



TRIP OVERVIEW

Discover the beautiful waters of Croatia's Dalmatian Coast on an open water swimming holiday of longer swims in the Sibenik Archipelago. With literally hundreds of islands to explore, (many are uninhabited), our longer swims give you the perfect chance to push yourself further, seeking out the serene ports, green-topped islands and chalky mountains that characterise this region .

This trip features an average daily swim distance of **8km** and includes a combination of coastal swims, crossings and circumnavigations. The islands, reefs and islets, which make up the archipelago, provide a plethora of places to explore, while the fantastic water quality and underwater topography make for some excellent swimming conditions.

Located in the Adriatic Sea, we are based on the island of Prvić in the geographic heart of the Dalmatian Coast. This is the perfect base from which to explore the area's uninhabited islands, quiet fishing communities and laidback way of life. You will also have the chance to visit some of the region's most isolated islands, including Zlarin which has been inhabited for 700 years and where cars are still banned today. Many of the islands visited on the tour are uninhabited and their natural beauty remains unspoilt.

If you would like to explore this part of the world, but are looking for slightly shorter swimming distances, please check out our [Dalmatian Coast](#) or [Dalmatian Coast Short Swims](#) trips.

WHO IS THIS TRIP FOR?

This trip is for those who enjoy a combination of coastal swims and island-hopping and want to extend their daily swim distances a little further than on our other trips. Swimmers should also have a basic understanding of open water swimming and be capable of completing the average swim distance of around 4 km prior to the start of the trip. The average daily swim distance is around 8km (split over a minimum of two swims).

We have given this trip a 'Challenging' grading. These trips are for experienced open water swimmers who want to push themselves.

LOCATION SUMMARIES

Prvić Luka (near Šibenik)

This car-free island contains two beautiful traditional Mediterranean towns. Almost invisible from the mainland, they have preserved their peace and original appearance for generations.

Tijat

An uninhabited island off the West Coast of our base island, Prvić - Tijat is mostly owned by the people of Prvić and shares beautiful swim opportunities for the week.

Zlarin

To some, Zlarin is known as the "golden island" for its sandy beaches and idyllic coves. It's coastline,



lined with pines, offers various unique swim opportunities for us to explore.

TRIP SCHEDULE

Start Point	Hotel Maestral, Prvić Luka www.hotelmaestral.com
Start Time	17:00 on Day 1
Finish Point	Hotel Maestral, Prvić Luka
Finish Time	11:00 on Day 7

Daily Itineraries

Please note that the below daily itineraries are an example of the swims that may take place during your trip, however, actual swim locations and distances will vary according to local weather and sea conditions. Your SwimTrek guides and local boat pilot will determine the most suitable swim locations each day and will communicate the plan with all guests as soon as possible.

Day 1

We meet in the late afternoon where you will have a chance to relax before our pre-trip briefing and acclimatisation swim. In the briefing, we will discuss in detail the plan for the upcoming week.

Day 2

Following breakfast, we board our boat and head over to Tijat for our first full swim of the day. We swim along the coast before reaching our finish point at the lighthouse.

Afterwards, we head to Šepurine bay on Prvić where we moor up in preparation for lunch. You can disembark the boat and walk over to the small village of Šepurine to explore or relax on the boat.

After lunch, we remain in Šepurine where you will have an opportunity to have your stroke filmed before our afternoon coastal swim back towards the hotel.

In the evening, a video playback session will be held using the footage from earlier in the day.

Day 3

Today, we head to the western side of Tijat to start our first crossing of the day from Zmajan (also known as Dragon Island) to Kaprije. We will have a chance to explore the island of Kaprije upon landing there. A short walk up the hill brings you to the perfect panorama of your crossing from Zmajan. Continuing down the hill brings you to the other side of Kaprije, where you will find its main village and plenty of spots to stop for coffee and ice-cream.

After lunch, our second swim takes us along the coast of Zmajan before returning to the hotel.

Day 4

Today is an exciting day exploring the island of Zlarin, with a combination of crossings and coastal swims. In the morning we swim ourselves to each of the three islands just south of Zlarin. After a hearty lunch,



we complete the afternoon coastal swim, exploring the eight bays along the east side of the island, drawing a dragon's back as we swim.

Day 5

After breakfast, we travel to a new island - the uninhabited Kakan - for a morning coastal swim and a short crossing to a neighbouring island. After lunch, we return to Kaprije for our afternoon coastal swim.

Day 6

Today, we complete a full circumnavigation of Lupac in the morning - the closest island to Prvić.

After lunch we head across the bay to Zlarin for our final full swim along the coast of the island. Time permitting, the guides may have the opportunity to give additional technique feedback for the week.

Day 7

Our final day is a relaxed start, as we make our way to a remote beach, where we will have a short swim to end a fantastic week of exploration.

TRIP INFORMATION

Group Size

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

Boat Support

Boat support on this trip includes one main boat and two inflatable boats to be piloted by your SwimTrek guides and a local boat pilot. Please note that this boat support is subject to change without notice and cannot be guaranteed.

Equipment Checklist

For your basic, essential packing list, please visit our [Packing List](#) page on the website. There are no other **additional specific** items required for this location.

TRIP GRADING

We have given this trip a 'Challenging' grading. These trips are for experienced open water swimmers who want to push themselves.



Swimming Distances

Swim	Distance	Swim	Distance
Tijat Coastal	4km	Prvić Coastal	4km
Zmajan - Kaprije Crossing	4km	Zmajan Coastal	4km
3 Islands of Zlarin	4km	Zlarin Coastal	4km
Kakan Coastal	4km	Kaprije Coastal	4km
Lupac Circumnavigation	4km	Zlarin Coastal	4km

Please note that these swims are an example of what may take place during your trip and should be used as a guide only. Actual swim locations and distances will vary according to local weather and sea conditions.

Swimming Conditions

Swimming in the sea is a fantastic experience, however you should be aware that certain marine life such as sea lice, 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 Distances

There are two optional 2 km walks that you can choose to take part in. These take place on the islands of Tijat and Zlarin and offer spectacular panoramic views from both islands.

Walking Conditions

Most other walks take place on recognised paths and tracks, however, there may be cases where we walk along trails or other unsealed surfaces and care should be taken in these areas.

Temperatures

Month	Water Temperature*	Air Temperature*
June	20-23°C / 68-73°F	22-26°C / 72-79°F
July	23-26°C / 73-78°F	26-32°C / 72-89°F
August	24-28°C / 75-82°F	25-31°C / 77-88°F
October	19-21°C / 66-70°F	21-24°C / 70-75°F

*Please note that these temperatures are indicative and should be used as a guide only.

Weather Caveat

For safety reasons, we rely on decent weather conditions when carrying out our swims. Therefore, open water swimming holidays require a certain degree of on-trip flexibility which can result in changes to the planned itinerary. These changes often add a touch of uniqueness to your trip and will be communicated to you by your SwimTrek guides as quickly as possible.



GETTING THERE

The easiest way to get to Prvić Luka is to fly into Split airport and take the private transfer which is organised through the Hotel Maestral.

As SwimTrekkers come from all over the world, and join our swimming holidays in numerous destinations, we don't currently offer flights as part of our SwimTrek packages. We do however want to do as much as we can to ensure that our guests get the best deals when travelling to one of our trips so check out our [SwimTrek flight tips](#) page on the website.

Whilst we have outlined various travel options below, they are subject to change and should be used as a guide only. We suggest that you use the following websites to search for alternative flight and ferry options for this trip.

Whichever route you choose to take, we recommend confirming your flights and other travel arrangements as early as possible to avoid price rises and availability issues.

From Split Airport

Private Transfer to Prvić Luka

To arrange a private transfer from Split Airport to your accommodation at Hotel Maestral, please contact the hotel directly by emailing your arrival information to: info@hotelmaestral.com. This service includes a car and taxi boat transfer, with a journey time of approximately 1 hour 15 minutes, dependent on traffic. The rates are indicated below and are payable on location.

NUMBER OF PASSENGERS	PRICE PER PASSENGER (EURO)
1	110 EUR
2	55 EUR
3	50 EUR
4	45 EUR
5+	40 EUR

Public Transport to Šibenik

Public transport from Split Airport to Šibenik involves catching two different buses. Please note that the information below should be used as a guide only and is subject to change.

From Split Airport, you will need to take the number 37 bus to Trogir, which takes approximately 10 minutes. From Trogir, you will need to board another bus to Šibenik, which takes approximately 1 - 1.5 hours. For up-to-date schedules, availability and the latest route options for this journey please visit:

- Split Airport to Trogir: www.promet-split.hr/vozni-red/urbano-podrucje/linijaid/1974
- Trogir to Šibenik: www.arriva.com.hr/en-us/home

Ferry from Šibenik to Prvić Luka

The ferry ticket office is just 50m from Šibenik bus station, to your left when facing towards the sea. The journey time is approximately 30 minutes and Prvić Luka is usually the second stop, however, we



recommend you check this locally. For up-to-date schedules, tickets and further ferry information, please visit: www.jadrolinija.hr/en/ferry-croatia.

Zadar Airport

Private Transfer to Prvić Luka

To arrange a private transfer from Zadar Airport to your accommodation at Hotel Maestral, please contact the hotel directly by emailing your arrival information to: info@hotelmaestral.com. This service includes a car and taxi boat transfer, with a journey time of approximately 1 hour 15 minutes, dependent on traffic. The rates are indicated below and are payable on location.

NUMBER OF PASSENGERS	PRICE PER PASSENGER (EURO)
1	110 EUR
2	55 EUR
3	50 EUR
4	45 EUR
5+	40 EUR

Public Transport to Šibenik

Public transport from Zadar Airport to Šibenik involves catching two different buses. Please note that the information below should be used as a guide only and is subject to change.

From Zadar Airport, you will need to take the airport bus to the main bus station in Zadar city centre, which takes approximately 20 minutes. From Zadar city centre, you will then need to take another bus to Šibenik, with a journey time of approximately 1.5 hours.

For up-to-date schedules, availability and the latest route options for this journey please visit:

- Zadar Airport to Zadar: <https://getbybus.com/en/blog/airport-bus-zadar/>
- Zadar to Šibenik: www.buscroatia.com/bus-station-zadar/

Ferry from Šibenik to Prvić Luka

The ferry ticket office is just 50m from Šibenik bus station, to your left when facing towards the sea. The journey time is approximately 30 minutes and Prvić Luka is usually the second stop, however, we recommend you check this locally. For up-to-date schedules, tickets and further ferry information, please visit: www.jadrolinija.hr/en/ferry-croatia

ACCOMMODATION

Our accommodation for this trip is in Hotel Maestral, one of the region's finest locally owned hotels. The hotel is perfectly situated directly on the waterfront and offers a range of twin-share rooms with en suite facilities. There are a limited number of single supplement rooms which can be reserved during the booking process, subject to availability.



Pre/Post Trip Accommodation and Trip Extension Options

If you require any additional nights' accommodation before or after the trip, this can be arranged directly through the Hotel Maestral.

Email: info@hotelmaestral.com

Tel: +385 22 448 300

Food and Drink

All breakfasts and lunches are included in your trip price - however, dinners are at your own expense. This gives you a fantastic opportunity to explore and experience the local cafes and restaurants of your choice over the course of your trip. The average cost of dinner in a local restaurant is around 225 Kn. Throughout the course of the trip you will have to opportunity to join us for optional group dinners at locally recommended restaurants.

For more information, please visit our [food and drink](#) page on the website.

TRAVEL ADVICE

For more information on any of the following sections please visit the [Travel Advice](#) page of our website.

Money, Extra Expenses and Tipping

You should bring extra money with you to cover such items as dinners, souvenirs, entertainment, etc. The local currency is Euro €. There is one ATM available in Prvić Luka where you can draw local currency out, it is located 100m down the road from our hotel. It is advised to draw local currency out before arriving on the island, you can exchange currency at the post office and there is a cash machine in Šibenik.

Please note a tourist tax will need to be paid on location and will be up to €2.20 per person per night.

In some countries, tipping (gratuities) is not part of the culture - in others it has become an expected norm. We believe that tipping is done entirely at your own discretion. If you have been provided with excellent it may be something you wish to do. Your SwimTrek Guides can advise on local norms for service providers like boat crew, waiters or taxis. Nothing is expected for your SwimTrek Guides, but many groups like to present something to the Guides at the end of the trip.

Passports and Visas

Croatia is part of the European Union. Non-residents of Croatia require a full passport to enter the country, which should be valid for six months beyond the expected length of stay. Citizens of most countries, including all E.U. member states, U.S., Canada, Australia and New Zealand do not require a visa to enter Croatia. Please note that visa regulations are subject to change, and we advise that you check your own visa requirements prior to travel.

As of 1 January 2023, Croatia became part of the Schengen area. Travellers from other Schengen countries do not require a visa to travel to Croatia. Generally, citizens of European countries, regardless



of whether their countries are Member States of the EU or not, do not need a visa to come to Croatia but do require a full passport, valid for six months beyond the expected length of stay. The only exceptions to this rule are the Russian Federation, Belarus and the Republic of Turkey. Visa regulations are subject to change, and we advise that you check your own visa requirements prior to travel.

Responsible Travel

SwimTrek is conscious of the importance of protecting the world's natural wonders. We are acutely aware of our responsibility to not only take care of the natural environments which we are lucky enough to explore, but also to educate our guests about the importance of conservation efforts and responsible tourism. It's for this reason that we have worked so closely with our partners to ensure that our trips are conducted in the most responsible and sustainable way possible, working tirelessly to minimise the impact of our presence on local marine life and the natural habitat.

For more information, please visit our [Responsible Travel](#) page on the website

Travel Insurance

We consider comprehensive travel insurance to be essential, and we strongly recommend that you purchase insurance which includes, but is not limited to, cover for illness, accident, emergency repatriation, ambulance, air ambulance, helicopter rescue services, cancellation, lost luggage and delays. Your travel insurance should also cover you for open water swimming and any other activity listed in your trip itinerary (including races and competitions, where applicable). Please read your policy details carefully and remember to take them with you on your trip for your own reference. For further information, please visit our [Travel Insurance](#) page on the website.

Health Information and Recommended Vaccinations

Here at SwimTrek we pride ourselves on our focus on safety and the well-being of all our guests. As we operate in some beautiful and remote locations medical facilities are not always easily accessible. SwimTrek Guides, and many staff working for our local partners, are first aid trained. However, we ask that you read our [Travel Health](#) page to ensure that you are informed about general Travel and Swim Health precautions for change,

Internet Access, Electricity and Travel Plugs

There is complimentary Wi-Fi internet access across the hotel and in the rooms.

For a useful source of information on the different electrical outlets, electrical plugs, and electric sockets, please visit worldstandards.eu