

Be Natural Be Active

ACTIVE TOURISM in protected
& Natura 2000 areas

ASSOCIATION FOR NATURE, ENVIRONMENT
AND SUSTAINABLE DEVELOPMENT

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‘Be natural – be active’

Active tourism in protected and Natura 2000 areas



City life led us to a distancing from nature which is the main reason why in the last few years one of the fastest growing branches in tourism is – active tourism. It is a new philosophy of travel which involves discovering new landscapes, climbing to the tops of mountains, rock climbing, going down the rapids of rivers, diving into the depths of the sea, chasing a bike on gravel roads, everything that needs a little work, sweat and courage. Active vacation is for all of you nature enthusiasts and adrenaline addicts.

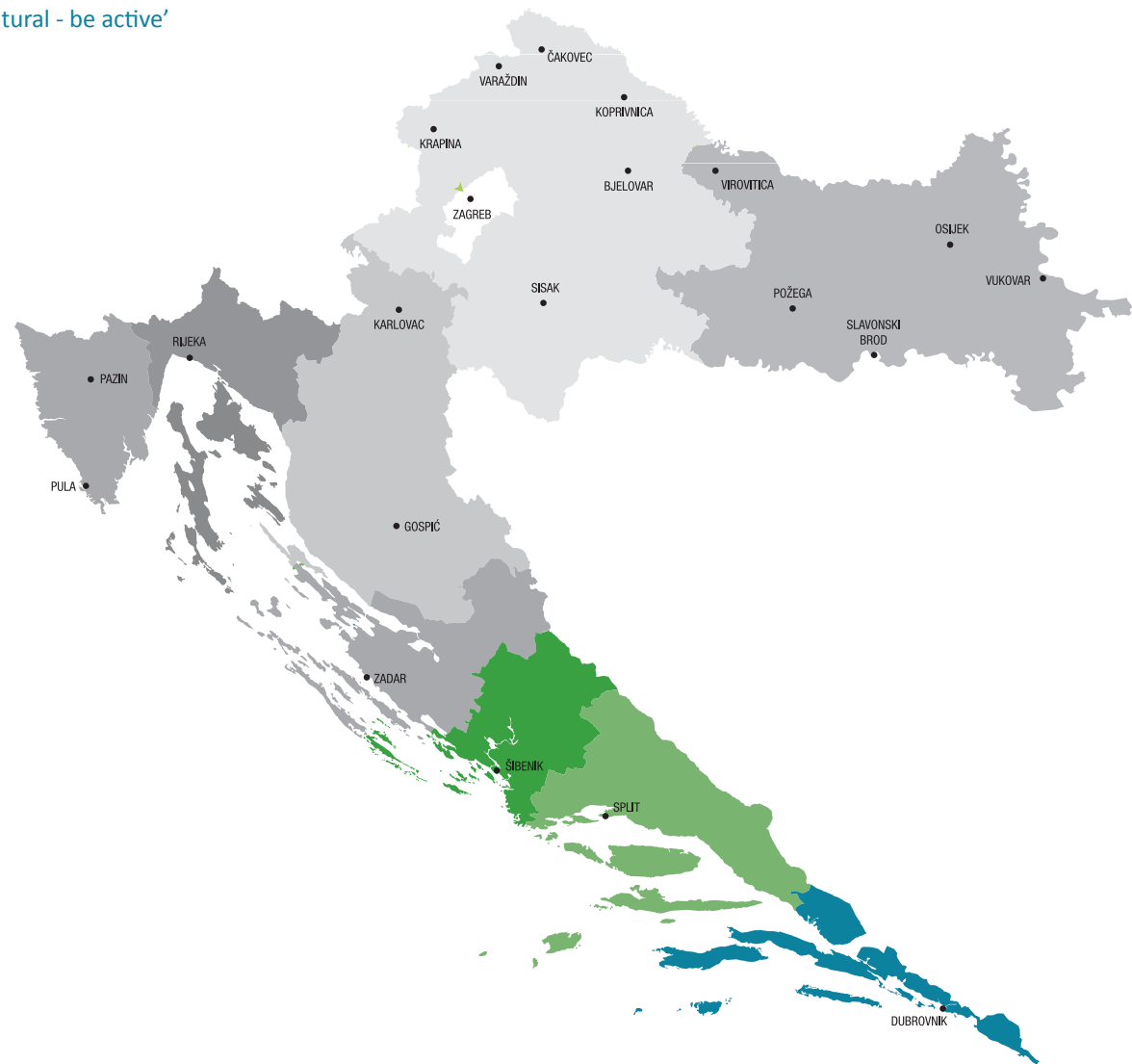
This brochure is intended for all of you, revealing the most beautiful places of nature of three Croatian counties – Šibenik-Knin County, Split-Dalmatia County and Dubrovnik-Neretva County – and offering an overview of the most common forms of active tourism related to protected natural values and sites included in the European ecological network Natura 2000.

We hope that this brochure will encourage you to actively explore Dalmatia and its protected nature enjoying in all of the activities offered.

What is Natura 2000?

- European ecological network uniting areas important for the survival of threatened species and habitats.
- World's largest nature preservation network covering more than one fifth of EU territory.
- It presents the areas in which man lives and works in coexistence with nature.
- In Croatia, it includes around 29 per cent of the total territory, which is an indicator of the exceptional biological diversity.
- A “pledge” to future generations.



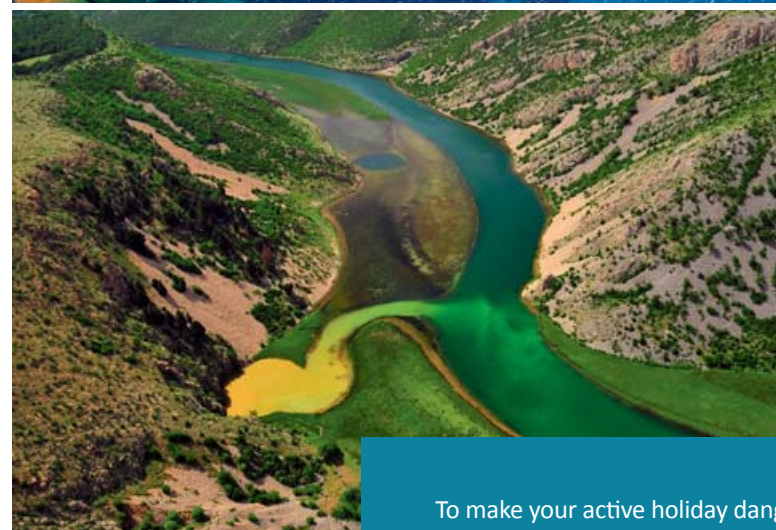


Croatia

Croatia, a country located between the Pannonian Plain, the Dinaric Alps and the Adriatic Sea, is adorned with an exceptional diversity of landscapes. Unique sea landscapes, thousands of bays, peninsulas and islands, beautiful beaches, peaceful and rapid mountain and lowland rivers, Dinaric mountain peaks and deep caves, diverse and rich flora and fauna, all in perfect harmony with a rich cultural heritage, are the reasons why this Mediterranean country is a true paradise for all those seeking an active vacation. Everywhere in the world active tourism has been recording an exceptional increase in popularity, but only the certain programs and trusted destinations have become the stars of adventurism. Attractive, majestic relief formations of the Dinaric area of the three Dalmatian counties are the perfect stage, and the diversity of the natural world embraced with the rich cultural and historical heritage make an original scene for all adventures.

Favourable climate conditions throughout the year also invite you into adventure, therefore, come and plunge into mountaineering, hiking, climbing, cycling, canoeing, rafting, sea kayaking or some other form of active tourism, bearing in mind that the real adventurer always needs to be prepared.

Along with many natural beauties, the successful operation of the Croatian Mountain Rescue Service and a growing number of licensed guides make Croatia an attractive and safe destination for active tourism.



To make your active holiday danger-free, we recommend that you:

- Seek advice from authorized local agencies and guides.
- Inform about sites and obey the code of conduct.
- Never go alone.
- Inform others of your intentions and directions of movement.
- Keep track of possible changes in weather conditions.
- Choose the type of adventure suitable to your psychological and physical abilities.

Obeying the code of conduct in nature and at the sites you visit, you will enjoy the status of a welcome guests from the beginning until the end of your adventure.

Šibenik-Knin County

Šibenik-Knin County occupies the central part of northern Dalmatia and is one of the most diverse natural areas in the Mediterranean.. It is an area where sea and land are intertwined in a perfect mosaic of hundreds of islands, islets and islet rocks and the blue expanse. Diversity of the landscape is conditioned primarily by natural factors, the position at the contact zone of marine and terrestrial ecosystems, indented coastline and numerous islands. The exceptionalness of natural phenomena and cultural and historical monuments of this county has been recognized beyond the Croatian and European borders, so tourists are very familiar with Krka waterfalls which adorn the Krka National Park, and the beautiful archipelago and the most indented island group in the Mediterranean - the Kornati National Park. Moreover, the area inside the boundaries of this county also includes parts of two natural parks - Velebit and Vrana Lake, and nature also showed its grandeur in seven significant landscapes, two nature monuments, and 68 Natura 2000 sites.

Split-Dalmatia County

Split-Dalmatia County is the largest county in Croatia. A mountain chain, sea shallows and the open sea, wild rapids and quiet riverbeds of karst rivers, the most beautiful Mediterranean islands and islet rocks with endemic species in the middle of the open sea, deep lakes and still unexplored riches of underground caves make this county one of the richest counties in Croatia for its natural values. The island area of the county consists of 74 islands and 57 islet rocks and reefs. The largest island is Brač, and the largest lake is Peruča. Karst river Cetina is the longest river, and the peak of Biokovo is the highest peak of the county. Besides Nature Park Biokovo, the impressive mountain with cliffs rising steeply above the sea, and Marjan Forest Park, which is a unique decoration of the city of Split, in the county there are 41 protected areas and 146 Natura 2000 sites.

Dubrovnik-Neretva County

Dubrovnik-Neretva County, with a narrow coastal strip and a number of offshore islands and those closer to the mainland, is located in the very south of Croatia. The coast of the county is very

indented and shows all its splendour, from protected coves with sandy beaches to steep coast with cliffs exposed to the open sea. The mountain massif, adjacent to the Biokovo mountain and stretching all the way to the border with Montenegro and Bosnia and Herzegovina, separates the beautiful coast from the interior, with which it is naturally connected only in the area of lower Neretva Valley. Rich area of Dubrovnik-Neretva County hides many jewels of nature. The western part of island Mljet was declared a national park back in 1960, and thus became the first marine protected area in the Mediterranean. Beside Mljet, in the county there are 10 special nature reserves, one nature park, six natural monuments, eight significant landscapes, five forest parks, eight monuments of landscape architecture, a protected mineral and 90 Natura 2000 sites.

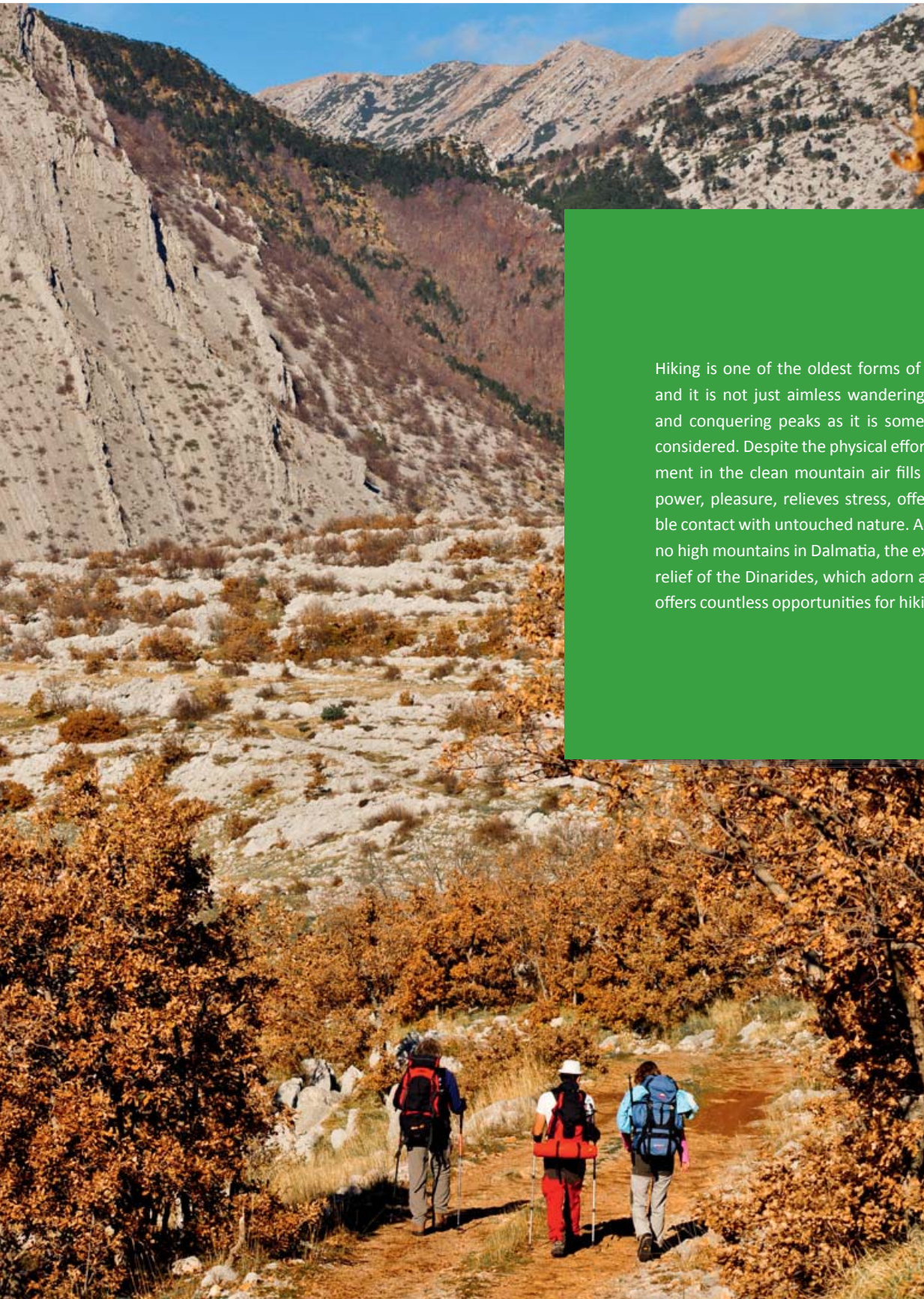
Because of the beautiful nature, rich historical and cultural heritage and quality tourism infrastructure, protected and Natura 2000 sites in the three counties have become very attractive destinations for active tourism, and to stay such, please:

“Leave no trace”

- Plan and prepare your stay in the nature.
- Use existing trails and excursion sites.
- Take your waste with you.
- Explore, but do not destroy cultural and historical heritage.
- Do not light a fire outdoors.
- Watch the living world around you, but do not disturb it.
- Respect other visitors and the quality of their experience.
- Leave only the traces of your feet in the nature.

Let the sounds of nature prevail!





Hiking is one of the oldest forms of staying outdoors and it is not just aimless wandering around the hills and conquering peaks as it is sometimes mistakenly considered. Despite the physical effort invested, movement in the clean mountain air fills a man with new power, pleasure, relieves stress, offers an unforgettable contact with untouched nature. Although there are no high mountains in Dalmatia, the extraordinary karst relief of the Dinarides, which adorn all three counties, offers countless opportunities for hiking all year round.



Hiking

Dinara

Dinara is a mountain located east from Knin, and north from Peruća Lake. With a total length of 84 kilometres, it is the second mountain of the Dinaric mountains, right after Velebit, and its peak Sinjal, or Dinara, is the highest peak in Croatia (1831 metres). The entire mountain area from the Slovenian Alps to the Šarr Mountains in Macedonia got its name after it – the Dinarides, an area known as a typical deep karst area with sharp karst formations and a relatively harsh climate. Giant limestone cliffs, spacious meadows of dry grass and only some trace of human presence are the main characteristics of most of the mountains in the karst, including Dinara. The existing mountaineering infrastructure makes Dinara and Kamešnica, which is adjacent to it, a unique mountaineering destination in which every active tourist would want to spend a few days.

NP Biokovo

From the sea to the highest peak of St. George, 1762 metres high, rises Biokovo, one of the highest and most beautiful mountains in Croatia. It is characterized by a distinct beauty of the landscape, a great variety of wildlife, a large number of endemic species, important palaeontological sites and a wealth of geomorphological forms, therefore, the area was protected as a nature park back in 1981. Autochthonous forests of the



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Sniježnica

Dalmatian black pine, plants adapted to the steep and barren terrain, mountain pastures and forests of beech and fir in karst sinkholes dominate on the mountain of Biokovo. The visitors can, in accordance with their physical abilities and desires, choose between easy, medium hard and hard hiking tours, as well as different combinations of trekking tours with transportation. What ever you choose, you will surely enjoy many hidden and unveiled karst formations, such as caves, caverns, sinkholes, karren and solution pans, as well as unforgettable panoramic views of Makarska Riviera and Zabiokovlje. An active stay on this beautiful mountain will enrich trekking with educational trails, visits to information and presentation centres and Kotišina botanical garden, where the original vegetation of Biokovo is preserved.

In the far south of Dubrovnik-Neretva County is Sniježnica mountain, which is the southernmost mountain range of the Dinaric mountains in Croatia. The peak of Sniježnica, St. Elijah (1234 metres), offers a magnificent view of the Konavle field, the Elafits, islands Mljet, Korčula and Lastovo, and Pelješac peninsula, and the Bosnian, Herzegovinian and Montenegrin mountains. Sniježnica is known for its ice caves which, during the time of the Dubrovnik Republic, were filled with snow which later turned into ice, which served to the nobles for their own needs, but also for diplomatic negotiation by which the people of Dubrovnik were famous for. The remains of the ice caves have been preserved to this day, and the still preserved hiking trails lead to them.

Dalmatian Islands

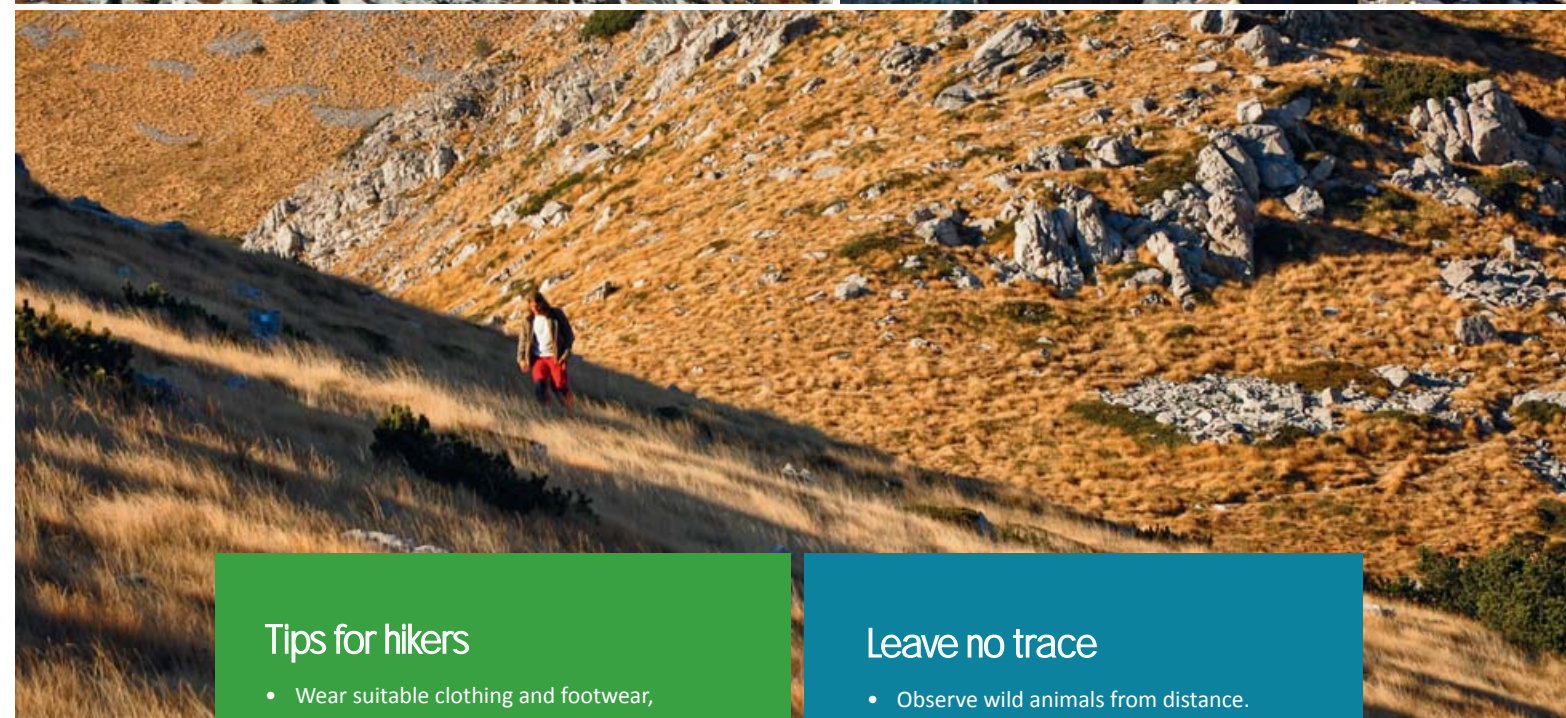
Dalmatian islands, which are actually submerged mountains, with trails and peaks suitable for hiking. You can go hiking to Vidova Gora on the island of Brač, nature park Lastovo, Pelješac peninsula, islands of Korčula, Vis, and Hvar and enjoy the beautiful view of the Adriatic Sea. The best time for hiking is in May, June and September, when days are not too hot, and nature shows itself in all its beauty.

NP Mljet

The preserved forests of Aleppo pine and holm oak, and the Veliko and Malo jezero, unique geological and oceanographic phenomena caused by flooding of two karst valleys due to sea-level rise, are the fundamental values for which Mljet was declared a national park. The coasts are very indented, with cliffs, islet rocks and numerous small islands, while the surrounding hills that rise steeply above the sea surface hide the numerous karst fields and ancient stone settlements. The area of National Park Mljet is the habitat of many endemic, rare, endangered and strictly protected species, and apart from the natural beauties, Mljet is rich with archeological, cultural and historical sites. The most prominent cultural heritage of the park is the monastery of St. Mary on an island of the same name in Veliko jezero, built in the late 12th century.

Pelješac

Pelješac, second largest Croatian peninsula, is located at the south of Croatia in the Dubrovnik-Neretva county. Pelješac is part of an internationally important area for birds, and its vegetation is very diverse, with a total of 1,100 plant species and subspecies. The reason for exceptionally diverse vegetation is the relatively large surface area and the difference in altitude as the highest peak of the peninsula St. Elijah rises to a height of 960 metres. Due to the height and the separate position, Pelješac has one of the widest and most beautiful views in the Croatian mountains.



Tips for hikers

- Wear suitable clothing and footwear, depending on the conditions.
- Bring appropriate equipment with you.
- Be mentally and physically prepared.
- Camping outside the campsites is not allowed.

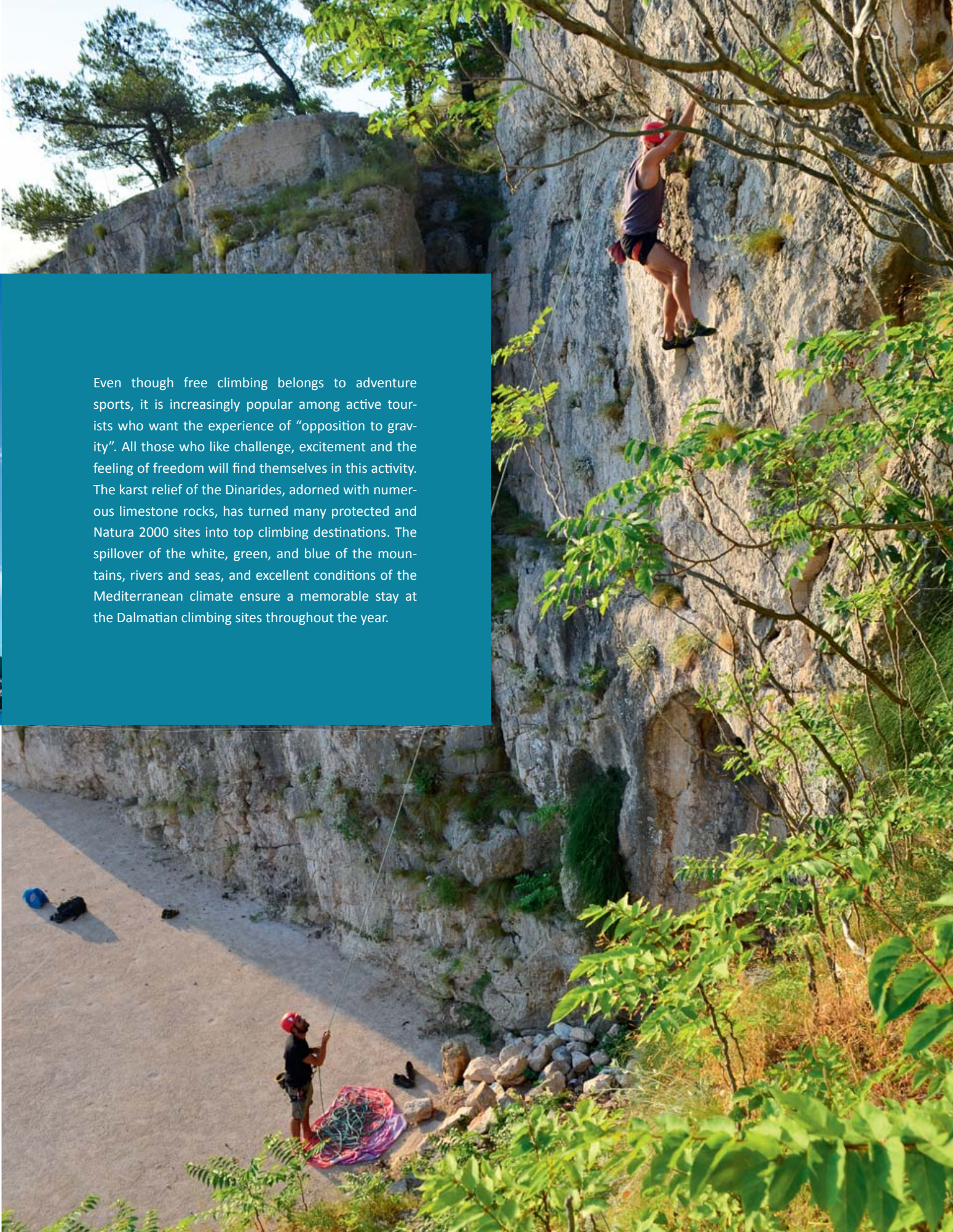
Leave no trace

- Observe wild animals from distance. Do not follow them or approach them.
- Do not damage trees and bushes.
- Walk only on groomed trails to prevent erosion of the field.



‘Be natural - be active’

Climbing



Even though free climbing belongs to adventure sports, it is increasingly popular among active tourists who want the experience of “opposition to gravity”. All those who like challenge, excitement and the feeling of freedom will find themselves in this activity. The karst relief of the Dinarides, adorned with numerous limestone rocks, has turned many protected and Natura 2000 sites into top climbing destinations. The spillover of the white, green, and blue of the mountains, rivers and seas, and excellent conditions of the Mediterranean climate ensure a memorable stay at the Dalmatian climbing sites throughout the year.

Cetina Canyon

In the canyon of river Cetina, an experienced climber, but also a novice climber, will find a place for climbing due to the many easy accessible routes. Due to differently oriented cliffs, which were criss-crossed by the mighty river on its way to the sea, you can climb throughout the year.

Čikola Canyon

River Čikola also carved a beautiful canyon and offered climbers a few hundred metres of vertical rock. Because of the orientation towards the south and the fact that it is sheltered from bura wind, it is ideal for climbing during the colder part of the year.

Biokovo

No words can describe the beauty of Biokovo in reality, so it is enough to say that this protected mountain is a paradise for climbers, alpinists and hikers.

Marjan Forest Park

The legendary rocks Šantine stine in the area of Marjan Forest Park are easily accessible for tourists who come to the city of Split, and Mosor mountain is also close by.

Konavle Field

Tourists who want to climb in the area of Dubrovnik-Neretva County are invited to visit the climbing areas in the Konavle field and on the Pelješac peninsula.

Climbing in Dalmatia will leave every climber breathless.



Deep water soloing

Deep-water soloing (DWS) is a form of solo-climbing in which a skilled climber conquers sea cliffs which “grow” out of the sea. This climbing can be as exciting as you want it to be. On one hand, it is a pretty demanding sport, as you are climbing high above the surface of the sea, which acts as concrete in case of a fall. But, on the other hand, it is a fun activity, where only a small jump separates the effort put in climbing from a nice swim.

Sustipan

Just as Šantane stine are the cradle of sport climbing in Croatia, the sea cliffs of Sustipan in Split are the place where DWS born in Croatia during the first half of the 90s, and many skilled climbers would like to have a go at these rocks even to this day.

Čiovo

The rocks on the south side of the island of Čiovo rise out of the sea which hides a Natura 2000 site important for the conservation of seagrass Posidonia and sea cliffs, and present a true challenge and pleasure to the climbers.

Kanal-Luka

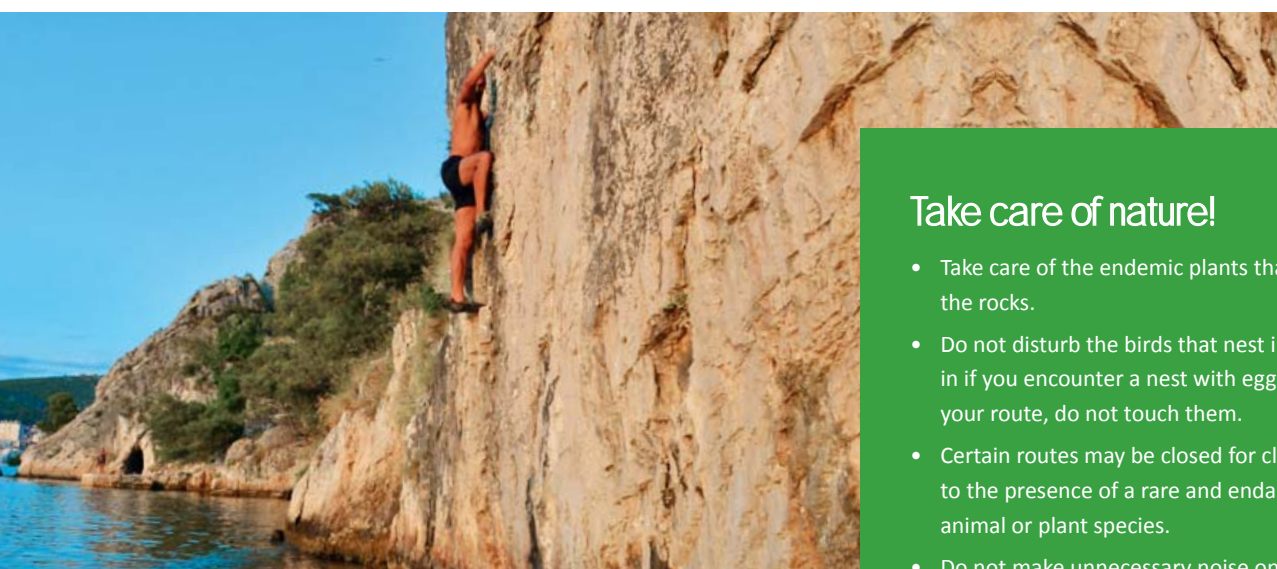
In an attractive setting, under the gazebo on the walkway which is part of significant landscape Kanal-Luka in Šibenik, there is a small climbing site. Coast landscape of the open sea into the sheltered bay and the mainland will be opened in a unique panoramic view of the city of Šibenik. The channel itself was created by the flooding of the lower valley of river Krka and today its brackish water provides ideal conditions for fish species adapted to this type of habitat, and for the growth of shellfish. Within this landscape, adorned by an Aleppo pine forest and gorge coast, there are two small islands connected to each other and the mainland and two islet rocks with a lighthouse.

Stiniva, Vis

Climbing the protruding cliffs of the significant landscape Stiniva on the island of Vis is a special attraction.

Zmajevsko oko Lake

The area surrounding the lake Zmajevsko oko near Rogoznica is also ideal for this type of climbing. Therefore, to those with a little more strength and experience we recommend to try the steep cliffs by the lake.



Take care of nature!

- Take care of the endemic plants that grow on the rocks.
- Do not disturb the birds that nest in the rocks, in if you encounter a nest with eggs in it on your route, do not touch them.
- Certain routes may be closed for climbing due to the presence of a rare and endangered animal or plant species.
- Do not make unnecessary noise on the rocks.



The most natural form of human movement is trekking, which combines a pleasant physical activity and sightseeing of a destination.

Numerous marked trails and paths in the protected areas of all three of the Dalmatian counties open a view of the regions behind the hills and next to the sea with preserved traditional architecture, of rich olive groves and vineyards, and the beautiful sea and Dalmatian islands.



**Gvozdеноvo
-Kamenar**

Krčić River

For trekking or running, Šibenik offers the significant landscape Gvozdеноvo-Kamenar with an educational trail, as well as the 4.4 kilometre long promenade on the south-eastern coast of St. Anthony's Channel, with an unforgettable view of the town and channel.

River Krčić, protected as a significant landscape, springs at the foot of Dinara, and together with the river Krka makes a unique karst hydrographic phenomenon. Its course, ten kilometres long, is characterized by a deep and picturesque canyon and tufa waterfalls. The largest waterfall, Topoljski buk, 22 metres high and 30 metres wide tufa barrier, is a sort of a natural phenomenon because with it the river Krčić ends its course and flows into the very source of the river Krka. During heavy rains or snow melting on the mountains in the hinterland, Krčić becomes a torrential river of destructive force, whereas during summer it loses water. A visit to the significant landscape of river Krčić is enriched by an educational trail with a series of educational panels and supporting infrastructure. Such a trail can also be found along the river Ljuta, in the significant landscape Konavoski Dvori in Dubrovnik-Neretva County. Be sure to visit because beside a pleasant walk or easy cycling you will have the opportunity to learn more about the value of these areas.



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NP Krka

The extent to which river Krka is rich in diversity of karst phenomena, wildlife and cultural and historical heritage is evident in the fact that it is protected throughout its course. Its source near the town of Knin and its estuary, which, on its way towards the sea, spills into the Prokljan Lake were declared protected landscapes.

The basic phenomenon of river Krka is tufa, and even though it is common in surface rivers of Dinaric karst, it rarely creates waterfalls as on that river. The seven tufa waterfalls make a unique karst phenomenon, so it is not surprising that the central part of the river was declared National Park Krka already in 1985. Skradinski buk, the longest and most visited waterfall on the river Krka, is one of the most popular Croatian natural beauties. To get to know the park and its hidden parts, there are numerous trails, among which the educational walking trail Stinice - Roški slap - Oziđana pećina particularly stands out. It is 8.5 kilometres long, has a number of entrances and exits, and is equipped with educational boards which will make trekking along the attractive parts of the park even more interesting.

Red and Blue Lake

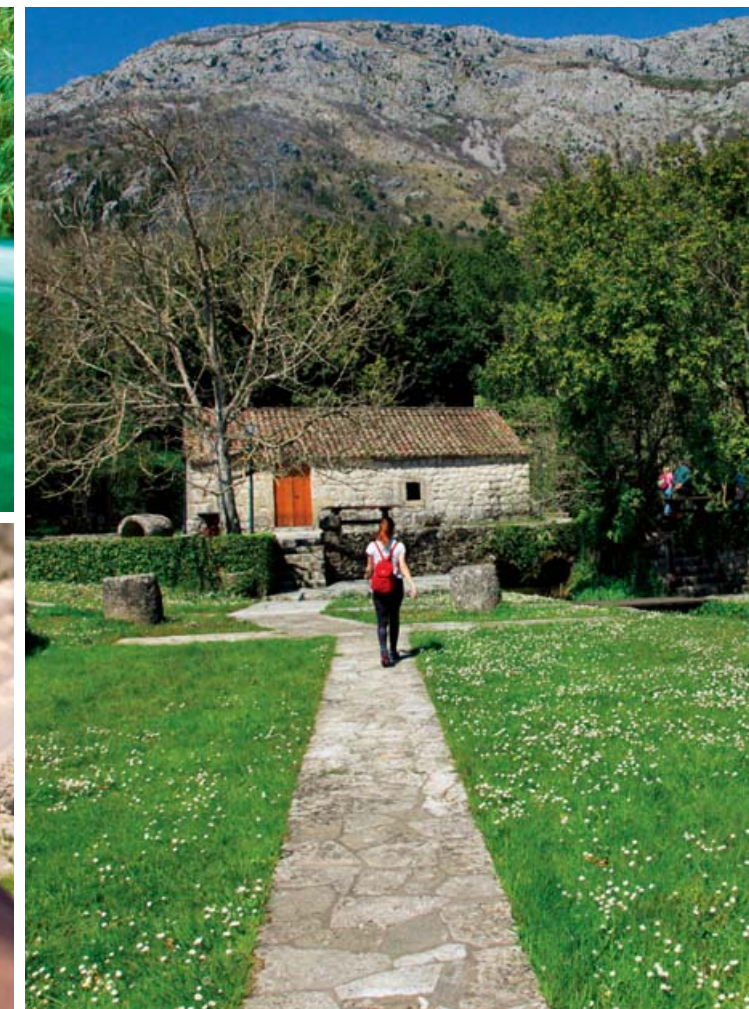
On the vast karst territory of Imotska krajina, water has shaped an abundance of the most diverse forms, with a prevalence of phenomena of the lake. Nature monuments Crveno and Modro jezero (Red and Blue Lake) are natural values of world importance. The lakes are located at the bottom of vast karst craters, shaped in magnificent underground caves whose ceilings collapsed in a quake. Their names come from the reddish brown and blue brown rocks above the water. Modro jezero is located on the northwestern edge of the city of Imotski, in a two hundred metres deep depression shaped like an oval funnel. The level of the lake varies during the year, and sometimes it even dries out. At its bottom there are holes that act like springs during rain, and as sinks during dry season. Because of its clear water, distinctive blue colour and pleasant temperatures in summer, it is a popular swimming spot. A mile farther to the Northwest there is another gem - Crveno jezero, a natural well with five hundred metre high northern vertical cliff. It is one of the deepest lakes in Europe. Visit these impressive lakes and take a walk along the educational trail Imotska jezera – Gaj, 6.5 kilometres long, and learn more about these karst phenomena.

Blaca Valley

On the south side of the island of Brač the significant landscape Blaca Valley is located, a true natural and cultural phenomenon, an amazing oasis of peace and memories of long gone times. The dominant natural feature of the area is the character of a canyon with a specific vegetation on steep rocks. Let the existing walking trails take you on a journey back in time through this exceptional monument of human labour and endurance.

Lastovo Archipelago

The youngest Croatian nature park Lastovo Archipelago includes the island of Lastovo and the surrounding islands, islet rocks and reefs. The archipelago has been protected since 2006 because of its mystical beauty, great landscape value of thick forests and fertile fields with many ponds, high coastal cliffs, land and underwater caves, many rare marine and terrestrial species and habitats, and an extremely rich cultural and historical heritage. The highest peak of Lastovo – Hum, 417 metres high, is the most beautiful lookout point on the island, with a view to the rounded hills, deep bays and fields, and the surrounding islands. Lastovo is one of the richest and best preserved botanical areas in the Mediterranean, and the forest that covers around 70 percent of the surface makes Lastovo, along with Mljet, the most forested island in Croatia. The diversity of nature and tradition make Lastovo Archipelago perfect for all forms of recreation and movement in nature, especially hiking and trekking. This island, with a network of forest roads and trails that lead through the beautiful landscape, will provide a distinctive experience of unspoiled nature.





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Rafting



Sometimes difficult and dangerous descent down the mountain rivers to transport wood from inaccessible forests has become a very popular tourist attraction over time. Chasing along the river rapids in rubber boats is a real challenge for the modern tourist who seeks excitement and socializing.



Cetina River

Cetina, the karst beauty of Split-Dalmatia County, is the most famous river for this exceptional tourist experience. Significant landscape Cetina Canyon is one of the most beautiful nature attractions of mid-Dalmatia. It stretches from the estuary of river Cetina in Omiš to Tisne stine, about eight kilometres upstream. It covers landscape valuable forest areas, and also areas cultivated with vineyards, olive trees and vegetables. This is an area of particular natural values due to its geomorphological and hydrological characteristics and extremely high diversity of flora and fauna. There are also many historical and cultural attractions, such as the Fortica fortress at the very peak of Omiš Dinara with a view of the entire city of Omiš, the canyon, the islands of Split-Dalmatia County and central Poljica. Cetina river, surrounded by lush greenery, with many beautiful islets, adorned with streams and waterfalls, and in some places very quiet, is the perfect place for rafting and canyoning, which provides an unforgettable experience for nature and adrenaline enthusiasts.



The beauty of the canyons of karst rivers, waterfalls, cascades and numerous natural swimming pools are becoming attractive to tourists who are increasingly looking for canyoning, an adventure activity that involves movement and overcoming natural obstacles in rivers. During canyoning, various walking skills and a variety of techniques are used, such as abseiling, climbing, going down the rope, walking on exposed ground or water flow, squeezing through narrow passages, jumping into water and swimming. Turquoise green water, stone corridors, waterfalls, vertical cliffs, various limestone stone figures the river has shaped over the years, the variety of flora and fauna leave a real aesthetic impression, which makes the experience of canyoning unique, attractive and entertaining.



Canyoning

Cetina Canyon

Čikola Canyon

The best canyons for this adrenaline sport are the ones where the river burrowed the rock creating beautiful carved walls and spectacular waterfalls.

That is precisely what the canyon of river Cetina looks like, the karst beauty that has been flowing for thousands of years creating mystical shapes in its bed. Therefore, if you want a true blend of fun, adventure and nature experience with cliffs up to 180 metres high, waterfalls, lakes, underground tunnels, and 50 metres high waterfall Gubavica, it is the right place for you.

Karst river Čikola is featured with one of the most impressive canyons in Croatia, which is an extraordinary geomorphological and hydrological karst phenomenon. The canyon is very steep, in places up to 170 metres deep, with a total length of 14 kilometres. In summer, the river almost completely dries out, and after heavy rains, Čikola runs the entire length of its course (46 kilometres in total), after which it flows into the river Krka, as its largest tributary. In addition to canyoning, this beautiful canyon offers you the possibility of trekking and free climbing.



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Sea kayaking



Each summer it is increasingly clear that the Adriatic, beside sailing, is one of the most beautiful seas for recreational sea kayaking. In the area of the three Dalmatian counties there is an abundance of 639 islands, islets, rocks and reefs, beautiful coasts, beaches, bays, steep cliffs, caves and beaches with all kinds of pebbles. In addition to the natural value, the places of Dalmatian-Mediterranean flavour, where life has been pulsating continuously for centuries, as evidenced by the remains of history, attract like a magnet adventurers from around the world looking for a rowing adventure. There is quite a number of beautiful days for rowing, but the pre- and post-season are imposing themselves as the most favourable terms, because there is not much traffic at sea, and apartments and good restaurants are also not crowded.

Žut-Sit Island Group

Rowing in Kornati Archipelago is a special experience, part of which is also the Žut-Sit island group, comprising 35 islands, eight islet rocks and one reef. Karst is the main feature of this relief, so on these islands you can see all the splendour of karst relief formations caused by corrosion and erosion processes (stone holes, cracks, grooves...). The beauty of the landscape is highlighted by the contrast between the blue sea and white carbonate rock, sparsely covered with Mediterranean vegetation. The waters are inhabited by hundreds of species of fish, and meadows of seagrass Posidonia are frequent.

Krka River

Near the town of Skradin, the river Krka expands into the second largest lake in Croatia, Prokljan Lake, which is, just like the estuary of river Guduča and the Canal of St. Joseph, protected as a significant landscape Krka Landscape - Lower Course. The lake is famous for the natural phenomenon of cryptodepression because its surface is above sea-level and the bottom is beneath it. In the northwestern part, the rivulet Guduča, with extreme canyon in its lower part and an estuary which is a typical ria - submerged river valley, flows into the lake. The contact





Trogir Arcipelago

of salt and fresh water gives a distinctive feature to the river estuary, and the combination of pristine nature, crystal clear water and deep canyon creates an unforgettable landscape.

The archipelago of the town of Trogir is made of the island of Čiovo and 10 other islets, reefs and islet rocks, whose underwater is protected as a Natura 2000 site because of underwater caves, reefs and Posidonia sea-grass meadows. The beauty of the landscape and the richness of nature are perfect for sea kayaking adventure.

Šolta

The southern side of Šolta hides a multitude of beaches, fishermen’s cots and coves indented between the high and inaccessible rocks, creating a perfect place where a man can relax completely and merge with nature.

Hvar

Pakleni otoci are located in front of the island of Hvar, on its southwestern side, islands of divine beauty, with numerous small bays hiding beautiful sand and pebble beaches and crystal clear waters. Not far away is the island Šćedro, which was, due to the indented coast, a typical Mediterranean vegetation, beautiful pine forests and abundance of aromatic plants, declared a significant landscape.

Vis Aquatorium

The island of Vis, the nearby islands Biševo, Sveti Andrija, Brusnik, Jabuka and Palagruža, and the whole Vis Aquatorium are protected as a Natura 2000 site. These islands and islets are of great significance, especially as the main area for nesting of pelagic birds, and the entire aquatorium is one of six significant areas for the bottlenose dolphin in Croatia.

NP Mljet

If you go south, you will come across another Croatian pearl - National Park Mljet, with a crystal blue sea and a coast indented with cliffs, islet rocks and numerous islets perfect for sea kayaking.

Elafiti Islands

South Dalmatia, in the area between Pelješac peninsula, the island of Mljet and the city of Dubrovnik, is adorned with the Elaphite Islands. The Elaphites consist of eight islands and five islets, of which only three are inhabited: Koločep, Lopud and Šipan. These islands are an example of untouched Mediterranean, subtropical vegetation, magical old summer houses, vast pine forests and olive groves, trimmed with beautiful sandy beaches.

Lokrum

Not far from the old town of Dubrovnik is the island of Lokrum. The small surface of the island is almost entirely covered with vegetation, so the island was declared a special reserve of forest vegetation, and is under the protection of UNESCO. On the western and southern side of the island, vertical rocks more than 30 metres high rise up from the sea, while the eastern and northern coast are generally lower and more accessible.

PP Lastovo Archipelago

Nature Park Lastovo Archipelago, which includes the island of Lastovo and 43 other islands, islets, islet rocks and reefs, because of their mystical beauty, high coastal cliffs, land and underwater caves and rich biodiversity is becoming increasingly attractive to kayakers, too.

Konavle Cliffs

The very south of Croatia hides the beauty of Konavle Cliffs that stretch along the coastline from Cavtat to Molunat peninsula. The area of Konavle Cliffs is characterized by steep cliffs with vegetation on rocks from which we should point out the endemic *Centaurea ragusina*. The cliffs steeply plunge into the sea to a depth of 50 metres forming underwater reefs.

Navigare necesse est (‘to sail is necessary’) – as the old saying says, and to reflect the new times in it, kayaking could also be included.



Cyclotourism is a form of travel which includes a bicycle in getting to know a destination. It has become very popular around the world, and Dalmatia and its protected areas are having an increase in the number of sight-seeing on two wheels. Given that cyclists are motivated by recreation, healthy living and spending time in nature, numerous gravel roads are ideal for mountain biking, and paved roads will also be good for an adrenaline experience, but also a pleasant family panoramic tour.



Bicycling

Sinj Field

If you are staying in Šibenik and want to be active, the trails in the significant landscape Gvozdеноvo-Kamenar and St. Anthony's Channel offer an easy ride. If the roads lead you to Knin, cycle on the gravel road that follows the river Krčić, and enrich your experience of a pleasant ride with a tour of the educational trail Krčić. If you decide to visit the area after heavy rains, your trip will be awarded with a view of the beautiful waterfall Topoljski slap and the source of river Krka.

The river Cetina, which springs in the southwestern slopes of Dinara, on its way to the Adriatic Sea flows through the largest fertile karst field of Zagora – Sinj Field. It is a Natura 2000 site, and it comprises of the midstream of river Cetina and Hrvatac and Sinj Fields, characteristic karst fields with dry and wet grasslands that are important habitats for many species. This area is an oasis of greenery in the realm of Dinaric rocks. Tributaries to river Cetina – Grab, Ruda and Rumin – are a site of exceptional natural value and, as such, they are protected as significant landscapes. The network of gravel roads and road routes makes this area perfect for spring and autumn cycle wanderings.



‘Be natural - be active’

NP Biokovo

A challenge for many active tourists is certainly the ascending by bike to the highest peak of Biokovo mountain. Be prepared for a 23 kilometres long adventure if you choose the Biokovo road leading from the entrance to the Nature Park Biokovo, at an altitude of about 360 metres, to St George peak, at 1762 metres.

Brač

The island of Brač attracts many cyclists and the most attractive location is definitely Vidova Gora, being the highest peak of Brač, and all the islands of the Adriatic, with its altitude of 778 metres. Thick autochthonous forests of black pine, rich flora and fauna, numerous pits and caves and the magnificent panoramic view of the significant landscape – Zlatni rat beach, are reasons enough to discover Brač by bike.

Lastovo

On the island of Lastovo you will be awaited by less busy paved roads, and numerous forest paths which will enable you to see the whole island.

Korčula

If you want to spend several active days cycling, hiking, but also relax swimming in the wonderful sea, you have to visit the island of Korčula, one of the biggest islands in the Adriatic sea. It is an island of rich cultural, historical and natural heritage, with many protected areas. There is a multitude of beautiful and well-protected bays on the north side of the island, while the south side is more indented, steeper and adorned with beautiful islets and islet rocks. Forests cover 61 percent of the total surface area of the island, while the rest are cultivated areas under olive trees, vineyards and other crops, and grass surfaces.

Neretva River Delta

Wetland and cultivated parts surrounded by hilly karst and connected to the sea coast and the sea, are a speciality of the Neretva River Delta, the only delta on the Croatian coast. The mosaic of natural habitats (wetlands, lagoons, lakes, beaches, rivers, hills...) creates a beautiful and extraordinary landscape. Sedges, wetland fields, sandy beaches, reefs and karst provide shelter for various species of animals and plants. The valley of Neretva includes five protected areas, and is of international importance as one of the largest and most valuable Mediterranean wetlands and one of the few such areas left in Europe. It is also important as a resting place for birds during their migration to Africa and for wintering of bird populations from Northeastern and Central Europe. Active tourists are also offered hiking and biking trails that can connect many interesting sites and experience the life of the wetland.

Konavle Field

The preserved nature, unique rural architecture, numerous monuments of the thousand-year history of the region, ancient traditions preserved through folklore, the distinctive traditional costumes and embroidery of Konavle, the harmony of man and nature...all this makes Konavle unique and distinguishable. The most beautiful scenery in this area is the source of the river Ljuta, below a 100 metre high rocky hill. It is among the strongest karst springs. The area surrounding the spring and the upper part of the river flow is covered with tall trees, while the lower part flows through a field where the river is much calmer. Downstream from the source lies a series of old mills that are valuable cultural monuments. In the central part of Konavle lies the fertile Konavle Field, which extends over a length of 35 and a width of 12 kilometres, with smaller tributaries flowing in its central part. This field is one of the few places in Croatia where you can find the endangered freshwater river turtle. Due to the good road infrastructure and the network of marked cycling trails, and a distinctive offer of the local cuisine, every biker eager to enjoy the combination of nature and tradition will be happy to visit this area.





Zipline



Cetina Canyon Gornji Tučepi

The method used to transfer load across the canyon over the years developed into a form of green adrenalin recreation – zipline. It is a form of entertainment where guests descend through the canyon down a steel cable secured with a belt. This adventure includes training by instructors and walking in the nature during which the guests develop a sense of connection with its beauties.

The attractive zipline, which will ensure you several hours of stay in the beautiful nature and unforgettable entertainment, is located three kilometres from Omiš, in the Cetina canyon.

Due to untouched nature and good transport links to the tourist resorts in the Makarska Riviera, the zipline in Gornji Tučepi offers great fun as well.

Brač

Bačina Lakes

This very accessible sport requires a surfboard and a long paddle, and you can engage in it on any water surface, including sea, lakes and rivers. In just a few years it has become very popular because it offers a combination of fun and recreation.

The offer of SUP is increasing in many places along the coast and on the islands, and we would like to emphasize the northern coast of the island of Brač, where you will paddle along the untouched coastline with beautiful pebble beaches and without being disturbed by boats. These tours give you the opportunity to, beside enjoying the sea and the coast, get to know both the rich cultural and historical heritage of Dalmatian small towns.

Bačina Lakes are a set of lakes in Bačina, near the town of Ploče, on the right side of the Neretva estuary. This pearl of nature consists of six joined and one separate lake of irregular shapes, and although relatively small, they are among the most interesting phenomena in karst hydrography. They have exceptional natural value because they provide habitats for a large number of protected species, even endemic ones. The bottom of Bačina Lakes is below sea level, and the surface is above sea level which makes these lakes a specific green oasis for active holidays. The lakes are on average three degrees Celsius warmer than the sea, which makes them pleasant for swimming, boat riding and surfing, and in the last few years they have become a recognizable destination for SUP.



Stand Up Paddle Boarding (SUP)





'Be natural - be active'



Konavle Field

Which place could be better to test motor skills and to maintain balance, to overcome the fear of heights and fill your body with adrenaline, if not the adrenaline park. A visit to the adrenaline park in Konavle, a picturesque region of Dubrovnik, will stimulate your confidence and trust in team members, because the adrenalin park experience is perfect for groups. Climbing narrow planks, reinforced by barriers and high ropes, is a true challenge for anyone. The adrenalin park is located in a beautiful green environment of Konavle Field, a Natura 2000 site, providing plenty of excellent entertainment and relaxation. The preserved nature, unique rural architecture, numerous monuments of the thousand-year history of this region and tradition are the hallmarks of a unique and distinguishable area of Konavle.



Diving



Vrulja Cove

Divers and numerous fans of the deep sea recognized long ago the beauty of the Adriatic seabed. The great biodiversity and the preserved underwater marine protected areas and the majority of marine Natura 2000 sites in all three Dalmatian counties are reason enough to encourage you to diving during your vacation. What especially distinguishes the location of the Vrulja cove in Brela are cliffs that plunge more than 100 metres in depth. This is where river Cetina, with one of its arms, connects with the sea in the mysterious depths of the underground creating a column of fresh water rising from underground springs. Unlike the lazy and the wide estuaries in which rivers bring sand and mud, the main feature here is stone covered with life. Powerful currents mix the sea and the constant pressure of the fresh water allows the development of plankton, and consequently the continuation of the rich food chain.

In order to enjoy your active holidays to the fullest in the beautiful and protected natural areas of Dalmatia, contact the agencies that will provide you with a high quality service.

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