



## TRIP OVERVIEW

Join us for an unforgettable island-hopping swimming holiday along Croatia's spectacular Dalmatian Coast. Based amongst the islands, reefs and islets of the Šibenik archipelago, this tour combines dramatic coastlines and lunar-like landscapes, with superb water quality and some truly stunning underwater topography.

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 laid back way of life.

During the tour you will visit some of the most isolated islands in the Adriatic Sea 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 is untouched.

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

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## WHO IS THIS TRIP FOR?

This trip is designed for the swimmer that is looking for a combination of both island hopping and coastal swims. Swimmers should have a basic understanding of open water swimming and be capable of completing the average daily swim distance of around 4 km prior to the start of the trip.

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## 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.

### Šibenik

This UNESCO World Heritage listed city is beautiful to explore. St James Cathedral towers over Šibenik's water frontage and terrapins bathe in the fountain in front of the Church of Our Lady.

### Žirje

Inundated with bays and coves and the furthest-out island of the Šibenik archipelago, Žirje is a real gem. Popular with sailors, it has a real maritime feel about it.



## TRIP SCHEDULE

|                     |   |
|---------------------|---|
| <b>Start Point</b>  | Hotel Maestral, Prvić Luka <a href="http://www.hotelmaestral.com">www.hotelmaestral.com</a> |
| <b>Start Time</b>   | 18:00 on Day 1  |
| <b>Finish Point</b> | Hotel Maestral, Prvić Luka  |
| <b>Finish Time</b>  | 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 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

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

#### Day 2

Following breakfast we carry out an acclimatization swim, followed by a coastal swim along the Prvić Luka coast. It's a great opportunity to get used to swimming in a small group before we take on the crossings later on. The sheltered bay of Sepurine is our base for a technique videoing session. The guides video your stroke above and below the water to provide advice on later in the evening over drinks. The second swim of the day is the crossing to Tijat. On arrival we make our way up to the highest point on the island, where the view from the top is fantastic. In the evening, a technique advice and 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 to Zmajan, also known as Dragon Island. After a hearty lunch and a chance for some rest, we will do our second crossing of the day from Zmajan to Kaprije. We will have a chance to explore the island of Kaprije upon landing. 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 complete with **coffee** and ice-cream.

#### Day 4

Today we have some time off from island-hopping. We start with a visit to Sibenik, which gives us a chance to walk around the cobbled streets of this ancient town, before hopping in the water for our first swim. We then head to the island of Zlarin, where we have a relaxed lunch, followed by an optional walk (2km) to the lookout tower which gives stunning views over the islands to which we swim during the week. The second swim of the day sees us swimming along the shore of Lupac, Prvic's smaller neighbour.



## Day 5

We return to island hopping and complete two more crossings. The morning is taken up with the crossing from Kaprije to the uninhabited island of Kakan. Following lunch there is another opportunity for guides to provide a further optional technique advice session. It's then time for one of the biggest crossings of the week as we swim to the rugged island of Žirje, which is one of Croatia's most isolated yet idyllic islands.

## Day 6

Today it's an early start as we head back to Žirje, the most western island of the Šibenik archipelago, for a day of scenic coastal swimming along some of its most striking coastline. There is nothing in the Adriatic between where we swim and the Italian coastline. The underwater topography is superb and dolphins have been spotted around here before.

## Day 7

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 swimming.

## TRIP INFORMATION

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

\*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.

## Swimming Distances

| Swim               | Distance | Swim            | Distance   |
|--------------------|----------|-----------------|------------|
| Prvić Luka Coastal | 2km      | Lupac Coastal   | 1½km       |
| Prvić Luka - Tijat | 1½km     | Kaprije - Kakan | 2km        |
| Tijat - Zmajan     | 2km      | Kakan - Žirje   | 2½km       |
| Zmajan - Kaprije   | 2½km     | Žirje Coastals  | 2½km, 1½km |
| Zlarin Coastal     | 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 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.

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      | 23-25°C / 73-77°F  | 26-30°C / 79-86°F |
| August    | 23-26°C / 73-79°F  | 27-30°C / 81-86°F |
| September | 21-24°C / 70-75°F  | 25-28°C / 77-82°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. 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.

## 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 safety vessel/escort.

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.

## 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. There are a wide range of airlines serving both Split and Zadar airports from various British and European cities and you can take a private transfer from either airport to your accommodation. For further details on all airlines that fly into Split & Zadar airports please visit the following websites:

- [www.split-airport.hr](http://www.split-airport.hr)
- [www.zadar-airport.hr](http://www.zadar-airport.hr)

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.

**Flights:** [www.skyscanner.net](http://www.skyscanner.net)

**Ferries:** [www.croatiaferries.com](http://www.croatiaferries.com)

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

### Option 1: Getting There via Split

To search for available flights into Split, please visit [www.skyscanner.net](http://www.skyscanner.net).

### Private Transfer from Split Airport 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](mailto: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 (CROATIAN KUNA) | PRICE PER PASSENGER (EURO) |
|----------------------|-------------------------------------|----------------------------|
| 1                    | 720 HRK                             | 96 EUR                     |
| 2                    | 360 HRK                             | 48 EUR                     |
| 3                    | 320 HRK                             | 43 EUR                     |
| 4                    | 300 HRK                             | 40 EUR                     |
| 5+                   | 270 HRK                             | 35 EUR                     |

## Public Transport from Split Airport 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](http://www.promet-split.hr/vozni-red/urbano-podrucje/linijaid/1974)
- Trogir to Šibenik: [www.arriva.com.hr/en-us/home](http://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](http://www.jadrolinija.hr/en/ferry-croatia).

## Option 2: Getting There Via Zadar

To search for available flights into Zadar, please visit [www.skyscanner.net](http://www.skyscanner.net).

## Private Transfer from Zadar Airport 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](mailto: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.

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| 3                    | 320 HRK                             | 43 EUR                     |
| 4                    | 300 HRK                             | 40 EUR                     |
| 5+                   | 270 HRK                             | 35 EUR                     |

## Public Transport from Zadar Airport 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/](http://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](http://www.jadrolinija.hr/en/ferry-croatia)

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## **PRACTICAL INFORMATION**

### **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.

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](mailto:info@hotelmaestral.com)

**Tel:** +385 22 448 300

### **Meals**

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.

### **Extra Expenses**

You should bring extra money with you to cover such items as dinners, souvenirs, entertainment, etc. The local currency is Croatian Kuna (Kn). 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.

### **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.

## 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](http://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/electricity/plug-voltage-by-country/](http://www.worldstandards.eu/electricity/plug-voltage-by-country/).

## Other Information

If there is any further information that you require before your trip, or if you have any questions whatsoever, please don't hesitate to get in touch with us using the contact details at the bottom of these Trip Notes.