



Cliff Jumping & DWS

Deep-water soloing on tall, hidden cliffs, jumping into the sea from a height of two to twelve metres and then climbing back up again - these are all pleasures you're not likely to forget very soon. The experienced climbing guides will select an ascent that suits your abilities. The climbing areas of Sustipan in Split, the cliffs of the southern part of the island of Ciovo and Stiniva bay on the island of Vis are particularly scenic climbing spots.



Hiking / Trekking

Go on a hike to discover the beauty of hidden trails and magnificent views of coastal villages and islands, cultivated fields and vineyards with terraces of scant soil reclaimed from the rock that tell the tale of the people of this region. Discover treasures that hide off the beaten path and savour the stunning beauty of nature. The magnificent fusion of mountains and sea, sunny islands and the tame Zagora will fill your heart with joy and inspire you to return as soon as possible.



Jeep Safari

Take a ride in a Land Rover on the asphalt and macadam paths on nearly inaccessible terrains to reach a viewpoint where you will be able to experience all the authenticity of our karst environment, and feel and savour the beauty of Zagora - the green heart of Central Dalmatia. The experience will be even more unforgettable if you combine it with a picnic in nature or a visit to an authentic Dalmatian tavern to sample a few local dishes.



Kayaking (Sea/River) & Snorkeling

Tired of the hustle and bustle of crowded beaches during summer? Grab a kayak and try reaching the remote pebbled beaches of the coast or the beaches of the Central Dalmatian islands of Solta, Brač, Hvar and Vis. Explore caves, caverns and underground water sources under the watchful eye of a guide, and enjoy the crystal-clear turquoise waters as you kayak, swim and dive.



Paragliding

The mountains of the hinterland of Central Dalmatia and its islands provide experienced pilots with exceptional opportunities for hours of flight with a magnificent view of fields, bays, islands and the sea. You can fly in tandem, together with an experienced flying instructor. The contrast between the sea and mountains, the breathtaking views and man's unquenchable thirst for flight will keep bringing you back to the same desire - to fly high up into the air once again.



CENTRAL DALMATIA
The Heart of Adriatic

Outdoor Adventures



Rafting

If you listen to the skipper's instructions on how, when and how powerfully to row, and when to throw yourself into the dinghy and hold on tight, then you will experience an adventure you won't forget that soon. After three hours of navigating calm waters and rapids, with the possibility of taking a swim in the gorgeous natural environment of the protected canyon of the river Cetina, you will reach your goal - the popular vacation spot of Radman's Mill.



Via Ferrata

Via ferrata is a hiking trail secured with wedges and cables through a rock or cliff that allows the mountaineer or adventurer to walk a path that would otherwise be too dangerous without special knowledge and with little equipment, but a lot of courage and skill. Depending on the difficulty of the climb, in addition to the cable on which the climbers are secured (hooked), the ferrate path contains other necessary equipment.



Rock Climbing

Free climbing under the supervision of an instructor and with the appropriate equipment is a safe sport that anybody can try. If you know how to choose a route that is suited to your physical abilities, you're bound to love the experience of climbing! In addition to the famous "Santine stine" in the forest park Marjan in Split, located just half an hour's drive from Split and Makarska, there are multiple climbing areas with over 400 climbing routes located in the area of the islands of Central Dalmatia and beyond.



Stand Up Paddling

Stand up paddling has become a global hit in the past few years. While some have found stand up paddling to be a scenic form of fitness in nature, others enjoy it as a form of meditation in motion, regardless of age or physical stamina. Stand up paddling is an interesting new sport that provides relaxation and entertainment together with breathtaking views. This is a sport for all ages that is not too demanding, yet provides a lot of excitement.



Zip line

A walk through nature and a short training session are all you need to access an exhilarating ride down steel ropes through the canyon of the Cetina river. Climb to an elevation of 150 metres and enjoy taking in views of the magnificent landscape where the craggy hinterland of Omiš embraces dense forests and the blue waters of the Cetina river. There is also a zip line that is shorter than this one located above the popular coastal tourist destination of Tučepi on the Makarska Riviera.

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112 In case of emergency call Croatian Mountain Rescue

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get act!ve

ride : walk : climb : explore



CENTRAL DALMATIA
The Heart of Adriatic
www.dalmatia.hr

By choosing Central Dalmatia as your vacation spot, you have chosen a region that abounds with lush Mediterranean nature, rich history and living tradition. You have now become part of a region safely nestled in the bosom of Mediterranean mountains that hide natural treasures galore, a region marked both by a rich cultural heritage and a turbulent past, the traces of which await you at every corner. Your stay in Central Dalmatia can be so much more than a quiet holiday on the pure shores of the cleanest sea of the Mediterranean, as many opportunities for enjoying an active holiday await you in the embrace of the region's lush natural environment all year round.

You can go for the excitement of enjoying sports activities suited to your level of physical stamina, or perhaps dare to test the limits of your body and spirit with somewhat more challenging and adventurous activities - no matter your choice, you are bound to return home with indelible memories of the sensation of absolute freedom. Visit the pristine natural environment of the coast, islands and hinterland of Central Dalmatia and become part of the burgeoning trend of discovering and taking pleasure in the beauties of nature that hide all around us. Your vacation is bound to become all the more enjoyable and eventful for it.

Split-Dalmatia County Tourist Board

OUTDOOR ADVENTURE AGENCIES

Agencies	Website/Mail/facebook	Base	Activity
1 ADRIATIC SUP	www.adriatic-sup.com / info@adriatic-sup.com	Stobreč	stand up paddling
2 ADVENTURE OMIŠ	www.adventure-omis.com / adventureomis@gmail.com	Omiš	canyoning, kayaking, rock climbing, hiking, biking
3 AGROTURIZAM PODSTRANA	www.adventurezagora.com / agroturizampodastrana@gmail.com	Hrvace	archery, canoeing, team building, wall climbing, guided biking tours, zipline, adrenaline park, paintball, human football, paragliding
4 ALTERNATURA VIS	www.alternatura.hr / alternatura@alternatura.hr	Otok Vis	sea kayaking, hiking, caving, jeep safari, biking
5 ANDADVENTURE HOLIDAYS	www.andadventure.com / booking@andadventure.com	Hvar, Split	sea kayaking, hiking, cycling, sailing
6 ASTERIA ADVENTURES	www.asteria-adventures.com / info@asteria-adventures.com	Sinj	ATV quad adventure, kayak safari, archery, paintball
7 DALMATIA RAFTING	www.dalmatiarafting.com / cetina@dalmatiarafting.com	Omiš	rafting, canoeing
8 FENIX TOURS	www.fenix-tours.com / fenix.toursagency@gmail.com	Sinj	climbing, cycling, kayaking, fly fishing, free climbing, horseback riding, boat safari
9 GIVEN2FLY ADVENTURES	www.given2flyadventures.com / given2flyadventures@gmail.com	Split	deep water solo & cliff jumping, biking, rock climbing, sea kayaking stand up paddling
10 GO ADVENTURE	www.goadventure.hr / info@goadventure.hr	Split	sea kayak, rafting, extreme rafting, canyoning, extreme canyoning
11 IRIS ADVENTURES	www.adventurescroatia.net / irisadventures@gmail.com	Split	canyoning and extreme canyoning, deep water solo and cliff jumping, via ferrata, sea kayak
12 IV & AN RAFTING	www.rafting-cetina.net / ivan.troskot@gmail.com	Omiš	rafting
13 KARJOLA ADVENTURE TRAVEL	www.karjola.hr / tome@karjola.hr	Nerežišće (Brač)	biking, hiking, trekking, sea kayaking
14 MERIDIEN TEN	www.meridienten.com / info@meridien.hr	Split	cycling, hiking, multisport, sailing
15 NATURE & ADVENTURE	www.nature-and-adventure.com / milena@nature-and-adventure.com	Split	hiking, trekking, via ferrata
16 PINTA	www.rafting-pinta.com / contact@rafting-pinta.com	Omiš	rafting
17 RAFTING VUKASOVIC	www.rafting-vukasovic.com / vukasovic.info@gmail.com	Omiš	rafting
18 RED ADVENTURES	www.red-adventures.com / info@red-adventures.com	Split	biking, hiking, sea kayaking, stand up paddling
19 SLAP	www.hrslap.hr / roza.skarica@gmail.com	Slime	rafting
20 SPLIT OUTDOOR ADVENTURE	www.soatrips.com / info@soatrips.com	Split	quad tours, kayaking
21 SPLIT RAFTING ADVENTURE	www.split-rafting.eu / split.rafting@gmail.com	Omiš	rafting
22 SPLIT SEA KAYAKING	www.splitseakayaking.com / info@splitseakayaking.com	Split	sea kayaking, snorkeling, cliff climbing, cliff jumping, GoPro filming
23 ZIPLINE CROATIA	www.zipline-croatia.com / ziplinecroatia@gmail.com	Omiš	zipline
24 RAFTEK ADVENTURE TRAVEL	www.raftek.com / info@raftek.com	Omiš	rafting



Airsoft / Paintball

Popular among many of those looking for an adrenaline rush or a good time, this game of war demands your full attention and concentration. The objective of the game is to hit your opponents with balls that leave traces of paint, which means physical stamina and intelligence are equally important for winning. The game is organised on fields provided for this purpose that are located throughout Central Dalmatia, both on the mainland and on the islands.



Archery

Archery is a fun and relaxing sport for all ages. If you've always wanted to try out this game for yourself, you'll need a steady hand and good hand-to-eye coordination if you want to achieve good results. Our experienced and well-equipped instructor will make sure you have a good time, while the joy of spending time in nature while playing will relieve you of all tension and stress.



ATV Quad Safari

Enjoy an exciting quad ride while discovering the magnificent landscapes and historical heritage of Central Dalmatia's hinterland. In order for you to feel safe during your ride, a professional and experienced guide will familiarise you with your ATV vehicle, after which you'll be ready to embark on the journey of a lifetime.



Biking / Cycling

Conquer the mountaintops of the green hinterland of Central Dalmatia while enjoying a guided bike tour, cycle alongside a river or choose between several levels of difficulty on the cycling trails of the islands. If you're looking for something particularly challenging, dare to cycle up to Sveti Jure which is, with its altitude of 1762 metres, the highest peak of Biokovo mountain. For a somewhat less demanding adventure, ascend up to Vidova Gora (778m), the highest peak on the island of Brač, and enjoy spectacular views of the world-famous beach of Zlatni Rat.



Canoeing

A leisurely canoe ride on the tamer parts of the Cetina river in an unsinkable canoe for one or two (or more) and the joy of mastering beginner-level rapids will provide you with some truly unforgettable entertainment and recreation. As the currents of the meandering river lead you on a journey through picturesque fields, feel yourself surrender to the peace and tranquillity that surround you.



Canyoning

For thousands of years, the Cetina river formed a canyon by creating wondrous shapes in the rock of its bed. Walking along the river and rapids, swimming in natural lakes surrounded by cliffs that are up to 180 metres tall and passing through a tunnel next to the fifty-metre waterfall of Velika Gubavica is bound to provide you with a truly unforgettable experience.



Extreme canyoning

Extreme canyoning is an even greater challenge and an even more exciting and adrenaline-fueled experience as, in addition to touring and swimming in the natural lakes of the canyon of the Cetina river, it also includes climbing, jumping and descending down a 55-metre cliff by rope near the Velika Gubavica waterfall, or down an 18-metre one near the waterfall of Mala Gubavica. Enjoy the awe-inspiring experience of savouring the incredible power and beauty of nature as the intensifying roar of the waterfalls fills your ears.



Caving

Caving is the art of safely entering and touring caves without injury, and safely exiting them and returning without any harmful impact on the environment. In order for your exploration to be completely safe, you'll need appropriate equipment and a bit of skill. Our limestone environment abounds with subterranean hallways and halls decorated with natural ornaments, stalactites and stalagmites. Admire the wondrous shapes that nature has crafted and enjoy seeing what life looks like below ground!