



FDX CROATIA

May 1st - 11th, 2019

Fundraising Goal: \$2,500

Fundraising Due: April 20th, 2019

If your Mediterranean fantasies feature sunny days by sapphire waters in the shade of ancient walled towns, Croatia is the place to turn them into reality. Join First Descents on an epic adventure that offers a unique combination of all the things we love! Breathtaking natural beauty, adventure, water that sparkles with a jewel-like intensity in shades of emerald and sapphire, loads of sun, oodles of history, interesting architecture, delicious seafood, the list goes on. On this journey we will experience island life like a local and practice yoga outside with sea views on Hvar Island. We will indulge in the famous local wines, olive oils, and other Mediterranean delicacies. We will see beautiful old castles, kayak around islands, swim in the sea, and still have plenty of time to relax, get in tune with nature, and rejuvenate from the inside out.

ITINERARY

Day 1 - May 1st

Arrival Day - Arrive in Split, Croatia and meet the FDX crew. Get settled and get to know your travel mates as everyone arrives to the Mediterranean paradise throughout the day. Enjoy a fantastic group dinner at Baletna Skola restaurant and then get some good rest after a long day of travel.

Day 2 - May 2nd

The Adventure Begins - Wake up and kick start the day with your first yoga session of the trip on your lodge's patio. After this refreshing morning meditation, grab some energizing breakfast at Baletna Skola restaurant. Choose your own adventure today to adjust to the time change and explore your home for the week. We will offer numerous activities including a walking tour of castles around Kastela. End the day with a great dinner and conversation with your FDX tribe.

Day 3 - May 3rd

Discover Split - Rise and shine for an early morning yoga session and breakfast and get geared up for an exciting tour of Split. Explore the city with your crew, discovering insightful history, incredible architecture, and some of Croatia's hidden gems. Enjoy a healthy lunch before taking a ferry to Hvar Island, where you will have dinner and get settled in to your new island digs!

Day 4 - May 4th

Island Exploration - Wake up for your private group yoga and eat some fresh breakfast before starting the day's activities. Hit the trail for a scenic stroll into Vbroska where you will spend the day exploring the maze of old brick buildings lining the glimmering blue beaches of Croatia's coast. Later, enjoy a family style dinner with your FDX crew and relax for the rest of the evening.

Day 5 - May 5th

Hvar Town - Rise and shine for your daily energizing morning yoga session and breakfast. Take a drive down a gorgeous road to Hvar Town, where you will have lunch like a local and spend the day taking in the unforgettable coastal scenery, soaking up the sun, and learning about the ancient fort town. Head back to the lodge in the serene Basina Bay and enjoy dinner with your travel mates and an evening of community and relaxation.

Day 6 - May 6th

Boats and Beaches - Wake up. Awesome yoga sesh. Fresh breakfast. Gear up for a day on the water. Take a morning boat cruise to the sapphire water beaches of Bol where you will spend the day living it up in the coastal sunshine. Enjoy a beachside lunch in this tiny paradise and enjoy an afternoon hike with the gang into Vbroska for dinner later this evening. Hit the lodge for some relaxation station and rest up for an eventful day tomorrow.

ITINERARY

Day 7 - March 7th

Rise and shine and hit the daily yoga and breakfast routine to start your day out the FD way! Transfer to the astounding old town of Dubrovnik where you can explore the ancient city streets, enjoy a massage, hit the beautiful beaches, and try some new foods. At the end of this day of full-on Croatian exploration, enjoy a delicious group dinner and spend time with your FD tribe.

Day 8 - May 8th

Find your Adventure! - Hop out of bed to perfect your yoga positions and chow down on a delicious breakfast with the FDX family. Take the day for yourself! Step out of your comfort zone and try a challenging hike or eat some foreign foods. Beach bum it up on the soft sandy beaches right down the path from your lodge, or meet some locals and hear their story. Take on the day in the true Out Living It spirit!

Day 9- May 9th

Take to the Sea - Kick start the day with some zen yoga meditation and healthy breakfast at the lodge. Spend the day paddling in the crystal clear water surrounding Croatia's Lokrum Island. Discover hidden coves and rocky coastlines as you hone in to your kayaking skills like an FD pro! Enjoy dinner and an evening kicking back at the lodge after a rad day on the water.

Day 10 - May 10th

Mountain-mania! - Rise and shine for some rejuvenating patio yoga. Chow down on a nutritious breakfast and gear up for a day of hiking. Today's challenge - Mount Srd. Tackle the coast-side trail with your FD crew and enjoy breathtaking views of the sea as a much deserved summit reward. Later, enjoy an unforgettable farewell dinner on the beach with the FDX family. Spend the evening enjoying each other's company for one last night abroad.

Day 11- May 11th

Until next time! - Wake up for one final yoga session and breakfast, pack your bags, hugs and goodbyes. From your Croatian oasis, continue on with your travels or head out with the rest of the FDX crew to the airport in Dubrovnik to catch your flight home. See you on the next adventure!

IMPORTANT INFO

Arrival Day

Fly into [Resnik Airport in Split, Croatia](#) on May 1st, 2019 before 5PM.

Departure Day

Fly out of [Dubrovnik Airport in Dubrovnik, Croatia](#) on May 11th After 10AM.

What is included in this FDX:

- Daily movement exploration in different forms (yoga, hikes, and other exercises) by Meow and Captain O
- 10 nights of accommodation
- 2 guides
- All ground transportation
- 9 meals

What's NOT included in this FDX:

- The cost of your travel/flights to and from Croatia
- Adult Beverages / Alcohol
- Shopping purchases and additional activities
- Gratuity for all activities and services.

Reminder: While consumption of alcohol is not prohibited on FDX Programs, we feel that these experiences are fun enough without the need for additional substances. What you chose to do with your free time on your FDX program is completely up to you . However, with that said we ask you to please be considerate of your group and know that FD does not provide alcohol of any kind on our programs.

