

## Coastal Multi-Activity Adventure



Duration: 7 days

The Dalmatian coast of Croatia, with its many Adriatic islands, is known for its beautiful scenery. Rugged mountains, lush hills dotted with vineyards and olive groves, and crystal-clear water provide an adventure playground with an appealing Mediterranean climate - this is a wonderful challenge destination for all seasons.

Our adventurous multi-activity week takes us from Split across to the islands of Solta and Brač for some scenic cycling, then back to the mainland to hike among Krka National Park's stunning karst landscapes and waterfalls, and a trek to Dalmatia's highest peak. We end with a fun, exhilarating day of white-water rafting. All activities are achievable for beginners with no particular experience, providing a good level of training is undertaken.

Staying in hotels in picturesque towns, there is plenty of time to discover the local culture and relax after your adventures – a perfect combination!

## DETAILED ITINERARY

**Day 1: Fly UK – Split**

Arrive in Split, Dalmatia's largest city, and transfer to hotel, where we can relax till we meet for dinner! Night hotel.

*(Lunch not included)*

**Day 2: Cycling – Šolta**

This beautiful island lies close to Split, but it will feel as though we have travelled back in time to a quieter pace.

We enjoy a day of riding on quiet picturesque roads, through olive groves and vineyards, seeing the traditional way of life on the farms and the charming villages we pass. We discover the spectacular coastline, and enjoy the island's coves and bays before returning to Split. A wonderful day to kick off our adventure! Night hotel.

**Cycle approx. 5-6 hours**

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### Day 3: Cycling – Brač

The roads of Brač treat us to a notably hillier ride, but the views more than recompense as we pedal through tranquil stone villages, conifer forests and orchards of cherry and fig trees. The scenery is varied, from beautiful beaches to dramatic sheer cliffs and more olive groves. The famous white limestone of the island has been used in magnificent buildings from Split's Diocletian Palace to the White House in Washington DC. After a rewarding day's ride, we take the ferry back to Split. Night hotel.

**Cycle approx. 5-6 hours**

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### Day 4: Hiking – Krka National Park

We set off to the spectacular Krka National Park, where deep canyons carved into the limestone plateau provide spectacular scenery and wonderful hiking. The Park is known for the impressive waterfalls along its karstic river, and our hike takes in several of these, including Skradinski Buk, one of Croatia's top natural sights. After a scenic boat ride across Visovac Lake, which allows us to soak up this wonderful scenery, we continue our hike via the beautiful waterfall of Roski Slap, and on to Stinice. There's a stiff haul up 500 steps to an ancient cave, where relics of prehistoric man have been found – and the views are incredible! We drive on to our hotel. Night hotel.

**Trek approx. 6-7 hours**

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### Day 5: Hiking – Mount Biokovo

Rising up almost sheer from the Adriatic Sea, Biokovo is Dalmatia's highest mountain at 1762m, towering over the small town of Makarska below. We walk up through olive groves and pine forests before emerging into less shaded limestone. The mountainsides are pitted with caves and canyons, and support diverse flora and fauna, including wild mouflon; golden eagles have also been spotted.. The path is steep at times, but the views are magical! At the top, we have wonderful views down to the horseshoe-shaped Makarska Bay, and the islands and coastline. In clear weather it's possible to see across the Adriatic Sea to Italy. After this fitting end to the hiking part of our adventure, we transfer to our hotel on the Makarska Riviera. Night hotel.

**Trek approx. 6-7 hours**

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### Day 6: White-water Rafting – Cetina River

An exhilarating and incredibly scenic way to round off our adventure! We raft roughly 8km along the Cetina River, in the heart of Dalmatia. The rapids are classed Grade II-III (easy or medium); safety equipment and tuition is provided, and no previous experience is necessary. There's time between paddling the rapids to appreciate the views of towering cliffs, waterfalls and canyons as we glide by. We then drive back to our hotel and prepare for a

night of celebrations to mark our achievements. Night hotel.

## Day 7: Fly Split – UK

Transfer back to the airport for our flight home.

*(Lunch not included)*

## WHAT'S INCLUDED

- All flights and transport
- All meals except where specified, and hotel accommodation
- Discover Adventure leaders; doctor with a group of 15 or more participants; local guides & drivers
- Local support and back-up equipment, including all safety equipment and instruction whilst rafting
- Entry to National Park and any other sites included in the itinerary
- Airline taxes

## WHAT'S EXCLUDED

- Any meals specified 'not included' in the itinerary
- Travel insurance
- Personal spending money, souvenirs and drinks
- Tips for the local guides and support crew
- Inbound airport departure tax (no tax applied at the time of writing)
- Fees for any optional sites, attractions or activities
- Any applicable surcharges as per Terms and Conditions

## GRADE | YELLOW

All our trips are designed to provide a challenge. Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **YELLOW** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors. Trip duration, accommodation and living conditions are also taken into account. Some sections will feel more challenging than others, but the grade reflects the overall trip. Unusual weather conditions can also have a significant impact.

The Accommodation icon indicates the living conditions while trekking/cycling. While there are usually several factors

that present a challenge, the Challenge icon indicates the trip's most challenging element, for most people.

[Trip grading explained](#)

## BUY YOUR KITBAG

**Only £45 (inc p&p)** - designed to deal with the rigours of your challenge.

Easier for accessing gear than a rucksack (especially when camping) this is probably the most cost-effective way to take your luggage on a Discover Adventure challenge!



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Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 1 Jul 2025, and the challenge is subject to change.