

Slovenia & Croatia

ALPS, ISTRIA, & DALMATIA HIKING

MOUNTAINS TO THE SEA | 11 DAYS

June 2-12, 2023

June 16-26, 2023

September 3-13, 2023

September 17-27, 2023

TRIP ITINERARY



1.800.941.8010 | boundlessjourneys.com

How we deliver

THE WORLD'S GREAT ADVENTURES

A passion for travel. Simply put, we love to travel, and that infectious spirit is woven into every one of our journeys. Our staff travels the globe searching out hidden-gem inns and lodges, taste testing bistros, trattorias, and noodle stalls, and discovering the trails and plying the waterways of each remarkable destination. When we come home, we separate wheat from chaff, creating memorable adventures that will connect you with the very best qualities of each destination.

Unique, award-winning itineraries. Our flexible, hand-crafted journeys have received accolades from the world's most revered travel publications. Beginning from our appreciation for the world's most breathtaking and interesting destinations, we infuse our journeys with the elements of adventure and exploration that stimulate our souls and enliven our minds. Whether you are looking for a challenging physical expedition or a leisurely cultural exploration, Boundless Journeys has exceptional itineraries to match your sense of adventure.

Insider connections. There is simply no substitute for traveling with a knowledgeable insider, and our expert local guides will open doors for you that other travelers miss, like dinner with their extended family in Peru's Sacred Valley, or meeting an art scholar in Florence. Relationships developed over many years allow you to experience our destinations through a well-connected friend.

Small groups. Although the camaraderie of a group of like-minded travelers often enhances the journey, there can be too much of a good thing! We tread softly, and our average group size is just 8–10 guests, allowing us access to opportunities that would be unthinkable with a larger group.

Flexibility to suit your travel style. We offer both scheduled, small-group departures and custom journeys so that you can choose which works best for you. Not finding exactly what you are looking for? Let us customize a journey to fulfill your travel dreams.

Customer service that goes the extra mile. Having trouble finding flights that work for you? Want to surprise your traveling companion with a bottle of champagne at a tented camp in the Serengeti to celebrate an important milestone? There is no request that is too big—or too small—for our staff to handle. From your first call, we guide you through choosing your trip, provide advice on preparing for your adventure, and hold your hand until you return home.



Multi-year recipient of *Travel + Leisure* magazine's "World's Best Tour Operator"; and recognized by the editors of *National Geographic ADVENTURE* magazine as one of the **Best Adventure Travel Companies on Earth**.

Slovenia & Croatia

ALPS, ISTRIA, & DALMATIA HIKING

Thank you for your interest in this fantastic journey to Slovenia & Croatia. We have hand-crafted this tour from our own experience and hope you fall in love with the area—as we have!

THE INSPIRATION FOR THIS JOURNEY

Slovenia and Croatia—two of the most gorgeous of the Balkan nations—that when combined create an extraordinarily diverse itinerary unlike any other. On this epic journey, we take full advantage of the changes in landscape, each country's shared yet distinct history, and the outstanding culinary traditions and gastronomic delights found from the Alpine meadows to the sparkling seaside and everywhere in between.

Opportunities for adventure are limitless. From Slovenia's picture-perfect Lake Bled, we set out on thrilling hikes into the remote corners of the Julian Alps, a mountain lover's paradise. In Croatia, we venture into Istria, a beautiful peninsula beloved by Europeans but little-known by outsiders, and end our escapade on Hvar Island on the Dalmatian Coast, known as the "new Mediterranean Riviera."

Join us to meander through quiet mountain villages and lively port towns, summit Alpine peaks for panoramic views, and explore on foot and kayak the sun-drenched islands and scenic coastlines of the Adriatic. You'll wonder why you didn't go sooner.

HIGHLIGHTS

- Exploring the storybook landscape of Lake Bled, with its cliff-top castle and tiny islet punctuated by its iconic bell tower
- Hiking in Triglav National Park, with towering peaks, colorful wildflowers, and sparkling lakes
- Savoring culinary experiences including truffle hunting, and cheese, olive oil, and wine tastings
- Discovering Veliki Island with its Roman ruins and dinosaur footprints
- Exploring Dalmatia's vibrant city of Split and Hvar Island
- Kayaking through the Pakleni Archipelago

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TOUR OVERVIEW



THE BASICS

Duration:	11 days / 10 nights
Tour start:	Ljubljana, Slovenia
Tour end:	Split, Croatia
Accommodations:	8 nights in charming, deluxe hotels
Trip rating:	1 2+ 3 4 5 Easy Strenuous (See page 12 for more details)
Land cost:	\$7,895 per person
Single Supplement:	First two singles per departure: \$995 (must reserve at least 120 days prior); Additional singles: \$1,495



WHAT'S INCLUDED

Just pack your bags—we've got you covered! When you're on a Boundless Journeys adventure, every detail is taken care of for you, so you can relax and truly experience each moment. Put your wallet away, leave your travel books behind, fold up your maps, and BE there. Your Boundless Journeys adventure includes:

- Expert leadership
- All accommodations
- All meals as listed
- Local beer and wine with group dinners
- All on-tour transportation
- All activities as noted in the itinerary
- All gratuities except for those for your guide and driver, which are at your discretion
- Explorers Club savings on your next scheduled, small-group trip (conditions apply)

International airfare is not included in the price of your trip. Please contact your local travel agency or the airlines directly to make any arrangements you may need. If you would like assistance with booking your flights or other travel plans, please contact Boundless Journeys directly at 800 941 8010 for a referral to one of our partners who will best fulfill your needs.



ITINERARY AT-A-GLANCE

DAY 1

We meet at in Ljubljana, Slovenia's thriving capital, and head straight into the Alps. We hike at picturesque Lake Bled and take a boat to the iconic island before continuing to explore Mostnica Gorge.

DAY 2

Hike in the Julian Alps in Triglav National Park. We summit Mt. Šija at 6,342 feet and have the rest of the afternoon at our leisure, with an optional hike around Lake Bohinj.

DAY 3

Follow one of Europe's most scenic mountain roads to Vrsic Pass from where we walk to Sleme Viewpoint with its gargantuan walls of solid limestone. We drive into the Soca River Valley to Bovec, the adventure capital of Slovenia.

DAY 4

Hike along the Soca Trail passing alpine cheesemakers and sampling some of their products. We then make our way to the village of Kobarid for a visit to a WWI Museum, and our evening meal at a wonderful local restaurant.

DAY 5

En route into the Istria Peninsula, we stop at the colorful artist community of Grožnjan where we enjoy lunch and hike on the Parenzana Trail.

DAY 6

Truffle hunt with a local family and learn about the tradition and delicacy. Along the way to Rovinj on the coast, we enjoy a wine tasting at one of Croatia's best wineries. In Rovinj, we head into the Old Town for a walking tour.

DAY 7

Explore the National Park of Brijuni with its 14 islands and islets, dinosaur footprints, and Roman ruins. We return to the mainland for a tasting and tour at an olive oil producer.

DAY 8

Enjoy a coastal walk before journeying to Northern Dalmatia. Meet our local guide in the historical town of Sibenik before dinner.

DAY 9

A scenic clifftop walk in Sibenik before transferring to the vibrant port of Split for a city walking tour, stopping at a farmers market to sample local specialties. We end the day on the lovely island of Hvar (known for its lavender).

DAY 10

Sea kayak in the Adriatic among the stunning Pakleni Islands and a talk with Hvar's foremost aromatherapist.

DAY 11

Leisurely morning before catching the midday ferry back to Split for continued travel or departure.

THE JOURNEY



DAY 1: Arrival, Lake Bled & Mostnica Gorge

Activity Overview: Hiking

Activity Level: Easy to moderate with 740' elevation gain

Activity Length: 3.5 hours, 6.5 miles

Welcome to Slovenia! We meet our fellow travelers and guide at 9 a.m. in the lobby of Hotel Vander in Slovenia's hip and happening capital. This is the "new Old Europe," where the 21st century mingles comfortably with a rich blend of cherished tradition and historic architecture. With its artsy bohemian vibe, many have compared Ljubljana to Prague, minus the crowds.

We leave the city for the Alps and the iconic Lake Bled, one of Europe's most scenic spots. Its glacial waters are surrounded by forest and soaring mountains, and its tiny islet—the only natural island in Slovenia—is marked by the storybook bell tower of its medieval church. We take a traditional *pletna* boat and visit the islet. From the middle of the lake, we have beautiful views of medieval Bled Castle perched high on a rocky lakeside precipice.

To warm up our legs, we hike along Lake Bled, stopping for a delicious signature Slovenian meal before continuing further to Bohinj Lake with its picturesque collection of alpine villages. We hike along the lush Mostnica Gorge carved by the river. Our trail leads us over wooden bridges, where we can easily spot trout, before we turn into the woods to complete our loop with views of alpine meadows.

We check in to our elegant lakeside hotel overlooking Mt. Triglav, Slovenia's highest peak and enjoy our first dinner together.

Accommodation: Hotel Bohinj, Bohinj, Slovenia

Meals: L, D

DAY 2: Mt. Vogel & Lake Bohinj

Activity Overview: Hiking

Activity Level: Easy to moderate with 1,280' elevation gain

Activity Length: 3 hours, 4 miles; additional optional hike - 1 hour, 3 miles

This morning, we head into the splendor of western Slovenia and the Julian Alps where the Julian foothills set the stage for our first hiking adventure. A short gondola ride delivers us to the Vogel Plateau in Triglav National Park. Around us, hulking massifs pierce the sky and wild blueberry bushes and pristine alpine tarns cover the plateau above Lake Bohinj. Our destination is the Zadnji Vogel mountain pasture, where we learn about traditional dairy production. We summit Mt. Šija (6,342') where we have spectacular views of Mt. Triglav (9,400'). We stop for a hearty picnic lunch in this beautiful setting before returning to the valley.

Once we reach the Lake Bohinj again, those who have the energy, may choose to join an additional easy hike along the lake. Alternatively, you may enjoy a swim or just relax at our hotel, situated on the shore.

Before dinner, we meet with Marija, a friendly and enthusiastic local resident, who will tell us more about traditional daily life in Triglav and teach us about local plants, ingredients, and gastronomy.

Accommodation: Hotel Bohinj, Bohinj, Slovenia

Meals: B, L, D

DAY 3: Slime Viewpoint, Vrsic Pass, & Bovec

Activity Overview: Hiking

Activity Level: Moderate with 1,300' elevation gain

Activity Length: 3-4 hours, 3.7 miles

After breakfast, we depart Bohinj and drive through the mountains toward the Italian and Austrian borders, stopping briefly in Kranjska Gora, a ski resort town that hosts the annual Alpine Skiing World Cup for slalom competitions. We admire crystalline waters of the Pisnica River and encircle picturesque Lake Jasna.

We then make our way to Vrsic Pass along one of Europe's most scenic mountain roads originally built as a supply route during World War I. Today, it is a boon for trekkers eager to explore this remarkable landscape. From the pass, we set out on foot past larch trees and tiny ponds to Slime Viewpoint, which overlooks gargantuan walls of solid limestone.

After a lovely picnic lunch, we continue our drive into the emerald Soca River Valley and Bovec, the adventure capital of Slovenia. Here, we settle into our refined boutique hotel and savor a gourmet dinner.

Accommodation: Hotel Dobra Vila, Bovec, Slovenia

Meals: B, L, D

DAY 4: Soca Trail & Kobarid

Activity Overview: Hiking

Activity Level: Easy to moderate with 600' elevation gain

Activity Length: 3.5 hours, 6 miles

We head into the northern reaches of the Soca Valley to an area called Trenta. This region is awash in both beauty and history. During World War I, the Italians and Austro-Hungarians battled at the Isonzo Front, loosely defined by the waters of the Soca River (known as the Isonzo River in Italy). Ernest Hemingway's *A Farewell to Arms* vividly depicts the events that unfolded here. This farming area is also known for its cheeses and is home to some of the best Slovenian producers, nestled at high altitudes where pristine grazing areas make for a top-quality cheese. We hike on the Soca Trail to discover these remote cheesemakers, learn about their craft, and do some grazing of our own as we sample their products.

In the afternoon, we drive to the nearby village of Kobarid to enjoy a private tour of the award-winning World War I Museum to learn more about the area's turbulent history.

This evening, we are treated to dinner at a wonderful local restaurant, Hisa Polonka. We experience traditional Slovenian flavors with an imaginative flair.

Accommodation: Hotel Dobra Vila, Bovec, Slovenia

Meals: B, L, D

DAY 5: Istria: Grožnjan to Motovun

Activity Overview: Hiking

Activity Level: Easy to moderate with 700' elevation gain

Activity Length: 2.5 hours, 4.6 miles

Drive time: 3 hours

We continue our journey south towards Istria, the heart-shaped peninsula at the northern end of Croatia's coast surrounded by the Adriatic Sea. We traverse the rolling hills and fertile plains of the picturesque interior.

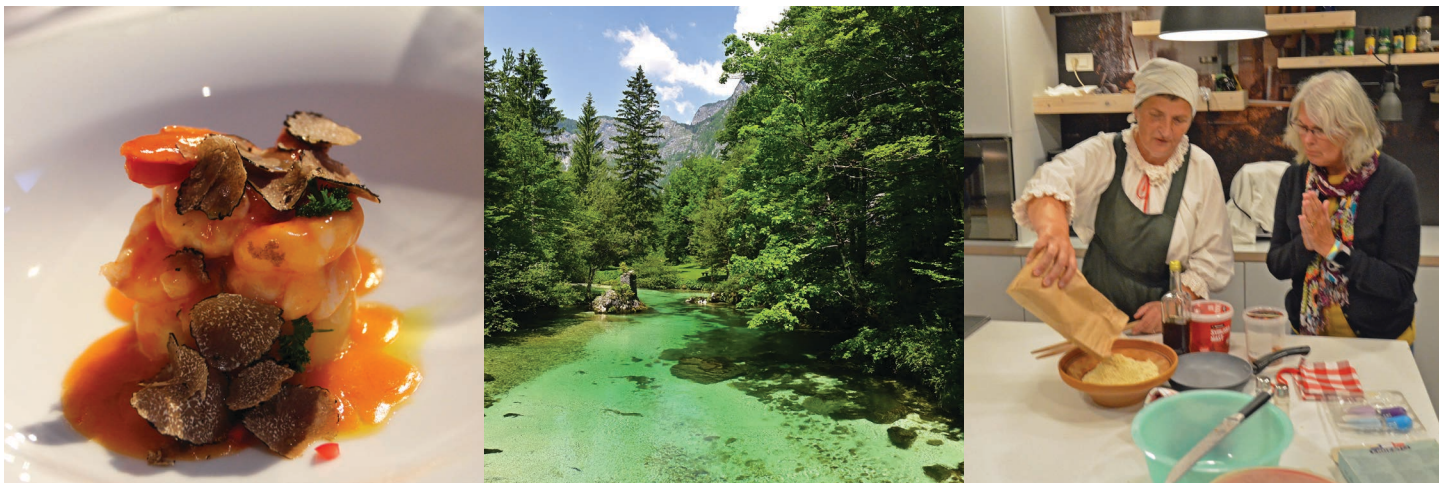
Our first stop is at the medieval town of Grožnjan with a rich history having been ruled in succession by the Republic of Venice, the Austro-Hungarian Empire, Napoleonic France, and Italy. Grožnjan then became a part of Yugoslavia, and in 1965, painters and sculptors took advantage of a state-funded program to restore old houses into studios and galleries. It is now a colorful, creative community filled with musicians and artisans in the summer.

After lunch at a local *konoba* (small, family-run restaurant) where we might try home-made *minestra* soup and Istrian *fuži* pasta, we explore the bucolic surroundings on foot following the Parenzana Trail. This route was once the narrow-gauge railway line that connected Trieste in Italy with Porec (Parenzo) in Croatia.

We end our day in the medieval, hilltop town of Motovun, perched above the Mirna Valley. This area is famous for its acclaimed gastronomy including fragrant white and black truffles, wild asparagus, top-rated olive oils, and award-winning wines such as Malvazija or Teran. We enjoy a gourmet dinner with a breathtaking view.

Accommodations: Hotel Kaštel, Motovun, Croatia

Meals: B, L, D



DAY 6: Truffle hunt, winetasting, & Rovinj

Activity Overview: Walking

Activity Level: Easy

Activity Length: 2 hours truffle hunting, 2-3 hours park and city tour

After breakfast, we delve deep into the forest on a truffle hunt with a local Istrian family that has been hunting here for three generations. We join them for a foray and walk, learning about this skill. Of course, our experience wouldn't be complete without sampling all kinds of truffled goodies; including cheeses, spreads, jams, and even chocolate.

On our way to Rovinj, we detour to one of the very best Croatian wineries, Benvenuti, a family-owned wine estate focused on the traditional ways of aging wine in older and aromatically neutral oak barrels. Their selection ranges from light and refreshing whites to the rich, long aged wines such as Teran. They promise that we can taste sunshine trapped in their wine bottles.

We continue an hour more towards Rovinj, one of Croatia's most attractive coastal towns. This area has been inhabited since prehistoric times when Histrian tribes traded with Etruscans on the Italian peninsula and Greeks further south. Rovinj prospered under the Venetian Republic, which is reflected in its architecture. After five centuries of Venetian rule, Napoleon seized the region only to lose it to the Austro-Hungarian Empire. With arrival of Austrians, tourism came to Rovinj as wealthy barons invested in railroads and built glamorous seaside villas. One of them, Georg Hutterott, made sure to include tree-lined pathways and landscaped meadows, which is now a protected park

called Punta Corrente (Golden Cape), a beautiful natural attraction.

After checking in to our seaside design accommodation, we walk through this unique park and continue on to the Old Town where we meet our local guide for a city tour. The Old Town is topped by the church of St. Euphemia from where we enjoy the best sunset views. Today's dinner features succulent, day-boat seafood.

Accommodations: Hotel Lone, Rovinj, Croatia

Meals: B, L, D

DAY 7: Brijni National Park & olive oil tour

Activity Overview: Hiking

Activity Level: Easy to moderate with 300' elevation gain

Activity Length: 2.5-3 hours, 6.8 miles

Following breakfast, a short ferry ride brings us across the channel to the scenic Brijni National Park made up of fourteen islands and islets. Among them, Veliki Island stands out as the most fascinating and is where we enjoy our walk passing 130-million-year-old dinosaur footprints, ruins of a Roman villa, a 1,600-year-old olive tree. In the 19th-century, an Austrian industrialist built the first hotels on the island, and shortly thereafter, Viennese psychiatrists were sending famous patients—James Joyce, Gustav Klimt, and the Archduke of Austria—for rest and relaxation. When this region was part of Yugoslavia, President Tito made Brijuni his official summer residence and entertained over 90 heads of state and celebrities here, including Che Guevara, Sofia Loren, Carlo Ponti, Elizabeth Taylor, and Richard Burton.



Once we encircle the island on foot, we take the ferry back to the mainland and visit a local olive oil producer. Although not as famous as Italian or Spanish oil, Istria is recognized as a top olive oil region for the olive's unique color and pungent taste. We learn about the production and enjoy a tasting.

We return to our hotel in the afternoon for leisure time. Perhaps take a refreshing swim, indulge with a spa treatment at the hotel, or walk into the old town to explore independently. Dinner is on your own this evening, and our guides are happy to make some recommendations.

Accommodations: Hotel Lone, Rovinj, Croatia

Meals: B, L

DAY 8: Rovinj & Šibenik

Activity Overview: Hiking & walking

Activity Level: Easy to moderate with 500' elevation gain

Activity Length: 1-2 hours, 3 miles; 4-hour drive

Our day begins with a morning coastal hike through a unique and rich natural arboretum, known as Zlatni Rt (Golden Cape). The interior has been planted with cedars, stone pines, and cypress which mingle with the native holm oak and Alpine pines to create a cool, shady forest. A string of beaches are sandwiched between the forest and the sea while a sprinkling of offshore islands provide restful vistas. After our morning stroll, we begin our journey towards Northern Dalmatia.

Leaving Istria behind, we reach Šibenik, a city strategically located on a bay just inland from the Adriatic, with access to the sea through the Krka River. Šibenik is also known as the

oldest native Croatian town on the coast. The 15th century brought Venetian rule to the area, and Šibenik prospered economically and culturally. During this time, the exquisite, UNESCO-listed Cathedral of St. James was erected, showcasing unique techniques in the dome and vaulting, as well as a fusion of Gothic and Renaissance styles in its decorative elements. Many forts were constructed to protect against Ottoman Turk attacks—including the well-preserved St. Nicholas's Fortress, set at the mouth of the Krka, almost surrounded by water.

We meet our local guide to learn more about Šibenik's rich history, dating back 6000 years ago, and catch splendid views from St. Michael's Fortress just before dinner in the old town.

Accommodations: Heritage Hotel Life Palace, Šibenik, Croatia

Meals: B, L, D

DAY 9: Šibenik, Split walking tour & Hvar

Activity Overview: Hiking & city walking

Activity Level: Easy with 390' elevation gain

Activity Length: 1.5 hours, 4 miles

This morning we hike from Šibenik harbor to St. Nicholas Fortress, offering spectacular views of the town and archipelago.

After getting our muscles moving, we drive about an hour to the bustling city of Split, one of the Adriatic's most vibrant ports of call. Through the centuries, it has been ruled by Greeks, Romans, Byzantines, Venetians, and Austrians (among others), but perhaps the city's greatest claim to



fame is its enormous, 3rd-century Palace of Diocletian. Built as the Roman emperor's retirement home, the structure is an important example of transitional style, comprising an imperial villa, Hellenistic town, and Roman camp. We meet our guide for a walking tour that will introduce us to Split's rich history. As we explore the Old Town, we stop at a local farmers' market where we can sample specialties directly from the producers. We'll find a variety of local cheeses, prosciutto, *pogaca* (flatbread similar to focaccia), *burek* (Balkan pastry filled with cheese, meats, or vegetables), and an endless selection of tasty and flavorful fresh and dried fruits—the fresh figs are to die for!

We then board our ferry for a scenic ride to the island of Hvar, sandwiched between the island's two highest mountains, St. Nikola and Hum. At day's end, we retire to our boutique hotel in the town of Hvar, which offers panoramic views of the town and marina. Dinner tonight is on your own, and our guides are happy to provide recommendations for one of the many excellent restaurants in town.

Accommodations: Hotel Adriana, Hvar, Croatia

Meals: B, L

DAY 10: Pakleni Islands kayaking

Activity Overview: Sea kayaking & walking

Activity Level: Easy

Activity Length: 2-4 hours kayaking, 1-2 hours walking

This morning, we take to the Adriatic for a sea kayaking excursion to the Pakleni Islands, a gorgeous emerald archipelago with white-pebble beaches and secluded coves dotted with Aleppo pines (once an import source of resin used for centuries as a protective coating for the islands' sea-faring galleys).

In the afternoon, we return to Hvar for a stroll inside the city's 13th-century walls to its sprawling central square, Trg Svetog Stjepana. Here, we enjoy a talk with the island's foremost aromatherapist.

As the day wanes, you may choose to make the climb up to Fortress Španjol, a medieval citadel built to defend the city against the Turks, for stunning views of Hvar's Old Town at sunset.

We raise our glasses this evening and toast to our adventures with a celebratory dinner at one of Hvar's finest restaurants.

Accommodations: Hotel Adriana, Hvar, Croatia

Meals: B, L, D

DAY 11: Return to Split & departure

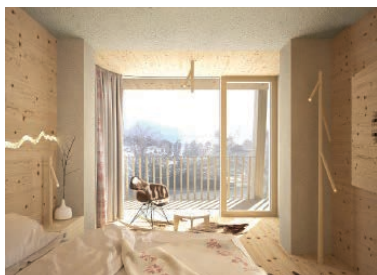
Activity Overview: Ferry ride

The morning is at your leisure. Our ferry back to Split departs at 11:30 from Hvar Island arriving at 13:30. From here, there is a group transfer to the airport or you may continue to explore the charms of Split on your own.

Meals: B

PLEASE NOTE: *This is a typical itinerary, and actual activities may vary to take advantage of weather conditions, local events, and to allow serendipity to play a hand in your experience. Accommodations are as outlined in the itinerary, although we reserve the right to change these should the need arise. See our booking terms and conditions for more information about our change policy.*

ACCOMMODATIONS



NIGHTS 1 & 2

4-star Hotel Bohinj

Bohinj, Slovenia

The newest accommodation on the lake, this 4-star hotel was designed with nature in mind, from the soft, pine wood room interiors to the views of the lake and mountains. Amenities include a wellness center and onsite restaurant.



NIGHTS 3 & 4

4-star Dobra Vila

Bovec, Slovenia

Tel: +386 5 389 6400 | welcome@dobra-vila-bovec.si

The Dobra Vila is a well-appointed boutique hotel just a few minutes walk from the center of Bovec. It offers an outstanding restaurant and wine list and beautiful terraces, perfect for enjoying the magnificent views.



NIGHT 5

3-star Hotel Kaštel

Motovun, Croatia

Tel: +385 52 681 607 | info@hotel-kastel-motovun.hr

Hotel Kaštel is located at the very top of the medieval town of Motovun in the 17th-century Palace Pollesini. This family-run hotel offers a traditional, pleasant ambience both inside and in the shade of ancient chestnut trees on the dining terrace.



NIGHTS 6 & 7

5-star Hotel Lone

Rovinj, Croatia

Tel. +385 52 800 250 | hello@maistra.hr

As a Design Hotel, Lone features an impeccable blend of luxury, beauty, style and cultural heritage. All well-appointed rooms have balconies featuring either sea views or views onto the Golden Cape Forest Park. Amenities include a spa, pool, and restaurant.



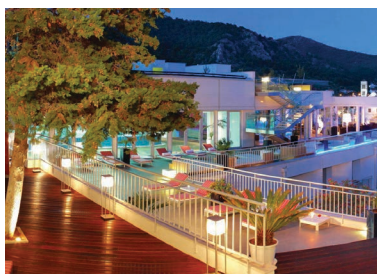
NIGHT 8

4-star Heritage Hotel Life Palace

Šibenik, Croatia

Tel: +385 22 219 005 | info@hotel-lifepalace.hr

Located in a Renaissance palace nested in a small town square, Hotel Life Palace's seventeen rooms were designed with love and enriched with select details that pay tribute to Šibenik's glorious history. Amenities include a hot tub, Finnish sauna, and cafe.



NIGHTS 9 & 10

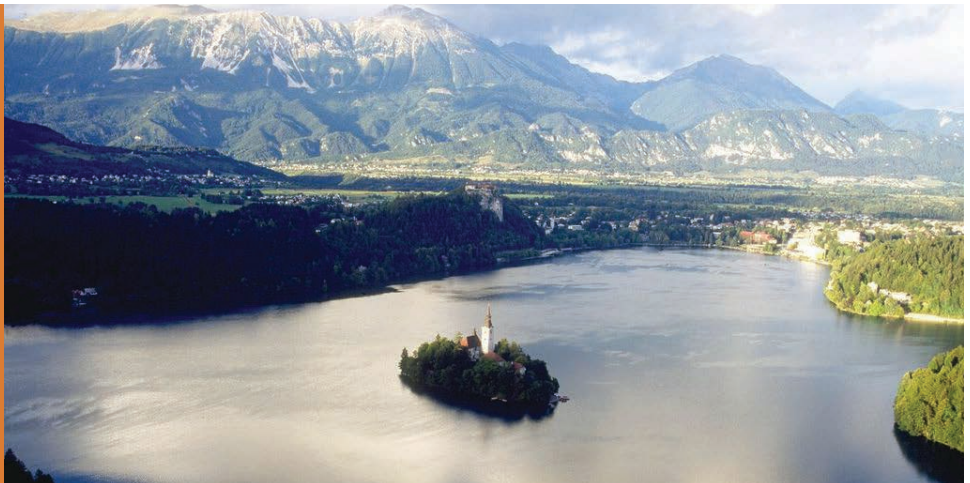
4-star Hotel Adriana

Hvar, Croatia

Tel: +385 21 750 200 | concierge@suncanihvar.com

A seaside hideaway just steps from the old city center, the hotel offers a spa, a rooftop terrace with a swimming pool, and panoramic views of the cathedral, the piazza, and the bay. Hotel Adriana is Croatia's only member of the Leading Small Hotels of the World.

WHAT TO EXPECT



TRIP RATING

Boundless Journeys' trips are designed for energetic and flexible individuals who like to be active and have a spirit of adventure and a positive attitude. This trip is rated 2+, easy to moderate, on a scale of 1-5 (with 5 being the most strenuous). The walks and hikes on this trip range from 1-4 hours. The terrain is mixed, with both gradual and steep sections encountered on most days on unpaved paths and trails, with minimal vehicle support. No experience is necessary for our sea kayaking excursion on Day 10.

PREPARING FOR THIS TRIP

It is very important that you realistically assess your physical condition with regard to the demands of this trip. The more well-prepared you are for the activities, the more you will enjoy yourself. As a general guideline, we suggest that you engage in easy to moderate aerobic activities (such as walking, hiking, jogging, or cycling) for at least 30-45 minutes several times a week for 4-6 weeks before the trip. If you live in a flat area, try to incorporate some stairs into your workout, or use a treadmill with varying incline capability (consult your doctor before undertaking any new fitness program). Please contact us if you have any doubts regarding your physical match with this tour.

WEATHER

As we will be journeying through three regions each with its own microclimate, weather is variable throughout the trip, especially when in the mountains and at higher elevations. Therefore, dressing in layers will be essential to your comfort. Rain is possible at any time in the Alps, and weather conditions can change rapidly, so having rain gear on hand is advisable. At the same time, the sun is strong

at higher elevations and along the coast, and therefore adequate precautions should be taken to prevent sunburn, even on cool, sunny days.

AVERAGE TEMPERATURE °F (HIGH/LOW)		
	JUNE	SEP
Ljubljana	73/52	69/49
Rovinj	77/66	73/63
Hvar	78/64	76/65
Split	79/63	78/61

You may obtain more detailed weather information at: www.weatherbase.com.

TRAVELER'S RESPONSIBILITY

As a trip participant, you have responsibilities to Boundless Journeys, your fellow travelers and guide, and the local people you encounter. This includes understanding and preparing for the conditions described in the itinerary, ensuring it meets your interests and abilities, and following the health and safety guidelines of Boundless Journeys, local authorities, and/or the CDC. At their discretion, a guide may ask a guest to leave the trip if further participation may be detrimental to the individual or other participants.

We strongly urge any guest feeling ill shortly before departure to cancel their trip. To help cover your investment, we highly recommend purchasing travel insurance with supplemental "Cancel for Any Reason" coverage. If you feel unwell during the tour, please immediately inform your guide, who can help take the appropriate next steps. We appreciate your cooperation.



SMALL GROUP TRAVEL

Small group travel affords us the opportunity to seek out the most remote and exotic destinations on the planet. Often we are exploring these locales with just 6-12 guests. The nature of active group travel is such that not all participants have the same ability level or interests. Traveling at a pace that is comfortable for the entire group, with a spirit of flexibility and adventure are all part of this shared experience.

DRINKS WITH MEALS

At Boundless Journeys we believe group dinners are a time to celebrate our day, while enjoying the best of local cuisine, and good company. In keeping with this spirit, we typically include local beer and wine with group dinners. If you prefer premium wine, or liquor, please feel free to order what you like, and you may settle your tab at the end of the meal.

DRINKING WATER

We provide purified or bottled water on all trips; however, in an effort to reduce waste, we strongly encourage you to bring a water bottle to refill where safe to do so. This will be the case in much of Europe, as well as a few other destinations, where tap water is safe to drink. In parts of the world where water must be purified, bottled water may be our only option. Here, we do our best to provide purified water from larger containers to refill your bottles, rather than using many small single-use bottles throughout your trip. This is just one small way we strive to travel more responsibly and we appreciate your efforts in helping us to protect the extraordinary places we visit.

Boundless Journeys has taken the Travelers Against Plastic company pledge to promote sustainable travel and encourage travelers to avoid buying bottled water when

they travel. You can take the pledge, too, and learn more about TAP's efforts at www.travelersagainstplastic.org.

CUISINE

The experience of Slovenian cuisine is inseparably connected with the concept of *gostilna* restaurants, traditional places to enjoy good food and wine often serving dishes prepared with old recipes using local ingredients. The Slovenian countryside is dotted with small family farms, and food ingredients are relatively healthy and often organically grown. Slovenian wines, meanwhile, can enthrall even the most demanding connoisseur. Our evening meals are enjoyed at our hotels, or at some of the best restaurants in the area.

Traditional Croatian cuisine reflects diverse cultural and geographic influences as a result of access to the sea and fertile farmland, as well as foreign occupiers who imported their flavors and recipes. Freshness and simplicity best characterize coastal Croatian cuisine. Main meals typically start with *prsut* and *paski sir* (thinly sliced dry-cured ham and sheep milk cheese), often scattered with olives. As you might expect, fish is common, usually grilled with olive oil. Garlicky seafood stews and roasted pork are seen on many menus as well.

Vegetarians can be accommodated with advance notice, though choices tend to be more limited. Please contact us with any questions.

TRANSPORTATION

On-tour transportation is provided in private, air-conditioned, passenger vans with public ferries and mountain gondolas as needed.

OUR SLOVENIA & CROATIA TEAM

TRIP MANAGER



Deborah Tobey

Originally from New York, Deborah has lived and worked around the country. After a decade out west adventuring as a river guide and ski instructor, Deborah was drawn back east to be closer to family. She joined the Boundless Journeys home team in 2010 initially managing Ecuador, Palau, and Spain. Now, her portfolio includes Croatia, Norway, Portugal, Italy, Iceland, and Costa Rica. She loves being on the water, hiking in Vermont's Green Mountains, and camping with her family and dog, Winston.

GUIDES

With a Boundless Journeys guide, your experience is that of friend and local adventurer. We believe strongly in working with local guides, experts in the areas to which we travel, and they hold the keys to unlocking the hidden delights of your chosen destination. Although you will never know they are at work—the mark of a truly great leader—our guides make magical things happen and add a dimension to your trip that you could not experience on your own.

Over the years we have forged bonds with some of the best guides in the world, and we typically work with a small team of guides in each region. You will be informed of the guide for your trip one month prior to your departure.



Domen Bancic

Domen is from Slovenia, and holds degrees in Russian studies, Ethnology, and Cultural Anthropology. Considering his experience of many earlier years as a Scout leader, his guiding skills span from bush craft to humanities and social sciences. Be it hiking, mountaineering, or simply discussing cultural phenomena, Domen is a great travel companion. Outdoor adventure and being active is Domen's life motto. When he is not guiding, he is exploring the world: from bicycle touring across Europe, trekking in the Patagonian Andes, overlanding the Bolivian Altiplano, exploring ancient ruins of Central America and SE Asia, to relaxing in a hammock overlooking the Caribbean Sea with a good book.



Luka Furjan

Born in Slovenia, Luka studied Sinology at the University of Ljubljana. He continued his studies in Taiwan, where he discovered a passion for cycling, and became a bike tour guide. Seemingly endless climbs in Taiwan filled him with lust on tackling the European peaks and valleys as well. Since then, he has worked as an outdoor guide in various parts of the world, expanding and sharing his vast knowledge of Slovenian, Croatian, and world history as one of his passions.

NEXT STEPS



TO MAKE A RESERVATION

You can call Boundless Journeys at 800-941-8010, request a reservation online, or contact your travel agent. We will confirm your spot with a deposit of \$500 per person and the payment of internal airfare, payable by check or credit card.

ONCE YOU RESERVE

As soon as you confirm your adventure, we will provide you with an extensive, detailed trip planner that includes arrival and departure instructions, a complete packing list, regional information, required documents, a reading list, and other details.

CANCELLATION & REFUND POLICY

Please check our Terms & Conditions page on our website for our comprehensive cancellation and refund policies: www.boundlessjourneys.com/terms-and-conditions.

TRIP CANCELLATION INSURANCE

In addition to your detailed trip planner, we will email you a quote for Travel Guard trip insurance. Please let us know if you would like us to purchase a policy on your behalf. Boundless Journeys strongly recommends purchasing Trip Insurance.

QUESTIONS? WHICH TRIP IS RIGHT FOR YOU?

Adventure travel may involve exotic destinations, unusual levels of physical exertion, and activities that may be new to you. If you have any questions about the level of comfort, difficulty, or activities included on your trip, please call Boundless Journeys at 800-941-8010, or email us at info@boundlessjourneys.com. Our travel experts look forward to helping you select the perfect adventure.

VISIT US ONLINE

www.boundlessjourneys.com for:

- additional departures
- special promotions
- detailed itineraries
- inspiring photography
- guide bios

ENJOY FOOD & WINE?

Check out. . .

- ITALY: Discovering Puglia
- SPAIN & MOROCCO: Granada to Fes Walking
- NEW ZEALAND: Alpine & Coastal Hiking

EXTENDING YOUR TRIP?

Consider. . .

- ITALY: The Dolomites Traverse
- THE ALPS: Tour de Mont Blanc Hiking

PREFER A PRIVATE TRIP?

The perfect option for alumni and family reunions, birthdays and anniversaries, or just to catch up with friends in fabulous destinations. Mark your calendar and leave the planning to us! Call our travel experts today: 800-941-8010.

BOUNDLESS BEYOND



RESPONSIBLE TRAVEL

At Boundless Journeys, our goal is to create meaningful experiences that protect the delicate ecosystems and attributes of every location we visit. We aim to educate our guests on the best responsible travel practices for each destination.

WE ARE COMMITTED TO

Making connections. Our local guides offer insider knowledge of their country, including tips on etiquette and customs. They facilitate meaningful interactions with the people and places we visit, such as dinner at the home of a local family. While you may arrive in a destination as a visitor, you leave with a deeper understanding and connection to each place.

Going local. Boundless Journeys' small group size stems from a desire to provide a more intimate traveler experience, giving us the freedom to move through the tight alleys of old towns on foot, eat and sleep at traditional guesthouses, participate in immersive cultural exchanges, and leave a smaller footprint on all of the locales we visit. This mobility allows us to support local economies directly, forging strong relationships with our partners and friends abroad as we return year after year.

Respecting people and the environment. We support organizations working to protect ecosystems and improve the livelihoods of local communities. On many of our trips, we explore stunning natural landscapes where conservation is of the utmost importance. As visitors, we practice Leave No Trace ethics and actively contribute to the conservation of parks and protected areas.

HOW YOU CAN HELP

Give back. Instead of receiving a Boundless Journeys t-shirt or water bottle, you can opt to donate the value of your gift to our travel scholarship fund, which will be awarded to a local student for an educational or service-based travel opportunity.

Learn more. Visit boundlessjourneys.com/responsible-travel to read more about how our values are reflected in our trip offerings. We also offer a selection of Resources for the Responsible Traveler, which suggests ways to tread lightly and ensure your journey has a positive impact.

Join us. Boundless Journeys has taken the Travelers Against Plastic company pledge to promote sustainable travel and encourage travelers to avoid buying bottled water when they travel. You can take the pledge at travelersagainstplastic.org.

CONSERVATION IN ACTION

Boundless Journeys is a proud member of the Adventure Travel and Trade Association, a global network of adventure seekers who believe in the protection and promotion of local communities and wilderness areas.

