



The Small Cruise Ship Collection

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CROATIA YOGA CRUISE

Explore stunning Dalmatian islands and coastline and at the same time relax and discover your inner self. Spend your mornings admiring the spectacular scenery, practicing yoga with certified yoga instructor, enjoying swimming in crystal clear Adriatic sea and your afternoons and evenings exploring old historical towns or having fun till morning hours. The exercises will be led by Renata Reiner, the only certificated TriYoga teacher in Croatia, continuously being educated by Kali Ray herself. TriYoga is a classic HathaYoga style which has maintained all the elements from the traditional yoga, but which has been adjusted to modern lifestyle. TriYoga puts the emphasis on the slow, harmonious movements of the spine that gently and continuously are being transformed into the next position. The program is designed for beginners as well as those that practice yoga in their everyday life. Korcula Kor ula is the birthplace of Marko Polo and one of the best preserved medieval cities in the Mediterranean, often called "miniature Dubrovnik". It is one of the greenest islands in the Adriatic Sea, with abundant vineyards and olive groves. Its southern coast is formed by small beaches and quiet coves. The Greeks, called the island Korkyra, Melaina or "black Corfu, all adjectives to define the wooded area. Pu iš a This beautiful place arose from stone in a deep cove on the north of Bra . Nicely built stone houses with paved white roofs give the place its charm. Pu iš a has always been known for its culture of stone masonry. The harmony and homogeneousness of the plebeian houses, the Renaissance palaces and Baroque buildings made from the white stone of Bra leave every visitor breathless. Lastovo Lastovo is the largest island of the archipelago of the same

name. The Romans called this island The Imperial Island and it is often considered one of the most beautiful Croatian islands. From 1976 until 1989, Lastovo was a military base for Yugoslavian Army and therefore organised tourism never existed here. That is one of the reasons why the island kept its natural wooded beauty and sense of isolation. Includes: 1 Captain's dinner (ship's specialty), guided sightseeing of Kor ula and Split, daily cabin service, mid-week fresh set of towels and

bed linen.

ITINERARY

Day 1 - SPLIT - PU IŠ A

Departure from Split at 13:00h followed by a lunch on board and a swim break. Continue to Pu iš a on Bra island. Get acquainted with the yoga teacher and fellow passengers at the first meditation session. Pu iš a is a typical Mediterranean place, situated on the northern side of the Bra island at the bottom of the deep bay. It is the cradle of the world's famous stone of Bra . Possibility of visiting a stone-masonry workshop, one of the few stone masonry workshops left in Europe. Enjoy the domestic food, wine and famous olive oil of this coastal village. Overnight in the port of Pu iš a.

Day 2 - PU IŠ A - KOR ULA

Early morning exercise on the sundeck, followed by breakfast.

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After a morning swim in the crystal blue sea, we cruise towards Korula, the birthplace of Marco Polo. Lunch will be served either on the tip of the Pelješac peninsula (near Lovište) or in the quiet bay of Kneža on Korula. Afternoon meditation on board in one of the perfect bays. Late afternoon arrival in Korula for guided sightseeing of this exceptional town. According to legend Korula was found by Trojan hero Anthenor in the 12th century B.C. On this island you can find more legends, tales and monuments than anywhere else. In the evening we recommend a visit to one of numerous konobas or enjoy the stunning views of the mainland from the numerous cafes and bars. You can also visit a nearby village for a typical village dinner experience. Overnight in Korula.

Day 3 - KORULA - LASTOVO

Let the early morning sun embrace you during your TriYoga session on the vessel's sun deck. Our cruise continues towards Nature Park Lastovo, the furthest inhabited island in Dalmatia, which Romans called the Imperial island. Docked in Ubli port, one has the opportunity to visit the protected Nature Park or visit the biggest town on the island - Lastovo. The Island is surrounded by many smaller islands, with plenty of secluded bays suitable for snorkeling, and for this occasion meditating, but also known for many little churches and unusually shaped chimneys. Captain's dinner party on board and overnight.

Day 4 - LASTOVO - RAVNIK (GREEN CAVE) - KOMIŽA

Enjoy your early morning yoga during departure towards Vis island, once closed to tourists for many years. Vis was, because

of its unique geographical position, a strategic harbour for the navy. Due to this isolation, Vis has a special charm of the 'Mediterranean as it once was' which makes it really interesting to see. Near Vis, there is the little Ravnik island, where the Green cave is situated. It was named after the unusual light that reflects in the sea from the hole on the top of the cave. After a short swim, depending on the weather conditions, we sail further to the town of Komiža for overnight. Before the arrival get in touch with your inner self through meditation on the sun deck. Komiža is a typical Mediterranean place on the western part of the island, where the fishery on the eastern part of the Adriatic coast began. Enjoy the walk through the narrow alleys and rich heritage, or maybe on one of the pebble beaches with fresh water springs, that stretch along the whole eastern side of the Komiža Bay.

Day 5 - KOMIŽA/VIS - BIŠEVO (BLUE CAVE) - STARI GRAD

While we cruise towards the little Biševo island to visit the Blue cave, a magnificent natural phenomenon enjoy your early morning TriYoga session. As sometimes weather conditions can be very unpredictable, the possibility of our visit will depend on those conditions, however you will be notified of this by the crew. Entrance to Blue Cave is to be paid on the spot (approx. EUR 9.- per person). We continue towards Stari Grad on the Hvar island, the sunniest Adriatic island. Afternoon at leisure to explore this unique town after we end our afternoon meditation. The famous Stari Grad Field is the oldest in Croatia and the best preserved example of ancient Greek system of agriculture. Together with the old town it is a part of world heritage protected by UNESCO.



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Day 6 - STARI GRAD - BOL

Awake your body and mind with early morning yoga on the sun deck. After breakfast we cruise towards the beautiful Brač island and the famous town of Bol. Swimming is planned at the most famous beach in Dalmatia - Zlatni Rat (the Golden Horn - its gravel promontory shifts from side to side as the wind and waves constantly change in shape). We will search for a perfect spot for meditation on Bol, a typical fishermen's town converted to a popular tourist destination. Here we spend the night and have the opportunity to enjoy excellent fresh fish, local wines and other delicacies of this unique island, enjoy a lovely walk or cycle along the promenade. Hike or rent a scooter up to Vidova Gora for a spectacular view of Bol and surroundings.

Day 7 - BOL - SPLIT

The last day is spend mostly relaxing, meditating and swimming in different quiet bays of Brač island. Late afternoon arrival to Split, the second largest Croatian town and the capital of the region of Dalmatia. Split is a city under UNESCO protection, and its historical and cultural monuments belong not only to its inhabitants, but also to anyone who wants to capture a piece of the thousand year old beauty. Guided sightseeing of the old town and Diocletian's palace.

Day 8 -

Early breakfast and time to say goodbye to the crew and all your new friends.

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YOUR SHIP: CROATIAN 'COMFORT CLASS' CRUISER

YOUR SHIP: Croatian 'comfort class' cruiser

VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

These 'comfort' cruises are run on a small variety of vessels, all of very similar standard, but the actual vessel isn't usually confirmed until 2 weeks before the cruise. All of the vessels are very comfortable, and the cabins have airconditioning and en-suite bathrooms. All the vessels carry around 40 passengers (maximum). Steel hulled vessels with modern traditional look offer accommodation in air-conditioned, spacious en-suite cabins with double or twin beds, hair dryer and safety deposit box. Ships are from 29 to 35m in length with cabins 8 to 14m² in size. Included services: buffet breakfasts, three course lunches, Captain's dinner, English speaking tour manager on board, one guided tour, daily cabin service, mid-week fresh set of towels and bed linen, luggage handling. The images here are examples of these vessels, and their cabins and decks. Most vessels have a few triple cabins. These either have a double bed and a single bed, or sometimes a double and a single bunk.



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ADDITIONAL CHARGES:

Port fees 25 EUR pp



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