



ALBANIA: A Journey in Mindful Movement

with OUT OF THE BOX

■ Albania, europe


View booking and trip details [here](#)

Trip Overview



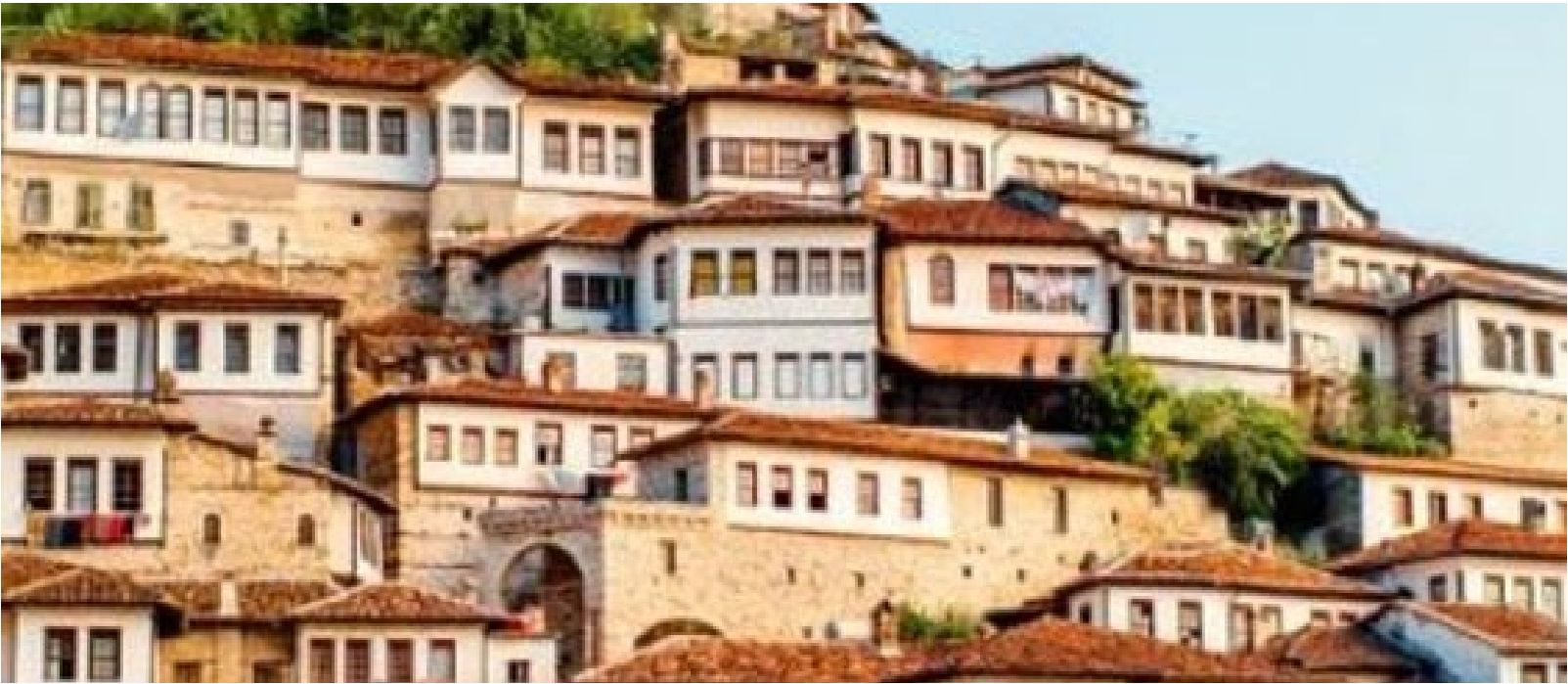
Your host

OUT OF THE BOX 

 Jun 8 - Jun 16, 2024

 Group size: 15-25

 Albania, Europe



About this trip

Imagine a place where rugged mountain peaks meet tranquil rivers, where adventure intertwines with relaxation, where the journey transforms not just your body, but your mind as well.

Imagine a trip on the move to southern Albania, Europe's hidden gem. Embark on an unforgettable rafting adventure at Osumi Canyon! Feel the rush of the pristine waters.

Then let your feet tread the jagged Qorra majestic trails, where nature paints its own masterpiece.

When the time will come to relax, breathe in the coastal air on the Albanian Riviera. Feel the tension melt away in the warmth of a thermal bath.

Connect with the locals and enjoy the Albanian cuisine. Get ready for a transformative experience where you embrace the here and now.

Embrace the adventure. Experience the transformation. Dive into the culture.

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Trip Overview

To enhance your experience in every movement and physical activity, you will have Cynthia as your daily sensei and coach. She will guide you to achieve a perfect combination of flexibility, strength, and core training while surrounded by breathtaking landscapes.

This journey combines outdoor activities, physical movement, and mindfulness in nature. Participants will engage in activities like hiking, Budokon yoga, rafting, swimming and guided meditation amidst scenic natural settings. The trip will emphasize the connection between physical movement, mental well-being, and the surrounding environment, encouraging participants to be conscious of their bodies while immersing themselves in the beauty of the outdoors. This journey promotes a holistic approach to wellness by incorporating both the benefits of outdoor activities and mindfulness practices.

Join us for a travel with purpose, in southern Albania.

WHY TRAVEL WITH PURPOSE

"Traveling with Purpose" encapsulates the idea of engaging in travel experiences that go beyond mere exploration or leisure.

1. **Meaningful Connections:** connecting with local communities, understanding their culture, and building relationships. It goes beyond surface-level interactions and fosters a deeper understanding of the people and places visited.
2. **Cultural Immersion:** immersion in local cultures, allowing travelers to experience life from a different perspective. This includes trying local foods, participating in cultural activities, and learning about traditions.
3. **Personal Growth:** Purposeful travel provides opportunities for personal development and growth. Facing new challenges, adapting to different environments, and stepping out of one's comfort zone contribute to increased self-awareness and resilience.
4. **Environmental Awareness:** We are passionate about sustainable and responsible tourism. We seek ways to minimize their environmental impact, support eco-friendly initiatives, and contribute positively to the places they visit.

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5. **Learning and Education:** Purposeful travel can be an educational experience, offering insights into history, art, science, and more. It provides opportunities for continuous learning, whether through museums, historical sites, or interactions with local experts.
6. **Volunteering:** Some trips will involve giving back to communities through philanthropy or volunteering. This may include participating in local projects, contributing to community development, or supporting initiatives that address social issues.
7. **Wellness and Mindfulness:** Some trips will prioritize well-being and mindfulness during the journeys. Engage in activities like yoga, meditation, or wellness, taking advantage of the travel experience to enhance our physical and mental health.
8. **Adventure and Exploration:** Some trips will prioritize exploring remote or off-the-beaten-path locations, seeking unique experiences, and pushing personal boundaries in a mindful and respectful way.
9. **Memorable Experiences:** Overall traveling with purpose will lead to more memorable and fulfilling experiences. Whether it's witnessing a cultural celebration, participating in a conservation project, or simply connecting with locals, these experiences create lasting memories.

In summary, traveling with purpose adds depth and significance to the travel experience, making it a journey of personal enrichment, cultural understanding, and positive impact.

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Trip Overview

What's included

✓ Guided trip	An English speaking Out of the box trip facilitator and a guide will be with the group the whole duration of the trip.
✓ Full board	All meals are inclusive throughout the trip.
✓ Accommodation	Accommodation is offered in 4 stars equivalent hotels in twin or single rooms based on the traveler choice (All our hotels are central with high standards of hygiene and services)
✓ Pre and Post support	All travelers will have support before and after the trip; this includes briefing session, recommended readings, shared videos...
✓ Transportation	All transportation (Airport pick up, private bus)
✓ Sights visits	All sight entrance tickets
✓ Support tools	A briefing zoom session will take place ahead of the trip; a personal journal will be available during the trip for each traveler to help them debrief their journey
■ International flights	
■ visa	
■ Personal purchases	

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Packages & Options

Available packages

SHARED PACKAGE (TWIN/DOUBLE ROOM)

Available until May 01, 2024

\$2250

Deposit: \$750

SINGLE PACKAGE

A SINGLE ROOM OPTION IS AVAILABLE- FOR AN ADDITIONAL FEE

Available until Apr 01, 2024

\$400

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Itinerary

DAY 1- ARRIVAL TO TIRANA Day 1, June 8th Arrival in Tirana

Arrive to Tirana any time before 5pm, you will be met at the airport and transferred to your hotel.

Day at your own leisure, the team will meet at 7pm for dinner and a briefing of the next day.



DAY 2: TIRANA-BERAT Day 2: Tirana-Berat

Embark on an enchanting journey through Tirana, the vibrant capital of Albania, celebrated for its lively atmosphere and an array of captivating museums. Immerse yourself in the city's cultural tapestry with a guided walking tour that unfolds the tales of Skanderbeg Square, the majestic Et'hem Bey Mosque, and the Ministries quarters. Then we will venture to Berat, a city steeped in history. Indulge in a delightful lunch within the ancient walls of Berat Castle, an enduring testament to 2400 years of continuous habitation.

Explore the castle's intricate maze of about 200 houses, medieval Orthodox churches, mosques, and ancient water cisterns. Delve deeper into Albanian medieval art at the Onufri Museum, where a collection of Orthodox icons unveils the nation's artistic heritage. Embark on a captivating walking tour through Berat's charming streets, meandering along the cobblestone narrow pathways of Mangalem and Gorica quarters. Let the city's historical and cultural essence captivate you as you absorb the beauty of its well-preserved architecture.

Your overnight stay in Berat provides the perfect opportunity to reflect on the enriching historical and cultural experiences encountered throughout this itinerary. From Tirana's bustling city life to Berat's ancient charm, this journey promises an immersive exploration of Albania's diverse heritage, weaving together key landmarks, insightful museums, and the picturesque streets of Berat's historic quarters.



Itinerary

DAY 3: RAFTING IN OSUMI Day 3: Berat-Osumi Canyon-Vlore

Start the day with Cynthia our movement sensei to stretch our muscles and get ready for our outdoor day!

Embark on an exhilarating day after breakfast as you drive to the charming town of Corovoda, gearing up for an unforgettable rafting adventure.

A professional rafting local team, equipped with all the necessary gear, will guide us through this thrilling experience along the picturesque Osumi River, revealing stunning canyons and cascading waterfalls.

The team will be ensuring a safe and enjoyable excursion. Following the exhilarating rafting adventure, indulge in a delicious lunch at a local restaurant.

Subsequently, continue your journey towards the scenic Albanian coast.

The afternoon offers free time for relaxation, allowing us to unwind and absorb the coastal ambiance.

Our accommodation in Vlore promises a comfortable haven, rounding off a day filled with outdoor excitement and seaside tranquility.



DAY 4: HIKING QORRA Day 4: Llogora-Hike Qorra-Himare

Start your day with some invigorating movement with our Sensei Cynthia to warm up our muscles before our hike.

Embark on a morning adventure as we journey to Llogara National Park, the starting point of the hiking trail leading to Qorra Peak.

A seasoned guide will expertly navigate you through the lush pine forest, ensuring an enriching experience. The well-maintained trail offers a moderate level of difficulty, ensuring both enjoyment and accessibility.

The hike concludes back at the initial point, where a satisfying lunch awaits.

In the afternoon, we set course for the charming town of Himare, where the allure of the beach beckons. We will take a leisurely break and unwind by the seaside, immersing ourselves in the tranquil coastal atmosphere.



Additional Information:

Total Hiking Distance: 7km

Minimum Elevation: 1002 meters

Maximum Elevation: 2015m

Duration: 7 hours

Difficulty Level: Moderate

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Itinerary

DAY 5: ALBANIAN RIVIERA Day 5: Himare-Gjipe-Sarande

Indulge in a day of joy and relaxation at one of the most captivating beaches along the Albanian Riviera. Gjipe, nestled in a remote bay, requires a scenic 20-minute stroll to reach its pristine shores. This hidden gem boasts quaint summer bars, a serene beach, and captivating canyons. Our midday break includes a delightful picnic lunch by the beach.

For those seeking adventure, the option to explore the mesmerizing canyon awaits, while others can simply unwind on the tranquil beach. As the afternoon unfolds, we'll drive to Sarande, where our accommodations at a hotel provide a comfortable retreat to cap off the day's seaside escapades.



DAY 6: RUINS AND WATER Day 6: Butrint, Ksamil, Blue eye and Gjirokaster

Today we will immerse ourselves in the rich history of the region as today is dedicated to exploration. Our journey takes us further south to the archaeological park of Butrint, where the ancient ruins, dating back to the 8th century B.C., narrate a compelling tale of the Illyrians, Greeks, Romans, and Byzantine empires. Guided by our knowledgeable guide, a stroll through the city amidst breathtaking nature and historic remnants transports us to another era.

A delectable lunch awaits near Butrint Park, setting the stage for our next adventure. In close proximity lies the renowned Ksamil Islands, celebrated for their sandy beaches and captivating views of Corfu Island, just 4km across the sea.

Our exploration continues with a serene walk amidst nature at the Blue Eye spring, offering a tranquil interlude. The journey then leads to the UNESCO World Heritage-listed city of Gjirokaster.

A guided walking tour unfolds, encompassing the old bazaar, the castle, the bazaar mosque, and the Gjirokaster Obelisk.

Noteworthy is the visit to Zekate's House, a traditional stone dwelling from the Ottoman Era.

Cap off this day of historical immersion with a comfortable accommodation in Gjirokaster, where the echoes of the past seamlessly merge with the present.



Itinerary

DAY 7: GJIROKASTER Day 7: BENJE, GJIROKASTER

Today we head for Benja Thermal Springs, located in the Përmet District, Albania, are renowned for their natural beauty and therapeutic properties. Situated near the Lengarica Canyon, the thermal waters flow along its sides, providing a unique bathing experience.

Visitors and locals praise the baths for their relaxing atmosphere and the stunning surroundings of Lengarica Canyon. Bënja Thermal Springs attract both locals and tourists seeking the benefits of natural thermal waters amidst picturesque landscapes.

Later, return to Gjirokaster and immerse yourself in the historical charm of the old town. Known as the Stone City for its distinctive local architecture, the town boasts a unique character that reflects its rich heritage. Dominating the skyline, the proud Argjiro Castle atop the hill offers panoramic views of the city and the valley below. Conclude the day with a comfortable stay in Gjirokaster, where the echoes of history seamlessly blend with contemporary comfort.



DAY 8: APOLLONIA Day 8: Labove, Apollonia, Karavasta Lagoon, Tirana

After breakfast, we hit the road and make a captivating stop at the quaint village of Labove, nestled at the foothills of the Cajupe mountains. Explore the historic Church of Labova, renowned for its Byzantine cross and rich history. Following the visit, savor a traditional lunch in a welcoming household.

Continuing our journey towards the coast, our first destination is the enchanting Apollonia. This Greek colony, boasting a strong Illyrian influence, is a truly magical place. The unique blend of monuments, archaeology, and landscape creates an atmosphere unparalleled in the Mediterranean. Apollonia, recognized as one of the country's most significant classical cities, promises a memorable visit. Enjoy lunch within the park's historic ambiance.

Our next stop is Karavasta, the largest lagoon in the country, known for hosting 5% of the world's endangered Dalmatian pelican population. Take a leisurely stroll along the Adriatic coast within the national park, indulging in birdwatching to spot occasional species.

As the day gracefully transforms into evening, we come together for a heartfelt farewell dinner in Tirana. This culinary experience serves as a fitting conclusion to our journey, providing an opportunity to



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Itinerary

savor and reflect on the cherished memories created during our stay in Albania.

DAY 9: DEPARTURE Day 9: Departure

As the appointed hour draws near, we have organized a seamless transfer to ensure a smooth journey to Tirana airport. Take a moment for a final glance at the breathtaking landscapes and the cherished memories you've collected during your time in Albania. Carry with you the vibrant tapestry of experiences that has enriched your travels. Wishing you safe travels on the final leg of your journey home.



Your organizer

OUT OF THE BOX

Out of the box is a training and consultancy company founded in 2013 that provides transformational trips globally. We guide and support travelers in their quest for personal betterment and conscious travel practices while maximizing fun and discoveries. Our trips enable you to stretch, learn, and grow into new ways of being and engaging with the local communities. It will challenge you mentally, emotionally, and physically to help you gain more self-awareness, cultivate empathy and understanding, and broaden your worldview.

 <http://www.gooutofthebox.com/twp>



www.gooutofthebox.com/twp

info@gooutofthebox.com

+961 3 216167 

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