

# CROATIA MOUNTAIN TREK

## FREQUENTLY ASKED QUESTIONS

### How fit do I need to be?

This trekking challenge is all about **endurance** rather than speed. You will be up early in the mornings and trekking for between 6 and 10 hours each day, so ensuring that you have a good level of fitness beforehand is key. Sticking to our training plan will really pay off. The best form of preparation is to walk for good lengths of time on undulating terrain, wearing the walking boots that you will be using on the trek itself. Try to train with your day-pack on your back and get used to drinking and carrying water during your training. It goes without saying that you need to be mentally prepared too – self-belief and determination go a long way!

### What will the trekking be like?

You will be trekking on good paths through open hill-country and woodland, with steeper, more exposed sections on higher ground. Some paths are uneven and rocky. Experience of walking on rough, uneven terrain will be a big advantage – confidence in outdoors walking is important. If you are unsteady on your feet or have knee problems you will find trekking poles useful, but do make sure you get used to them when training. The days are long, and the continual hills sap energy, especially on the longest day.

Keep in mind that this is a **challenging** trek and many people will find elements of the trip difficult at times, whether it is the physical trekking, changing weather, the difference in culture or something else. It is great if you can work as a team and help each other out during any difficulties. While there are challenges, **the enjoyment and rewards that come from trekking in this hidden gem are stunning!**

### Who accompanies us on the trek from Discover Adventure?

Your trip will be led by an experienced Discover Adventure leader. Sometimes they accompany you from the UK, but they may meet you in-country. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first-aid. You are in very safe hands with a Discover Adventure leader.

### Will there be a doctor trekking with us as well?

An expedition doctor or medic usually accompanies the group as well, dependent on group size. Our medics are there to provide first aid and promote day-to-day welfare on the trip; they carry a robust medical kit, but cannot possibly be equipped with everything needed to counter any given situation. They also provide crucial support to our leaders and, as they are usually found at the back of our groups, are also experts at encouraging you when things get tough.

### Who else will accompany the group on this challenge?

Our local support crew is made up of local guides and drivers. Local guides know the area well, and are a great source of knowledge about local customs and lifestyles. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely.

### What are the transport arrangements for the group and our kit?

You will travel by private minibus to the start and the end of the trek. As your main luggage will be transported by vehicles between each overnight stop, you therefore **cannot access your kit** during the day and will need to make sure that you carry a day-pack containing extra layers, waterproof, sun-cream, hat, camera, snacks, water, etc.



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## What is the accommodation like?

You will stay in hotels of a good standard (2-3\*) on a twin-share basis for the duration of this trip. Our hotels are convenient to our trekking route, and are generally very good considering how remote some of them are. You may find that the hot water sometimes runs out, or that there is the occasional power cut, but that's all part of the adventure! If you are travelling alone, you will be paired up with someone of the same sex and similar age – please let us know if you wish to share with a particular person, if you have not done so already.

## Can I request single accommodation?

There may be a limited number of single rooms in the hotels, subject to request and at an additional cost, on a first-come, first-served basis. Sharing a room is a really good ice-breaker if you don't know anyone else on the trip, so don't worry too much about it! However, if this is something you would like to discuss, please let us know as soon as possible.

## What will the weather be like?

The Mediterranean climate of the Istria Peninsula is usually warm, clear and sunny. We avoid the hot summer months, so the trekking temperature will be between 18-20°C. Never underestimate the power of the sun's rays, even when it feels cool, is cloudy or windy. Ensure that you bring minimum Factor 30 sun-cream along with a high SPF lip salve. A sun hat, which covers your neck, and quality sunglasses are also a must. There is always a chance of rain and it could be chilly and windy on higher ground. It's vital that you follow the kit recommendations in our kitlist and **come prepared**.

## What will I be eating?

The food is fresh, tasty and plentiful on this trip and it is important that you eat well to keep your energies up while trekking. Breakfast is buffet-style in the hotels (cereals, fruit, bread, pastries, etc), while hotels/restaurant dinners are typically soups, chicken/pork/lamb with vegetables and potatoes, salad and dessert. We usually have packed lunches when trekking, with bread, pasta/potatoes, salad, meat, cheese and fruit. Vegetarian alternatives are usually cheese-based. Meals are varied, tasty and locally-produced; this area is proud of its gastronomy and it shows!

## I have a specific dietary need; will there be enough for me to eat?

Being vegetarian, gluten free, dairy free or having other dietary requirements is usually not a problem provided you **let us know well in advance** (airlines need to know at least 8 weeks prior to the departure). If you feel you aren't getting enough energy because of your dietary requirements please talk to the leaders on the trip – they can't help unless they know there's a problem. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

## Do I need to bring snacks?

Bring enough snacks to keep you going each day - around **2-3 tasty treats a day will suffice**. We recommend a combination of slow and fast release snacks such as cereal bars, flapjacks, salted nuts, chocolate bars, and a packet of sweets. Bringing a combination of treats will keep you interested in snacking as consistent energy levels are important.

## What is the celebration meal?

At the end of your challenge, there will be a special meal to celebrate your achievements. Please check your trip itinerary to confirm whether you will need to set aside funds to pay for this on the night.

## How much do I need to drink?

**Drink, drink, drink!** Due to the nature of the challenge and warm climate, you will need to drink significantly more on this trek than you would in the UK. You will be provided with plenty of drinking water at breakfast for the day ahead, and in the evenings at dinner, so ensure that you keep topping up your bottles and hydration systems. You will also drink from the pure, natural springs on the trek itself. You will need to drink at least 2-3ltrs of water a day, and you will be carrying this in your day packs so try and get used to trekking with that amount of weight on you when training.



## What about toilets?

There are rarely toilet facilities during the day, so please be prepared. You will need to take baby wipes, nappy sacks and paper in order to make sure you **leave no trace** whilst out on your trek. These can then be discarded in the nearest bin.

## What can I do to prevent illness during the challenge?

Illness can spread through the group quickly when you are living closely together, so it's important to adopt good hand-washing procedures to minimise the spread of germs. Use **antiseptic hand sanitiser** on trek, after the toilet and before eating. Also, avoid sharing water bottles and each other's food or sweets as this spreads germs very easily, even if you are being careful. It is safe to drink Croatia's tap water, though it's inadvisable if you know your stomach is easily upset by different minerals and changes in environment etc. Drastic changes in diet experienced while travelling can often make you susceptible to minor stomach ailments, such as diarrhoea. On the trip itself, food is cooked and prepared to very high standards and you can eat with confidence.

Sunstroke, sunburn and dehydration are always a risk on trips of this nature. Use a high sun factor cream or sun block – remember that you can burn even on cloudy days or when you feel cold. In the mountains, bear in mind the sun is also very strong even if you feel cooler, and windburn can also be a factor. Wear a hat and sunglasses, and ensure that you drink plenty of water or energy drinks to replenish your fluid levels. Try to avoid caffeine (remember it is also found in soft drinks.)

## Any safety tips for non-trekking time?

Croatia is generally safe, but as in most countries, pickpockets and petty thieves prey on easy targets such as careless tourists, especially in busy areas such as bus and railway stations, airports, markets and popular tourist sites. Use your common sense: wear a concealed money belt with your flight ticket and some of your cash, and do not flash any valuables. Leave valuables behind; you don't need your best jewellery and gadgets on this trip. Be careful at night and avoid walking or getting into taxis alone.

One of the benefits of group travel is safety – you all look out for each other, and there's no reason to be alone. Sometimes, however, it's easy to lose concentration in a group. Stay focussed in busy, touristy areas, and take responsibility for yourself and your belongings.



## What if I have any issues during the trip?

Our leaders are very experienced and work very hard to ensure your trip runs as smoothly and enjoyably as possible, and we're sure that you'll have a wonderful time. If you do have any concerns or problems during the trip **please talk to the crew and give them the opportunity to explain or rectify things while they are able**. They are all very approachable!

## What will happen in the case of an emergency on this challenge?

The crew will have radios/phones, emergency satellite phone, extensive medical kit and other safety apparatus where necessary. If you are feeling unwell on this trek, tell your leaders and listen to their advice as your health and safety is our top priority.

## How much money will I need to bring with me?

Croatia's currency is the Euro. We recommend that you take approx. £100 for personal expenses such as drinks, snacks and souvenirs, but of course it depends on how much you might want to buy. Out of this spending money, you will need to set aside funds for the meals not included in your trip itinerary, as well as tips for local crew. Please also take a credit card in case of an emergency.

If for reasons due to fitness, illness or any unforeseen circumstances, you have to depart from the group arrangements, you must ensure that you have enough funds to cover any resultant costs – for example, extra hotel accommodation or meals. Some of these may be recoverable through your travel insurance, depending on your cover and the circumstances.



## What do you recommend for crew tips?

The local crew work incredibly hard and it is great if we can show our appreciation in the form of a tip. The guide is **£40-50 per participant** which is split out between the local crew but this is of course at your discretion. Please do not give out individual tips to any crew who you feel have helped you personally, as they work well as a team and those out of sight will be working just as hard as those with you on the trek. Your trip leader will give you further advice.

## What do I need to bring?

Refer to your **Kit List** to ensure that you have all the essentials for comfortable trekking. Make sure your walking boots are lightweight, waterproof and well-worn in. You may also wish to bring some foot powder with you to absorb sweat and help prevent blisters. Trekking tops of a wicking nature will be more comfortable to walk in than cotton. If you intend to trek with poles, ensure that you train with them. Don't forget your charity t-shirt too!

## Will there be Wi-Fi, phone reception and charging points?

You will be able to charge devices in the hotels, and use Wi-Fi, though it may not be as fast as you're used to at home. There is phone signal, but not everywhere. The leader will have a satellite phone for emergencies only.

For voltage and plug information in hotel accommodation, see <https://www.iec.ch/world-plugs>

## Do I need travel insurance?

As part of your booking conditions, it is **compulsory that you ensure you have adequate travel insurance cover** to cover you for trekking. See [the insurance page on our website](#) for further information.

## What is the luggage allowance?

Your main luggage limit on the plane is **20kg with a 5kg allowance for hand luggage**. Do travel lightly and take only small bottles of toiletries. If you stick to the kit list you will manage this with no problem. Don't forget that suitcases are not suitable, soft rucksacks/kitbags only (with no wheels on). Discover Adventure Kitbags are specially designed for the rigours of our challenges and are very affordable, please see your Passenger Portal for details.



## When will we know the flight details and meeting point?

Discover Adventure will usually confirm the main group flight details 5 months prior to the trip departure so you will know which airport you are travelling from and can arrange suitable transport. You will be sent your **Final Joining Instructions** in the month prior to the trip departure date, within which specific details of **where and when to meet your trip leader** and fellow trekking participants will be confirmed.

## Will I need my flight ticket before the trip departure date?

Unless specified otherwise, you do not need to have your flight ticket prior to the trip departure date as this will be given to you by the trip leader or a Discover Adventure representative at the airport. If there are alternative plans, your Challenge Co-ordinator will inform you.

## Can I make my own flight arrangements or alter my flight from the main group?

Flights are included on this trip and you will automatically be booked on to the main group flights, unless you let us know otherwise in good time (no later than three months prior to the trip departure). It is possible to make your own flight arrangements and a land-only discount will be applied; see the **Flight Arrangements Form** in your Passenger Portal.

It is also possible to extend your stay and deviate from the main group flight booking; again, see the form. Note that you will remain on the same flight path, returning from the same airport. There is sometimes a supplement to pay if the flights are more expensive on your requested day; early requests have the best chance of avoiding this. We will always contact you if this is the case to check whether you are happy to proceed. If you are keen to upgrade your flight, this may be possible at a supplement and you can contact us for an approximate price but please note that this is often very expensive and we will require full payment upfront.



## What if this trip does not meet minimum numbers?

Every group needs a minimum number of bookings for it to be feasible to run. Cancelling a trip is rare, and we do our utmost to avoid it. You will be contacted in plenty of time if we are concerned about the group size, and we will discuss options with you.

## What are the passport and visa requirements?

A valid 10-year passport is essential, valid for at least 3 months after the end of your stay in Croatia. It must also be issued less than 10 years after the day you arrive in Croatia. (If your passport was issued before October 2018, it may have had extra months added to its expiry date.) There are currently **no visas** required for Croatia **for UK nationals**; see more details on entry requirements [given here](#).

If you do not have a UK passport, it is your responsibility to check the entry requirements with your own embassy, so please do so in good time.

There may also be health declarations to make. Do check the above link carefully, as regulations can and do change without warning.



## How can I find out more about the requirement for vaccinations?

We recommend you ensure your routine UK schedule of vaccinations is up-to-date (especially Tetanus) and check the Fit For Travel website [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk) for further guidance and information. Always consult your local GP or travel clinic for the latest health advice, as they are aware of any updates in World Health Travel requirements.

## Passenger Portal

We have a **Passenger Portal** which will enable you to see any outstanding information we need, the countdown to your challenge departure, see your outstanding balance, make payments and update your contact details. You can access this via the following link - [Passenger Portal Log in](#).



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