

HIKING JOURNEY

Explore Croatia & Slovenia

A WALKING HOLIDAY IN CROATIA & SLOVENIA

14 DAYS



WALKABOUT
GOURMET ADVENTURES



Journey Overview

Our journey begins the world heritage-listed city of Dubrovnik and takes us to the island of Mljet where we hike the spectacular coastline of this sun-splashed island which is almost entirely a national park. Enchanting Croatia is lapped by the crystal-clear, azure waters of the Adriatic. A wide variety of landscapes can be found in Croatia. Most people are familiar with the stunningly beautiful, indented coastline and its array of amazing islands, however, over 40% of the country is mountainous.

We discover Paklenica National Park which stretches from deep canyons, beech forests and spring fed creeks to the Adriatic coast. We explore the aqua-coloured lakes, cascades and waterfalls of world heritage-listed Plitvice Lakes National Park. A magnificent landscape with wooded hills and 16 terraced lakes strung together by waterfalls that were simultaneously carved out and, with the help of mineral deposits, created this fluid landscape. Countless cascades and strangely clear and colourful water make this park a misty natural wonderland.

After a short stay in the famous spa town of Opatija we cross the border into Slovenia which shows off its towering peaks of the Julian Alps. Rich spiritual traditions, charming and ancient mountain villages, spectacular granite peaks of the Julian Alps and an intact old-world culture are the treasures of tiny Slovenia.

It is only half the size of Switzerland and has fewer than 2 million inhabitants but this peaceful and spectacular corner of old Europe is a real gem. Its Renaissance-flavoured towns are unspoilt and the walking opportunities are endless. The capital, Ljubljana, is the country's political, economic and cultural centre. It has often been referred to as a little Prague without the crowds. It actually has more of a town feel rather than a city atmosphere. Its 56,000 students make sure that it stays young!

Our walks take us through vineyard-covered hills and forested trails that lead to frescoed monasteries. We scramble up into the majestic alpine terrain in the Triglav National Park and discover isolated valleys that shelter the kind of truly bucolic villages that have largely disappeared in western Europe.

Our journey ends in beautiful Venice, one of the most romantic cities in the world!

Journey Schedule

DAY 1

Dubrovnik - Mali Ston - Prapratno - Sobra - Pomena

DAY 2

Pomena - Polace - Montokuc - Soline - Polace - Pomena

DAY 3

St Mary & The Great and Small Lake Circuit

DAY 4

Pomena - Sobra - Ston - Split - Starigrad

DAY 5

Starigrad - Plitvice Lakes

DAY 6

Starigrad - Paklenica - Opatija

DAY 7

Opatija - Free Day

DAY 8

Opatija - Mount Učka

DAY 9

Opatija - Ljubiana - Ribčev Laz

DAY 10

Ribcev Laz - Stara Fuzina Mostnica Gorge - Mostniski Slap - Ribcev Laz

DAY 11

Ribčev Laz - Soteska - Bohinjska - Bistrica - Polje

DAY 12

Free Day

DAY 13

Soriška Planina - Možic Mountain - Lajnar Peak - Litostrojska Koa

DAY 14

Ribcev Laz - Scocjan Caves - Venice

Journey Itinerary



DAY 1

Dubrovnik - Mali Ston - Prapratno - Sobra – Pomena

Our tour starts at 10.00 a.m. at the charming Hotel Bellevue which enjoys a spectacular cliff top setting. It has breath-taking views and is only a short walk from the old walls of Dubrovnik. Please book direct (and early!!! - mention Gabriela Clarke from Walkabout Gourmet Adventures).

HOTEL BELLEVUE

Pera Cingrije 7

20000 Dubrovnik / Croatia

Tel +385 20330 000

Fax +385 20330 100

email: sales@hotel-bellevue.hr

www.hotel-bellevue.hr

From here we follow the coastal road to Ston. The impressive 5.5 km long town wall was built in 1333 and is the longest fortification in Europe. Ston is also known for some of the best seafood in Croatia and we will enjoy a delicious lunch at a well-known restaurant at the seaside in Mali Ston which we shall reach after an hour's walk along the wall.

We continue onto Prapratno and the short ferry ride to the old fishing harbour of Sobra on Mljet, one of the southern Dalmatian islands and known from the tales of Ulysses and St Paul. Mljet is a paradise for anyone looking to get away from it all and half of the island is a pristine national park.

There are few residents, no large towns and only one major road. Most people come for the hiking, biking, swimming and peaceful atmosphere that reigns everywhere. The Mljet National Park includes the western part of the island which some consider to be the most beautiful in the whole of the Adriatic. The park is characterised by two deep bays which are referred to as lakes due to their extremely narrow passages to the open sea - Veliko and Malo Jezero - Great Lake and Small Lake. In the middle of Veliko Jezero is a former Benedictine monastery dating from the 12th century which is now a restaurant and accessible by regularly scheduled small boats.

Ancient Greek writers called the island "Melite" which, over the centuries evolved to become the Slavic name, Mljet. Illyrian remains are on the island in the form of graves and fortifications made of roughly cut stone blocks, which can be seen on the hills. The Romans also populated it until 535 when it fell under control of the Byzantine Empire. A succession of rulers followed until 1151 when Mljet was given to Benedictine monks from the Italian province of Puglia. It was the Benedictines who built the monastery on the islet in Veliko Jezero.

Venice and Dubrovnik competed for control of Mljet but Dubrovnik prevailed and Mljet became part of the Dubrovnik republic in the mid-14th century. During the Cyprian war Turkey and Venice plundered Mljet and pirates devastated the island several times during the Cretan war (1645-1649). Nevertheless, it remained part of the Dubrovnik republic until 1808 when Dubrovnik fell.

In the late afternoon we arrive at our friendly hotel in the picturesque harbour of Pomena. It used to be a fishing hamlet for the village of Govedari, while today it is the centre of the national park.

The evening is free, but we can go to one of the small port restaurants for a drink and snack.

 **POMENA, MLJET, CROATIA**



DAY 2

Pomena - Polace - Montokuc -Soline - Polace – Pomena

After breakfast we drive to the ancient port of Polace. Sheltered by tiny islets, Polace is home to an early Christian Basilica and an old Roman palace dating from the 2nd century.

We leave the village and follow a small path, gently winding up hill! We soon reach our path to Montokuc and it is not far any more to the top of the mountain, the highest peak in the national park. From here we have breathtaking views of the Mljet Lakes and the islet of St Mary.

We make our descent to Soline, a small hamlet in the Bay of Soline and the entrance to the Great Lake. The name derives from the salt production organised here by the Benedictines. A thick pine forest encircles the village and passage to the open sea. The hamlet was founded by the Petar Srsen family in 1825 and their descendants will treat us to a lunch with fresh fish and vegetables from their large garden.

In the afternoon we walk back to Polace along the water's edge. It is encircled by hills with the Aleppo pine and ilex trees, hundreds of years old and descending all the way to sea level. Throughout the year, the forest around the lakes is filled with fragrant resin, thousands of flowers and numerous singing birds.

We return to Polace and may stop for a refreshing drink in one of the bars and return to Pomena.

The evening is at your leisure and we can venture out to another seaside bar for drinks and snacks!

 **5 - 6 HOURS**

 **POMENA, MLJET, CROATIA**

DAY 3

St Mary & The Great and Small Lake Circuit

After breakfast we walk to Pristanište from where a small boat will take us to the tiny island of St Mary, founded here in the 12th century and built on the foundation of a fortified structure more than 2,000 years ago. This secluded monastery was home and inspiration to many famous Benedictine writers and scientists. Here we visit the Benedict abbey and have a leisurely stroll around the island before stopping for our picnic lunch and a swim in the crystal-clear water. We don't leave the island before having a homemade apple cake at Mirko's restaurant.

In the afternoon the boat will take us to Babine Kuce where we can take in the special ambience of this minute hamlet, situated on the very edge of the Great Lake. It was founded in the middle of the 20th century by the Nikola Vojvoda family.

We continue our walk around the Small Lake which is situated at the end of the sunken karst's relief. It is of a triangular shape, 750 metres long and 500 metres wide, which we will circle. The connection between the Great Lake and the Small Lake was established by an artificially dug canal 30 metres long, which enables smaller boats to come to the Small Lake.

In the afternoon we return to our hotel where we have time to relax and swim in the turquoise waters. Around 6.00 p.m. we meet again for an early dinner, right at the edge of the seaside. This is the perfect place for the great finale and to watch the magnificent sunset! Tonight's treats include lobster and various salads, followed by some of our favourite desserts.

 **3 ½ HOURS**

 **POMENA, MLJET, CROATIA**

DAY 4

Pomena - Sobra - Ston - Split – Starigrad

This morning we leave our small paradise and drive to Sobra to take the short ferry ride back to Prapratno from where we travel to Split. It is the second largest city in Croatia, with just over 200,000 inhabitants, and the largest city on the Adriatic coast. It emerged from a settlement around a palace built by the Roman emperor Diocletian, which we will visit during our guided city tour.

Later in the afternoon we continue to Starigrad. Presumed to be a Roman municipality, today the economy of the Starigrad centres on tourism due to the Paklenica National Park which borders the town. It is in the heart of the Velika Paklenica, the relief of the 145 km long Velebit mountain range. Cliffs on both sides of the gorge rise up to 400 metres. The Paklenica National Park has all the exceptional natural features of the Croatian karst such as fissures, crooks, cliffs, pits and caves. In karst areas water rarely runs on the surface. It drains and percolates through cracks in the rocks and is quickly lost to the underground, finally to reach the Adriatic Sea. Forests cover two thirds of the park from beech forests to indigenous black pine forests. Paklenica received its name from the sap of the black pine "paklina" which was used long ago to prime boats.

The Katic family seems to have been in fishing and accommodation for travellers since the 16th century. We stay in the very comfortable Villa Vicko, directly on the seaside.

Our restaurant serves healthy and original food prepared with medicinal plants from the Velebit Mountains.

 **2 1/2 HOURS**

 **STARIGRAD, CROATIA**

DAY 5

Starigrad - Plitvice Lakes

After breakfast we drive to Plitvice Lakes which were declared a national park in 1949. Situated between high-forested mountains are sixteen beautiful lakes and tarns of crystal blue-green colour, one below another. They are fed by many small streams and brooks and spill into each other in foaming cascades and thundering waterfalls. Due to their unique evolution and beauty, the Plitvice Lakes were entered in the UNESCO World Heritage List in 1979.

During the morning we explore the lower lakes and take an electric powered boat to the end of the Kozjak Lake. From here we make our way to Lake Milanovac, which has specific blue-green colours and differs from the Upper Lakes.

At the end of the lake are the Milka Trnina Falls. They are named after a Croatian opera singer who, in 1897, helped to collect the sum of 1,902 crowns from her appearances on the Zagreb opera stage to give to the "Society for the Protection and Embellishment of the Plitvice Lakes".

Lake Gavanovac is situated under these falls and a section of this lake's falls are called the Great Cascades. Along Lake Kaluderovac, a sheer 40-metre rock face rises to the steepest part of the canyon.

The area within the borders of the Plitvice National Park is unique for the endemic plants and flowers, ancient woods and both soil and aqua fauna. There are many interesting kinds of butterflies, fish and crabs as well as various birds and wild animals among which the most popular is the protected brown bear - the symbol of the park.

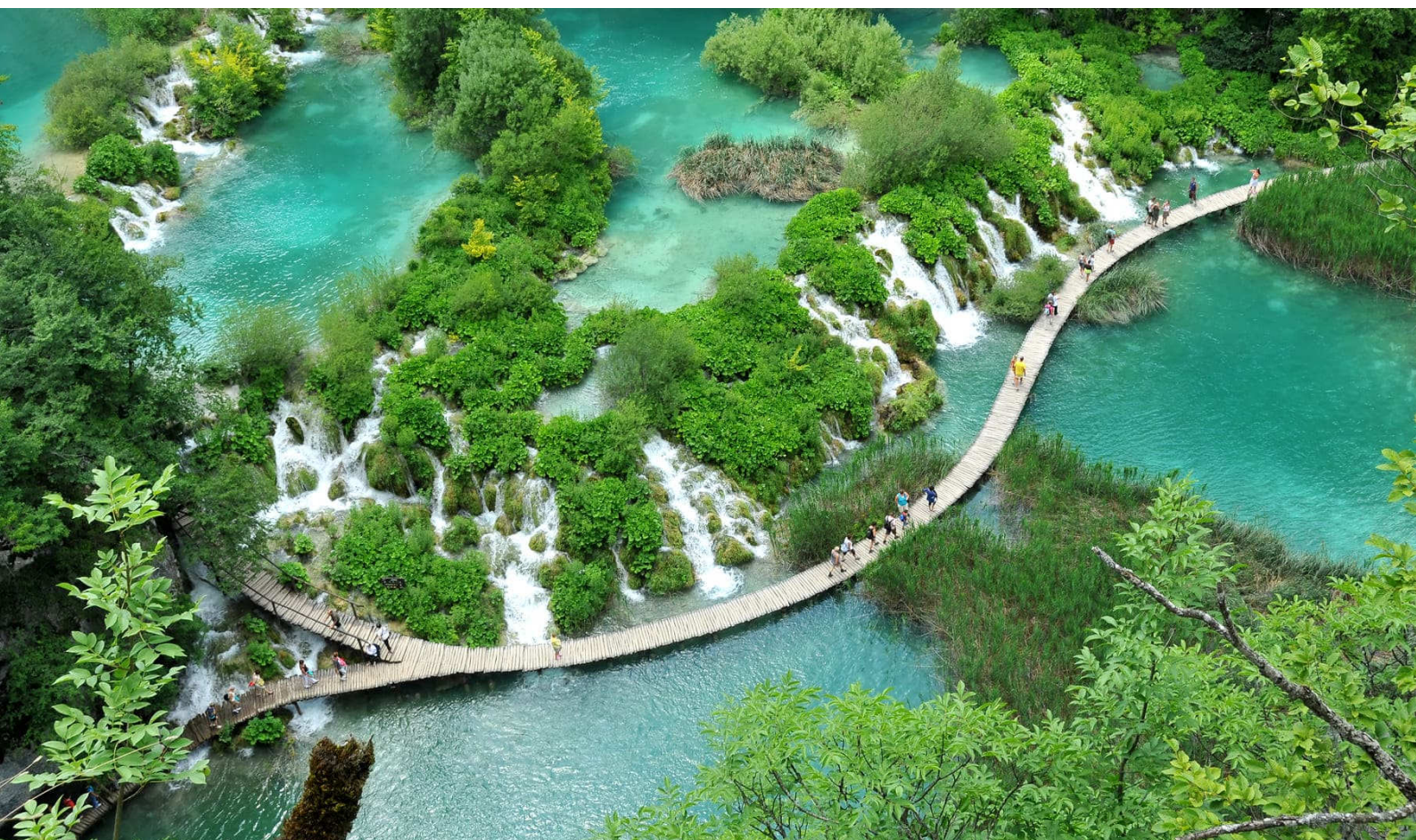
After lunch we return to our starting point by the small ferry boat and catch a small bus to Labudovac to explore the upper lakes. We walk downstream and follow the path along Lake Ciginovac and then to Lake Okrugljak and its waterfall.

Lake Batinovac is a smaller lake getting its water from Lake Okrugljak, but also through an old dugout canal from the Lubudovac barrier. Here we are surrounded by tall beech trees, while our path leads us past a series of small waterfalls. Our route also passes by the Big and Small Lakes as well as Lake Vir - a unique experience! Lake Galovac is the third largest lake and our path leads along the northern shore under the slopes of Stubica before reaching Lake Gradinski. Its lower section is full of reed and shallow plants and an ideal habitat for migratory birds.

Later in the afternoon we return to Starigrad and have time to take a refreshing swim or just relax in the beautiful gardens. Tonight, we enjoy another menu of the region's excellent cuisine.

 **5 HOURS**

 **STARIGRAD, CROATIA**



DAY 6

Starigrad - Paklenica – Opatija

After breakfast we drive the short distance to the entrance of the national park, just before the gorge where our walk begins. An easy climb takes us to a height of 100 metres under the walls of Cuk and Anica kuk. We pass the narrowest part of the gorge (30 to 40 metres wide), which is the most magnificent in the southern Velebit. The sides are over 400 metres high and at the bottom of the gorge, gigantic rocks lie beside the path which came crashing down from high above. Beside the first large fallen block, a climb begins along the edges of rocks to the higher parts of the gorge. After admiring this majestic scenery, we slowly return to our buses. Along the way it is always fascinating to watch some of the many climbers!

After lunch we leave our friendly hotel in Starigrad and drive to Opatija. Along the way we can see many reminders of the recent civil war, which began in Plitvice at the end of March 1991.

In 1889, Opatija, often called the Nice of the Adriatic, was known as a favourite tourist destination for the high society. It has a mild climate, unspoiled nature and stunning coastal views. The grand residences of the wealthy are now hotels with a healthy dose of the elegance and sophistication of an era gone by.

Our hotel offers traditional elegance and was built in 1996 with a complete renovation in 2019. It is ideally situated by the water with stunning views over the Adriatic Sea.

 **4 HOURS**

 **OPATIJA, CROATIA**

DAY 7

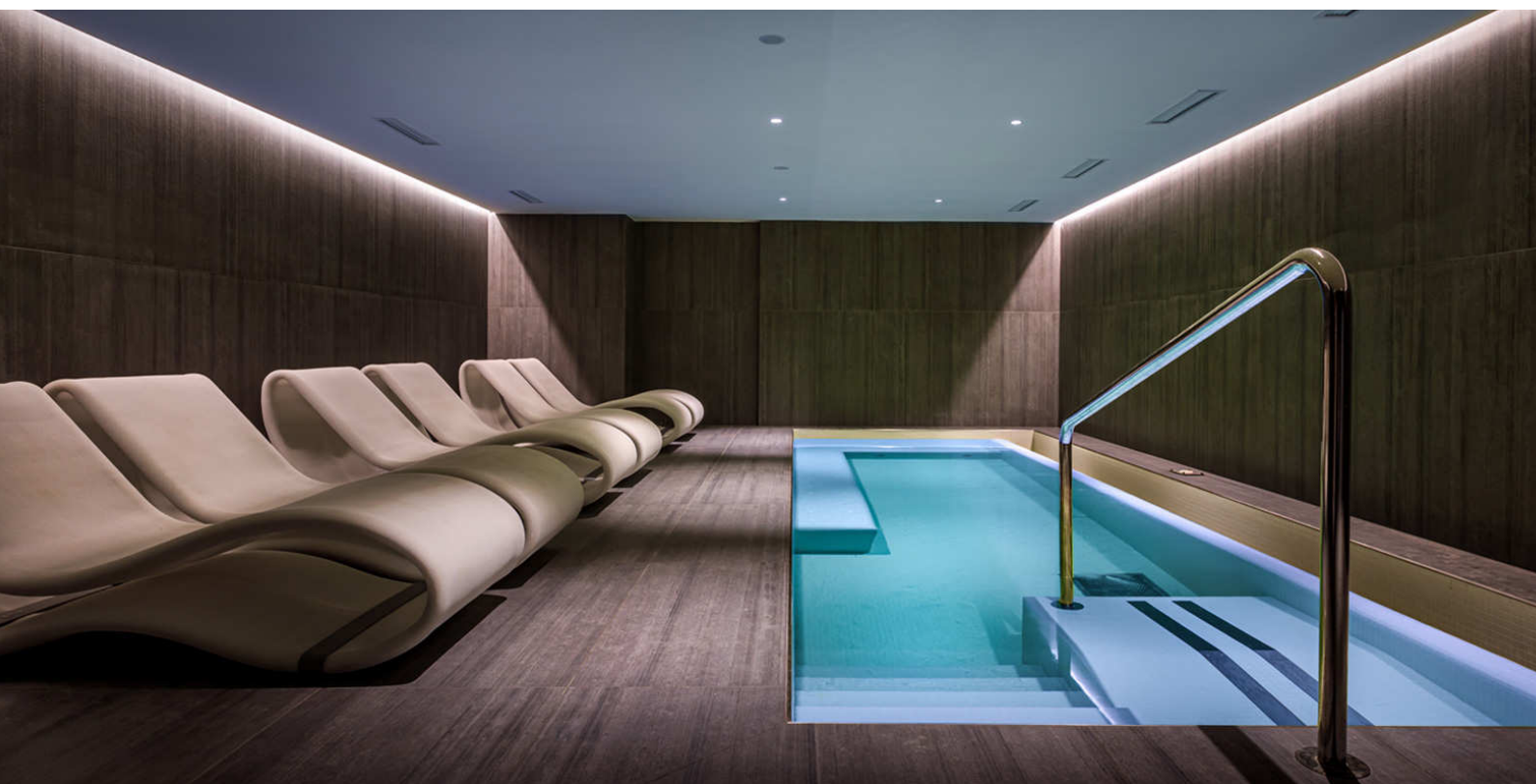
Opatija - Free Day

Today you have time to relax and reflect on our past experiences. Opatija is a terrific place to explore - around the harbour area, which hosts some spectacular yachts, as well as in the narrow streets.

Otherwise just relax or visit the Premium Wellness and Spa within the hotel. Here you can have a thermal bath, a massage and many other wonderful treats!

In the evening we walk a small section of the Lungomare, a 12 km promenade that snakes along the coastline, to one of the seaside restaurants.

OPATIJA, CROATIA



DAY 8

Opatija - Mount Učka

This morning we drive into the Učka National Park and the highest peak of the Istrian Peninsula (Vojak – 1,401 m).

We drive as far as the mountain lodge where we start our walk along a colourful path up to the mountain ridge. We traverse this ridge until we reach the mountain peak from where we have breath-taking views over Istra, the Kvarner Bay, numerous islands and mountains of Gorski Kotar.

After lunch we will start our descent on the other side through glorious autumn coloured beech forest and return to our buses.

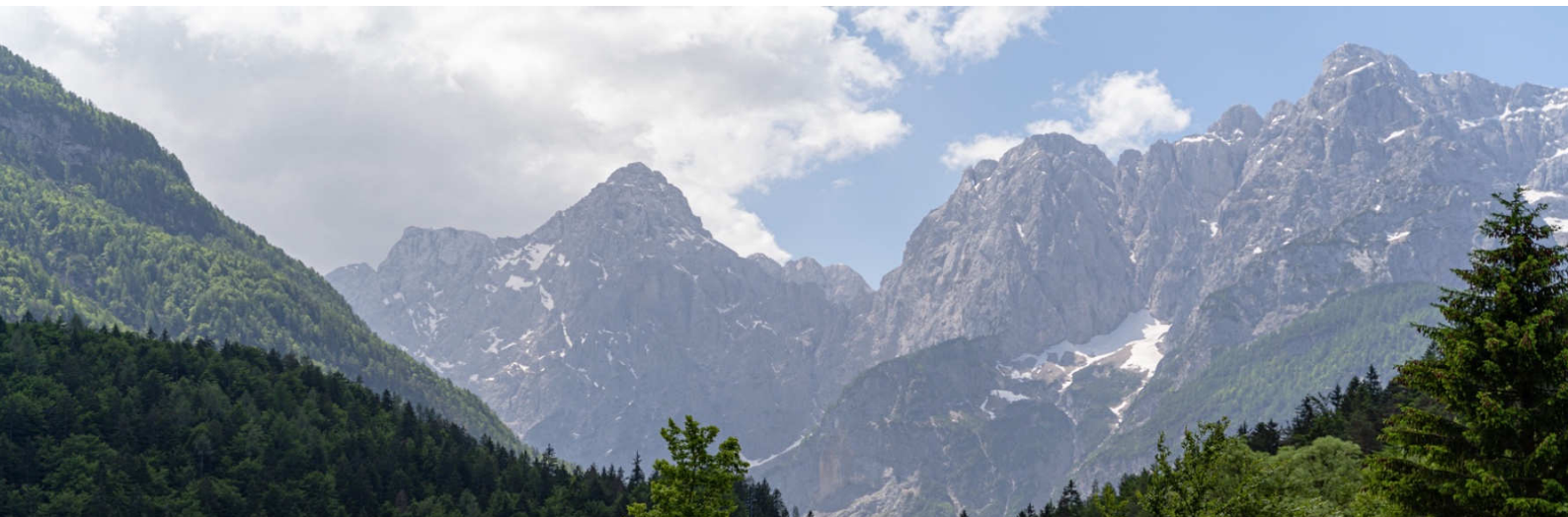
Alternatively, in case of unfavourable weather conditions, we visit the Island of Krk, Croatia's largest island. Here we visit the enchanting medieval village of Vrbnik. It has steep arched streets and is perched on a cliff overlooking the sea. It was once the centre of the Glagolitic language and many manuscripts.

Priests, who were plentiful in the town, kept the language alive. We stop for lunch in a vineyard and sample the Žlahtina wine before we start our 2-hour walk.

In the late afternoon we return to Opatija and the evening is at your own leisure.

 **6 HOURS - MOUNT UCKA**

 **OPATIJA, CROATIA**



DAY 9

Opatija - Ljubliana - Ribčev Laz

After breakfast we leave our nostalgic spa hotel and cross the border into Slovenia. This small country straddles eastern and western Europe. Many of its cities and towns bare the imprint of the Habsburg Empire and the Venetian Republic and while up in the Julian Alps you could almost think you were in Bavaria. The two million Slovenes were economically the most well off amongst the people of what was once Yugoslavia, and the relative affluence of this country, on the 'sunny side of the Alps', is immediately apparent. There has been no fighting, no war and no terrorism in Slovenia.

We stop for lunch in Ljubljana and a visit of this interesting city, known as one of Europe's smallest and most beautiful capitals. Dominated by a hilltop castle, it has a picturesque old centre of Renaissance and art nouveau buildings with stone bridges across the jade-green Ljubljana River. Here you can explore the maze of narrow cobbled streets, open-air markets and a lively café scene.

In the late afternoon we continue our journey and travel to the Bohinj Lake. It is located in the heart of the Triglav National Park and is surrounded by the steep precipitous cliffs of the Julian Alps.

Our very comfortable hotel is in the small village of RibceV Laz and has splendid mountain and lake views. The 15th century Church of St John makes part of the picturesque scenery around the lake.

In the evening our chefs of the Zlatovčica restaurant surprises us with some traditional Slovenian cuisine which is as varied as the landscape. The restaurant got its name after the Bohinj lake fish - Zlatovčica (char) - which is also the specialty of the region.

RIBČEV LAZ, SLOVENIA

DAY 10

Ribcev Laz - Stara Fuzina Mostnica Gorge - Mostniski Slap - Ribcev Laz

After a substantial breakfast we drive to the church of the village of Stara Fuzina with pretty old alpine-styled houses. It retains its typical domestic atmosphere with famous double hayracks (toplars), scattered on the meadows near the village.

We cross the Devil's bridge and soon reach the dramatic gorge cut by the Mostnica River. Our gentle trail is surrounded by beautiful beech forest that contrasts dramatically with the aquamarine river below. Higher up in the valley we walk through peaceful pastures of Voje to find the gushing Slap (waterfall). We continue across a magnificent alpine valley with the traditional huts, scattered on a carpet of mountain wildflowers.

Along the way we stop at a mountain hut for lunch and taste some of the Slovenian specialities – Sauerkraut soup with smoked meat and the best apple strudel Slovenia has on offer!!

Time to walk it off straight away as we start our descent through a large alpine meadow, dotted with alpine huts. Further down we take another path through the Mostnica Gorge before we return to the lake shore and our comfortable hotel.

Tonight, we drive to the small village of Srednja Vas for dinner.

 **6 HOURS**

 **RIBČEV LAZ, SLOVENIA**



DAY 11

Ribčev Laz - Soteska – Bohinjska - Bistrica – Polje

After breakfast we drive a short distance and leave our buses at Soteska for the beginning of today's walk. We follow the river Save on a wide forested track and as we get closer to the Grmečica waterfall, our path is starting to narrow.

Now we can already hear the thunder of the water and suddenly we see the waterfall right in front of us. It is not uncommon to see the spectacle where canonists jump from 5-8 metre heights with their feet-first into the rushing waters.

After a short break we continue across the meadows to the small hamlet of Log and then to Bohinjska-Bristrica, where we stop for lunch.

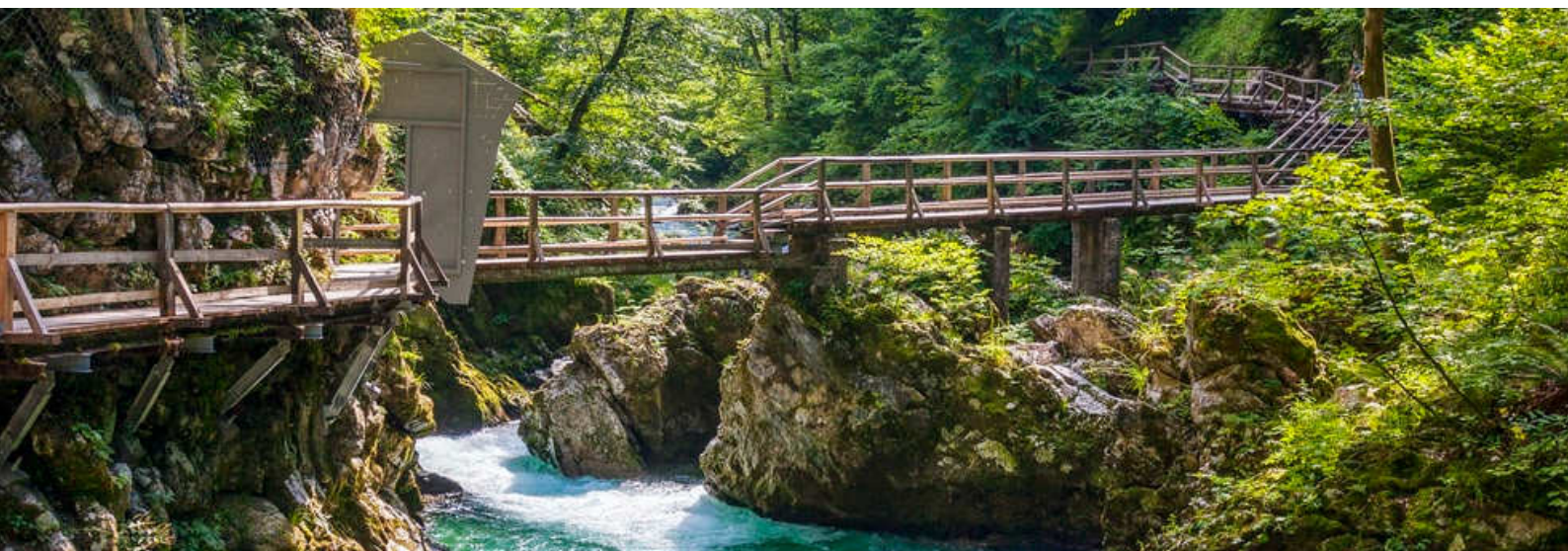
In the afternoon we walk up to a low ridge and meander through picturesque mountain scenery. The pastures are covered in autumn crocus and lined with alpine huts. From here we have majestic views towards the Triglav mountain range before we descend to the village of Polje.

A small track leads us across another meadow into the forest from where it is not too far to our hotel in Ribčev Laz.

The evening is at your own leisure.

 **5 HOURS**

 **RIBČEV LAZ, SLOVENIA**



DAY 12

Free Day

Today you have time to stroll around the Bohinj Lake, the largest natural and permanent lake in Slovenia. It is 4,100 metres long and 1,200 metres wide and the deepest part of the lake is 45 metres. The lake was made by a glacier and the main feeder of the lake is the Savica River. Along the northern part of the lake are several underwater springs – the most well-known is the karst spring Govic and well worth seeing.

Visit the picturesque church which marks the end of the lake. It is dedicated to St. John the Baptist, a patron saint to whom old churches beside lakes or on the banks of rivers were often dedicated. The nearby bridge is a favourite spot to watch the view of the lake and the numerous trout that swim there can be very well observed through the crystal-clear water. There are many outdoor restaurants at the lakeshore for a leisurely lunch. Otherwise just relax in the gardens and laze around the pool.

A rewarding excursion is also the cable car ride up to Mount Vogel ski resort (1,540 metres). From here you have spectacular views of the full chain of the Julian Alps – Triglav Mountains (the highest in Slovenia) and the Bohinj Valley with the lake below.

From the terrace of the cosy Planinska Koča Merjasec na Voglu hut you have rewarding views to the Šija and Vogel mountains. Here also, is the perfect place for lunch or a delicious apple strudel.

If you feel more energetic, you can also visit Bled and combine this with a 2 1/2-hour walk in Vintgar Gorge. Stroll through the town and take one of the charming pletna boats and visit the famous island with the Church of the Assumption. The island and the church have a rich history and inside the church there is the wishing bell from 1534. The island has long been a sacred site with a romantic twist. On summer Saturdays, a steady procession of brides and grooms cheered on by their entourage head for the island.

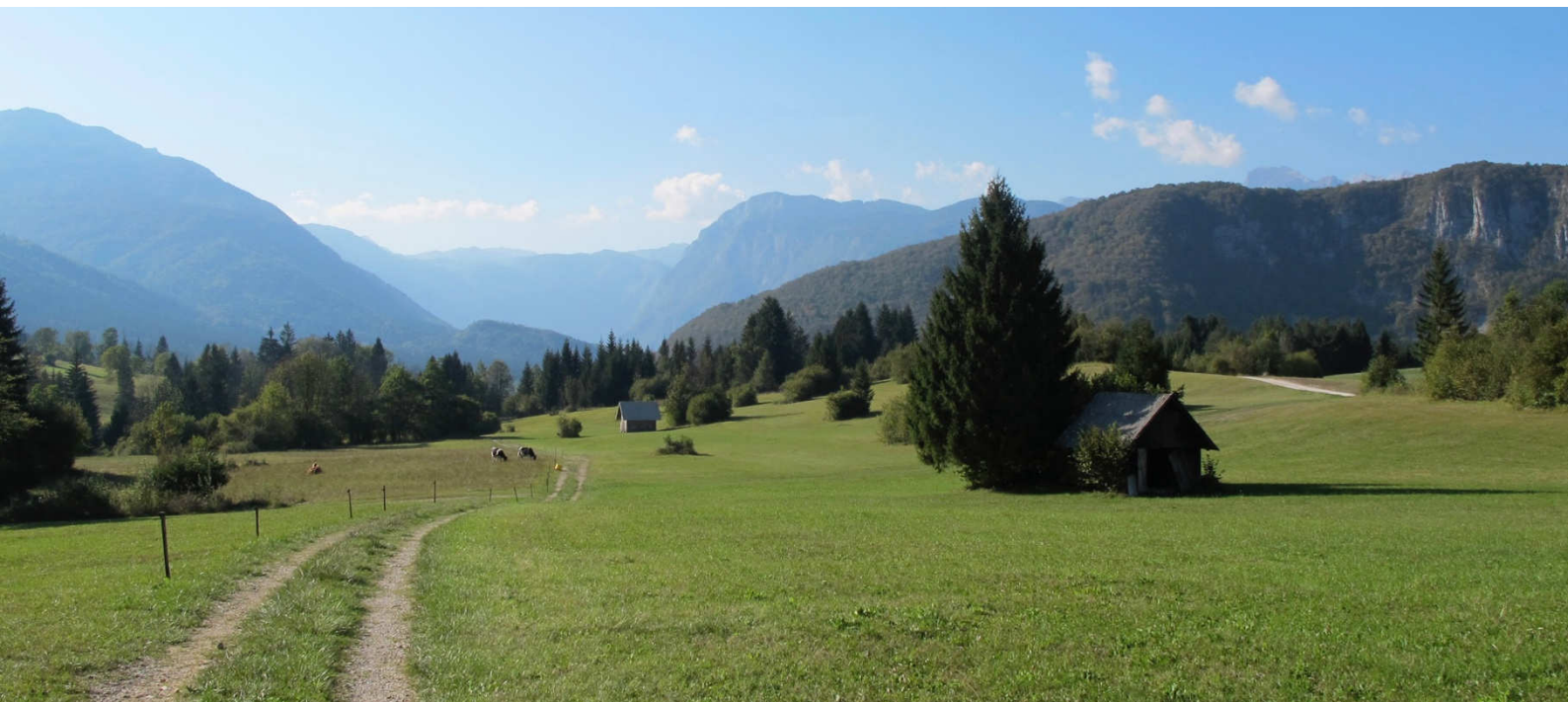
It is traditional for the groom to carry – or try to carry – his bride up the 98 steps from the island's dock to the church of Assumption. About four out of five are successful. The church was closed and weddings here outlawed during the communist era but the tradition re-emerged even before the regime ended. It is also possible to visit Bled

Castle which was the seat of the Austrian Bishops of Brixen and still is a silent witness to its former power. The views from here are truly spectacular.

From the castle it is not too far to the Vintgar Gorge. The Radovna River lies between the hills of Hom and Boršt and is flanked by steep slopes which are overgrown with beech forests. The roar of the river echoes along the 1,600-metre-long gorge that is full of small waterfalls and rapids and erosion potholes where the river briefly slows down its pace.

Dinner tonight will be in a cosy restaurant in Ribčev Laz.

RIBČEV LAZ, SLOVENIA



DAY 13

Soriška Planina - Možic Mountain - Lajnar Peak - Litostrojska Koa

Lake Bohinj lies within the Triglav National Park and is home to Slovenia's highest peak, Triglav (2,864 metres). Depending on the weather, we start the day with a drive to Soriška Planina, one of the three ski regions in the Triglav National Park.

From here we follow a narrow footpath which takes us onto the main walking path to Bistrica. After some kilometres, we turn off and zigzag 400 metres up through magnificent autumn beech forests, occasionally interrupted by small meadows brimming with flowers.

At the ridge we stop for lunch and enjoy the stunning views. Looking around us, we can still see old fortifications, tunnels and trenches from the 1st World War - reminders that these mountain ridges have been the front lines where the Italians faced the Austro-Hungarian army in World War I.

This is ridge hiking at its finest and you will have spectacular views of the full chain of the Julian Alps - Triglav Mountains (the highest in Slovenia) and the Bohinj Valley. After admiring the stunning views and serene atmosphere, we continue to the Lajnar ridge from where we make our descent to Soriška Planina and stop for a welcome drink.

We return in the late afternoon to our hotel where you can relax those weary muscles and take advantage of the swimming pool and sauna facilities. You can also book for a massage.

Our final dinner will be in a very cosy restaurant in Srednja Vas.

 **6 HOURS**

 **RIBČEV LAZ, SLOVENIA**

DAY 14

Ribcev Laz - Scocjan Caves – Venice

This morning we leave our lovely hotel in Ribčev Laz and on our way to Venice drive to Socjan Caves. They are a system of eleven interconnected caves, collapsed sinkholes, natural bridges and sinkholes.

Once in the cave, we can admire marvellous stalagmites and stalactites of different colours, stone curtains and massive gourds! The system is essentially marked by the Reka-Velka Voda River, which flows through the caves, where it falls into a series of cascades and waterfalls, tumbles down the rock or comes to rest in small underground lakes! On their banks, visitors can enjoy in the reflections of the karst subterranean images on the water surface.

Since 1986 they have been under protection of UNESCO as a part of its world heritage site. The caves lie on the Kras from where the technical term “karst” originates.

In the afternoon we join the autostrada and cross the border into Italy and drive to Venice. It is the capital of the region of Veneto and the province of the same name in Italy. Its population is 271,663 and the city’s nickname, is "Queen of the Adriatic". It stretches across numerous small islands in the marshy Venetian Lagoon along the Adriatic Sea in north-east Italy.

The Venetian Republic was a major sea power and a staging area for the Crusades, as well as a very important centre of commerce (especially the spice trade) and art in the Renaissance.

The tour ends at approximately 6.00 p.m. at the **main vaporetto station at the Piazzale Roma** in Venice.



Journey Accommodation

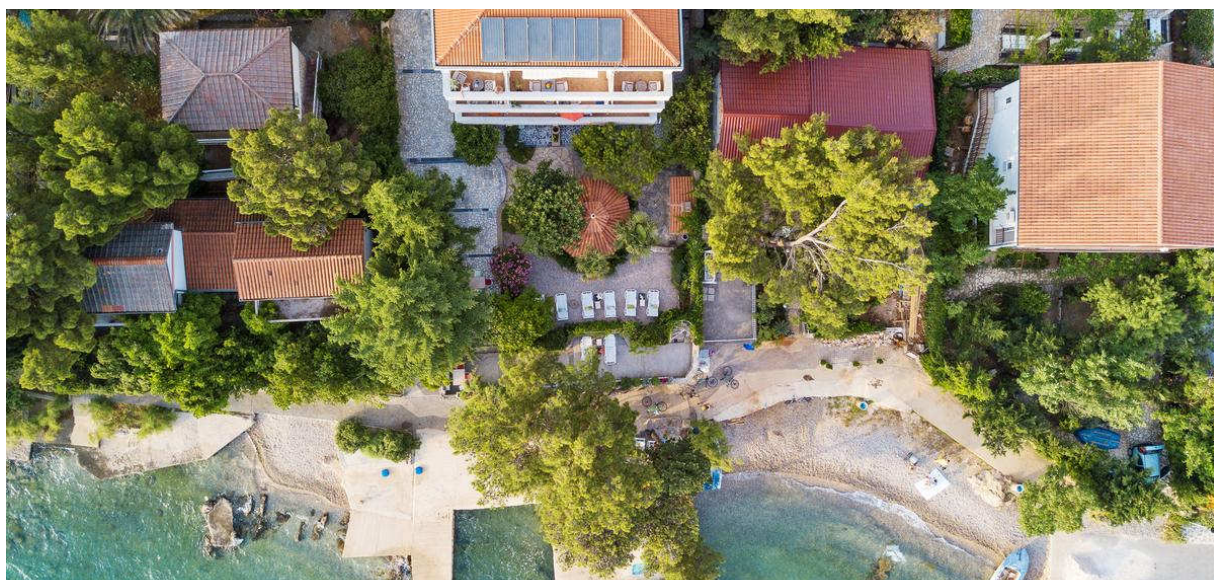
Hotel Odisej, Pomena

NIGHT 1 - 3



Villa Vicko, Starigrad

NIGHT 4 - 5



Hotel Ambassador, Opatija

NIGHT 6 - 8



Hotel Jezero, Plitvice

NIGHT 9 - 13



Journey Notes

PRICE INCLUDES

Experienced guide. Pick up at 10.00 a.m. at Hotel Bellevue in Dubrovnik (Croatia) on Day 1 and drop off at approximately 6.00 p.m. on Day 14 at the main vaporetto station at the Piazza Roma in Venice (Italy). Price includes transport between Dubrovnik (Croatia) on Day 1 and Venice (Italy) on Day 14. Twin share accommodation for 13 nights, including breakfasts (13), lunches (2) and dinners (9).

NOT INCLUDED IN TRIP COSTS

Transport before and after "the walk", 11 lunches, 2 dinners, evening drinks, in-between meal snacks, personal clothing, laundry, medical expenses and items of a personal nature.

WHAT TO BRING

Daypack, walking boots (only on some walks runners or walking sandals are suitable), thick socks, waterproof raincoat (gore-tex), sun hat, sunglasses, sun cream and bathers. We can also recommend telescopic walking sticks as being useful.

As we are restricted with the amount of luggage we can carry in our vehicles, please ensure that your CASES DO NOT EXCEED 20 KG's per guest.

PRE-WALK PREPARATION

We suggest that prior to your walking holiday you prepare yourself to obtain a level of fitness that will allow you to enjoy your walking holiday.

This, of course, is dependent upon your existing fitness level. Remember, the fitter you are, the more you will enjoy the holiday!

- Start with some short walks which include stairs or hills and increase the length of walks over a couple of months.
- We suggest you carry a backpack with water, camera, jacket, snacks, etc. to assist you with your preparation and allow you to get used to the extra weight on your back.
- We also ask that your boots are comfortable and well-worn in.

- Perhaps enjoy some walks through our local national parks and over uneven surfaces to gain confidence with your boots or new walking shoes.

PLEASE NOTE

All accommodation on tour includes private facilities (toilet and shower/bath). Single rooms can usually be arranged for this tour for a supplement. Please ask for details.

We will endeavour to match people together if they would like to share a twin room with another guest to avoid paying the single room supplement.

However, as this is not always possible, 'single' clients have to pay the supplement. All walks during the 14 Day tour are optional or can be taken in parts.

Guests can choose to have more free days than the two already included in the itinerary.

The walking pace on all walks is leisurely. Guests do not have to be experienced, although a good level of fitness is necessary.



Get in touch and book your journey today.



0461 277 612



info@walkaboutgourmet.com

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