



Dalmatian cycling & cruising adventures

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Introduction

This is an exceptional cycling tour combined with sailing on a yacht around the Dalmatian archipelago. Enjoy the beautiful landscapes of Solta, Hvar, Korcula, Mljet islands and Peljesac peninsula cycling on the bike and lying on the sun chair on the deck of the ship. Most of the islands have been populated from ancient times and altogether with their pristine nature have also rich history and numerous sights from the past to explore. We go on land with the bikes on different harbors and towns and while we cycle enjoying wonderful views the ship sails to the next harbor. After cycling we go on pleasant walks in the towns and explore their history and culture or go for some more biking either on roads to small mountain villages or off road on nice mountain bike trails. You can also skip the cycling and choose to explore the variety and natural world of the islands hiking on wonderful green trails of the islands or just relax on the boat and swim in the marvelous blue waters. There are also a great number of various activities for those who don't feel like cycling or walking (boat trips, atv, motor bikes rental, scuba – diving, etc). It is a holiday full with sunny pleasure, joyful variety and interesting happenings all the time perfect for families, friends, couples of all ages and everyone who loves adventure.

Special highlights:

- Solta Island – the 13th biggest island in The Adriatic Sea and the smallest one to be visited. It is famous for its untouched nature, rich vegetation and flora, typical Adriatic villages and towns with rich history.

- Hvar Island – the 3rd biggest island in The Adriatic Sea famous for its mountainous relief (highest point: Sv. Nikola peak – 626m) rich vegetation of palms, aloes, pine trees, laurel, many herbs like rosemary and lavender and peaceful coves and islets filled with a multitude of pleasant scents. Its name comes from the Greek word Pharos (lighthouse). The highest point is St. Nikola peak with a stone chapel on the rocks at 628m.

- Korchula Island – one of the most famous and interesting Adriatic islands, a birth place of the famous traveler Marco Polo.

- Korchula town – the administrative center and historic heart of Korchula Island. The town is famous for its preserved medieval old town and numerous historic buildings including wall towers, cathedrals, palaces, churches and others.

- Mljet Island – a part of it is proclaimed for a national park and it is one of the most beautiful Adriatic islands. Admire the panoramic landscape of well intended coastline, cliffs, reefs, numerous islands and hills covered with untouched natural forests, which rise steeply above the sea and hide many ancient stone villages. The geological

phenomena “The salty lakes”, the typical Mediterranean karst relief and historical heritage dating back to the eras of the Illirian tribes, the Roman Empire and the Republic of Dubrovnik add to the enchanting attractiveness of the island.

- Omis – is a small Central Dalmatian town and harbour located between Split and Makarska, situated in the mouth of the Cetina River, attractive for its massive gorges.

- Split – the biggest and most important city in Dalmatia and second biggest in the country. It is famous for its rich and turbulent history and preserved historic city center with the famous Diocletian's Palace. The historic city is included in UNESCO World Heritage List.

Itinerary

Day 1: Arrival in Split (if not arriving in the morning please consider arrival on the previous day with overnight stay in Split). Transfer to the ship Aloha and accommodation in the cabins. We sail west towards the closest island Solta famous for its Mediterranean vegetation and typical Dalmatian architecture. In Rogac we go off board and start cycling uphill in direction to the nearby village of Grohote. From there we continue to the most Northern point of the island – the beautiful small sea town

Maslinica, then cycle back to Grohote and then further south to Stomorska (the oldest village on the island) where the ship is waiting for us. Dinner and overnight on the ship in Stomorska.

Cycling specifics:

distance: 24 km, highest elevation: 135 m, uphill/downhill cycling: 470m/470m; cycling time: 1.5 hours
/dinner/

Day 2: We sail off early in the morning in direction to the famous and filled with herbs aroma - Hvar Island. The island is famous for the numerous stone walled in markets for herbs. From Starigrad (the oldest town of the island) we set off cycling in South direction to the town of Jelsa with a possible stop in the small harbor town Vrboska. We continue cycling uphill towards the mountains passing through peaceful small mountain villages (Pitve, Vrisnik, Svirce, Vrbanj), turn back to Starigrad and continue Northwards climbing up to 400m in the island interior with splendid views over the stone walled in fields with lavender and rose marine and finishes in Hvar. There is an option to join the cyclists in Starigrad on their way back. Thus you will have some more time to explore Starigrad and will cycle 20 km less. At that time the ship sails to the magnificent islands Paklenski Otoci ahead of city Hvar. People who had chosen to rest moor in the open sea to tempt the magnificent blue Adriatic Sea. In the afternoon the ship anchors in Hvar harbor. According to some archeologists, Hvar is a place of enigmatic antic Heraclea. Here we take a walk in the old town and visit the cathedral of St. Steven, protector of Hvar diocese, the Franciscans Monastery "Mother of the Mercy" dating from 1465, the Count's palace, built up in 15-16 Century etc. In your walkabouts, make sure you visit the oldest public theatre in Europe founded in 1612. In the evening we relax in famous Hvar cafés by the sea.
NB! We recommend you prepare a small lunch pack for the cycling trip and take sufficient amount of water.

Cycling specifics:

1. distance: 40 km, highest elevation: 402m, uphill/downhill cycling: 690m/620m cycling time: 5 hours
2. distance: 21 km, highest elevation: 60m, cycling time: 2 hours
/breakfast, dinner/

Day 3: We head towards Korcula Island – The Black Corfu as the Greeks had named it because of the thick forests of Mediterranean Fir. It is also the birthplace of the famous seaman and voyager Marco Polo. The coastline is highly indented with nice small bays and rocks cut into the sea. The main cycling route starts in Prigradica, goes uphill in the interior of

the island passing by olive trees, forests, vineyards and farmlands, and through the small villages of Smokvica, Cara, Pupnat, Zrnovo and ends at the town of Korcula with splendid views towards the mountains of Peljesac peninsula. The people who don't feel like cycling much can continue with the ship to Racisce and do a very pleasant and easy 13km ride on a panoramic coastal road to Korcula. Once there you can take a walk through the old middle-aged fortified town of Korcula, visit the Church of St. Peter dating from 12th century, the middle-aged palace of noble families and other interesting sites.

NB! We recommend you prepare a small lunch pack for the cycling trip

Cycling specifics:

1. distance: 45 km, highest elevation: 490m; uphill/downhill cycling: 750m/750m; cycling time: 6 hours
2. distance: 13 km, highest elevation: 30m; cycling time: 1,5 hours
/breakfast, dinner/

Day 4: Day for rest. We sail to Mljet Island (a part of it proclaimed for National Park), where as the legend says the antic hero Ulysses has shipwrecked and was that warmly welcomed by the nymph Kalipso that he stayed on the island for seven years. The island has a lot to offer: swimming in the clear sea waters, visit of The Big and Small lake Saline (unique salty lakes), sailing to the Benedictine monastery situated on the island St. Marija in the Big lake, riding bikes in the park, guided scuba-diving for search of treasures in the wrecks of sunken boats from ages ago or explore the area with a bike or on foot. A classic Captian's dinner on board in the evening.
/breakfast, dinner/

Day 5: From Mljet we sail on towards Peljesac peninsula. We go off board in Trstenik and start cycling to Viganj on a nice panoramic road with view to Korcula Island via the nice harbour town Orebic. The ones who want something shorter can go off board in Orebic and bike for 7 km on a nice coastal road to Viganji where the boat will anchor to wait for the whole group. In the afternoon after lunch we go on board and sail to the eastern parts of Hvar Island - the town of Sucuraj.
NB! We recommend you prepare a small lunch pack for the cycling trip

Cycling specifics:

distance: 40 km; uphill/downhill cycling: 380m/350m; cycling time: 4 hours
/breakfast, dinner/

Day 6: After breakfast we start on a long but very pleasant cycling towards the beautiful town of Jelsa. The route climbs

up to the village of Ublina and continues on nice winding road through the villages of Bogomolje, Gdinj, Zastrazisce, Poljica, Humac and ends up in Jelsa. After some rest we have some time for exploring the town. You can take a hike to Civitas Vestus Ielsae (the Old town) built on 6,5 ha surrounded with stone wall 172 m long. There you can see exhibition of old tulle for wine preparation in the castle of Petar Hektorović. Also visit the square of St. Ivan, where you can find octagon church from 17th century and cemetery. Take a walk in the park with huge pine trees, palms, poplars and oleanders, built up in 1270.

NB! We recommend you prepare a small lunch pack for the cycling trip.

Cycling specifics:

distance: 52 km, highest elevation: 335m, uphill/downhill cycling: 560m/585m; cycling time: 5 hours
/breakfast, dinner/

Day 7: We sail from Jelsa to the coast town of Omis. From here we start cycling up the gorge of the picturesque rocky Cetina valley, have a rest at the top and go back down the same way. The ones who prefer to take a rest can do a boat ride upstream the river. In Middle Ages Omis was hard base of Neretvan Pirates, headquarter of Counts Kačić that will „give headache” to all Adriatic cities. We may visit the famous restaurant Radmanove Mlinice, where you can taste Omiš delicacy on the terrace near to Cetina canyon. Do not miss the chance to try Plavac Mali and Moraština, as well as the famous Soparnik of Poljice. After a rest and short walk in Omis we go on the boat and sail in direction to Split. Free time for sightseeing and shopping in Split.

NB! We recommend you prepare a small lunch pack for the cycling trip

Cycling specifics:

distance: 23 km, highest elevation: 230m, uphill/downhill cycling: 220m/220m; cycling time: 3 hours

Day 8: After breakfast transfer to the airport for departure. Usually we need to leave the boat not later than 9.00h.
/breakfast/

Sailing routes and schedule can be changed due to bad weather! This is to be decided on the spot by the captain!

Seasickness

Since we mainly sail between the islands, where the water is calm, it is

most likely that you don't get seasick at all. Some people (especially during a storm) may suffer from symptoms like sleepiness, nausea, dizziness, headache, pallor and cold perspiration. These symptoms will quickly disappear when you get off board. Until you reach the harbor you should avoid staring at one point, reading, or going below deck for extended time periods. Staying busy and having good attitude is proved to reduce the symptoms. Laying and sleeping is also very helpful. Try gazing at the horizon, take deep breaths and drink water.

Accommodation & boarding

You stay in double bedded cabins with AC and private WC/shower. Boarding is on 7 halfboard (breakfast and dinner included).

Tour type: GT

Difficulty grade: A/B

Best period: April-October

Equipment and clothing:

Equipped road or mountain bike are provided by the company. Helmets and saddle bags are provided upon request only. Necessary items: sunglasses with UV protection, hat for sun protection, sunscreen lotion, swimming suit, light shoes for walking/cycling. For the full list with recommended items see "General". No special equipment needed for this tour (for list with recommended items see "General").

Weather:

Be prepared for hot weather and lot of sun during summers with air temperatures sometimes exceeding 30°C and water temperature of around 22-25°C. However the adriatic winds make the air cooler and help to maintain a favorable and pleasant weather. Springs and autumns are cooler with some rainfalls.

NB! Biking without helmet is not advisable. We strongly recommend you to bring your own helmet or rent one from us.

Bicycles:

For our cycling tours we provide the following high quality bikes:

1. Road bike – Drag Marathon

Touring road bike excellent for long distance cycling on asphalt roads with light aluminum frame and 28" rims. 21 gears, front suspension "Zoom" (30 mm travel), "Shimano" components (shifters, crank, chain, V-brakes), back luggage carrier with double-sided rear panniers

2. Mountain bike - RAM – HT 1

Brand new lightweight hardtail performance mountain bike with aluminum frame suitable for off road biking and

asphalt cycling. 24 gears, "Rox shocks Dirt 1" front suspension (80 mm travel), "Avid" V-brakes, "Truvativ" crankset, "Sram" shifters and derailleur, "Mavic" 26" rims.

Cycling remarks:

- The cycling is made on lower altitude (490m max) on coastal and inland roads.
- Be sure to take enough water (at least 1,5l) as there is no drinking water on the routes. Sun protecting items (sun hat, sunscreen lotion, sun glasses) are also very important during the cycling.
- Road conditions in the regions of cycling are excellent and traffic is low.

Motor boat "Aloha"

M/B Aloha is a nice comfortable sailing ship made in 1951 and reconstructed in 1988 and 2006 perfect for exploring the beauties of The Dalmatian coast. It has 100sq.m. sun deck with lounges and benches. The boat also has common toilettes and 2 showers on the main deck. The ship has an authentic restaurant & bar where the meals will be served, with TV, hi-fi stereo, DVD, CD. All cabins have toilet, shower, sink, locker, power supply, wardrobe, pillows, blankets and 3 towels per person. All cabins have single air condition unit also adjustable for heating. Safety according to world safety standards – fire alarms in cabins and all closed rooms on the boat, 2 pumps for firefighting and 8 firefighting devices, rafts for 50 people, life jackets for all on board.

Life on board

Breakfast is served at 8. We usually sail off early in the morning and head to the starting point for the cyclists. While they are cycling, the boat is sailing to the next harbor. We may stop en-route in some of the picturesque bays and swim in the crystal clear waters of Adriatic Sea. We all gather for dinner at 7p.m. Late afternoons and evenings are free to explore the towns we embark at.

Rules on board

1. All passengers on board are obliged to abide to the captain's orders, as he is responsible for the safety of all passengers and the crew.
2. Passports have to be given to the captain for registration.
3. Jumping or diving from the boat during navigation and swimming far from the boat or the coast should be avoided.
4. During rough weather (high waves, wind) it's not allowed to walk on the boat, but if necessary, movement should be done with care.
5. Safety belts are placed under the seats in the benches.
6. As the boat is explicitly acoustic all

passengers are asked to behave accordingly.

7. Kindly respect night peace on the boat, which officially starts at midnight. Only if all passengers agree the limit may be extended.
8. Smoking in cabins is not allowed.
9. Passengers are not permitted to bring alcohol and food on the boat except for fruit, cookies or similar.
10. Any damage by any passenger must be compensated to the captain.
11. It is strictly forbidden to throw rubbish into the sea.
12. Water is a problem on every boat, so it is necessary to be very rational with it. The same applies to electricity which runs on accumulator.
13. For security reasons climbing on the masts is forbidden.
14. Guests are obliged to respect meal times on board, which are placed on the board in the salon.
15. Surfing at client's own risk. Please don't go too far.

The captain and the crew will be available for any questions or complaints and will do their best to make your stay on board the most pleasurable one.

Group size: 15-32 pax

The price includes: accommodation and boarding as mentioned above, cruising on the ship, ground transfers by car, English speaking Penguin travel representative throughout the tour, bicycle rent and technical support

The price does not include: flight tickets, entrance fees, tips, alcohol drinks, lunches, cigarettes, tips and other personal expenses.

GENERAL

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TOUR TYPES & GRADES

We provide different varieties of tours as regards to their types and difficulty grades!
Whether you will choose individual and

group tours with a guide or combined tours with a guide for some part of the trip depends on you. We emphasize on using local experienced guides with knowledge of the local language, culture, history, art, etc. The tours are conducted in the English language. Guides in other languages are available upon request.

Tour types

Our tours are divided in different tour types, regardless of being guided or not or if someone travels alone or in a group. We have prepared your vacation so that you can concentrate on new impressions and experiences, awaiting you all the time. Here is a description of the various tours:

GT: Group tours

There is a guide accompanying you throughout the whole trip, meeting you at the airport upon arrival and leaving you at the airport again for departure. We use well-trained and experienced local people with good knowledge of English. The group size is normally 6-12 people, if not specially mentioned.

Difficulty grades

To prepare yourself for the best of your vacation we recommend that you start planning it in an advance. Good physical condition is required. In order to achieve it we advise you to start walking, jogging or cycling everyday. Swimming a couple of times a week is also highly recommended. You do not need much to get yourself in shape. And don't forget that the most important tip for an unforgettable active holiday is to choose a trip which corresponds to your physical condition!

A: Light

No special experience is needed. Everyone who is in condition to cope with long Saturday walks in the forest can also cope with these tours. As a rule the trips are short and at a low altitude. Often it is your choice to join or skip a day-tour. The routes follow a hilly terrain without steep ascents and descents. Normally we walk 3-5h a day.

B: Moderate

Most of you, who are used to walking during a long weekend, will be in condition to cope with a tour of this level. You should be in good health condition and not too bad physical condition. We have successive days of longer and more difficult walking and days of lighter walking. Some parts of the day routes are done at a higher altitude. The paths are in good condition. We walk for 5-7h a day. You are free to skip some walks and have a rest.

Equipment and clothing:

You should always remember that you must try to keep the weight of your clothing equipment down to a minimum. Your packed rucksack should weigh no more than 10-15 kilograms. Recommended items: waterproof rucksack (60 l) & daypack (35 l); walking waterproof boots with suitable ankle support; sandals; light casual shoes for walking and/or for traveling; loose, casual trousers for trekking; waterproof trousers; fleece windstopper jacket; windproof, waterproof outer shell garment (breathable if possible!); hat for sun protection; sunglasses with UV protection; sunscreen lotion and lip balm; water bottle; torch (headlamp); mobile phone; underwear (not cotton); swimming suit; mosquito repellent.

Vaccination:

Penguin Travel DMC-Bulgaria

Address: 9 Orfej Str., 1421 Sofia, BULGARIA; Phone: +35924001050; E-mail: info@penguin.bg

Tick-borne encephalitis, Diphtheria, Hepatitis A,B, Typhoid, Rabies vaccination is recommended by some medical sources. Check latest requirements with your travel clinic or doctor prior to departure.

Money and personal expenses

You will need some extra money to cover meals, drinks and extra trips not included in the tour price. Additional money for souvenirs and personal things could also be spent. The official currency of Croatia is Kuna (HRK; symbol Kn) = 100 Lipa. Foreign currency can be exchanged in banks, by authorised dealers and post offices. American Express, Diners Club, MasterCard and Visa are widely accepted. ATMs are widespread. To avoid additional exchange rate charges, travellers are advised to take traveller's cheques in US Dollars, Pounds Sterling or Euros.

Here are some examples of comparative costs in Croatia:

- Beer (0,5 l) – 0,5 – 2 Euro
- Bottle of water (1,5l) – 0,5-1 Euro
- Dinners at pizzeria – 5-10 Euro

Exchange Rate Indicators: £1.00 = 10.48 Kn; \$1.00 = 5.13 Kn; €1.00 = 7.29 Kn (Oct.2007)

Communications:

Roaming agreements exist with most international mobile phone companies. Cell phone coverage is good.

Electricity

Generally 220 volts AC, 50Hz. Round two-pin plugs are in use. If you come from the U.S. or UK you need to purchase an adapter, which is available only in bigger cities.

Brief about Croatia

Territory - 56,542 sq km

Population – 4,493,312 (July 2007 est.)

Boundaries – West - Adriatic sea, North - Slovenia (670 km), North East - Hungary (329 km), East – (Serbia 241 km), East - Bosnia and Herzegovina (932 km), South east - Montenegro (25 km)

Coastline - 5,835 km (mainland 1,777 km, islands 4,058 km)

Terrain - geographically diverse; flat plains along Hungarian border, low mountains and highlands near Adriatic coastline and islands

Elevation extremes - *lowest point:* Adriatic Sea 0 m, *highest point:* Dinara 1,830 m

Capital city – Zagreb (780,000)

Bigest towns – Split, Rijeka, Osijek, Zadar
Religion – Roman Catholic 87.8%, Orthodox 4.4%, other Christian 0.4%, Muslim 1.3%, other and unspecified 0.9%, none 5.2% (2001 census)

Ethnic groups: Croat 89.6%, Serb 4.5%, other 5.9% (including Bosniak, Hungarian, Slovene, Czech, and Roma) (2001 census)

Protected areas - 8 National Parks, 10 Nature Parks, 75 Nature reserves, 32 Protected Landscape Areas, 48 Natural monuments

Weather

The climate of Dalmatia is typical Mediterranean. Middle Dalmatia is characterized by very favorable climate. This area is one of the sunniest parts of the central and northern Mediterranean, characterized by an extremely bright sky with about 2700 sunny hours per year (sunniest being Hvar) and daily average of 7,3 hrs. In summer, number of sunny hours raise to 11,3 hours, while they are 7,4 in spring, and 6,3 in autumn. More than 100 days have temperature over 25°C, and more then 50 days above 30 °C. This favorable climate and flow of warm sea currents influence high temperature of the sea, with summer average of 22,6 °C. Local and seasonal winds also help maintain favorable climate. Among them there is very strong northern wind called bura, moist yugo (southern wind) and maestral - local wind from the west that makes life easier in hot summer days.

