

ADRIATIC ODYSSEY EXPEDITION

Ancient towns: Arba-Jadera-Scardona

16 DAY TRIP or 8 DAY OPTION

3 NATIONAL AND 2 NATURE PARKS, 2 RIVERS AND 1 BIG CAVE,

Short introduction -not short but it is the 16 days trip :-)

We'll start this trip from the Geological Island of Rab (from where we are) by exploring his natural beauties and long interesting history. We will be jumping in the caves and dive out of them but paddle in some as well, climb on the cliffs, enjoy in hidden sandy beaches and discover many other interesting things. Paddling under the sacred and secret Velebit mountain will bring us to the bay of the Island of Pag and its spectacular coves and beaches. On our way to Pag we will visit the Nature Park Zavratinica - a miniature Fiord with sunken ship from the WW II. The National Park Paklenica will be our base for two days as we will explore this Canyon on foot and have a real speleo-adventure in the amazing cave of Modrich, not to mention the rafting adventure in the snake shape river canyon of Zrmanja. The adventure spirit will take us forward into exploration of middle Dalmatia, precisely in the labyrinth of more than 100 Islands. We'll paddle across two channels and reach the Nature Park Telašćica and its 200 high cascading cliffs with the healing salt lake Peace. We will then paddle further toward the National Park Kornati - the most popular paddling playground. Enjoying in this pearl of nature will be our motto as we will visit the most spectacular places inside this park. After that the boat will transfer us to the Island of Murter and then we will paddle to the Island of Prvić - our origin Mediterranean town made of stone. The trip will end up in Skradin but on the way we will visit the Town of Šibenik and its historical and cultural heritage. On the last day we will enjoy in Krka National Park and in her beautiful waterfalls.

Interesting sights: Historical Islands - more than 10 out of 110, 3 National Park, 2 Nature Park, Mini Fjord, Sunken WW II ship, Cliffs, Fortress, Waterfalls, Caves, hidden beaches,

Activities: Paddling, snorkeling, swimming, hiking, caving, rafting...

Itinerary:

Day 1 – Transfer to our hotel accommodation in Rab. Trip briefing is held at 7.00pm followed by a welcome dinner at our residence with native food. We will give out 20 liter dry-bags to pack for the kayaking. Any excess luggage that you do not take on kayaking will be transferred to our hotel in Skradin, where we finish. A tour of the old city of Rab will be adjusted to everyone's arrival time.

Day 2 – Excursion to the highest point on the Island of Rab with a view on the entire Kvarner Bay. Then it is time to start paddling from the Lopar peninsula following the coastline filled with sandy coves and beaches before camping in the Bay of Sahara. This part of Rab is protected under the Geological Park founded in 2006. In the year of 2009 the Archeologist have found the Roman ceramic workshop from the 1st century.

Day 3 – We head towards the Medova Buža Cave system on the north east side of the island. Will jump in that turquoise cave and then dive out in a silence as there lives a big

colony of bats who are protected . We keep a look out for Griffin Vultures as we paddle to the red sand bay of Mag, surrounded by limestone craters where we camp

Day 4 – Paddle to Zavratica fjord in the Nature Park Velebit where we'll snorkel around the sunken war ship from the 2'nd World War.. After lunch we continue paddling to the Bay of Svetojanj on the Island of Pag where the 6'th century fortification is situated. Just a bay ahead we'll make a camp on the beach

Day 5 – Paddle to Bay of Žigljen to meet our van for a short transfer to the Bay of Caska. This is the location of the old city of Kisa which sunk into the sea after an earthquake in the 4th century. In 2009 the archeologists have make an amazing discovery-they found the sewn ship that is more than 2000 y.old.We'll continue our paddling bay passing by the villages and beaches untill we reach the sandy bay of Slana (Salty).

Day 6 – Paddle to the “new” renaissance city of Pag (established in the year 1443). After lunch and a tour of the town we will transfer to Paklencia National Park where we camp for two nights. Campground, electricity and clothes washing.

Day 7 – Today we'll have a day of walking and cave exploring in Paklencia National Park. We will walk through deep canyons cut through Karstic limestone and then visit the stunning Modric Caves.Our speleologist guide will lead you through secret labyrinths and narrow passages to spectacular halls where strange and original hosts await you: pipe organs, cuttlefishes, crabs, fairies... The list of surprises nature and your imagination can provide under the lights of carbide lamps is practically unlimited.Campground, electricity.

Day 8 – After an early breakfast we transfer to the Zrmanja river. This beautiful jewel cuts through a deep canyon and offers some delightful paddling. Aided by the current we use 2 person sit on top kayaks ideally suited to manoeuvre the many twists and turns along the river. Travertine barriers create stunning waterfalls and the lush surrounds provide a lovely contrast to the stark landscapes seen during our sea kayak trip. The 8 day option finish here with the transfer to the town of Zadar.Transfer to our camp at Sukoshan for those who choose the 16 days option

Day 9 – With the backdrop of the Velbit massif behind us we head towards the 89 islands that make up Kornati National Park.Founded in 1980.because of its amazing scenic beauty, interesting geomorphology, a great coastal line ,till today has become one of the best Croatian paddling playground.We cross several straits before the night on the island of Žut (Yellow)

Day 10 – We start early today for one of our longer paddling days as we paddle from Zut to Levrnaka. We'll pass the Roman ruins of villae rusticae in Mala Proversa and then visit the salt lake, Lake Mir, in Telascica Nature Park.Well paddle under the 168 meters high cliffs and refresh with a few swims.Before we arrive to our camp on Levrnaka we'll pass by few other cliff Islands and lighthouse built in 1871.

Day 11 – After breakfast we'll stretch our legs with a walk to the highest peak of the Kornati Islands (237 m). After lunch we paddle past the cliffs of Mali and Veli Rasip, stopping at several historical sites on our way to the island of Lavsa. Lavsa is an island filled with historical events that our guides will tell you about.The remains of villae rusticae from the 1st. century and the remains of an ancient river and salt pan are located here.

Day 12 – After breakfast we'll paddle to the island of Ravni Žakan passing under the 82 meters cliff .We'll have a boat transfer to Murter with another hour of paddling to our camp.

Day 13 – Slowly we make our way back towards the mainland paddling past the islands of Murter and the town of Tribunj where we'll have lunch. We'll then need one more hour to reach our beach camp on the Island of Prvich, an original historical stone town. Restaurant dinner with traditional dish.

Day 14 – Our longest paddling day so an early start this morning! Paddle to the historic town on Šibenik passing by the fortres on the entrance of the canal.We'll have lunch in the old city. Carry on through the channel of St Ante passing under the two bridges-the Šibenik and Skradin bridge situated in the Krka river canyon. Our sea kayak paddling will be finished in the town of Skradin. We overnight in the hotel.

Day 15 – After breakfast we visit the Krka National Park and spectacular waterfalls of Skradinski Buk. This karstic phenomenon is unique and the travertine barriers form hundreds of cascades and waterfalls. Our last day of swimming and a chance to reflect on this diverse Croatian adventure. Farewell dinner. Hotel, Skradin.

Day 16 – After breakfast a group transfer to Zadar airport is provided.

The rate includes: expert guide(BCU 4 stars),sea kayak Prijon Excursion(double) or Touryak(single), lifejacket,sprayskirt,dry bag, tent,sleeping bag,foam mat,group transfer from the Zadar to Rab and from Skradin to Zadar ,luggage transfer to our hotel in Skradin,all additional land transfers during the trip.Boat transfers on the trip,caving and rafting equipment,Tickets to National and Nature Parks,all meals starting with dinner on day one to breakfast on day 16,water,sojourn tax .

The rate does not include: beverages and all additional orders in restaurant,tickets to museums and other cultural sights on the way,any flights,airport taxes,travel insurance,tips,thermarests are not provided but can be a good idea.

Please note: take only biodegradable shampoo,preferably saltwater.If not available, you can buy it from our guides.

ACCOMMODATION AND CAMPING

Rab and Skradin: We will have simple twin-share bed and breakfast hotel accommodation

Camping: We supply two-person tents, foam mats and communal camping equipment. You can either bring your own sleeping bag or rent one..

If bringing your own sleeping bag, ensure it is compact to conserve space.If you don't have one you can rent it from our Co.Rental charge is 20 Euro for the whole trip. You may choose to bring your own Thermarest.

TRIP ORGANISATION

We mix up our campsites on wild beaches and intersperse this with campgrounds to provide access to more facilities. On arrival in camp you will be expected to unload your own boats, and you and your partner will be responsible for your own tent or sleeping site.

FOOD

Our guides usually prepare meals in camp and your help is welcomed. We find that people joining our trips alone soon make friends.

At some campsites we are able to eat local Croatian food at a nearby restaurant. Restaurant meals throughout the trip will be simple and provide variety and a taste of local cuisine.

We are happy to cater for vegetarians and other special dietary needs, please let us know at the time of booking your dietary requirements.

EXPEDITION STAFF

There will be two experienced kayak guides. Should you have any inquiries during the trip, feel free to ask your guides.

WATER

Bottled water is readily available in towns and preferable to tap water that, although chlorinated, is not as safe. Water for the kayaking will be provided throughout the trip but you will have opportunities to buy extra if you wish. We recommend about 2-3 litres per day per person and will be able to restock with water every 2-3 days.

EXCESS LUGGAGE

Luggage that you do not take kayaking can be stored and transferred to a place where we finish our trip.

END OF THE TRIP

The trip finishes in Skradin after breakfast on Day 16. We can offer a group transfer to Zadar airport if catching a flight that day.

Clothing and equipment

Please bring the items listed below to make your trip as enjoyable as possible. The dress code on Croatian Islands is more relaxed than on the mainland.

Our kayaks are designed for longer expeditions to carry a large amount of equipment but they do have their limitations.

Avoid cotton items as much as possible because they lack warmth and take forever to dry once they are wet.

- 2 pairs of short
- 2 pair of lightweight pants
- 2 long sleeve shirts

- 3-4 short sleeve shirts
- 1 long sleeve shirt for sun protection while paddling(preferably white colour). Lycra rash vest is also suitable
- 1 sweater or sweatshirt
- 1 lightweight waterproof jacket
- 1 lightweight fleece jacket
- 2-3 pairs of lightweight socks
- 3 to 4 pairs of underwear
- sandals or paddle booties (eg.Teva) when kayaking or on the beach.
- running shoes or preferably a lightweight hiking boot
- small torch and batteries or preferably head lamp
- sunglasses (polarised) with a retainer or string to prevent the loss
- waterproof sun cream
- small towel (fast drying material)
- Swimming gear
- Snorkeling gear(mask and snorkel only,or swimming goggles)
- Small blowup pillow
- One litre water bottles (cyclist bottles recommended)
- Wide-brimmed hat with chin strap to keep on the wind or any other type of sun hat
- Small daypack,bum bag is good for holding things like glasses,sunscreen and other small personal items while paddling or day walking.
- A small dry-bag or waterproof case like Pelican for keeping the camera and handy valuables while paddling.
- Minimal personal toiletries (biodegradable salt water soap may be desired)
- Lightweight and compact sleeping bag and inner sheet – sleeping bag can be hired for 1 Euro per day. Be sure to let us know if you require a sleeping bag.We can provide a bigger dry-bag to put inside your sleeping bag and mount it on the top of the kayak if it doesn't fit in the dry compartment .
- Do not forget your MEDICATIONS !

OPTIONAL ITEMS

- Lightweight cycling gloves
- Power points require a plug with two round pins
- Cards/games, book or magazine
- Binoculars, Camera –bring sufficient film, batteries, and storage cards for digital cameras
- Gloves

You will have an opportunity to paddle both single or double kayaks on your trip. We provide all necessary paddling and safety equipment.

To ensure you have a good nights rest we provide roomy 3 person tents (2 people per tent), and sleeping foam pads.

All guides are equipped with rescue equipment and well appointed first aid.

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