



TRIP OVERVIEW

Enjoy swimming in Croatia's crystal clear Adriatic sea, as we explore the scattered islands of the Kornati National Park. Comprised of over 130 islands which are renowned for their lunar-like appearance, this beautiful section of Croatia's famous Dalmatian Coast offers a huge range of unforgettable swims.

This part of Croatia 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.

With so many natural wonders to explore, both above and below the water, your swims give you the opportunity to discover this fascinating corner of the world from a truly unique perspective.

WHO IS TRIP FOR?

This trip is designed for the SwimTrekker that is looking for a combination of both island-hopping and coastal swims while swimming between and along mostly uninhabited islands. Swimmers should have a basic understanding of open water swimming and be capable of completing the average daily swim distance of around 5km (split over a minimum of two swims) prior to the start of the trip.

LOCATION 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 distance from Sali, is an ideal swimming spot.

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 crystal clear 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
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 in which 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 Sascica 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.

After a break for lunch and some time spent videoing your stroke, we journey by boat out to the island of Tukošćak. From here we carry out our first crossing to Mrtonjak Island. It's a short crossing and when we hit land, we'll then complete a circumnavigation around the island. 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, before swimming back towards the coast.

Once dry, we travel along Telašćica Bay before walking to the famous Salt Lake Mir (which you can swim in!) and take in the views from the top of the stunning Dugi Otok cliffs. In the afternoon we cross Telašćica Bay by boat and exit the bay by swimming along the large crevasse in the northern part of Kornati National Park, near to the Island of Katina, which lies just off the main island of Kornati. We then travel back to Sali by local taxis, via the view point on the southern side of Telašćica Bay to take in the sight of the Stene Cliff.

Day 4

Today we start off with a walk across the southern section of Dugi Otok back into the wonderful



Telašćica Bay. The walk offers up some stunning scenes including an aerial view of the swims we completed the previous day. Our first swim of the day is a stunning route along Telascnica Coast, finishing off with a small crossing and a circumnavigation of the small island a few hundred metres from the coast. Once back on board, we make our way back to land where we will be met again by taxis to take us back to Sali. After returning to the hotel, the afternoon is free to enjoy a well-deserved rest.

Day 5

Today we head out into the Kornati National Park, journeying to Otok Lavernaka where we begin our swim in this blue bay and carry out an island hop. We head past some cliffs dropping deep into the ocean below, which are the nesting sites of Peregrine and Eleonora's Falcons. After some lunch, we head back east through the Kornati Park where we can island hop from Otocic Malo Silo to Otok Zornjak. Plenty of interesting rock formations and underwater scenery make this an explorer's delight!

Day 6

Today we travel east as we swim from the uninhabited Skala and hop over a trio of islands before we arrive at the narrow island of Sit. The water is shallow at various sections during this swim, so you'll have a good view of the seabed below.

In the afternoon we head towards the nearby island of Žut, the Adriatic's largest uninhabited island. Here we will swim amongst a cluster of neighbouring islands as we participate in mini crossings around Glamoč.

Day 7

This morning we'll enjoy a relaxed start to the day, as we swim from in front of the hotel across the bay. It's a short swim to end a fantastic week of swimming around this treasure trove of islands to be explored!

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"/>	Towel
<input type="checkbox"/>	Swimming Goggles (x 2)*	<input type="checkbox"/>	Small Daypack
<input type="checkbox"/>	Sun Hat and Sunglasses	<input type="checkbox"/>	Windproof / Waterproof jacket
<input type="checkbox"/>	Waterproof Sun Cream	<input type="checkbox"/>	Sweater / Fleece
<input type="checkbox"/>	Walking Shoes / Sandals	<input type="checkbox"/>	Insect Repellent
<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
Krknata Coastal	2km	Tukošćak - Mrtonjak	2½km
Farfariculak Island Hop	3km	Telašćica Bay Coastal (Crevasse Swim)	3km
Northern Telašćica Bay Coastal	4km	Levernaka Coastal	2½km
3 Island Hop (Malo Šilo)	2½km	Žut Coastal	2km
Glamoc Crossings	1½km		

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

The walk from Sali to Telašćica Bay is around 4km long but if you don't wish to do the walk you can travel by boat to the swimming meeting point. This being said, most SwimTrekkers take advantage of the hike. The majority of the walk takes 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	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.

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 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.

GETTING THERE

There are several ways to travel to Sali on the island of Dugi Otok at the start of your trip, all of which will involve you catching a ferry to the island. **Please note there are two ports in Zadar, the Old City Port and the new Gazenica Port. For Sali you will need to go to Zadar Old City Port (Zadar Gradska Luka.)**

While 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, transfer and ferry options for this trip.

Flights: www.skyscanner.net

Transfers: www.croatiatransfers.hr

Ferries: www.gv-zadar.com

It is possible to travel to Zadar through Europe by train, however this is considerably longer than flying into Zadar. 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.

Getting There Via Zadar

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

From Zadar Airport, you can catch a local taxi from outside the arrivals area to the Gradska Luka ferry port. You can also book a transfer in advance via www.croatiatransfers.hr. This journey takes approximately 10 minutes and costs around 190 Kuna (€23) for up to three passengers. Larger vehicles are also available to book via the Croatia Transfers website.

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 25 Kuna (€3.00) and tickets can be bought on the bus.

Getting There Via Split

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

From Split Airport, we recommend that you book a transfer via: www.croatiatransfers.hr. This transfer



takes approximately 1½ hours and starts from around €150 for up to three passengers. Larger vehicles are also available to book via the Croatia Transfers website.

Alternatively, you can also travel from Split Airport to Zadar Old City Port via public transport. When leaving Split Airport arrivals, you will need to make your way to the far side of the car park and catch the number 37 bus which departs from here 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 (€2). Once released, the bus timetable can be found at www.promet-split.hr. 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 Old City Ferry port, which is a 10-minute drive away.

Ferry from Zadar Port to Sali Port

There are two ferry lines that will get you to the Sali 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 range from 25 Kuna (€3.00) to 40 Kuna (€5.00) 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.

Sali Port to Hotel Sali

When you get off the ferry, turn left and walk straight down the road, past the post office. After you pass Konoba Marinova Magazin on your right, walk straight up the narrow footpath ahead. Continue up this hill for around 400m. 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.

PRACTICAL INFORMATION

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.

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.

Meals

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. The average cost of dinner in a local restaurant is around 100-120 Kuna.



Extra Expenses

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

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.

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 worldstandards.eu/.