



Villa Almadria
Luxury Bed & Breakfast
WOMEN'S VACATION PACKAGE 2019

First Day: Orientation of Villa Almadria.

Welcome Cocktail, check-in, relax and enjoy a 'home-made' traditional Croatian dinner in the beauty and comfort of Villa Almadria.

Day Two: Tour Slano and Surrounding Area - Paddleboard, Hike/Walk, Swim &/or Relax.

'Wake-up' Workout *

Breakfast

Biking, Walking or SUP Paddleboarding 'Tour' of Slano Bay.

Afternoon of free-time to relax on the terrace, swim in the bay or walk through the countryside.

Dinner at Villa Almadria.

Evening' simple stretch and meditation'. *

Day Three: Scenic drive to Village of Majkovi, Honey Tour & Dinner at the Olive Oil Mill.

'Wake-up' Workout *

Breakfast

At noon/13:00 we leave for the charming village of Majkovi. A traditional Croatian town that overlooks the Elafiti Islands, olive groves and the beautiful valleys, that make up the Dalmatian countryside. Majkovi has long been known for its beekeeping and honey traditions. Our first visit is to the 'Honey House' (where the beekeepers still use the ancient Croatian methods to farm honey) to learn about bees, beekeeping and honey and maybe, taste a few samples.

Hungry? We will settle down for a 5 course meal at the old Olive Oil mill that has been restored into a charming, small Konoba. The old style restaurant is nestled within the mills walls and just steps from the goats. All food and drink served, are made on the premises. The greens are picked from the garden, the cheeses are made in-house, the liquors are fermented in the cold cellar and all are made in the traditional Croatian way.

We will leave Majkovi approximately 18:30/6:30pm for Villa Almadria.

Evening 'simple stretch and meditation'.*

Day Four: All Day -Dubrovnik!

'Wake-up' Workout *

Breakfast

At 9:30am we leave for an all day exploration of Dubrovnik, a UNESCO Heritage City, well known for it's beautiful walls, orange tiled roofs and Venetian architecture. Everyone is free to do as they choose and wander aimlessly throughout the beautiful town. Boat trips are available from the harbour to the island of Lokrum and tours, of the old city, from the information centre just outside the gates.

Please note that no dinner will be served this night at Villa Amadria.

We will depart Dubrovnik 19:30/7:30pm for home.

Evening. 'simple stretch and meditation'.*

Day Five: Spa Day!

'Wake-up' Workout *

Breakfast

SPA DAY at the Grand Hotel Admiral in Slano. The Spa is well known throughout Croatia for its facilities, talented associates and peaceful surroundings. Your package includes use of the indoor and outdoor Seawater Pool, the Thermal Zone (with a Finnish sauna), steam room, whirlpool jacuzzi, and the fitness room. Also Included in this package, is either a 1 hour Massage Treatment or a 1 hour Facial. All other treatments, at the spa, are available to each guest - at an additional cost.

Dinner at Villa Almadria at 19:00/7:00 pm..

Evening 'simple stretch and meditation'.*

**Please note Spa Day can be exchanged for another Tour day depending on the weather!*

Day Six: Village of Ston & Mali Ston, Peljesac Drive & Winery Tour.

'Wake-up' Workout *

Breakfast

At 10:30 we leave for STON and the PELJESAC peninsula.

1. First stop is to Mali Ston, one of Croatia's largest region for 'fresh from the sea" mussel and oyster farms. Weather dependant, a short boat cruise is available to learn how mussels and oysters are grown and harvested (and perhaps a few samples too.)
2. Next, a short 3 minute drive and we are in the UNESCO village of STON. Home to the second longest man-made Wall, (think, Great Wall of China.) The walls (and steps) are available to climb and take in breathtaking views of the salt fields, the mussel farms and surrounding seas. Take 2 hours to visit the village, walk the walls, or visit the famous old "Ston Salt Salina", shop for homemade Croatian sundries, or relax and enjoy a perfect coffee (or more mussels) in this sleepy charming village.
3. At 14:00/2:00 pm we leave for the beautiful Peljesac Peninsula. To recuperate from your 'Wall Walk' we take a 40 minute, relaxing and scenic drive through the Historic Peljesac Wine Region, stopping for a personal tour of the famous winery, MATUŠKA DINGAC. The tour will include delicious wine tasting and to cleanse the palate, a cheese and Dalmatian Prsut platter.
Ready for home? Let's head back to the Villa and enjoy a delicious Croatian style soup and finger foods. Afterwards a stroll through town or just relax on the terrace and take in the breathtaking views.

Evening 'simple stretch and meditation'.*

Day Seven: Time for Home 8-(

Sleep in, enjoy your last morning here, do your own workout, walk, or swim, and relax with a nourishing delicious Breakfast .

Transport to the airport.

**Please Note Airport Transportation to and from Villa Almadria (approx. 1 hour) is arranged for the entire group - no individual arrival/departure schedules.*

Thank you for your understanding

More information!**

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Please Note:

The Villa sleeps 6 women very comfortably

- *2 Bedrooms (double occupancy) with King size beds.*
- *2 Bedrooms (single occupancy) with Classic Double Beds.*
- *3 women per bathroom (two sinks, showers, no bathtubs and all amenities and toiletries included)*

Price: in Euros

1.750,00 per Person/per Week. Double occupancy.

1.850,00 per Person/per Week. Single occupancy.

****What is the "Wake-Up Workout"?***

A total-body workout routine, using no equipment. We blend the principles of Pilates, kickboxing, strength training, yoga, running/walking and plyo (jump) moves, to provide you with an intense but balanced cross-training session.

All workout routines are tailored to our guests fitness levels.

****What is the "Simple Stretch & Meditation"?***

The 'Simple Stretch' is not a yoga or pilates class. The movements and stretches are designed to safely and comfortably (regardless of your fitness level) help your flexibility, alleviate lactic acid (muscle soreness from walking in Ston &/or Dubrovnik) and relax your joints.

The 'Simple Meditation' is also, simple. No chanting or previous experience necessary. The meditation is to relax the mind, steady the breathing and assist in providing an excellent nights sleep.