



## TRIP NOTES 2014 CROATIAN DALMATIAN COAST

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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, with three separate escorts for the safety and enjoyment of all guests.

### Map



### Summary

**Country:** Croatia  
**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, 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.

Equipment usage: wetsuits, fins and other swimming gear are available on each tour. Each guest receives a complimentary T-shirt, swim hat.

### Additional cost

Travel to and from the start of the tour, 3 evening meals, entry to National Park Krka (12 Euro), personal body massage at the hotel.

## **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 take a short walk to the far end of the island 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 over the week ahead.

### **Day 3**

Today we travel by boat to Kornati National Park, a magnificent archipelago of 140 islands which boasts an array of marine life. We set off from the southern part of Kornati 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 Kornati or simply relax on the boat. This afternoon we turn back towards our base, swimming along the coast of the southern part of Zirje island, the most remote island in the area. Once we reach Mazirina island, we enjoy a relaxing boat trip in the late afternoon sun back to our base at Krapanj.

### **Day 4**

Today we take on our longest swim of the tour, swimming from the northern tip of Zmajan island across to the harbour of Kaprije, a distance of around 3 km.

Following the swim, whilst you explore the small fishing village, we prepare a nice 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 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 we do here? We swim through!

### **Day 6**

Today we return to the open sea for our final crossing from Lupac island to Zlarin. Whilst you stroll around the stunning harbour and explore the cobbled streets of the old town, we prepare lunch on the boat. Following lunch and an additional coaching session for those who want it, it is time for a relaxed coastal swim along Zlarin 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

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

**Finish Point:** Hotel Spongiola, Krapanj

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

**Hotel Diving Centre:** www.spongioladiving.com

### Passports and Visas

You require a full passport to enter Croatia. 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 new 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 available.

Rooms are based on twin-share 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

If you require additional nights' accommodation before or after the tour, all Strel Swimming Adventures guests receive a discounted rate. Please book directly with the hotel, quoting Strel Swimming Adventures. Hotel contact info: info@spongiola.com, Tel: +385 22 348 900

### Accommodation in transit

If you require accommodation near Split airport, all Strel Swimming Adventures guests receive discounted rates at the following places: Apartments in Trogir (near Split airport): www.apartments-parcina.com www.trogirapartment.com Please quote Strel Swimming.

### Group Size

Up to a maximum of 15 people

### Swimming Information

Month	Water Temp. (°C)	Air Temp. (°C)
May	20	22
June	22	24
July	24	28
August	25	32
September	24	29
October	21	24

Swim	Distances
Zlarin - Oblik	2 km
Oblik - Timara	2 km
Kornati Islands	2½ km
Zirje - Mazirina	2 km
Zmajan - Kaprije	3 km
Zmajan costal	2 km
Krka river	2½ km
Lupac-Zlarin	2 km
Zlarin coastal	2 km

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

Wetsuit, fins, rash vests, pull buoys Availability We have a range of swimming equipment available on each trip if required.

### 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 temperatures.

### 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, complimentary towel 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.

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 Šibenik

From either airport, make your way to Brodarica town (near Šibenik) 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 free ferry transport from Brodarica to the hotel for all our guests 24 hours per day.

#### From Split

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

**Taxi/Hotel transfer** You can either catch a regular taxi from outside the airport terminal, at approximately 700 Kuna (90 Eur) or you could catch an unofficial taxi near the airport bus stop. The rates are between 450-500 Kuna (60 Eur). Sometimes you have to haggle - tell them how much you are prepared to pay and start from there! If you prefer to pre-arrange a transfer in advance, please contact us directly ([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 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, 12 Kuna (1.5 Euro)). The bus terminates at the main bus station in Trogir. Long distance buses from Trogir to Brodarica/Šibenik 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. Bus fare from Trogir to Šibenik is costs 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 Šibenik main bus station and contact hotel to pick you up or get a local taxi.

#### From Zadar

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 Šibenik is similar as from Split.

**Taxi/Hotel transfer** You can either catch a regular taxi from outside the airport terminal, at approximately 700-750 Kuna (100 Eur) or if you prefer to pre-arrange a transfer in advance, please contact us directly ([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. This is all the way to the hotel ferry departure point. If you want to travel by taxi from the airport to Zadar town or to the station, the rate is 70-80 Kuna (10 Eur). You could of course share this cost with other tour members.

**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 Šibenik). Best is to check and tell driver that you want to get off at Brodarica-ferry line for Krapanj. 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 Šibenik 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. Don't forget, we will send you detailed travel information and itinerary at least two weeks before your tour starts.



**See you in Croatia!** Updated: June, 2014