

CALLISTO TOURS presents

Rowing in Exquisite Destinations with Coach Marlene Royle

BLD, SLOVENIA - September 19 to 26, 2010

The setting is a glacial lake in the Julian Alps of northwest Slovenia. We are guests in the home of the Slovenian National Rowing Team (including Olympic champions Iztok Cop and Luka Spik) and the Bled Rowing Club. Renowned coach Marlene Royle introduces her unique sculling program designed especially for us and our time on this 2000m emerald green lake often described as one of the world's most beautiful places to row. Indulge yourself in something new: 8 days in an alpine paradise, rowing in the morning then spending a day exploring the luscious green mountains of Slovenia and enjoying the best wines and dishes of the region.

Rowing Program

Marlene's sculling instruction will be focused on improving the technical skills of each sculler through one-on-one coaching, practicing drills, group exercises, video analysis, and dock demonstrations. Special attention will be given to stabilizing the hull, bladework, proper recovery rhythm, as well as, effective power application on the drive and learning to work with the boat. Marlene will help you learn the critical concepts of the stroke and then how to practice your skills. Sessions will be tailored to the needs and goals of the group. Instruction will be in single shells with some doubles available for use. Scullers should be able to row a racing single. Off the water, you will have time to talk to Marlene about training, physiology, flexibility, and any other aspects of sculling that interests you. Email Marlene at roylerow@aol.com with any questions.

In September the climate is mild and warm with average temperatures in the 60's. Rowers should have light rain gear and tights for cool mornings.

Optional Activities

One can walk, run, or bike around the lake (6 km) along the way passing linden, chestnut, and willow trees hanging over the water, the famous "swan boats", wooden walk ways, fishermen, Bled Castle, and the 9th century church on the tiny, tear-shaped Blejski Otok, the only true island in Slovenia. Those not rowing in the mornings have a wealth of activities to choose from; golfers could play on a different course each day, hikers, climbers and cyclists find a variety of routes to explore, others might try horseback riding, wine tasting, museum visits or a cooking class.

Accommodations

Accommodations for 7 nights are in the Hotel Triglav, a charming little hotel on the hill above the lake, just a 5 minute walk from the rowing club. Most with lake views and balconies, the rooms have air conditioning, free internet access, mini bar, telephone, cable TV, hair dryer, safe, and the bathrooms have either a tub or shower.

Sample Schedule

Each day begins with a full breakfast in the hotel followed by a coached rowing session on the water. Discussion of technique and question and answer sessions with Marlene will take place at different times during the week. Morning itineraries can be designed for non rowers; some may incur additional fees for guides, entrances or drivers. Our group's driver will meet us each afternoon with our private motor coach for local sightseeing excursions. The only variation will be on Thursday when we will not row in order to take a longer day trip. The afternoon schedule below is a suggestion only; the final will be determined closer to departure according to final group size as well as local festivals and events during our stay.



Sunday, September 19. Upon arrival at the airport in Ljubljana (LJU), we are met by our local English speaking driver for a private transfer to the Hotel Triglav in Bled (35 minutes). After settling in, we meet for introductions and a presentation of our sculling program. A walk to the lake and around town shakes off the jet lag before we enjoy our special Welcome Dinner Celebration.



Monday, September 20. Each morning begins with a full breakfast buffet in the Hotel Triglav. Today after breakfast we head to the lake where we have been invited to an official "welcome" at the National Team Headquarters followed by a 2 hour coached rowing session on the water. This afternoon is the first of our sightseeing trips; after lunch our driver will meet us with the minivan and take us away to see the local highlights. Some options might be to tour Bled Castle (perched on a 404-foot cliff overlooking the lake) or take a gondola boat ride out to the pilgrimage island in the lake.

Tuesday, September 21. After breakfast we have scheduled 3 hours on the water. Rowing with coaching and instruction in single sculls and possibly a few doubles. Following our workout we grab a quick coffee then off to freshen up, eat a bit of lunch perhaps, and then our driver will meet us with the minivan and whisk us away to another wonderful destination. Possibly we'll head southwest to the town of Postojna where we'll visit the largest underground caverns in Europe. Alternatively we visit Lipica, home of the famed Lipizzaner horses.

Wednesday, September 22. After breakfast and our morning row we might have our driver take us deep into the Julian Alps to visit Lake Bohinj or perhaps take a cable car ride to the summit of Mt. Vogel.

Thursday, September 23. Spend a few more minutes over breakfast, no rowing today but a trip to Ljubljana, Slovenia's elegant capital. A city of arts and culture, Ljubljana is full of museums, cafes and shops to visit for a day. Alternatively we take a trip to the coast where we visit another rowing club, have lunch at an outdoor café and explore the history of Italians in Slovenia.

Friday, September 24. Back to work on the water after breakfast and a 3 hour session with our coach. The afternoon excursion may be the perfect time for an investigation into Slovenia's wine production, with tastings of course.

Saturday, September 25. Our coach has something special in store for us when we go out on the water for our last 3 hour rowing session. Then one last afternoon to enjoy the cafes and shops in Bled or catch up on some final sightseeing. Later we gather together for a Dinner Celebration and review the week's events, rowing stories, Slovenian history lessons and future travel plans.

Sunday, September 26. After breakfast we have free time until we are ready to transfer to the airport in Ljubljana. Bled's location is convenient for traveling to Venice, Istria and Austria. Consider extending your trip for a day or two of exploration somewhere new.



Cost per person for rowing participant is \$ 2989. If the total number of participants reaches 15, the price per rower becomes \$2749. Non rowing participants deduct \$400 per person. Cost includes 7 nights double occupancy hotel accommodations, hotel taxes and service charge (single supplement may be available on request), official "welcome" at the Slovenian Rowing Headquarters, coached rowing sessions, video analysis and technique talks with Marlene Royle, boats, oars, full breakfast daily, Welcome Dinner Celebration and Farewell Dinner (alcoholic beverages not included), transportation and entrances on group sightseeing trips arranged by the group leaders, an airport transfer to and from the airport in Ljubljana. Costs are based on exchange rates as of December 7, 2009 and are subject to adjustment in the event of any major currency fluctuation. Cost does not include airfare, travel insurance, hotel tourist tax of €1 per person per day to be paid directly to the hotel, personal items, telephone, travel insurance, tips to guides and drivers.

The number of rowing participants is limited so reserve now by making a deposit of \$500 payable by check or credit card to Willett Travel. The balance of the trip cost is due July 1, 2010. All reservations are subject to cancellation if payments are not received by the final due date. See the Trip Enrollment form for details and the cancellation policy.

Pamela Abraham escorts the group throughout the time in Slovenia and will be available to answer questions, assist with travel arrangements, and to do what she can to make your vacation carefree and relaxing.

CONTACT

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