



TRIP OVERVIEW

Swim between the Italian and Balkan peninsulas in Croatia's warm, clear Adriatic Sea. It's here, in the northernmost reaches of the Mediterranean, where we'll discover the scattered islands of Kornati National Park. Kornati's 140 islands are known for their lunar-like appearance, as well as having a wealth of caves grottoes and otherworldly karstic scenery. It's the perfect setting on Croatia's famous Dalmatian Coast to stage a varied range of unforgettable swims.

This part of Croatia also enjoys superb water clarity and the islands, islets and bays we'll visit - not only in the Kornati National Park, but also the Telašćica Nature Park and wider area - offer hundreds of swimming options and secret treasures to uncover.

With so many natural wonders to find, both above and below water, your swims give you a very rare opportunity to reach places few will have ever been before you and make your own unique Dalmatian discoveries.

WHO IS TRIP FOR?

This trip is designed for the SwimTrekker that is looking for coastal swims along the numerous mostly uninhabited islands that make up this archipelago.

Swimmers should have a basic understanding of open water swimming and be capable of completing the average swim distance of around 3 km prior to the start of the trip. The average daily swim distance is around 5km (split over a minimum of two swims).

We have given this trip a 'Moderate' grading. Most swimmers comfortable in the open water will be able to take part and enjoy one of these trips.

LOCATION SUMMARIES

Dugi Otok

Dugi Otok is literally 'Long Island' in Croatian. With its rugged west coast, most of the inhabitants live on the flatter eastern side. The massive lagoons at Telašćica, only a short distance from Sali, offer an ideal swimmer's paradise.

Sali

Our base for the week is just outside the port town of Sali in the tranquil Sašćica Bay, overlooking the island of Krknata. The restaurants and port of Sali are a short 10-minute walk away.



Kornati National Park

This archipelago covers an area of 300 square kilometres and is home to a huge number of coves, isolated communities and stunning blue waters.

Telašćica Bay Nature Park

Telašćica is derived 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.

TRIP SCHEDULE

Start Point	Hotel Sali, Dugi Otok, www.hotel-sali.hr
Start Time	17:00 on Day 1
Finish Point	Hotel Sali, Dugi Otok, www.hotel-sali.hr
Finish Time	11:00 on Day 7

Please note that the below daily itineraries are an example of the swims that may take place during the course of 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

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

Day 2

We start the morning by heading down to the port to meet the main boat and boat pilot, before we head off for our first swim to Krknata. This swim is an excellent way to follow both the coast and the sea floor which is only a few metres underneath you. Being Sunday, you'll hear the bells of the churches reverberate across the bay.

After a break for lunch and some time spent videoing your stroke, we journey by boat out to the island of Lavdara. We'll swim along the eastern side of the island, with views of the local fish farms raising Sea Bream, Sea Bass and Tuna. This island serves as a rookery for many of the local birds as well. Later in the evening, your swim guides will hold an analysis session to review your stroke through video playback, where they will be able to offer technique advice to work on for the rest of the trip.



Day 3

We begin the day by travelling to Telašćica Bay - an 8km-long protected bay which is home to over 25 smaller bays and 5 islands. We start the swim from an isolated hamlet and head out towards the prominent island of Farfariculak checking out an interesting crevasse/cove. After a break for lunch, we'll cross to the western side of one of the inner bays for another coastal swim towards the Telašćica national park headquarters.

Once dry, we travel along Telašćica Bay before walking to the famous landlocked Salt Lake Mir (which you can swim in!) and taking in the views from the top of the stunning Dugi Otok cliffs with views of the wide open Adriatic. We'll then ride a boat back to Sašćica bay.

Day 4

Approaching midweek, today is a half day with a swim in morning and optional late afternoon hike. We'll travel by boat to the other side of Lavdara for a coastal swim. This sheltered side of Lavdara is green and lush - quite distinct from our swim on Day 2. You'll see traditional Croatian homes and examples of olive farming. You'll return to Sašćica bay for lunch on your own. The guides can point you in the right direction for a short walk up to a viewpoint if you would like, or you can just relax for the afternoon before an optional group dinner, serving traditional Peka Croatian dishes.

Day 5

Today, we head out to the islands of Brusnjak/Borovnik & Sit. Brusnjak/Borovnik are two islands separated by a shallow pass through. We'll attempt to circumnavigate the entire two islands with the opportunity to keep an eye out for the elusive Adriatic octopus. Following lunch in a protected bay we'll cross over to Sit for a lovely coastal swim, before returning to Sašćica Bay.

Day 6

Today, we'll explore the Kornati National Park further, swimming alongside the islands of Levrnaka and Silo. Kornati National Park is made up of 89 of Kornati's 140 or so islands - the entire area can also loosely be characterised as 'Kornati'. The first swim of the day begins along the coast of Levrnaka, with an opportunity to explore a World War II German patrol boat that was sunk by the British RAF. The swim begins in the shelter of Kornati before coming around the point open to the expansive Adriatic Sea. Upon completion of the swim, we'll travel to a beautiful sandy beach (one of the only sand-covered beaches in Kornati) to moor and enjoy a post lunch dip. This is a great spot to swim to shore, discover shoals of fish or just simply relax before embarking on our afternoon swim.

In the afternoon, we'll do a bit of sightseeing as we explore the cliffs of Mana and recreated Roman ruins from a 1959 German film. We head past cliffs that plunge deep into the ocean below, which are the nesting sites of Peregrine and Eleonora's falcons. Additionally, we'll keep our eyes peeled for the Adriatic Bottlenose dolphins that frequent this area. We begin our journey back, stopping to swim the coast of Silo Island. This uninhabited island has wild sheep that may come visit the water and watch you



swim. Together, these two swims make for a truly epic day! We'll travel back to Sašćica bay to celebrate our week with a toast from our boat captains.

That evening, we'll have a celebratory dinner to mark the amazing week and recognize your accomplishments.

Day 7

This morning, we'll enjoy a relaxed start to the day as we swim from in front of the hotel around the coast, towards Sali. It's a short swim to end a fantastic week of swimming around this treasure trove of unique Kornati islands!

TRIP GRADING

We have given this trip a 'Moderate' grading. Most swimmers comfortable in the open water will be able to take part and enjoy one of these trips.

Swimming Distances

Swim	Distance	Swim	Distance
Krknata Coastal	3km	Lavdara Coast	2½km
Telašćic Bay Coastal (Crevasse Swim)	3km	Telašćica opposite shore	2km
Lavdara Coastal	3km	Free Afternoon	
Brusnjak/ Borovnik	3km	Sit Coastal	2 ½ km
Levrnaka	3km	Silo Coastal	2 ½ km

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.

Temperatures

MONTH	WATER TEMPERATURE*	AIR TEMPERATURE*
June	21-24°C / 70-75°F	22-25°C / 72-77°F
July	23-26°C / 73-79°F	24-28°C / 75-82°F
September	23-25°C / 73-77°F	23-26°C / 73-79°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. As a consequence, 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.

TRIP INFORMATION

Group Size

This trip has a maximum group size of 15. The group will be split into a maximum of three swim 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 support boats to be piloted by your SwimTrek guides and local boat pilot(s). Please note that this boat support is subject to change without notice and cannot be guaranteed.

Extra Activities

Seek out the magic of Dugi Otok island (long Island) in all its natural beauty and discover spectacular tourist destinations, like the Strašna Peć cave. Additional options include booking a massage along the hotel jetty, olive oil tasting at Zlatna Kap, diving at Kornati Diving Center or hiking the numerous trails.

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.

GETTING THERE

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.

The easiest way to get to Sali is via flying into Zadar followed by a transfer to the Zadar Old City Port (Zadar Gradska Luka), and then a ferry onwards to Sali. It is possible to fly to Split but it takes considerably longer.



Getting to Zadar Old City Port Via Zadar

From Zadar Airport, you can catch a local taxi from outside the arrivals area to the port. This journey takes approximately 10 minutes and costs around €27 for up to three passengers. Larger vehicles are also available to book via <https://croatiatransfers.hr/>.

Finally, you can also catch public transport from the airport to the port. There is a local bus which departs from in front of the international terminal and takes approximately 20 minutes to reach the port via the main bus terminal and the old town. Once published, timetables for public buses can be viewed at www.zadar-airport.hr/en. The price for a one way journey from the airport to the Old Town Port is approximately €5.00 and tickets can be bought on the bus.

Ferry from Zadar Port to Sali Port

There are two ferry lines that will get you to the Port on the island of Dugi Otok. You have the choice of the national line, the 406 and a national high speed line, the 9406. Ferry tickets are from 10€ each way. For more information on timetables and where to collect your ferry tickets please visit www.gv-zadar.com. If you arrive early and wish to explore Zadar, there are left luggage facilities locally to make getting around easier for you.

Please note, Port Sali is currently shut. All ferries will arrive at the neighbouring port; Zaglav. A 10 minute bus transfer will be provided from Zaglav back to Sali, your original arrival destination. The cost of the bus transfer is 10 kuna. More information can be found at www.gv-zadar.com/od-15-studenog-2021-zatvorena-luka-sali/. You will also have to catch the connecting bus at the end of your trip for the return ferry to Zadar.

Finding Hotel Sali

Get off at the 3rd stop on the bus. Head left past the sign for Apartman Long Islands and towards Bocac grill & hotel Sali. Once you reach Bocac Restaurant, turn right and the Hotel Sali reception will be 50 metres ahead of you. This walk should take no longer than 10 minutes.

ACCOMMODATION

We are based at the Hotel Sali for the duration of the trip. The hotel sits in a tranquil bay with views of the mainland. The accommodation is simple and is ideally placed for our week of open water swimming. Our accommodation is based on 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 would like to extend your stay in Sali and need to book additional nights' accommodation before or after your trip, please contact the hotel directly via: info@hotel-sali.hr.



Food and Drink

All breakfasts and lunches are included in your trip price, except for lunch on Day 4 which is 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.

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 entertainment, dinner, souvenirs, etc. The local currency is Euro €. 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. Please note that most restaurants and local businesses do not accept credit/debit cards.

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.

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.

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 all E.U. member states, the US, 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.

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.

Internet Access, Electricity and Travel Plugs

There is complimentary Wi-Fi internet access in the hotel reception.

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