



Yoga Vacation in CROATIA
with **Janet MacLeod**
July 19–27, 2019
Tour hosted by Svava Sparey



This vacation/tour combines exploring the beautiful and unspoiled countryside of mountains, coast, lakes and ancient towns of Croatia with regular Iyengar yoga classes led by the wonderful and experienced Janet MacLeod. On arrival we spend our first night and morning in historic Zagreb city. We then travel south to the picturesque coastal resort of Opatija where we spend the rest of our holiday. Our hotels are 4 Star, serve delicious buffet breakfasts, evening meals and rooms are en-suite. We have a knowledgeable local guide to lead us on our excursions as we explore one of Europe's hidden gems. There is plenty of time too, to enjoy our yoga sessions, relax on the beach or go sightseeing and soak up the atmosphere on the Adriatic Sea. Svava Sparey is our host and has organized and led many group holidays to other destinations such as Madeira, France, Ireland and Iceland.



Tour price includes:

- 1 night accommodation in a 4-star hotel Zagreb
- 7 night's accommodation in a 4-star hotel Opatija
- Private bus transfers from Zagreb to Opatija resort and return
- Private coach, driver and local guide for excursions listed in itinerary
- Half board en-suite hotel accommodation
- City tour of Zagreb
- Entrance and train ride in Postojna Caves
- Entrance to Plitvice lakes
- Host Svava Sparey
- Porter fees at hotels
- City taxes in all cities/hotels
- All yoga equipment and yoga tuition with Janet MacLeod

Fees: (a \$500 non-refundable deposit is required to hold your place)

\$2,900 per person double occupancy

\$3,300 per person single occupancy

Fees do not include:

- Personal travel insurance
- Gratuities for driver, local guides etc.
- Meals not in the itinerary (lunches)
- Entrance fees not under "Included"

Proposed Itinerary (subject to change)

DAY 1 - Friday 19th July - Arrive Zagreb

Arrive at Zagreb International Airport. Transfer by private taxi to our Zagreb hotel (not included in tour price and should be around \$20). Check in time 3pm onwards. Meet in lobby; evening meal at the hotel. Spend the night in Zagreb.

Meals - D

DAY 2 - Saturday 20th July - Sightseeing Zagreb - Opatija

Breakfast in the hotel. After breakfast we will go for a walk around Zagreb. Find out why people in Zagreb hear Gric cannon each day at noon and discover the hidden courtyards of the old town. The stories from ancient times come to life, such as the struggle of Gradec and the kaptol, or the story of the Golden bull. We visit Dolac market with the beautiful scent of more than one hundred kinds of fresh fruit and vegetables. Transfer to the hotel in Opatija. (3 hours with one comfort stop). Check in after 2pm. Late-afternoon yoga class. Dinner in hotel.

Meals B/D

DAY 3 - Sunday 21st July - Opatija

Breakfast in hotel. Morning Yoga Class. Afternoon – walking tour of Opatija. Evening Yoga Class. Dinner in hotel.

Meals – B/D

DAY 4 - Monday 22nd July - Opatija - Plitvice Lakes - Opatija

Breakfast in the hotel (no time for Yoga class today). Today we leave Opatija to visit the Plitvice National Park, spread over 200 km on the Korana River, with 16 lakes interconnected with waterfalls and cascades. The area is a nature lover's dream; surrounded by forest and crisscrossed with wooden bridges. This is a natural habitat for numerous plants and animal species, one of the country's most beautiful national parks and recognized by UNESCO as a world heritage site. After the walk around the lakes we head back to Opatija. **Meals – B/D**

DAY 5 - Tuesday 23rd July - Opatija Resort

Day at leisure for Yoga class. (Morning and afternoon class). Breakfast and dinner in the hotel.

Meals – B/D

DAY 6 - Wednesday 24th July - Opatija - Motovun - Rovinj - Opatija

Breakfast in hotel. Yoga Class in the morning. We begin our day with a visit to Motovun, a beautiful small medieval hilltop town in central Istria. This area is renowned for its truffles and here we meet a local family to sample Istrian's tastiest treasures. Our next stop is Rovinj a sleepy coastal town where we wander the historic labyrinth of cobbled streets and visit art galleries and the Basilica of St Euphemia.

Meals – B/Light Lunch/D

DAY 7 - Thursday 25th July - Opatija Resort

Day at leisure for Yoga class. (Morning and afternoon class). Breakfast and dinner in the hotel.

Meals – B/D

DAY 8 - Friday 26th July - Opatija - Postojna Caves - Ljubljana - Opatija

Breakfast in the hotel and early departure for our excursion. Today we drive to Slovenia and our first stop is to the underground wonder of the famous Postojna Caves. This is an example of one of the most impressive karst caves in the world. The guided tour combines an electric train ride followed by a walk through the beautiful chambers and passages of spectacular drop stones, pillars and limestone curtains. After this visit we drive to the charming capital city of Ljubljana for a walking tour of the old city center, a beautiful treasure of Europe. Ljubljana is often compared to Prague for its architecture with its unique combination of Baroque and Art Nouveau, as well as examples of the 20th century architect Joze Plecnik. Evening Yoga Class. Dinner in the hotel.

Meals – B/D

DAY 9 - Saturday 27th July - Opatija - Zagreb

Breakfast before the transfer to Zagreb airport for flights home.

Meals - B