



TRIP OVERVIEW

Join us on this Croatian short escape we swim the beautiful Zadar archipelago and explore the quiet coastlines of the country's stunning scattered northern islands. Based on the picturesque island of Ugljan, which sits directly opposite the mainland town of Zadar just 10km away, this short trip gives us the perfect opportunity to have uninterrupted time for swims, whilst being a short enough getaway to fit around busy schedules.

The swims during the tour will visit several of the islands that make up this pretty archipelago, combining a mix of coastals, crossings and circumnavigations. Our accommodation for the duration of the trip is in the 4-star Vile Dalmacija, located right on the beach in the small town of Preko. Our large and modern apartments are a comfortable retreat at the end of each day of swimming, while the pool and beach offer you the chance to spend even more time in the water without having to venture more than a few steps from your room.

A small island getaway where your next swim is only moments away, this trip has so much to see, from the sweet sheltered bay swims at the doorstep of your hotel, to taking advantage of some great local hikes such as the spectacular views from St. Michael's fort. Don't miss out on all this stunning short escape can offer you.

WHO IS THIS TRIP FOR?

This trip is designed for those looking for a short escape with coastal swims in a quieter, but still easily accessible location. Swimmers should have a basic understanding of open water swimming and be capable of completing the average daily swim distance of around 5 km (split over a minimum of two swims) prior to the start of the trip.

LOCATION SUMMARIES

Ugljan

One of the largest islands in the Zadar Archipelago, Ugljan is just a short ferry journey from Zadar. Known as the green island, the interior is covered with dense bush, pine trees, olive-groves, fig-groves and vineyards. The island's virtually uninhabited west coast is pitted with coves and offshore islets.

Preko

Our base for the trip, the village Preko sits beneath the Byzantine ruins of St. Michael Fort. From here, you get stunning views of the island, hidden beaches, the odd fishing village and Preko itself, as well as the Zadar channel and islands which surround us.



Zadar Archipelago

Separated from the mainland by the Zadar Channel, this archipelago covers an area of 300 square kilometres and is home to a huge number of coves, isolated communities and crystal clear waters.

TRIP SCHEDULE

Start Point	Vile Dalmacija, Preko, Ugljan www.vile-dalmacija.com
Start Time	17:30 on Day 1
Finish Point	Vile Dalmacija, Preko, Ugljan www.vile-dalmacija.com
Finish Time	11:00 on Day 5

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 meeting your guides and fellow guests at your accommodation, we hold a welcome meeting and safety briefing where we will run through the plans for the days ahead. Following this, we hold an acclimatisation swim at the beach directly in front of our hotel. This is an ideal opportunity for you to get used to the local conditions.

Day 2

For our first morning's swim, we head to Mulina, the marina in the North of Ugljan via taxi and meet our boat pilot for the week. From the harbour, we cross to the Island of Rivanj where we get a view of it's south western coast before heading north, where we'll carry out a coastal swim in view of the Mala Sestrica lighthouse. After lunch we'll head to south Setrunj for a shorter island hopping swim before returning to Preko after a fantastic start to our break.

Day 3

Today we travel down to Ugljan's south coast on our way to Mali Zdrelac, which divides Ugljan from the island of Pasman. Once we make our way through the narrow strait, we arrive into the stunning Sabusica Bay, which will be the focus of this morning's swimming. We'll make our way around to the eastern coast of Ugljan where we'll then swim on towards Kali - a small vibrant village a few kilometres south of Preko. After our swim, we have the option of being dropped off right outside the hotel, or at Kali to walk back to the Vile Dalmacija.



Day 4

We head back down to the south of the island by taxi today to meet our boat for our last full day of swimming. From here we make the crossing to eastern coast of the island of Iz, which sits between Ugljan and Dugi Otok. We'll begin our morning swim from the village of Mali Iz. After lunch on board the boat, we island hop around southern Iz between the tiny islands of Tomesnjak and Mrtovnjak, before making the boat crossing back to Ugljan. Alternatively, there is an option if you wish, to be dropped off at Uvala Svitla for a walk back to our accommodation in Preko via Fort Saint Michael, which takes roughly 2 hours and offers spectacular views.

Day 5

This morning, there is time for a final pre-breakfast sunrise swim before our trip comes to an end. The swim takes place from the beach in front of our aparthotel and crosses to the island of Galevac and the Franciscan Monastery of St. Paul The Hermit. After breakfast, we'll then say our farewells.

TRIP INFORMATION

Essential Equipment Checklist

In addition to your daily non-swimming clothes, we also recommend that you bring the following items:

✓	ITEM	✓	ITEM
<input type="checkbox"/>	Swimming Costume (x 2)	<input type="checkbox"/>	Small Daypack
<input type="checkbox"/>	Swimming Goggles (x 2)*	<input type="checkbox"/>	Windproof / Waterproof Jacket
<input type="checkbox"/>	Sun Hat and Sunglasses	<input type="checkbox"/>	Sweater / Fleece
<input type="checkbox"/>	Waterproof Sun Cream	<input type="checkbox"/>	Aqua Shoes / Sandals
<input type="checkbox"/>	Walking Sandals/Trainers	<input type="checkbox"/>	Insect Repellent
<input type="checkbox"/>	Towel		

*Try to bring one clear lens and one tinted lens for different light conditions.

Please note that SwimTrek will supply swim hats and provide water and electrolyte drinks in shared water bottles on your safety boat. If you prefer to use your own drink bottle, please feel free to bring one along. If you would like to use a wetsuit, rash vest or fins during your swims, please ensure that you bring these with you.

Group Size and Boat Support

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 support boat.

Boat support on this trip includes one main boat and two support 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.



TRIP GRADING

Swimming Distances

SWIM*	DISTANCE	SWIM*	DISTANCE
Rivanj Coastal	2½km	Sestrunj- Veli Paranak	2km
Sabusica Bay	3km	Kukljica-Kali Coastal	2km
Iz Southern Coastal	3km	Tomesnjak-Mrtovnjak	2km

*Please note that these swims are an example of what may take place during the course of 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 Conditions

Most 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. At the top of Ugljan island is the impressive St Michael's fort and is worth the hike for views out over the surrounding islands. Appropriate footwear should be worn for these walks.

Temperatures

Month	Water Temperature*	Air Temperature*
September	20-24°C / 68-75°F	23-27°C / 73-81°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.



GETTING THERE

The easiest way to get to Ugljan at the start of your trip is to fly in Zadar Airport. It is also possible to fly into Split Airport and travel by road to Zadar, but this is a significantly longer journey time. Please see the 'Travelling Via Split' section below for further information about this option.

While we have outlined various travel options below, they are subject to change and should be used as a guide only. Whichever route you choose to take, we recommend confirming your flights and other travel bookings as early as possible in order to avoid price rises and availability issues.

OPTION 1: TRAVELLING VIA ZADAR

Flights to Zadar

To search for available flights into Zadar Airport, please visit www.skyscanner.net.

Zadar Airport to Vile Dalmacija - Private Transfer

A private transfer from Zadar Airport to your accommodation at Vile Dalmacija on the island of Ugljan can be pre-booked for up to four people for €32 each way and €38 for a minibus to accommodate up to 8 people each way. To book a transfer, please contact info@vile-dalmacija.com once you have booked the trip and confirmed your flights.

This private transfer includes a short journey from Zadar Airport to one of Zadar's two ferry ports, followed by a ferry journey to Ugljan. Once you arrive on the island, you will be transferred from the ferry port to your accommodation at Vile Dalmacija. The total journey time for this transfer will vary depending on your flight arrival time, local ferry schedules, etc, however, please allow approximately 1.5-2 hours to reach your accommodation in Ugljan.

Zadar Airport to Accommodation - Public Transport

On arrival in Zadar Airport you will need to travel to one of Zadar's two ferry ports (www.zadar-airport.hr), followed by a ferry journey to Preko Port on Ugljan Island. For further information and timetables for this ferry, please visit www.jadrolinija.hr.

IMPORTANT: If you are planning to travel via public transport, you will need to email your arrival details into Preko Port to your accommodation at Vile Dalmacija in order to arrange for the hotel to pick you up from the port and transfer you to your accommodation. To arrange this transfer, please email info@vile-dalmacija.com.

OPTION 2: TRAVELLING VIA SPLIT

Flights to Split

To search for available flights into Split Airport, please visit www.skyscanner.net.



Split Airport to Vile Dalmacija - Private Transfer

A private transfer for up to four people from Split Airport to your accommodation at Vile Dalmacija, on the island of Ugljan, is available to book for €175 each way. Alternatively, a minibus for larger private transfer group of up to eight people, is €200 each way. To book your place on this transfer, please contact info@vile-dalmacija.com once you have booked the trip and confirmed your flights.

This transfer includes a private vehicle transfer from Split Airport to one of Zadar's two ferry ports, followed by a ferry journey to Ugljan. Once you arrive on the island, you will be transferred from the ferry port to your accommodation at Vile Dalmacija. The total journey time for this transfer will vary depending on your flight arrival time, local ferry schedules, etc, however, please allow approximately 4.5-5 hours to reach your accommodation in Ugljan.

Split Airport to Vile Dalmacija - Public Transport

If you are travelling via Split Airport (www.split-airport.hr) you can also reach Zadar via public transport, however, please note that journey times can be very long and may require long waits between connections.

The easiest way to get from Split airport to Zadar is to travel via Trogir. When leaving the arrivals area at Split Airport, you will need to make your way to the far side of the car park and catch the number 37 bus which departs every 30 minutes and will take you to the main bus station in Trogir. The journey to Trogir takes approximately 30 minutes costs around 15 Kuna. Once released, the bus timetable can be found at www.promet-split.hr/en/bus-line-37.

When you reach Trogir Bus Station, there are a number of connecting services to Zadar Bus Station. The journey takes approximately two hours and costs around 80 Kuna (€10) Once released, the bus timetable can be found at www.buscroatia.com/trogir-zadar. Upon arrival into Zadar, we recommend catching a taxi to the ferry port, which is a 10-minute drive away. From here, you will need to catch a ferry to Preko Port. For further information and timetables for this ferry, please visit www.jadrolinija.hr.

IMPORTANT: If you are planning to travel via public transport, you will need to email your arrival details into Preko Port to your accommodation at Vile Dalmacija in order to arrange for the hotel to pick you up from the port and transfer you to your accommodation. To arrange this transfer, please email info@vile-dalmacija.com.

PRACTICAL INFORMATION

Accommodation

For the duration of this trip, we stay in spacious, stylish apartments at the perfectly located 4-star Vile Dalmacija. This small aparthotel offers a combination of one and two-bedroom apartments in a sea front location a short stroll away from a small sandy beach. All apartments are furnished in a contemporary



style with neutral mediterranean colours and an open, light feel. They feature a living area, terrace or balcony and separate bedroom(s) with a king-size bed in each room. Each apartment is air-conditioned and comes with a flat-screen TV, safe deposit box and a small kitchenette with a hob and microwave, fridge and kettle. Free WiFi is available throughout the property.

Our accommodation is based on twin-share rooms with en suite facilities in either one or two-bedroom apartments with a king-size bed in each bedroom. *If you decide to book as a twin-share, each bedroom within the two bedroom apartment will have its own en-suite bathroom.* 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 Croatia and need to book additional nights' accommodation before or after your trip, please contact the aparthotel directly via info@vile-dalmacija.com.

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 Preko's cafes and restaurants over the course of your trip. The average cost of dinner in a local restaurant is around 100-120 Kuna. Alternatively, our close proximity to the mainland makes it easy to catch a ferry to Zadar, to enjoy an evening meal in the historic city and return back to Preko.

Money, Extra Expenses and Tipping

You should bring extra money with you to cover such items as dinner, souvenirs, entertainment, etc. The local currency is Croatian Kuna (Kn), although many places (e.g. hotels, large restaurants, etc.) will accept Euro instead of Kuna as a form of payment. Please note a tourist tax will need to be paid on location, currently €1.40 per person, per night. It is advised to draw local currency out before arriving on the island. You can also exchange currency at Vile Dalmacija. Please note that not all restaurants and local businesses accept credit/debit cards.

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.

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.



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 about travel insurance, please visit: www.swimtrek.com/travel-insurance.

Health Information and Recommended Vaccinations

For comprehensive health information for people travelling to Croatia, including all recommended and required vaccinations, please visit www.travelhealthpro.org.uk/countries. Please note that this information is subject to change and you should re-check this site regularly prior to your trip.

Travel Plugs & Electricity

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