

Scattered in the Adriatic are the islands of the Kornati National Park. Kornati is comprised of over 90 islands which are renowned for their barren, almost lunar like appearance. The swimming here is superb and as the islands are densely packed, this makes it ideal for this Short Swims tour. We are based in the coastal town of Sali on the island of Dugi Otok. It is a place surrounded with natural parks, thousand years old olive trees and a very rich cultural identity.

### Who this trip would suit?

This introductory trip is a combination of both island hopping and coastal swims. Distances average around 2½km/day so would suit either the inexperienced open water swimmer or those who prefer shorter daily swim distances.

### Island Summaries

#### Dugi Otok

Dugi Otok is literally “Long Island” in Croatian. With its rugged west coast most of the inhabitants live on its flatter eastern side. The massive lagoon at Telašćica, only a short walk from Sali is an ideal swimming spot.

#### Sali

Our base for the week is the port town of Sali. Its the administrative centre for the island and hence has a local and authentic feel about it. We are based in the quieter northern bay which is great for early morning swims.

#### Kornati National Park

This archipelago covers an area of 300 square kilometres . With its numerous coves, isolated communities and crystal clear blue waters, it's easy to see why George Bernard Shaw said “*On the last day of Creation God desired to crown his work, and thus created the Kornati islands out of tears, stars and breath.*”

#### Telašćica Bay Nature Park

Telašćica“ probably derives from the Latin name of "tre lagus" which means "three lakes". It consists of three parts which are separated by constriction. These three parts are Tripuljak, Farfarikulac and Telašćica.

#### Zadar

Zadar is the gateway to the these islands. Consisting of a historic old town of Roman ruins and medieval churches, Zadar is a city that you could easily spend a few days. The two main attractions of the Sea Organ and the Sun Salutation are not to be missed.

### Trip Schedule

**Start Point:** Hotel Sali, Dugi Otok ([www.hotel-sali.hr](http://www.hotel-sali.hr))

**Tel:** +385 23 377 049 **Mob:** +385 98 9255 914

**Start Time:** 6pm on Day 1

**Finish Point:** Hotel Sali, Dugi Otok

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

#### Daily summary:

##### Day 1

After your arrival at the Sali Hotel you will have a chance to relax before meeting in the early evening at the hotel for a pre-trip briefing in which the details of the week's plans will be discussed in detail. Following this we will hold a brief acclimatisation swim.

##### Day 2

The first full day of our trip involves a nice, relaxed swim starting directly in front of our hotel. From here we head west along the coast to the small fishing village of Zaglav. This swim is an excellent way to both follow the coast as well as the sea floor which is only a few metres underneath you.

After we have lunch on the boat in a secluded bay, we commence with a stroke improvement session, where we will video your stroke, both above and below the water. After filming, we continue with our coastal journey from Zaglav. Towards the end of the swim we carry out our first island hop of the trip as we cross the 400m channel separating Dugo Otok from the picturesque island of Krknata. It's an ideal day to ease into the trip. On arrival back at the hotel, it's time to relax before we meet later over drinks to playback the video analysis with our expert coaches.

##### Day 3

This is a day of 2 island hops as we cross from our base island of Dugi Otok and literally swim into the Kornati National Park as we arrive onto the island of Abav, an uninhabited island with crystal clear water. After time for lunch and some snorkelling from the boat, it's back into the water as we swim across to the main island of Kornati. You can see the bottom most of the way and the underwater views are stunning as we arrive into Bošci Bay.

## Day 4

Today, we start off with a walk across Dugi Otok and into the wonderful Telašćica Bay, an 8km long protected bay which is home to over 25 bays and 5 islands. The walk is pleasant and gives excellent views of a number of our upcoming swims. We arrive into the isolated hamlet of Magrovica from where we start our first swim of the day carrying along the coast until we arrive into Jaz Bay. From here we put our walking shoes back on as we trek down the Priseka Peninsula and arrive at Lake Mir, a saltwater lake cut off from the sea by a narrow barrier of rock. We are then taken back to the hotel where the afternoon is at your leisure and gives you a chance to either relax by the sea, go into the town of Sali or head further afield.

## Day 5

We travel by boat to the famous "Stene" of Dugi Otok, a dramatic series of cliffs (the biggest in the Adriatic) on the open sea side of Telašćica Bay. The cliffs are home to the nesting sites of Peregrine Falcons and Eleonora's Falcons. The swimming here is superb as we can see the cliffs fall to the ocean floor beneath. This is one of the undoubted highlights of the trip.

We have lunch in one of the isolated bays along this coastline. The afternoon is spent swimming along the Priseka Peninsula, which is a total contrast compared to the morning's swims as we come across more bays and coves in an otherwise flatter landscape.

## Day 6

Our final full day takes us back to the Kornati National Park and to the island after which the National Park is named. The barren lunar landscape of this island is undoubtedly memorable. We start our swim from Lupešćina Bay and head initially along the coast taking in Statival Bay before we strike out and head for the island of Zut, Croatia's largest uninhabited island.

## Day 7

A relaxed start, as we swim from in front of the hotel and make our way around the Sali headland. It's a short swim to end a fantastic week of swimming in this land of a myriad of islands!

### Caveat:

*For obvious safety reasons we rely on decent weather conditions when carrying out swims. As a consequence, open water swimming does require an inherent degree of on-trip flexibility, so required changes in the planned itinerary will not be uncommon and will undoubtedly add to the uniqueness of each tour.*

## Trip Information

### Swim Distances:

<u>Swim</u>	<u>Distances</u>	<u>Swim</u>	<u>Distances</u>
Sali-Zaglav	1km	Stene Cliff Coastal	2km
Zaglav-Krkana	1½km	Priseka Peninsula	1½km
Vidilica-Abav	1km	Kornati Coastal	2km
Abax-Kornati	1½km	Kornati-Zut	1½km
Telašćica Bay	2km	Sali Headland	1km

### Swim Conditions:

Swimming in the sea is a fantastic experience but you need to be aware that certain marine life such as jellyfish, sea urchins and coral could be present during the swims. In all cases we will work on reducing your contact with these creatures. However, if you suffer from anaphylaxis please consult the office prior to booking.

### Walking conditions:

There are 2 main walks on this trip, both of which are around 4kms long on walking tracks across the island of Dugi Otok. If you don't wish to do any of the walks you can remain on-board our main escort boat. We would advise that appropriate walking shoes to be worn for all walks.

### Temperatures:

	<u>Water Temperature(°C)</u>	<u>Air Temperature(°C)</u>
<b>July</b>	<b>24</b>	<b>28</b>
<b>August</b>	<b>25</b>	<b>34</b>
<b>September</b>	<b>24</b>	<b>32</b>

*These temperatures are indicative only and can change on a daily/weekly basis*

### Equipment to bring along with you:

In addition to "normal" daily clothes, you will need to bring the following:

Swimming costume (2 of)	Sweater/fleece
Swimming goggles (2 of)*	Towel
Sun hat	Walking shoes
Small daypack	Waterproof sun cream
Waterproof jacket	Aqua shoes/sandals

\*It is advisable to bring a pair of tinted goggles to cater for the sun's glare off the sea during swims

Please note that SwimTrek will supply swim hats. If you think you will want to use a wetsuit, flippers or a rash vest, we recommend you bring these with you in order to maximise your enjoyment of the trip.

If you think you would benefit from a wetsuit but don't want to commit to buying one outright you are now able to **hire a wetsuit for £40** through the company Vigour Events. They will send the wetsuit directly to your door. For further information please [click here](#).

### Group Size:

This trip has a maximum group size of 15 people. The trip will be split into a maximum of 3 groups based on speed, each of which is accompanied by their own safety vessel/escort.

## Practical Information

### Getting There:

We recommend flying to Split and catching the SwimTrek designated transfer from the airport to Zadar ferry port. The transfer to the ferry port takes 1.5hrs and the cost changes depending on the number of travellers:

3 Passengers (minimum required)	€50 per person
4-5 Passengers	€40 per person
6-11 Passengers	€30 per person
12 + Passengers	€20 per person

The transfer departs at 12:30 meeting morning flights from various UK, Irish and German Airport.

The transfer will arrive in Zadar in time for the 15:30 ferry. You will need to purchase your ferry ticket (40 Kuna) at the ticket office prior to getting on the ferry.

### Alternative Public Transport Options from Split Airport to Zadar Port

#### Split to Trogir

Once outside the airport terminal building, make your way to the far side of the car park. The number **37** bus leaves from here and will take you to Trogir where it will terminate at the main bus station (buses leave every 30 minutes). The fare is approximately 15 Kuna (£1.50) and the journey will take 10 minutes.

#### Trogir to Zadar

Change at Trogir Bus Station for the bus to Zadar. The fare from Trogir to Zadar should be around 150 Kuna (£15) and the journey should take around 2 hours. On arrival into Zadar bus station you should catch a taxi to the port, which is about 10 mins away.

#### Ferry from Zadar to Sali

There are 4 sailings with [G&V Line](#) on each day. On both Friday and Saturday the sailings are as follows:

**0530 1000 1530 2000**

Journey time is around 1 hour. You will need to purchase your ferry ticket at the ticket office prior to getting on the ferry.

Return ferries from Sali on Fridays and Saturdays are at:

**0625 11:20 1625 2055**

Full details on ferry timings can be found at [www.gv-line.hr](http://www.gv-line.hr)

It is also possible to fly directly to Zadar although the flights are irregular, however if you are planning to spend time in Croatia before and after the SwimTrek tour this is a good option.

### Public Transport Option from Zadar Airport to Zadar Port

The Airport bus departs **in front of the international terminal**. Driving time to the port in Zadar is approximately 20 minutes. The bus stops at the main bus station and then continues to the old town and port. The price for a one way ticket with the airport bus is around 10 Kuna (£1) and tickets can be bought on the bus. Alternatively a taxi from Zadar airport to Zadar port should cost around 85 Kuna (£8.50)

### Flights

There are a number of scheduled services to and from various British and European cities.

For details on all airlines into Split & Zadar visit:

#### Split Scheduled Flights (selection):

**Easyjet** (Gatwick, Stansted, Bristol, Glasgow) [www.ryanair.com](http://www.ryanair.com)  
**German Wings** (Berlin, Stuttgart) [www.germanwings.com](http://www.germanwings.com)  
**Croatia Airlines** (various routes) [www.croatiaairlines.com](http://www.croatiaairlines.com)

Details on all Split flights to be found at: [www.split-airport.hr](http://www.split-airport.hr)

#### Zadar Scheduled Flights (selection):

**Ryan Air** (Stansted, Manchester) [www.ryanair.com](http://www.ryanair.com)  
**German Wings** (Berlin, Stuttgart) [www.germanwings.com](http://www.germanwings.com)

Details on all Zadar flights found at: [www.zadar-airport.com](http://www.zadar-airport.com)

When booking flights we would always recommend checking [www.skyscanner.net](http://www.skyscanner.net) prior to making a booking.

**Accommodation:**

We are based at the [Hotel Sali](#) for the duration of the trip. It sits in a tranquil bay with views of the mainland. This simple accommodation is ideally placed for our week of open water swimming. All rooms are based on twin-share and all have en-suite facilities.

*(Single Supplements will apply and there is limited availability)*

**Meals:**

All breakfasts and lunches are included, except lunch on Day 4 when you will have the afternoon off.

Dinners are not included, but this gives the ability to choose where, when and with who you would like to dine. We do often dine out together as a group during the evenings.

**Extra Expenses:**

You should bring extra money with you to cover such items as entertainment, dinner, souvenirs, etc.

The local currency is Croatian Kuna. There is a cash machine on the island but it is advised to draw some local currency out before arriving just in case. You can also exchange currency at the hotel. Most restaurants will need to be paid in cash and allow around 180 Kuna per day but this will vary per person.

**Passports and Visas:**

You require a full passport, that should be valid for 6 months beyond the expected length of stay. You should check if you require a visa. Most nationalities including EU, US, Canadian, Australian and New Zealand citizens do not require a visa to enter Croatia. Visa regulations do change. Please check!

**Vaccinations:**

There are no essential vaccination requirements for Croatia, but you should ensure that your tetanus and polio are up to date.