



## Island Hopping and Hiking near Dubrovnik

28.09.2016 - 02.10.2016

### USEFUL INFORMATION & ADVICE

**Transport:** A minibus and driver are available to us for all transfers included in the itinerary, from arriving at Dubrovnik airport until departure from the same airport five days later (if you take the recommended flights). Luggage transfers when we are hiking to different locations are also included.

**Food & Restaurants:** Trying the local food is a part of the experience! To save time, dinners in restaurants will be booked and occasionally food will be pre-ordered. Our groups number between 10 and 18 people, so expect to sit in the restaurant for a couple of hours if you are coming for a meal. You are not by any means obliged to join us, but please let the organiser know if you are not coming so we can plan accordingly.

Alternatively you can buy food from the supermarkets (which are pretty well stocked) or from the food markets. Fresh produce markets are a good place to buy organic fruit and vegetables, and there are plenty of bakeries where you can buy bread or pastries.

If you choose to spend a day away from the group, you can meet us for a restaurant meal in the evening. Again, please let the organiser know your plans.

The prices in Dubrovnik and on the island of Mljet are high, as in most touristy places in Europe. A beer costs around £4 and a main dish can be £8-£15. A coffee is about £3. The regions we are visiting are famous for producing wine. A glass of wine in a restaurant costs from £4 upwards, while a bottle can cost from £15 upwards. Fresh fruit at markets is £4-£7 per kilogram (£2-£3.50 per lb).

During full day hikes, when there is no alternative place for lunch in the

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mountains, a simple packed lunch will be provided at the start of the hike.

If you are vegetarian or have any food intolerances, please let us know in advance. It is better to bring special foods such as gluten-free bread with you as these products are not very common. If you don't eat bread, please bring a container to carry your food on hikes

**Health:** We don't provide health or travel insurance. Please arrange your health/travel insurance prior to taking this trip and send us the policy details of the policy in advance. If you don't, you will not be allowed to go on hikes.

To take part in the hikes, you'll need a waterproof jacket and hiking boots that support your ankles. The Croatian mountains are rugged and steep. Please do not assume that other kinds of shoes will do - bring proper boots to minimize the risk of injury.

Items such as painkillers, plasters and anti-histamines are sold by chemists and you are expected to buy your own. Medicines may have different names from in the UK or might not be available without a prescription (even if you can buy them over the counter at home), so if you are taking medication please bring it with you. Please inform the organiser or guide of any health issues such as allergies.

**Toilets:** There are public toilets but sometimes you need to pay to use them. Normally you would be expected to buy at least a coffee if you go into a restaurant to use their facilities.

**Weather:** The weather is normally sunny and goes up to 25°C (77°F) in the coastal areas. In early autumn there is a possibility of rain, so come prepared. The mountains where we will be hiking are fairly low and not higher than 961 m (3,153 ft), but the evenings are cool and you will definitely need a warm fleece and a waterproof jacket.

**Crime:** The region is normally very safe, but it is not advisable to have your passport with you when you go around town. We suggest that you scan a copy of your passport and email it to yourself in case you lose it. Do not display large amounts of bank notes, especially when going to the local markets, as there may be pickpockets.



**Money:** The official currency is the kuna. You can exchange British pounds at the local banks or at authorised exchanges. There are cash machines in all towns and cities, but not in small villages or the mountains. Please plan money withdrawals at the following destinations: Mali Ston, Mljet and Dubrovnik.

**Visas:** Croatia is an EU member and UK and other EU citizens do not require visas. If you hold a non-EU passport, please check whether a visa is required.