

EVERYTHING EXCEPT A TOURIST EXPERIENCE!

WEIGHT LOSS PROGRAM

Lose weight and enjoy!

This programme will make you fit, while exploring one of the most beautiful areas of Dalmatia – the Čiovo island and nearby historical cities of Trogir, Split, Sinj and Trilj and Krka National Park. You will spend your time paddling, hiking, playing various team sports, exercising and swimming, but also enjoying delicious meals and, above all, you will lose several kilos.

The idea of this programme is to lose weight without suffering hunger. On the contrary, you will enjoy delicious meals. Your diet will be planned by expert nutritionist and your exercises by physiotherapist. You will have three meals a day. Each daily menu will be adjusted to your energy needs. And at the same time, menu will be made of healthy, traditional Dalmatian food.

Come and help us to help you – eat gourmet meals, be active, become healthier! And do it all on one of the world's most beautiful coasts.



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DAY 1

- arrival with transfer from airport;
- hotel accommodation - <http://www.hotel-svetikriz.hr/>
- free time (swimming or other activity);
- first meeting – meeting the group members and introducing of our expert team (programme leader, nutritionist, physiotherapist, psychologist), conversation;
- dinner (dietetic programme);
- free time.



DAY 2

- breakfast;
- medical examination;
- **sea kayaking hotel – city of Trogir – hotel;**
- lunch;
- resting – free time;
- sports (volleyball, handball, table-tennis, exercises in the pool, bowling, fitness exercises);
- dinner;
- meeting – interview with psychologist;
- free time.



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DAY 3

- breakfast;
- **sea kayaking hotel – Pantan reserve – hotel;**
- lunch;
- resting – free time;
- sports;
- dinner;
- meeting;
- free time.



DAY 4

- breakfast;
- **visiting Krka National Park (about 2,5 km walking from town of Skradin to waterfalls, boat trip to the Visovac monastery, walking back to Skradin);**
- return to the hotel and lunch;
- resting – free time;
- sports;
- dinner;
- meeting during sightseeing the city of Trogir with guide;
- free time.



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DAY 5

- breakfast;
- **visiting the city of Split, sightseeing with guide, walking along the sea coast to the popular local beach;**
- sea kayaking with sightseeing the city, Diocletian's palace, port and former Yugoslav president's villa, all from the sea;
- return to the hotel and lunch;
- resting – free time;
- sports;
- dinner;
- meeting;
- free time.



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DAY 6

- breakfast;
- **hiking with sightseeing the former hermitages in hotel surrounding;**
- lunch;
- resting – free time;
- sports;
- dinner;
- meeting;
- free time.



DAY 7

- breakfast;
- **flatwater canoeing on the Cetina river, with sightseeing the town of Sinj, with its rich knight tradition, the town of Trilj, founded by ancient Romans and medieval Klis fortress;**
- lunch with ancient Roman dishes in the restaurant on the river bank;
- “Roman soccer”, bowling;
- return to the hotel and dinner;
- conclusive meeting with impressions, comments, suggestions...



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DAY 8

- breakfast;
 - transfer to the airport.
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INCLUDED:

- insurance;
- accommodation (7 overnights in two bedded rooms);
- food (7 breakfasts, 6 lunches and 7 dinners);
- drinks – included in programme;
- transfer from and to airport;
- 6 trips;
- using of the hotel pool and other sport facilities.

NOT INCLUDED:

- plane and any other transport not included in the programme;
- various personal items (hygienic, medical etc);
- drinks not included in programme;
- sauna, massage etc.

