

CROATIA & MONTENEGRO

Hiking – Kayaking – Cruising – Rafting
– Food & Wine Experience

15 days Adventure



Season
March - November



Arrival
Split



Accom.
4*/5* hotels



Group Size
Small Group



Activity Level
Relaxed



Departure
Podgorica



Meals
14 Meals Included



6 UNESCO Sites



Highlights

Stay fascinated with the loveliness of Trogir, the town of an antique charm

Enjoy the alluring food and seducing smell of lavender at genuine household

Taste prosciutto and cheese from Njeguši – what a treat for the real foodie lovers

Feel the power of nature on your rafting adventure on the Tara River



Introduction:

Walking down the streets of Split, makes the sightseeing feel like wandering through a historical maze. The visit to the Biokovo Skywalk, a 25-meter-long glass promenade, offers a spectacular view of Makarska Riviera. The days on the islands of Croatian archipelago are healing and the perfect introduction for abundance of glorious Dubrovnik! Feel the cosmopolitan spirit on its streets enjoy the local food and wine, sit in the kayak, start rowing and absorb the sight of the great city walls rising from the azure blue of Adriatic.

This remarkable journey will be filled up with true wilderness, lovely people and life-changing adventures in Montenegro! Each step, flavour or experience will surely thrill you and help you recharge. This country of diverse UNESCO sites, glorious mountain peaks, crystal blue water and rich spiritual heritage will present you the joy, both of simple mountain life as well as the modern, luxurious spirit of the coast.

If you are arriving in **Split** a few days prior to the tour departure, you can book additional nights with us, at the same hotel.

Arrival transfer from the listed airport is included. Private transfers from non-listed airports **are available on request**.

Please check the options with your local expert.

Day 1 Arrive Split

Upon your arrival in Split you will be welcomed by your guide and escorted to your hotel. On the short coach ride from the airport, sit back, relax and enjoy the welcoming atmosphere of Dalmatia, the most popular part of Croatia. Your guide will provide some basic information about Dalmatian capital, tips and tricks about local daily routine and suggest some ideas for your free time. **Overnight: Split.**



Day 2

The Historical Maze of Dalmatia: Trogir and Split



Feeling lucky to start your day in Trogir, a charming little town with medieval walls, magical architecture and a wonderful sea view, you are ready for today's adventure. Being in this town will seem like you travelled back in time through centuries, all the way to the Trogir's Golden era, today, still visible in the magnificent Cipiko Palace, the Venetian Cathedral of St. Lawrence, the Gothic town hall and mighty walls along the waterfront. Walking through the city centre (UNESCO World Heritage Site) with cobbled streets and passages, among different architectural styles, listening to the stories about medieval time and feeling the atmosphere of the glorious times past, you will find yourself immersed in the incredible history of Trogir.

A natural unfolding to this fulfilled day is a visit to the city of Split, the successor of Solin, the capital of Roman province Dalmatia. Split was actually the periphery of Solin whose very important citizen – the emperor Diocletian, chose Split's downtown as a place for his palace. That is how the splendour of Split began and how the heart of the city was shaped. Walking down the Split's streets is similar to wandering through a historical labyrinth. You will enter the bronze gate in the south, pass by the cathedral of St. Domnius, one of the best preserved buildings of Roman times, reach the golden gate in the north to touch the left toe of the statue of Gregory of Nin. According to the legend, all visitors who touch the toe of the statue will ensure their return to Split someday. Our tour ends on the busy seafront, complete with palms and yachts, colourful shops in Roman passages, and charming bars with creative interiors. **Overnight: Split.**

Day 3 Skywalk Biokovo



Meet one more jewel of Croatian Nature, the Biokovo Mountain whose rampart peaks 1.500 meters above Makarska Riviera offer exceptional views of the sea and nearby islands. It is one of Croatia's most popular hiking destinations with numerous paths that wind up the hills past olive groves, vineyards and pine forest. Some say it owes its name to the whiteness of the snow covered peaks (*bio* is a Croatian word for white) while others claim that word *biokovo* used to be a synonym for tempest – a specific type of wind locally also called *bura*. The nature reserve is known among nature lovers by the great number of endemic animal and plant species. Recently its fame has spread thanks to the Skywalk - a 25-meter-long promenade made out of glass that offers a spectacular view of Makarska Riviera. The local myth says that when the sky is clear and bright, you can even see Italy, all the way across Adriatic! Spend your free time to enjoy the remarkable view of the Split's historical centre from Marjan Hill and feel the life and energy of the locals – probably the best way to say good-bye before island hopping! **Overnight: Split.**



Day 4 Brač – Flavours and Sceneries of the authentic Croatian island®



The next three days you will be discovering the incredible Adriatic coast and Dalmatian archipelago.

Your first stop is the island of Brač, with the highest peaks among the Croatian islands. With a smaller number of tourists, but without big crowds and pomp as the glittering islands in its neighbourhood, Brač provides an excellent opportunity to delve into the authentic life of locals, particularly in the inland.

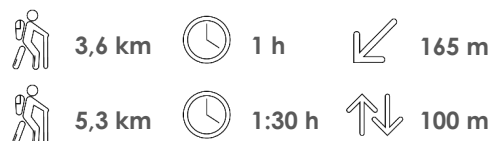
Your sightseeing starts at the Museum of olive oil since olive cultivation here dates back all the way to the Venetian time and there's over a half-million trees planted. Warmly welcomed by hosts, you will get interesting insights into the production process. Spice up your visit by tasting various local delicacies. Later on, head up to Vidova Gora, the roof of the Croatian islands. From this point, you will go downhill along the

rocky trails to the town of Bol. This small place, adorned by lovely old houses, offers great restaurants for lunch or snack by the promenade. Walk a little bit more and spend your well-deserved break at one of the most attractive beaches in the world – the Golden horn (Zlatni Rat).

Later in the afternoon, meet again with your guide at the harbour for your half-hour catamaran ride to the island of Hvar. **Overnight: Hvar Island.**



Day 5 Hvar Island: The ghost-like villages with lavender scent - Medieval Hvar town



After breakfast, the queen of the Croatian islands – Hvar is expecting you. It is so much more than just the glitz and glamour of its main town. The significance of the island dates back from the ancient times. The important strategic and nautical position of Hvar had been the main cause of rich and turbulent times throughout its history. Its separation from the mainland protected the island from some of the modern influences and preserved the harmony between man and nature. This is visible in the white-washed towns and historic cobbled streets, in the fields of lavender and azure waters, as well as the home-style restaurants serving delicious Dalmatian fare. With all this in mind, you will visit one of the households that cultivates lavender and hike through the abandoned ghost-like village Malo Grablje. Somewhere in the middle of the Hvar hiking route, you'll get to the Milna just in time for refreshment at one of the restaurants with a wide seafood offer. As you continue hiking along the coast,

you will be rewarded with marvellous views. You will arrive in the capital of the island – the city of Hvar.

Quite often visitors describe their time spent in the town of Hvar like being a part of a fairy-tale. The scenography features 13th-century walls surrounding beautifully ornamented Gothic palaces and traffic-free marble streets. This small bay town will show you its full glory especially through the stories about significant historical events and people, related to the cathedral, monastery or fortress.

Some would say that this incredible island simply has it all: rich history, vibrant nightlife, high-class service, wonderful nature and stunning viewpoints to admire it. Finally, you will have spare time to enjoy the crystal clear waters. **Overnight: Hvar Island.**



Day 6

Wine Duet: Korčula Island & Pelješac Peninsula – Walls of Ston



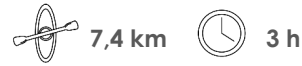
The third island in our itinerary will be sure to astonish you as well. Korčula, the most tranquil island of our adventure, got the name from the Greeks due to its dense pine forest - Korkyra Melaina (Black Corfu). The Korčula Town is also known as Little Dubrovnik for its mighty city walls, medieval squares, churches, palaces and houses. Locals say it still keeps secrets about the life of one of the most famous explorers in history – Marco Polo. Tip of the day: there is a nice bar in the Zakerjan tower at the far end of the old town where you can enjoy spectacular views of the strait in the distance.

The Mediterranean climate, soil quality and the terrain's morphology provide the perfect conditions for wine-growing. In Lumbarda village, the heart of Korčula's wine making, you will have the opportunity to taste various sorts of wine, as well as the most authentic ones, pošip and grk. The perfect ending to your visit to Korčula is tasting some of the most known Croatian wines and snacks at the local family winery. After this wonderful experience, get on the ferry, and head to your next destination, leaving behind old little houses, settled on the edge of the island. Upon your return to continental Croatia, enjoy the ride through the Pelješac peninsula. The largest Croatian peninsula, covered with macchia, is widely known by two trademarks: wine and oyster. This region, Dingač, with its famous symbol - the donkey, is the first protected wine region in Croatia. On

your way to Dubrovnik, along the coast of the Adriatic, there will be a short photo stop by the impressive old city walls above the town of Ston. **Overnight: Dubrovnik.**

Day 7

UNESCO's Dubrovnik: Movelike Old Town and Kayak Experience



Get ready for a lovely walking adventure through Dubrovnik's Old Town. This maze of beautiful white marble streets (UNESCO World Heritage Site) is surrounded by a 2 km long wall which hides medieval treasures: the city's baroque churches, magnificent palaces, significant monuments, medieval gates and marble streets. Its numerous art galleries and unique artisanal shops keep the artworks of many artists who found inspiration in this light-coloured-stone city. Walking through the historical centre, you will start and end your visit at the main street Stradun, and in between, you will hear facts, tales and legends about the Pile Gate, Big Onofrio's Fountain, the cathedral, main square Placa and wonderful ornaments of Rector's and Sponza Palaces. A lunch or refreshment in the city port will complete the story about Dubrovnik.

Even with the spectacular morning, the real highlight of the day is kept for the afternoon – time to meet Dubrovnik from a different perspective. You saddle up on kayaks, row along the coast and admire the view of the pink-grey city walls, which stand out against the azure blue water. Be sure that this experience will boost the impression about the mightiness of the city walls and give you a chance to enjoy both the attractive shore of the Lokrum isle and the cave up close. This beautiful island holds a lot of mysteries and according to the legend it was a shelter to King Richard the



Lionheart in the 12th century. Our guide will tell you the whole story once you arrive there. Lokrum Island has been a set for filming the Game of Thrones, and it is another inevitable destination for the true lovers of the series. **Overnight: Dubrovnik.**



Day 8

The Bay of Kotor: Perast town – Boat ride to the Our Lady of the Rocks isle – UNESCO'S City of Kotor – Olive oil tasting

 2,5 km  2:30 h  230 m

This day is devoted to the Bay of Kotor with its unique scenery. First stop is at the town of Perast, a little settlement baroque in style, where a relaxing boat ride to the picturesque island of Our Lady of the Rocks starts. This artificial islet is home to a church known by mystifying story and valuable artefacts like paintings by local artist, votive silver tablets and a hair-made tapestry. After short boat tour, marvellous Kotor kept in the mediaeval wall-frame is welcoming us. A walking tour shows multicultural richness through churches of Saint Nicholas and Saint Luka, the Cathedral of Saint Tryphon and all the glory of this UNESCO site. Use your free time to continue wandering around the stone paved town, or enjoy offer of fish restaurant at one of romantic squares. The break is perfect preparation for more than 1.500-step-hike which reaches the Fortress of St. John, point with mind-blowing panorama of Kotor Bay which for sure will become part of lifelong memories. For the end of this day, one more thing is left - a visit to the Morić Olive Farm, family-owned and operated estate, settled in Luštica Bay. It brings you an



exquisite opportunity to feel the spirit and explore the rich heritage of the authentic household, taste the organic extra virgin olive oil of premium quality and simply enjoy the ambience of one of Montenegro's most famed olive growing areas. **Overnight: Budva or Kotor Bay.**

Day 9

NP Lovćen Mountain: Gastronomy, History & Adventure

 461 steps  1 h  110 m

The Lovćen massif area is considered to be one of the most important places in Montenegrin culture and history. Just getting there is a unique adventure: the stunning view of the Boka Bay will leave you in awe, while driving up the old, Austro-Hungarian 25-serpentine-road. First stop for the day is Njeguši, the village known as the birth place of the royal dynasty Petrović and a 'guardian' of the authentic architecture and cuisine in the region. Njeguški sir and pršut (cheese and prosciutto of Njeguši), a real treat for true foodies, are both genuine contributions to Montenegrin cuisine, produced only in this area, following the traditional recipe for smoking and curing meat.



Tasting the most famous specialties of the region makes us ready for one more breath-taking peak. The National Park Lovćen encompasses the central and the highest part of the Lovćen massif, covering an area of 6.400 hectares. On top of one of the mountain's two imposing peaks, lies a magnificent mausoleum – the tomb of Montenegro's greatest person in history: Petar II Petrović Njegoš. It takes 461 steps to climb to reach but it is a great adventure. The journey is well worth the effort – you will be rewarded with a spectacular viewpoint from the world's highest mausoleum. The trip continues to the Lipa Cave, one of the largest caves in Montenegro, for a great underground adventure. One-hour exploration discovers the cave's beautiful and wild system of 2.5 kilometres long trails and halls, splendid cave ornaments and gives chance to find out some fun facts about the cave and its surrounding. Back on the sunny surface is pleasing and on the way back to the hotel, a short photo-break right above the islet of St. Stefan, an emerald of Montenegro, is reward for invested energy on this day. Once a shelter for the locals during attack of pirates and Turks, today it is luxurious hotel with private access for exclusive guests: even Novak Đoković chose it as the venue of his own wedding.



Use free evening and try out some of the finest Montenegrin wines, made from the authentic red grape variety Vranac, as well as some organic honey, figs, and a homemade spirit called rakija. It is highly recommended to enjoy these delicacies at the konoba, small, traditional restaurants owned by local families and are the true essence of Montenegrin's warm hospitality and friendship. **Overnight: Budva or Kotor Bay.**

Day 10

River of Crnojević – Poseljani village - NP Skadar Lake with boat ride



It is time to say goodbye to the coast and head to the heartland of Montenegro. Your day starts by passing the River of Crnojević, a small settlement dating back to the 15th century, which to this day counts only 200 inhabitants. With its strategic positioning and river flowing directly into the Skadar Lake, this settlement was the largest Montenegrin harbour and leading merchant bazaar in the 19th century.

The journey goes through the vivid, old caravan road featuring several lake viewpoints and an incredible opportunity for stunning panoramic photos. A special part of your day will be the visit of the village Poseljani with its movielike houses, mills, and small stone bridges dating back to the 18th century, all authentic scenes and examples of the architecture of this region.

Fishing village of Virpazar is a departure point for boat ride on Skadar Lake. As you glide through the mirroring water, the numerous lake's attractions reveal: the extraordinary birds, the water lilies in full bloom, and wild, secluded beaches. Skadar Lake has an area ranging from 370 to 530 square kilometres, depending on the water level and it is the biggest lake of the Balkans. The river Bojana creates a connection between Skadar Lake and the Adriatic Sea through a large mountain massive that separates the two. This day, dedicated to the rural and natural area, ends at the Montenegrin capital, Podgorica. **Overnight: Podgorica.**

Day 11

Morača Monastery – NP Biogradska Gora hiking – Đurđevića Tara Bridge – NP Durmitor



This day requires full attention from the very beginning. It will take you through the grandiose canyon of Morača River - the second largest one in Montenegro, with steep slopes and the depth of 1.000 metres in some areas. Amazing mountains, crystal clear green river, and "the porch of nature" above the road will certainly make you silent while trying to absorb as much of this stunning nature creation. As this is not enough, in the heart of the canyon there is the medieval Morača Monastery, dating all the way back to the 13th century. Listening to the great stories about its history, admiring the architectural style and decoration is the perfect way to spend a break before the active part of the day. Hiking takes place at the National Park Biogradska Gora. Biogradsko Lake, in the very heart of the national park is surrounded by one of the oldest and most protected areas in the world: a rainforest with trees over 400 years old and tall over 40 metres, part of abundant flora with 2.000 species in total. An incredible variety of animals also call National Park Biogradska Gora a home: deers, fawns, leopards, wolves, wild boars, foxes, rabbits as well as over 200 distinct bird species, including the magnificent imperial eagle. Over 350 different insect species also inhabit this national park, adding colourfulness and life to an already beautiful setting.

This jaw-dropping stroll through a true wilderness will probably make you hungry so it's time to enjoy a picnic lunch with the most authentic traditional specialties from the North of Montenegro – great way to end the hike! A ride to Žabljak, a famous village in the Durmitor Mountain, is all but not monotonous as it goes along vivid and colorful panoramic roads with a special point - a unique canyon view from Đurđevića Tara Bridge! All about this bridge is going to leave you speechless: the height, the surroundings, the story about the people and the way it was made. **Overnight: Žabljak.**

OPTIONAL: ZIP line. The true adrenalin lovers won't be disappointed. Feel the thrill while flying over the deepest canyon in Europe, Tara River Canyon. Shoot over one-kilometer-long zip line at speed up to 100 km/h. Experience the adrenalin rush and try to enjoy the spectacular view of the lush greenery of the surrounding nature and crystal turquoise water.





Day 12

UNESCO's NP Durmitor: Durmitor's Wild beauty®



Welcome to the nature lovers' paradise! Located in the north-west of Montenegro, UNESCO's protected National Park Durmitor is adorned with 48 peaks, more than 2.000 meters high, 18 glacial lakes above on 1.400 meters altitude called "Mountain Eyes" and five spectacular canyons, best presented with the deepest canyon in Europe - the Tara River Canyon. Throughout the whole area of the National Park, the great height range and variety of habitats have enabled the flourishing flora and fauna, creating an extraordinary wealth of nature. The park is home to 1.325 species of flora, including one of the last virgin black pine forests in Europe. Some of the incredible animals that can be found on this mountain are the brown bear, wild cat and chamois. Whether you are exploring Durmitor through hiking or sightseeing from a vehicle, you will have the exceptional opportunity to discover authentic mountain villages whose inhabitants live similarly as their ancestors did hundreds of years ago. Away from the modern influences of today's world, you will be transported back in time to traditional houses, old customs, simple every day activities and healthy nutrition. This gourmet-hiking adventure is an ideal opportunity to chat with the locals (who mainly keep sheep), try the homemade, authentic food and to get to know the resilient mentality of people who have spent their entire life surviving in nature.

The journey is about to get very exciting! You will hike around the biggest and most beautiful lake on Durmitor, the Black Lake, surrounded by the magnificent scenery and its giant peak Meded

("Bear"), above the lake. The Black Lake is divided into two lakes named the Great and the Small Lake, connected by a small strait of water which dries up in the summer. The lake is filled by numerous mountain streams, and it truly represents the "Wild beauty" of Montenegro at its best. For those who want more than this easy-level hike, we prepared more: Zminje Lake with captivating view over the surrounding cliffs and the dazzling Barno Lake resembling a pop-up postcard.
Overnight: Žabljak.

Day 13

UNESCO's NP Durmitor: Leisure day or Optional experiences



Leisure Day. Create your own plan for the day. Use the opportunity to gather some energy for the adventures to follow, or book one of the Optional experiences:

OPTIONAL 1: Nevidio Canyoning. The unique beauty of Durmitor National Park has been fascinating the worldwide travellers for years. Now, you have the chance to come and explore the last conquered canyon in Europe, with its waterfalls and a gallery of impressive sculptures carved out by the pure power of the Komarnica River. This fun and challenging canyon is a great fit for adventurous beginners, as you need no previous climbing experience to enjoy this 3km long canyoning tour. After spending a couple of hours exploring this beautiful gorge, you will see stunning sunlight marking the end of the tour, as you climb out of the canyon. You have started your day with a great adventure, and now you can enjoy a well-deserved meal to gain back the energy.

OPTIONAL 2: Durmitor Ring Photo Tour. This incredible adventurous ride will show you the mind-boggling landscapes of Durmitor Mountain. The 85 kilometres long circular ride over Tara and Piva River plateau, will take you throughout the diversity of this national park: astonishing sceneries of deep canyons, crystal clear mountain streams, high peaks, green pastures and virgin forests. Get to know the locals and the way they live in this quite rough surroundings. In the authentic ambience, taste the domestic products and take some to go, since they are not easy to be found elsewhere. See the old and current slopes of the ski resort, get on top of the hills of the canyons where the views will



sweep you of the feet, go through the high mountain passages and try to absorb the peace of the unspoiled nature as much as you can. This great journey is a unique opportunity to meet different parts of the mountain and it does not require any physical activity. True excitement for every adventurer is to savour the beauty of the national park, experience the life of the local people and, simply, enjoy the ride. **Overnight: Žabljak.**



Day 14

UNESCO'S Tara River Canyon with rafting - Ostrog Monastery



12 km



1:30 h

You have certainly heard that Tara River goes by the name "Tear of Europe" due to its purity. You can drink water from its stream anywhere you catch it, in every part of its flow. Tara River Canyon is 1.300 m deep, which makes it the greatest canyon in Europe and the second deepest in the world, right after Colorado River in USA. Since 1977, the canyon is under the protection of UNESCO, and it is in the category of 25 the most important world natural heritages. Experience a rafting adventure full of joy, excitement and exhilaration on a river in emerald green and turquoise colour variations surrounded by flourishing and vibrant nature. Extremely skilled and trained guides will be there for you as a part of your team, every step of the way for the 12 km ride that stretches from Montenegro to Bosnia and Herzegovina.

As a contrast to this unbelievable adventure, the peaceful part of the day will take you to Ostrog Monastery, situated in a cliff face, 900 metres above the Zeta River valley. The entire ambience is breath taking and filled with serenity. The Monastery is dedicated to Saint Vasilije of Ostrog, and is a worldwide known pilgrimage site for Orthodox Christians. The ride along the fertile valley of Zeta River will bring you to the Montenegrin capital Podgorica. **Overnight: Podgorica.**

Day 15

Departure day

Departure from Podgorica or any non-listed airport .

If you are departing from **Podgorica** a few days after the tour end, you can book additional nights with us.

Departure transfer to the listed airport is included. Private transfers to non-listed airports **are available on request.**

Please check the options with your local expert.

General inclusions // Valid both for Standard and Premium Package:

- Airport arrival and departure transfers
- All sightseeing tours and transfers that are included in the itinerary, except those marked as „optional tours“
- **Experiences:** Museum of olive oil on Brač island with tasting, Hvar Island household visit, Wine tasting on Korčula Island, Kayak ride in Dubrovnik, Boka Bay Olive Oil tasting, Njeguši Village food tasting, Skadar Lake boat ride, Tara river rafting
- **Entrance tickets:** Biokovo Nature Reserve, Boat trip from Perast to the island of Our Lady of the Rocks, Kotor Old town and St. John Fortress, Lovćen NP, Lovćen Mausoleum, Lipa Cave, Skadar Lake NP, Biogradska Gora NP, Durmitor NP
- Professional tour guidance throughout the tour
- VAT, accommodation taxes and city taxes
- Tour logistics and organization by a licensed local agency

Standard package // Accommodation:

- 3 BB in Split in Hotel Art 4* / Hotel Globo 4*/ Hotel President 4* or similar
- 2 BB on Hvar Island in Hotel Lavanda by Valamar 3* / Hotel Pharia 3* or similar
- 2 BB in Dubrovnik in Hotel Lapad 4* / Hotel Uvala 4* / Grand Hotel Park 4* or similar
- 2 BB in Budva in Hotel Moskva 4* / Hotel Bracera 4* / Hotel Adria 4* or similar
- 2 BB in Podgorica in Hotel Ramada by Windham 4* / Hotel New Star 4* or similar
- 3 BB on Žabljak (Durmitor NP) in Hotel Zlatni Bor 3*/ Holiday Home Villas Calimero or similar

Premium package // Accommodation:

- 3 BB in Split in Marvie Hotel & Health 4* superior / Hotel Luxe 4* superior / Hotel Cvita 4* superior or similar
- 2 BB on Hvar Island in Heritage Hotel Dea Hvar Old Town 4* superior / Heritage Villa Apolon 4* Starigrad superior / Amfora Grand Beach Resort Hvar Old Town 4* superior or similar
- 2 BB in Dubrovnik in Hotel Royal Neptun 4* / Hotel Valamar Lacroma 4* / Hotel More 5* or similar
- 2 BB in Boka Bay in hotel Casa del Mare Amfora 4* / Casa del Mare Mediterraneo 5* / The CHEDI Luštica Bay 5* or similar
- 2 BB in Podgorica in Hotel Hilton 5* / Hotel Cue (ex CentreVille) 4* superior or similar
- 3 BB on Žabljak (Durmitor NP) in Ethno Village Zminica / Hotel Soa 4* or similar

Notices:

- Tips and portering services are not included in price
- Final choice of the hotels depends on current availability. The tour organiser reserves the right to change the hotel due to availability reasons but guarantees the same category, service quality and similar location of the accommodation unit
- Minimum number of passengers needed for guaranteed tour departure: 2
- The tour organiser reserves the right to change the itinerary of the tour due to unexpected slow-moving traffic at international borders. These changes will not affect the basic itinerary
- It is the responsibility of the passengers to get acquainted with visa requirements of all the countries they are travelling to or will be in transit
- General Travel Conditions issued by Tour Operator d.o.o. and reconciled with YUTA standards are valid for this programme

