



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 area (located in between Split and Zadar). The island has one of the lowest populations in the Adriatic Sea and is completely traffic free - a swimmer's paradise!

Sibenik archipelago is surrounded by Kornati and Krka National Parks, providing us a fantastic gateway for our daily swimming adventures.

This trip has something for everyone. We hop from island to island, swim along the coasts of uninhabited islands, explore local historical sites, fortress, 15th century Wall of Ostrica.

This tour is suitable for most levels of swimmer (please 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: Main boat + smaller boats, kayak, Sup, swimming guides and local boat pilot
Water temperature: 22-25 (°C), 72-77F
Air temperature: 24-35 (°C), 74-95F

Highlights

- swim around Dalmatian uninhabited islands and enjoy the laid back environment
- explore the islands of the Sibenik archipelago and the surrounding beautiful turquoise sea
- enjoy the local Dalmatian cuisine
- enjoy the relaxed life style on a small and car-free Krapanj island and swim around 360!

Included in the price

Fully guided tour with comprehensive safety escort (boats, swimming guides, local boat pilot), swim coaching, technique & stroke analysis, 6 nights accommodation, all breakfasts, four lunches.

Non swimmers or friends can use our kayaks or stand up paddleboard and follow their friends or partners while they swim.

Equipment usage. We have limited gear, fins and tow floats available on each tour. Each guest receives a swim cap.

Additional cost

Getting there - travel to and from tour location, evening meals, one lunch, any other extras.

Itinerary

Day 1

Meet at Hotel Spongiola, Krapanj island at 18.30 for the pre-trip briefing. You will meet your guides and other guests on the trip.

Day 2

Following breakfast at the hotel, we depart by boat for a day of swimming and exploring. Our first swim begins on the western side of **Zlarin island** and we swim for about 2 km heading northwards. We drive to Zlarin harbour for lunch and a little break off the boat. Zlarin is the island of corals and is well known for its tradition of coral diving. You have a chance to visit a coral museum or walk around and explore the scenic port and village.

The early afternoon is dedicated to stroke improvement, where we will film your stroke before we do the afternoon swim along the eastern side of Zlarin going southwards. Boat ride back to our base at Krapanj island. Before dinner, our swim guides will analyse the video footage of your stroke (if you want!) and offer you tips on how to improve your technique.

Day 3

Today we travel to **Tijat and Prvic islands**. Our morning swim starts at Tjascica bay and we swim for about 2.5km along the eastern side of Tijat.

Boat ride to Prvic for a lunch break. Prvic offers a great stop for a little stroll around many beautiful stone houses. There is also the Memorial Centre of Faust Vrančić who was one of the famous and important Croatian inventors. He is mostly associated with the invention and use of the first parachute. Our afternoon swim takes us along the other side of Prvic from Sepurine towards Zlarin. This area is shallower and you can often spot several colourful sea urchins, clams, shells, starfish and other beautiful creatures on the sea bottom. Drive back to Krapanj.

Day 4

Today is our real island hopping day. We start the morning 2.5 km crossing swim between islands Drvenik - Rakitan - Oblik. On this swim you will experience how to sight properly to reach a finish point. We swim in groups and you can see others around.

We base ourselves for lunch in the Grebastica bay which is a good spot for our afternoon hike along the ruins of the 15th century Wall of Ostrica. The Turks started raiding this area as early as a late 15th century and the people of Grebastica could afford a construction of an impressive wall that would protect them from the Turks. It is about 10 metres (about 30 ft) high and about 1 metre (about 2 ft) wide running across the entire narrow neck of Ostrica peninsula. Great views await us at the top.

Return back to our base. On this day we usually go out for an evening meal to Sibenik town. We explore the impressive old town architecture followed by a dinner.

We do an afternoon 2 km swim along the northern side of Ostrica peninsula which is usually sheltered from any outside wind. The smell of pine trees and sounds of local birds make it even more interesting along the way. Return back to our base. On this day we usually go out for an evening meal to Sibenik town. We explore the impressive old town architecture followed by a dinner.

Day 5

Today we start with beautiful swim on Krbela, a quiet and peaceful island near to our base. We like to swim around, giving us a big loop to take in all angles of this island gem. Following the swim we will drive to **Sepurine** (Prvic island) and enjoy the peacefulness of this part of the island. We have lunch and then take a short walk across the island to Sepurine town to enjoy a different scenery and perhaps visit one of the charming cafes for coffee and ice cream.

The afternoon swim will be in beautiful turquoise waters from Sepurine down towards the end of the Prvic island.

Day 6

Today we return to the open sea and take a longer boat ride out towards the edge of the archipelago. For our morning swim we visit **Zmajan (Dragon) island** and swim in and out of a large, beautiful bay. We continue with our boat to **Kaprije island** for lunch and a little hike over the stunning village of Kaprije. The views on top of the hill back on Sibenik archipelago are impressive. For those who like a great coffee or ice cream, Kaprije offers a great choice!

On the way back in the afternoon we swim along Kaprije and enjoy the crystal clear water in shallow bays. Boat trip back to Krapanj island.

Day 7

We conclude this amazing Croatian islands adventure by swimming around our Krapanj island base.

The entire 360 loop swim is 3.4 km, but you can skip part of it if you wish. It is a wonderful swim to finish the trip! The trip finishes around 10am.

Itinerary Changes

Please note that our itinerary is subject to change depending on the weather and sea conditions. Our guides and boat captain will check the weekly and daily weather forecasts and will change the swims around to ensure that you have the best swimming conditions day to day.

Open Water Swimming awareness

Please visit and read our website for the safety elements of open water swimming.

General Information

Start Point: Hotel Spongiola, Krapanj Island

www.spongiola.com

Start Time: 6.30pm on 1st Day

Finish Point: Hotel Spongiola, Krapanj island

Finish Time: 10am on 7th Day

Group Size Up to a maximum of 15 people.

We also host larger groups if arranged accordingly.

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 and one lunch which are not included in the tour price. An average dinner costs around 20 Euro.

Currency

The local currency is Euro. Krapanj island has an ATM. The hotel will also exchange money up to limited amount. Bear in mind that the tour takes place in a remote setting and cards may not always be accepted.

Accommodation

[Hotel Spongiola](#) is a beautiful four star property located right on the beach. Most rooms have a view of the sea with air-conditioning and free internet access. 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. Limited large suites are available. 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, Tel: +385 22 348 900

Accommodation in transit

If you require accommodation before or after our trip we recommend using:

- <https://www.booking.com/>
- <https://www.airbnb.com/>

Swimming Information

Month	Water Temp. (°C)	Air Temp. (°C)
June	22	28
July	24	30
August	25	33
September	24	27

Swim

Swim	Distances
Zlarin South West	2.2 km
Zlarin North East	2.3 km
Tijat East	2½ km
Sepurine - Prvic	2.2 km
Drvenik - Oblik Crossing	2.6 km
Grebastica peninsula	2.4 km
Krbela island crossing/coastal	2.4 km
Zlarin South Bays	2.5 km
Zmajan Island	2.4 km
Kaprije South East	2.5 km
Around Krapanj island	3.4 km

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 please bring comfortable walking shoes and suitable clothes for summer temps.

Essential Equipment

In addition to normal items, we recommend the following:

- 2 swimming costumes,
- 2 pairs of swimming goggles (one clear and one tinted recommended),
- sweater/fleece, towel, sun hat, small daypack, sun cream, jacket, walking shoes and/or sandals,
- drinking water bottle.



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 Search for flights: www.skyscanner.com
Croatian airlines: www.croatiaairlines.com
www.easyjet.com, www.ryanair.com

Buses: <http://getbybus.com/>, arriva.com.hr

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

There are 2 options to get to Krapanj island:

Direct transfer from the airport to hotel

To book a taxi - transfer in advance, please contact hotel Spongiola directly at info@spongiola.com for a fixed rate 100 Eur/four persons 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 2 Eur). 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 "Trajektna linija Krapanj". Near there is a restaurant "**Zlatna Ribica**".

Bus fare from Trogir to Sibenik is around 8 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, then 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.

Direct transfer from the airport to hotel

To book a taxi - transfer in advance, please contact hotel directly at info@spongiola.com for a fixed rate 110 Eur/four persons 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 to Zadar town first or to the Zadar bus station, we recommend using local airport bus which goes every 30 min.

[Public transport | Zadar Airport \(zadar-airport.hr\)](http://Public transport | Zadar Airport (zadar-airport.hr))

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 5 Eur. The trip takes about 20 minutes and drops you off at the main bus station in **Zadar town**.

[Public transport | Zadar Airport \(zadar-airport.hr\)](http://Public transport | Zadar Airport (zadar-airport.hr))

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 10 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. You can book a bus ticket online.

<https://getbybus.com>, www.arriva.com.hr

Car Park

Hotel has a safeguarded car park for those arriving by car. It is free of charge for hotel's guests. Please contact the hotel on your arrival .

See you in Croatia! Updated: May 2023

