to check availability on the Explore website or through our dedicated call centre based in the UK where you can. Our tours can fill up quickly so you are advised to book as early as possible. If your chosen date is 'Available' or 'Guaranteed' we will be able to provisionally hold you a space for up to 48 hours.

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking

100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2014 and 31st December 2015.

Tour Itinerary Versions

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 2016 itinerary versions are applicable to tours departing in 2016. 2017/18 itinerary versions are applicable to tours departing from 1st January to 31st December 2017.

These tour notes were printed on 04/10/2015 13:45:10