



## TRIP NOTES

### SWIMMING CROATIAN ISLANDS

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#### Basic information

Croatia's Dalmatian coast is an area of outstanding natural beauty and boasts some of the cleanest waters in the Mediterranean.

We are based on the small island of Krapanj, a unique setting in the Sibenik archipelago. The island has one of the lowest populations in the Adriatic Sea and is completely traffic free - a swimmer's paradise!

The famous Kornati and Krka National Parks are nearby, providing a fantastic gateway for our swimming adventures.

This trip has something for everyone. We hop from island to island, swim along the coasts of uninhabited islands, explore National Parks and swim down the Krka River and its magnificent waterfalls.

This tour is suitable for all levels of swimmer (see our Faqs information regarding the trip expected swimming speed), with three separate escorts for the safety and enjoyment of all guests.

#### Map



#### Summary

**Country:** Croatia (EU)  
**Duration:** 7 Days (6 Nights)  
**Tour Type:** Island Hopping and Coastal Swims  
**Accommodation:** Hotel (4\*) on the Island  
**Average Daily Distance:** 4 km  
**Level:** All level swimmers  
**Escort:** 3 boats, kayak, 2 swimming guides  
 1 local boat pilot  
**Water temperature:** 20-25 (°C)  
**Air temperature:** 24-32 (°C)

#### Highlights

- swim around uninhabited islands and enjoy the laid back environment
- explore the islands of Kornati National Park and the surrounding beautiful turquoise sea
- walk through Krka National Park, swim down the Krka River and take a dip in the refreshing waterfalls
- swim through Hitler's submarine base used during World War II

#### Included in the price

Fully guided tour with comprehensive safety escort (3 boats, 2 swimming guides, 1 local boat pilot), swim coaching, technique & stroke analysis, 6 nights accommodation, all breakfasts, all lunches and 3 dinners at the hotel. **Non swimmers** can use our kayaks and follow their friends or partners while they swim.

Equipment usage. We have limited wetsuits, fins and other swimming gear available on each tour. Each guest receives a swim hat. Water bottles are provided while you swim.

#### Additional cost

Travel to and from the start of the tour, 3 evening meals, entry to National Park Krka (14 Euro).

## Itinerary

### Day 1

Meet at Krapanj island at 6.30pm for the pre-trip briefing, followed by a welcome dinner.

### Day 2

Before breakfast we walk out straight to the hotel beach for a brief acclimatisation swim. Following a hearty breakfast at the hotel, we depart by boat for a day of swimming around nearby islands. Our first swim begins from the southern tip of Zlarin island, past several small uninhabited islands and on to the beautiful island of Oblik.

Upon arrival at Oblik you have a chance to hike and explore the island before lunch on the boat. The early afternoon is dedicated to stroke improvement, where we will film your stroke in the stunning Grebastica bay. Later, we swim from the southern side of Oblik across to Timara island, before the short boat ride back to our base at Krapanj.

After dinner, our swim coaches will analyse the video footage of your stroke (if you want!) and offer tips on how to improve your technique.

### Day 3

Today we travel by boat to the southern Kornati National Park, a magnificent archipelago of 140 islands which boasts an array of marine life. We set off from the most southern part of Zirje island and swim northwards along the coast, where we are often joined by the dolphins and tuna that inhabit the area.

We break for lunch back on the boat, and guests have the option to take a short hike to admire the view across Zirje island, see the Roman and Byzantine fortress and ruins from 6th century or simply relax on the boat. This afternoon we turn back towards our base, swimming in Stupica bay along the coast of the of Zirje island. After the swim we enjoy a relaxing boat trip in the late afternoon sun back to our base at Krapanj island.

### Day 4

Today we take on our longest swim of the tour, (The Crossing!) swimming from the northern tip of Zmajan island across to the harbour of Kaprije island, a distance of around 3.2 km.

Following the swim, whilst you explore the small fishing village, our guides prepares a hearty lunch on the boat (vegetarians are catered for too). Afterwards, we swim along the coast in the crystal clear waters along the Zmajan island,

before heading back to our base and enjoy passing little isles. Evening out to Sibenik town.

### Day 5

Today we leave the sea behind and travel inland by boat up the mighty Krka River. Upon arrival at Skradin village in Krka National Park, we have a little free time to explore this charming little town before we start our 4.5 km hike along the river.

If you fancy a dip under the famous waterfalls, this is the time to do it! After lunch we return back to Skradin by boat. Here we let the river help us as we swim downstream towards Prokljansko Lake. On the way back we pass the beautiful town of Sibenik, the fort of St. Nicholas (the 'key' to Sibenik) and stop at Hitler's Eye, an old submarine tunnel used in World War II. What do we do here? We swim through!

### Day 6

Today we return to the open sea for our final crossing from Little Sister island to Obonjan (The island of Youth), a distance of 2.8km. Whilst you stroll around the stunning bay and explore this very interesting island full of greenery and interesting architecture, we prepare lunch on the boat.

Following lunch and a bit of relaxed time under the pine tree shade it is time for a coastal swim around the Big Sister island. This evening, we get together for a goodbye dinner at the hotel.

### Day 7

We conclude our week by swimming around our small base island of Krapanj - the perfect way to end an exhilarating week.

## Swimming awareness

Your safety is of utmost importance to us. In the event of adverse weather conditions at any of our swimming locations, we may need to adapt our itinerary. Our team always includes local guides who know the safest and most picturesque places to swim, so rest assured you won't be missing out!

Swimming in the open sea amongst natural wildlife is a unique experience, but you may come across certain marine life such as jellyfish, coral and sea urchins from time to time. There are very few jellyfish along the Dalmatian coast and so the risk of any unfortunate encounters with them is low, and we will always show you the safest areas to swim. If you are stung by a jellyfish and are unable to carry on swimming, you will never be far from an escort boat where one of the guiding team will be able to treat the affected area immediately.

If you suffer from Anaphylaxis or any other allergic reactions it is important to inform us at the time of booking.

## General Information

**Start Point:** Hotel Spongiola, Krapanj Island  
[www.spongiola.com](http://www.spongiola.com)

**Start Time:** 6.30pm on 1st Day

**Finish Point:** Hotel Spongiola, Krapanj island

**Finish Time:** 11am on 7th Day

**Group Size** Up to a maximum of 15 people

### Passports and Visas

Croatia is a EU member, please check whether you require a visa. Most nationalities, including EU, US, Canadian, Australian and New Zealand citizens, do not require a visa to enter Croatia but please check before you travel.

### Vaccinations

There are no specific vaccinations required for Croatia, but you should ensure that your tetanus and polio vaccinations are up to date.

### Extra Expenses

You will need enough money to cover the evening meals which are not included in the tour price. An average dinner (including a glass of wine) costs around 150 Kuna (20 Euro).

### Currency

The local currency is Croatian Kuna. Krapanj island does not have an ATM so it is advisable to draw currency before departing the mainland where there are many ATMs and banks. The hotel will also exchange money up to limited amount. Bear in mind that the tour takes place in a remote setting and credit cards are not always accepted.

## Accommodation

[Hotel Spongiola](#) is a beautiful four star property located right on the beach. Most rooms have a view of the sea and with air-conditioning and free internet access. The hotel boasts an indoor pool, sauna and hot tub, as well as a fitness centre for those guests who still have energy to spare at the end of the day! The hotel also has its own diving centre with high quality diving equipment and pool available. [See Trip Advisor reviews online.](#)

Rooms are based on twin-share, double and en-suite facilities. Single supplements are available. Please specify your preferences (including any other guests you would like to share with) at the time of booking. The picturesque island of Krapanj has the lowest number of inhabitants of any island in the Adriatic Sea. It lies only 400 m from the mainland and is completely traffic free. Traditionally its inhabitants were fishermen and sponge harvesters, which is how the hotel got its name. The island's location provides a perfect spot for guests to relax and unwind, and its proximity to the mainland is ideal for those who wish to explore further field in the evenings.

### Extended stay

Strel Swimming guests receive discounted rates. Please contact hotel directly quoting Strel Swimming. [info@spongiola.com](mailto:info@spongiola.com), Tel: +385 22 348 900

### Accommodation in transit

If you require accommodation near Split or Zadar airport, all Strel Swimming guests receive discounted rates at the following places:

#### Apartments in Trogir (7 km from Split airport):

1) [www.apartments-parcina.com](http://www.apartments-parcina.com),  
[miropa19@gmail.com](mailto:miropa19@gmail.com), Ph: +385 91 921 0536

2) [www.trogirapartment.com](http://www.trogirapartment.com),  
[ante.bilic.k@gmail.com](mailto:ante.bilic.k@gmail.com), Ph: +385 91 885 9735

#### Hotel in Primošten (40 km from Split airport):

[www.restaurant-kamenar.com/en](http://www.restaurant-kamenar.com/en),  
[info@restaurant-kamenar.com](mailto:info@restaurant-kamenar.com),

**Zadar:** [www.hotelmediteran-zd.hr](http://www.hotelmediteran-zd.hr),  
[info@hotelmediteran-zd.hr](mailto:info@hotelmediteran-zd.hr), Ph: +385 23 337 500

**Zadar:** Hotel Kolovare: [www.hotel-kolovare.com](http://www.hotel-kolovare.com),  
[info@hotel-kolovare.com](mailto:info@hotel-kolovare.com), Ph: +385 23 211 017

## Swimming Information

Month	Water Temp. (°C)	Air Temp. (°C)
June	22	24
July	24	28
August	25	32
September	24	27

### Swim

	Distances
Zlarin - Oblik	2 km
Zlarin coastal North	2 km
Stupica Bay (Zirje)	2½ km
Zirje - Mazirina	2 km
Zmajan - Kaprije	3.2 km
Zmajan costal	2 km
Krka river-Lake Prokljan	2½ km
Little Sister-Obonjan	2.5 km
Zlarin coastal South	2 km
Around Krapanj island	3.4km
Optional swim: Grebastica bay	2.2km

Keep in mind that you can skip any of the swims you want and relax on our escort boats.

### Walking Conditions

The walking on the trip is easy. In order to enjoy your walks on the islands and through the Krka National Park, please bring comfortable walking shoes and suitable clothes for summer temps.

### Essential Equipment

In addition to normal items, we recommend the following: at least 2 swimming costumes, at least 2 pairs of swimming goggles (one clear and one tinted recommended), sweater/fleece, towel, sun hat, small daypack, waterproof sun cream and jacket, walking shoes and sandals or aqua shoes. We also provide water bottles, swim hats and other equipment, such as flippers, if required.

## Travel

To get to Krapanj island, you can fly into either Zadar or Split. There are a number of flights to Split (SPU) & Zadar (ZAD) from various International cities. From UK Easyjet and Croatian airlines fly to Split, Ryanair flies to Zadar. For further details, including other international airlines, please visit Split Airport and/or Zadar Airport websites.

Search for flights: [www.skyscanner.com](http://www.skyscanner.com)

Croatian airlines: [www.croatiaairlines.com](http://www.croatiaairlines.com)

Easyjet: [www.easyjet.com](http://www.easyjet.com)

Ryanair: [www.ryanair.com](http://www.ryanair.com)

### Detailed Travel To Krapanj Island near Sibenik

From either airport, make your way to Brodarica town (near Sibenik) where is the ferry line to Krapanj island. Krapanj is only 400 m away from the mainland, so you will clearly see it from the mainland. Our hotel provides a free boat ferry transport from Brodarica to the hotel for all our guests 24 hours a day.

#### 1) From Split airport

To make your way from Split airport to Brodarica, you have 2 options:

##### Transfer from the airport

To book a taxi - transfer in advance, please contact us directly at [info@strelswimming.com](mailto:info@strelswimming.com) for a fixed rate 65 Eur/one person plus 5 Eur extra for each additional person. Paid in cash. You could of course share this cost with other tour members.

##### Catch a bus

Once outside the airport terminal, walk about 100 m straight ahead across the car park and wait at the yellow bus shelter on the near side of the main road. **Bus no. 37** from here goes to Trogir every 20 minutes (a 10 minute journey, cost is 12 Kuna-1.5 Euro). The bus terminates at the main bus station in Trogir.

Long distance buses from Trogir to Brodarica/Sibenik go from the same bus station, usually **stand 9**. This is the stand nearest the main road (but still part of the bus station), set apart from stands 1 to 8. It's only about 20 metres from where you get dropped off from the airport bus. Best is to check and tell the bus driver that you want to get off at **Brodarica-ferry line for Krapanj island**. In Croatian it is called "Trajekt linija Krapanj". Near there is a restaurant "Zlatna Ribica".

Bus fare from Trogir to Sibenik is around 45 Kuna (6 Eur). The journey follows the coast and takes about 1 hour and 5 minutes.

If for some reason you forget to get off in Brodarica or the driver does not stop, do not worry, get off in Sibenik main bus station and contact hotel or local taxi to pick you up.

#### 2) From Zadar airport

To make your way from Zadar airport to Brodarica, you have the 2 below options. When catching a taxi from the airport, the distance/cost to Sibenik is similar as from Split.

##### Taxi/Hotel transfer

To book a taxi - transfer in advance, please contact us directly at [info@strelswimming.com](mailto:info@strelswimming.com) for a fixed rate 70 Eur/one person plus 5 Eur extra for each additional person. Paid in cash. You could of course share this cost with other tour members. This is all the way to the hotel ferry departure point. If you want to travel by taxi from the airport to Zadar town first or to the bus station, the usual rate is 70-80 Kuna (10 Eur).

**Catch a bus** Once outside the terminal, the bus stop is immediately on your right. Bus timetables match up with flight arrival times. Buses have a sign 'Zadar' and the fare is 25 Kuna (3 Eur). The trip takes about 20 minutes and drops you off at the main bus station in **Zadar town**.

At **Zadar bus station**, look for lines to **Split and Dubrovnik** which are on platforms 1 or 2. Long distance buses to Split/Dubrovnik are timed with the buses coming from the airport, so you should not have to wait long; otherwise they depart every hour throughout the day. All buses to Split stop at **Brodarica** (first station after **Sibenik**). Best is to check and tell driver that you want to get off at **Brodarica-ferry line for Krapanj island**.

The current fare from Zadar to Brodarica is 60 Kuna (8 Eur). The journey mainly follows the coast and takes about 1 hour and 35 minutes. The bus stops at many stations along the way, so watch out for Sibenik which is a bigger central bus station in the city centre - the next station is your departure point.

We recommend you to have local currency Kuna with you when paying local transportation.

##### **Car Park**

Hotel has a safeguarded car park for those arriving by car or motorcycle. It is free of charge for hotel's guests. Please contact the hotel on your arrival and they will show you where to park your car.

**See you in Croatia!** Updated: April, 2017

