

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

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

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

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

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

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 (see icon) are also taken into account.

[Trip grading explained](#)

CHALLENGE INFORMATION

DETAILED INFORMATION

Local Support Crew

Our local support crew is made up of local guides, assisted by drivers, porters, cooks and other support staff, depending on the type of trip. Local guides know the area well, and are a great source of knowledge about local lifestyles. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely. In some destinations we work together as a team with local guides to help set up or break camp, or prepare meals. Your leader will arrange a collection of tips for the local support crew at the end of your trek, and you will be provided with a guideline amount in advance. Tipping is not obligatory, but once you see how hard they work on your behalf you will be happy to donate something!

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

Flight Information

Group flights usually leave from London Heathrow or Gatwick but may also depart from regional airports, and are booked through Discover Adventure Ltd under ATOL licence 5636. You will usually receive confirmed flight details several months before departure. We do not always use the same airline for each destination and low cost airlines may be used for short haul flights. If you wish to know the probable carrier and flight times, please call for details.

By travelling with Discover Adventure you are protected by the Civil Aviation Authority (CAA). Our itineraries are always based on current flight schedules and are therefore subject to change by the airline. If you prefer to book your own flights please ask us for a land-only cost.

Accommodation

Accommodation is usually in well-located, comfortable 2-3* hotel(s); standards are generally very good though there may be some variation.

Roomshare Arrangements

Accommodation is usually on a twin-share basis in hotels or camp. Occasionally we may use hostel-style accommodation. Please tell us if you know somebody else on the trip that you would like to share with and we will try our

best to accommodate your request. If you don't know anyone else in the group don't worry, we always pair you up with someone of the same gender, and a similar age where possible. We do not charge a single supplement if you are a solo traveller in a shared room.

Group Size

Your booking is part of a group challenge, and the tour costs and fundraising targets listed on our website are based on a minimum number of participants which is shown on the challenge. Our typical groups run with approximately 20-30 participants; however you may find your group is smaller or larger than this.

We will confirm at least 12 weeks prior to departure that your challenge is guaranteed to run. Occasionally it may be possible to still run the challenge with less than the minimum numbers, subject to a small group supplement. If we think a small group supplement may be necessary, we will discuss this with you as soon as possible, usually 5 months before your departure date.

Minimum numbers and groups sizes may vary on Bespoke Charity challenges. If you are booked onto a bespoke challenge please contact your charity for full details.

Food & Dietary Requirements

The food provided is plentiful, often local in style and freshly-cooked, and will give you plenty of energy. Sometimes we enjoy a buffet-style lunch-stop, other times we might have packed lunches. On some trips we stop at small local restaurants. Dinners are generally eaten in camp or at the hotel, depending on accommodation. In some regions there may be less variety than you are used to, and in others fresh meat or produce can be harder to come by. Any meals not included are listed in the itinerary and are generally on travel / free days, giving you the opportunity to explore and try other culinary experiences! There is always something to suit different budgets.

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Please do not expect as much variety as you would have access to at home – we may be in very rural or remote areas and among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat we strongly recommend you bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

Luggage

Your luggage, food, water and equipment is transported for you from one night-stop to the next. If there is easy road access this is done by vehicle; if not porters, mules or even camels might carry your bags, depending on the destination and terrain.

Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft bag, rucksack or expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already. You should also bring a small daypack to carry for items needed during the day as you will not have access to your main luggage until the evening.

Cancelling your booking

In the unfortunate circumstance that you need to cancel your booking, we would ask that you notify us in writing either by post or email. Your cancellation will be considered effective from the date the notice is received. Registration fees, amendment fees and insurance premiums are non refundable and, depending on your payment option and how close it is to your challenge departure date, you may be liable for a cancellation charge.

Full details of all cancellation charges may be found in the Terms and Conditions of booking.

PREPARING FOR THE CHALLENGE

Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the [FCO's advice](#) on entry requirements for your destination to be sure. To find out if you need a visa you can check your requirements using our partner, Visa Machine, website [here](#); please ensure you allow plenty of time.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check [Fit For Travel](#) for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

If you are still to buy some kit don't forget that Cotswold Outdoor, Snow and Rock, Cycle Surgery and Runners Need offer

all Discover Adventure participants **15% off** any purchases you make with them. Please ask us for the code if you do not have this already.

Travel Insurance

Travel Insurance is compulsory on our challenges; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed. Should you need to cancel on medical grounds, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

You should also ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation.

You can obtain a quote with Insure to Travel from our website [here](#), or you may choose to take out your own travel insurance, just remember to let us know the policy number and emergency phone number!

For more information about travel insurance, please click [here](#).

BUY YOUR KITBAG

Only £42 - 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!



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 20 Jan 2021, and the challenge is subject to change.