



CENTRAL DALMATIA

The Heart of Adriatic

Themed trails

**THE COAST
OF CENTRAL
DALMATIA**



30
TRAILS
168_{km}

- SPLIT
RIVIERA
- MAKARSKA
RIVIERA
- DALMATIAN
HINTERLAND

Introduction

If you're dreaming of relaxation, the most beautiful sunsets, warm-hearted people, and a well-deserved holiday, we invite you to visit Central Dalmatia.

Here, you'll find stunning Mediterranean landscapes with crystal-clear sea, fantastic world cultural heritage sites, a green hinterland, and vibrant towns with an eventful history.

For walking enthusiasts and nature lovers, we have created a network of walking trails on the coast and islands that will surely satisfy your need for a pleasant yet active holiday, and which will acquaint you with the interesting places, beautiful landscapes, historical monuments, traditional customs, and typical dishes of this region.

Start with the easiest routes intended for almost all types of walking enthusiast that pass through numerous coves and centuries-old forests. The wonderful ambience and the Mediterranean but also continental vegetation in the hinterland of the region, combined with the area's pleasant climate, will provide you with a feeling of satisfaction and will have a beneficial effect on your health throughout the year.

Central Dalmatia features interesting themed trails where you can learn about the local history, customs and natural attractions, but also legends, historic figures and events.

To those searching for more demanding routes, we recommend exploring the interior of the islands and the coast. These areas offer more challenging walking and hiking trails that will reward you with their stunning views, beautiful landscapes and fantastic sunsets.

If you really want to get to know Central Dalmatia, we're sure that its walking, cycling and hiking trails will provide you with the best tours of the region.

Come and discover your dream holiday.

*Split-Dalmatia County
Tourist Board*



CONTENTS

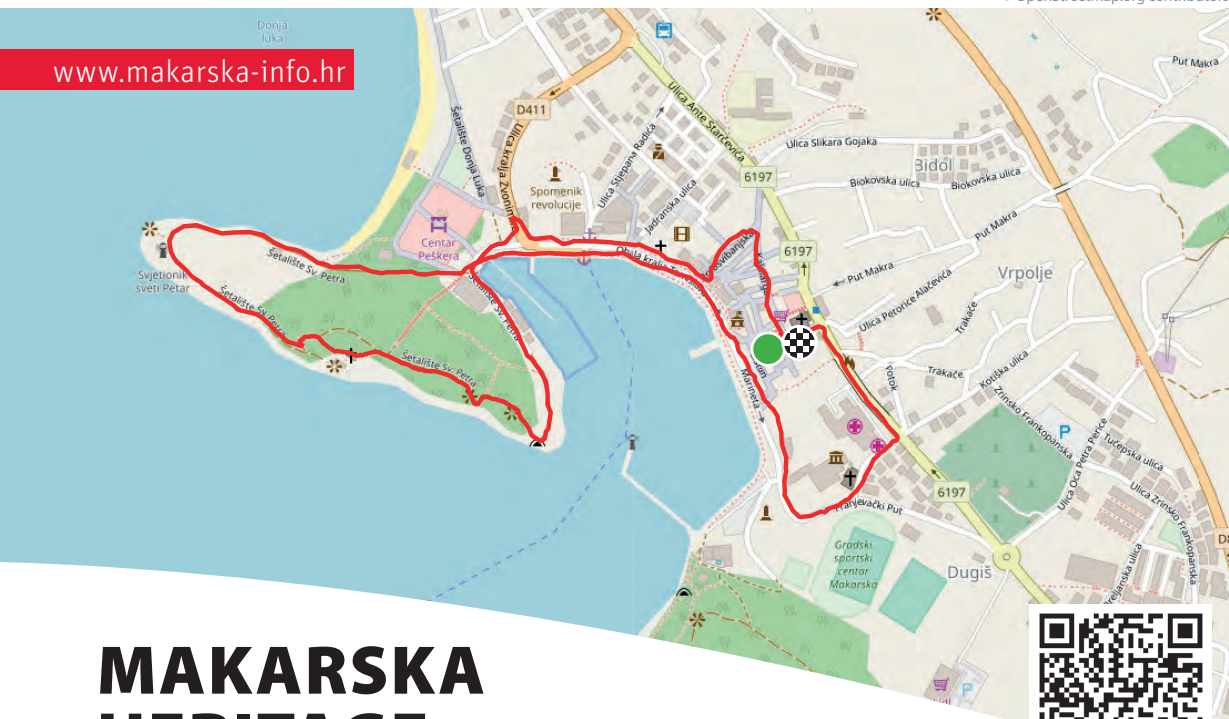
	LOCATION	LENGTH	TIME	DIFFICULTY	
Makarska Riviera					
6	MAKARSKA HERITAGE SIGHTS	MAKARSKA	3.67 km	1 h 00 min	EASY
8	THE FRENCH (NAPOLEON) ROAD	BRELA	5.80 km	2 h 15 min	EASY
10	ON THE TRAIL OF ANCIENT BERULIA	BIOKOVO NATURE PARK	6.60 km	3 h 00 min	MEDIUM
12	KOTIŠINA BOTANICAL GARDEN ON MOUNT BIOKOVO	BIOKOVO NATURE PARK	4.18 km	2 h 00 min	MEDIUM
14	ARTILLERY TRAIL	BIOKOVO NATURE PARK	3.49 km	1 h 05 min	EASY
Split Riviera					
18	PIRATE TRAIL	OMIŠ	3.06 km	1 h 30 min	MEDIUM
20	TUGARE ETHNO-ECO VILLAGE	TUGARE	4.00 km	1 h 00 min	EASY
22	SAINT LEOPOLD MANDIĆ TRAIL	ZAKUČAC	3.61 km	1 h 00 min	MEDIUM
24	ILLYRIAN RIVER TRAIL	ZAKUČAC, OSTRVICA	5.01 km	1 h 45 min	MEDIUM
26	TRAIL OF OUR ANCESTORS	GATA	8.36 km	3 h 30 min	MEDIUM
28	CITY WALLS	SPLIT	3.01 km	1 h 00 min	EASY
30	MARJAN HILL SPIRITUAL REFUGES	SPLIT	9.51 km	4 h 00 min	EASY
32	PERUN TRAILS	ŽRNOVNICA, STROŽANAC, PODSTRANA	14.81 km	5 h 00 min	DEMANDING
34	A WALK THROUGH ANCIENT SALONA	SOLIN	3.97 km	1 h 30 min	EASY
36	A WALK ALONG THE RIVER JADRO	SOLIN	3.24 km	1 h 00 min	EASY
38	THE PATH OF LIFE	KAŠTELA	1.24 km	0 h 45 min	MEDIUM
40	FROM KAŠTEL TO KAŠTEL	KAŠTELA	9.72 km	4 h 00 min	EASY
42	TROGIR EXTRA MUROS	TROGIR	1.30 km	0 h 30 min	EASY
44	TROGIR INTRA MUROS	TROGIR	1.29 km	0 h 30 min	EASY
46	FROM PRIZIDNICA TO SVETI IVAN	ČIOVO, TROGIR	35.40 km	11 h 45 min	E/M
Dalmatian Hinterland					
52	DUGOPOLJE MALI PUT	DUGOPOLJE	6.35 km	3 h 00 min	MEDIUM
54	MONS MASSARUS	DUGOPOLJE	6.27 km	3 h 30 min	MEDIUM
56	WINE TRAIL	TRILJ	7.88 km	3 h 30 min	EASY
58	ALKAR TRAIL	SINJ	6.06 km	2 h 30 min	EASY
60	A TOWN ON STONE AND WATER	IMOTSKI	5.26 km	2 h 30 min	MEDIUM
62	BADNJEVICE	PROLOŽAC	4.64 km	2 h 00 min	MEDIUM
64	GRADINA-GRAD FORTRESS	VRGORAC	0.96 km	0 h 30 min	EASY
66	THINGS TO KNOW				



Makarska Riviera

5 trails **24** km



www.makarska-info.hr


MAKARSKA HERITAGE SIGHTS

MAKARSKA

One of the main tourist destinations on the Adriatic coast, Makarska owes its rich cultural and historical heritage to it being continuously inhabited from prehistory to the present day. The emergence and development of the town can be traced through the centuries from the former Illyrian fort, Roman settlement, and Late Antiquity maritime stronghold with a medieval fort and church on the Sveti Petar peninsula, to the historical town centre with its elegant baroque buildings and palaces, Franciscan monastery that was established in 1502, and the 18th-century St. Mark's Cathedral on the main square.



3,67 km
1^h 00 min

START	Makarska
END	Makarska
ASCENT/DESCENT	34/34
HIGHEST POINT	19
LOWEST POINT	1
ASPHALT/CONCRETE	3,49 km
GRAVEL/PATH	0,18 km
DIFFICULTY	EASY



SHORT INSTRUCTIONS



Start 43° 17' 37" N / 17° 1' 14" E

Start at Kačić Square next to the baroque fountain, and from there go north-west towards Kalalarga

0.22 km turn left onto Prvosvibanjska Street

0.32 km at Tin Ujević Square, take the exit to the Riva on the right

0.43 km Church of St. Philip Neri

0.65 km Makarska Town Museum

0.83 km entrance to the pedestrian zone (right) next to the Hotel Miramare

1.37 km St. Peter's Lighthouse

1.58 km turn left uphill to the Church of St. Peter; the entrance to the trail is behind the church

1.90 km vantage point

1.95 km turn right (east) towards the statue of St. Peter; from the statue, follow the path along the coast

2.40 km turn right along the Riva

3.10 km at the end of the Riva, follow the street on the left to the Franciscan monastery

3.30 km Franciscan monastery

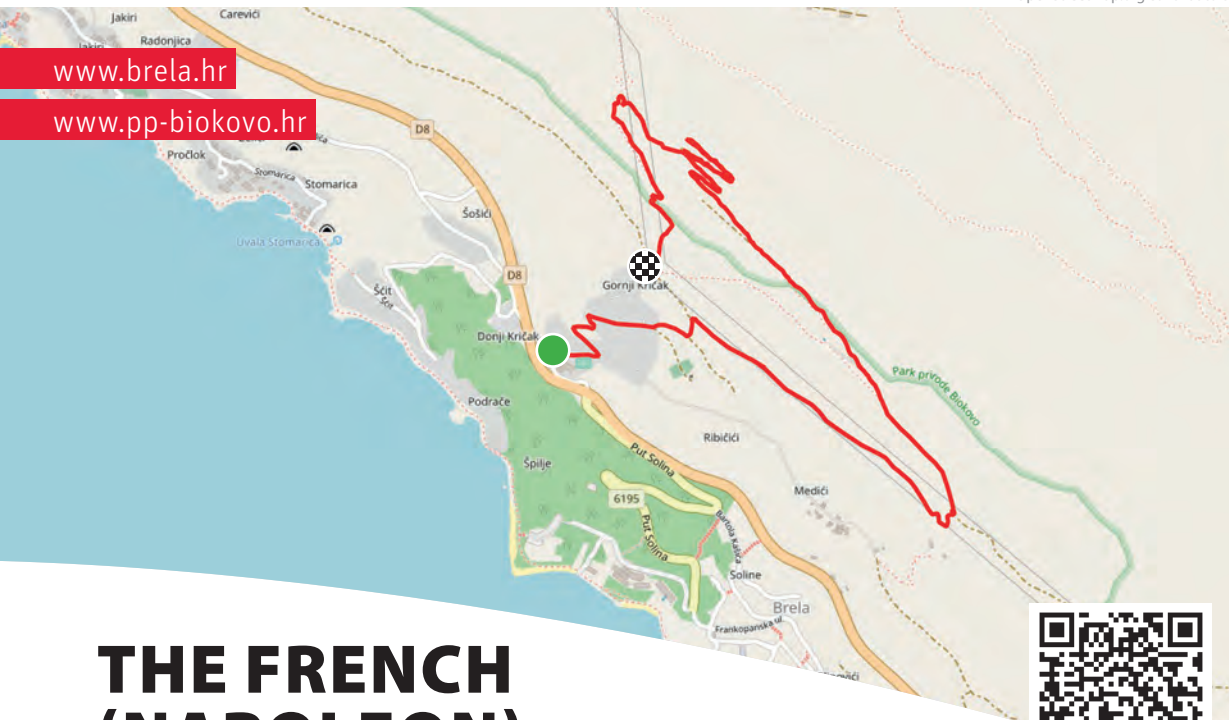
3.35 km Malacological Museum

3.40 km turn left onto the road

3.62 km turn left onto Kačić Square

3.67 km return to the starting point



www.brela.hr
www.pp-biokovo.hr


THE FRENCH (NAPOLEON) ROAD

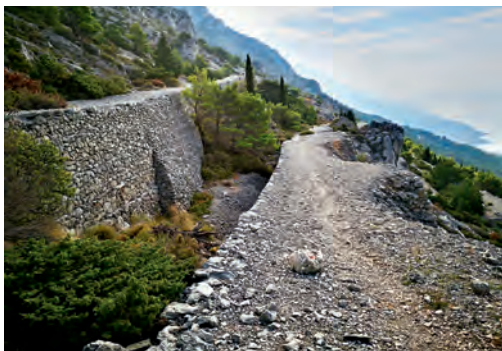
BRELA

After the fall of the Roman Empire, there were not enough quality roads in Dalmatia, which hindered land transport in the region. This situation continued throughout the Middle Ages until the beginning of the Early Modern period and was solved only during Napoleon's rule in Dalmatia (in the period between 1806 and 1813). This period saw high standards in road construction based on antique and Roman models. The French road on the slope of Mount Biokovo above the village of Brela in the Makarska Littoral is a part of this legacy. The route for the road was cleared in 1811 but was never finished. Because of this, we can today see all the phases of its adventurous construction in this extremely demanding and inaccessible terrain.


5,80 km

2^h 15^{min}

START	Brela - Gornji Kričak
END	Brela - Gornji Kričak
ASCENT/DESCENT	308/308
HIGHEST POINT	443
LOWEST POINT	138
ASPHALT/CONCRETE	1,28 km
GRAVEL/PATH	4,52 km
DIFFICULTY	EASY



SHORT INSTRUCTIONS



Start 43°22' 17.881" N / 16°56' 22.937" E

Brela – Gornji Kričak, school parking area

0.65 km take the asphalt road to the crossroads in the direction of the Church of St. George (Sveti Juraj), then continue straight along the gravel road following the signposts (645 m)

2.00 km go along the gravel road to the vantage point, and from there continue left

2.50 km go along the gravel road to the start of the French (Napoleon) Road

3.60 km arrival at the first hairpin bend: either leave the French (Napoleon) Road on the left and go on to the chapel of St. Caius (Sveti Kajo), Bride's Rock (Nevistina Stina) and Brela climbing route, or continue along the Napoleon Road to the top

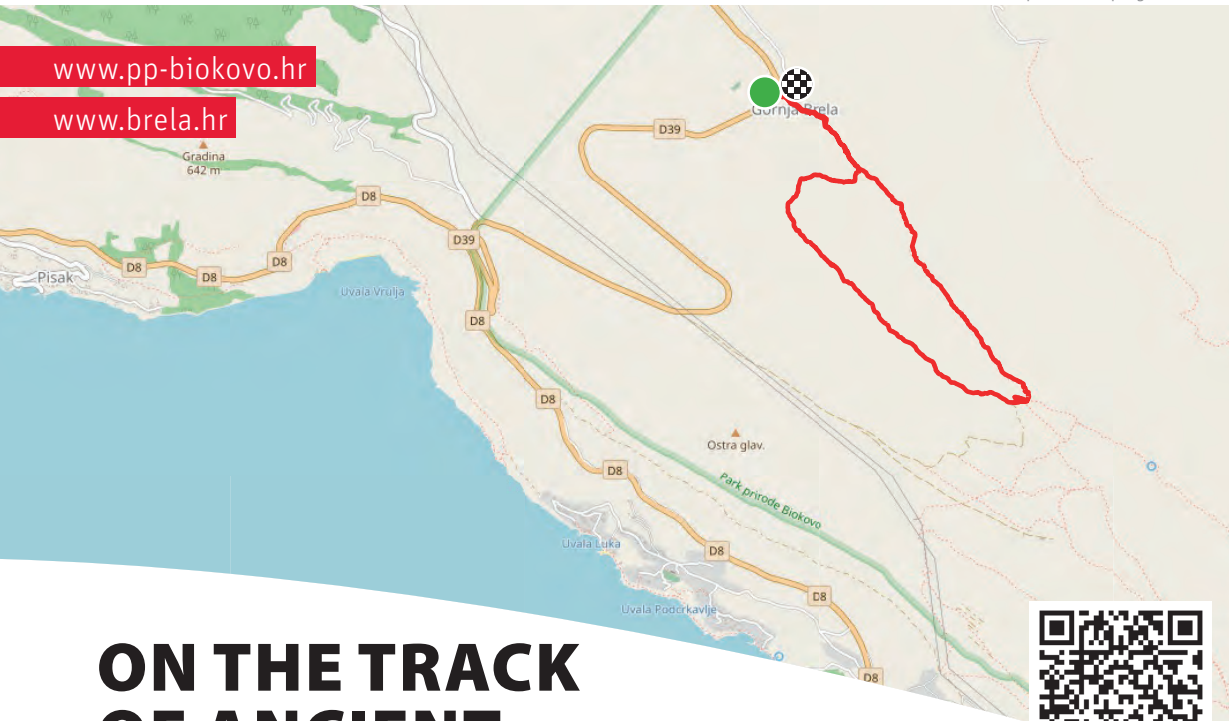
4.00 km the highest point and end of the French Road, which abruptly ends in front of a tall rock, which must be by-passed from the south; continue along the path to Gornja Brela in the hinterland

4.40 km from the top of the road, we return along the same path for 400 m to the aforementioned exit towards St. Caius, Bride's Rock and the climbing route (4,403 m)

4.70 km we reach the crossroads, which leads north to the Chapel of St. Caius and Bride's Rock, and south to the Brela climbing route and Gornji Kričak (starting point, follow the signs for Brela – Gornji Kričak (4,668 m))

5.40 km arriving at the gravel road, follow the signs for the Brela – Gornji Kričak parking area

5.80 km return to the starting point

www.pp-biokovo.hr
www.brela.hr


ON THE TRACK OF ANCIENT BERULIA

BIOKOVO NATURE PARK

The old village of Gornja Brela in Zabiokovlje was first mentioned as *Beroyllia* in the work *On the Governance of the Empire* by the Eastern Roman Emperor Constantine VII Porphyrogenitus (905 -959) as one of the four fortified towns in Paganía, the principality of the Narentines, a maritime tribe that fought against the Venetians for control over the Eastern Adriatic (9th-11th century). In search of their ancient stronghold, we learn about the cultural and natural heritage of ancient Berulia and its inhabitants.



6,60 km

3^h 00^{min}

START	Gornja Brela
END	Gornja Brela
ASCENT/DESCENT	307/307
HIGHEST POINT	559
LOWEST POINT	268
ASPHALT/CONCRETE	0,20 km
GRAVEL/PATH	6.40 km
DIFFICULTY	MEDIUM



SHORT INSTRUCTIONS



Start 43° 24' 35.4888" N / 16° 54' 56.916" E
Gornja Brela

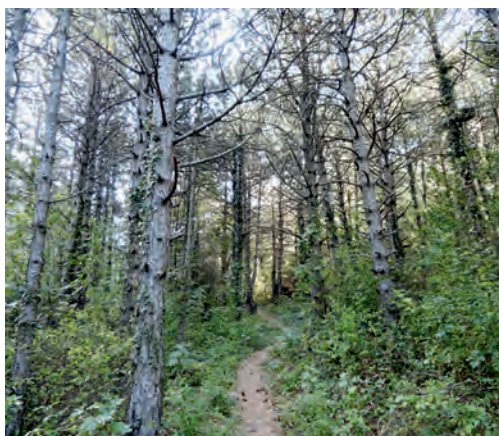
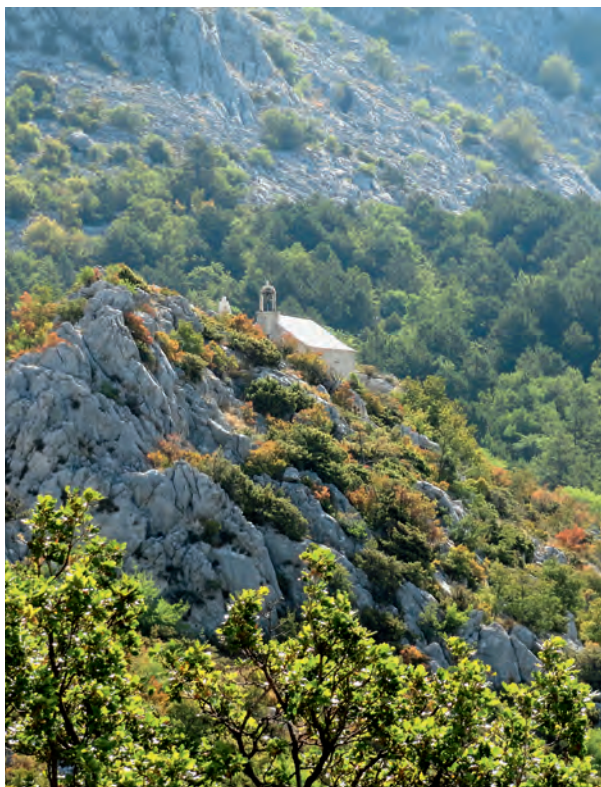
0.81 km straight along the path uphill to the Church of St. Nicholas

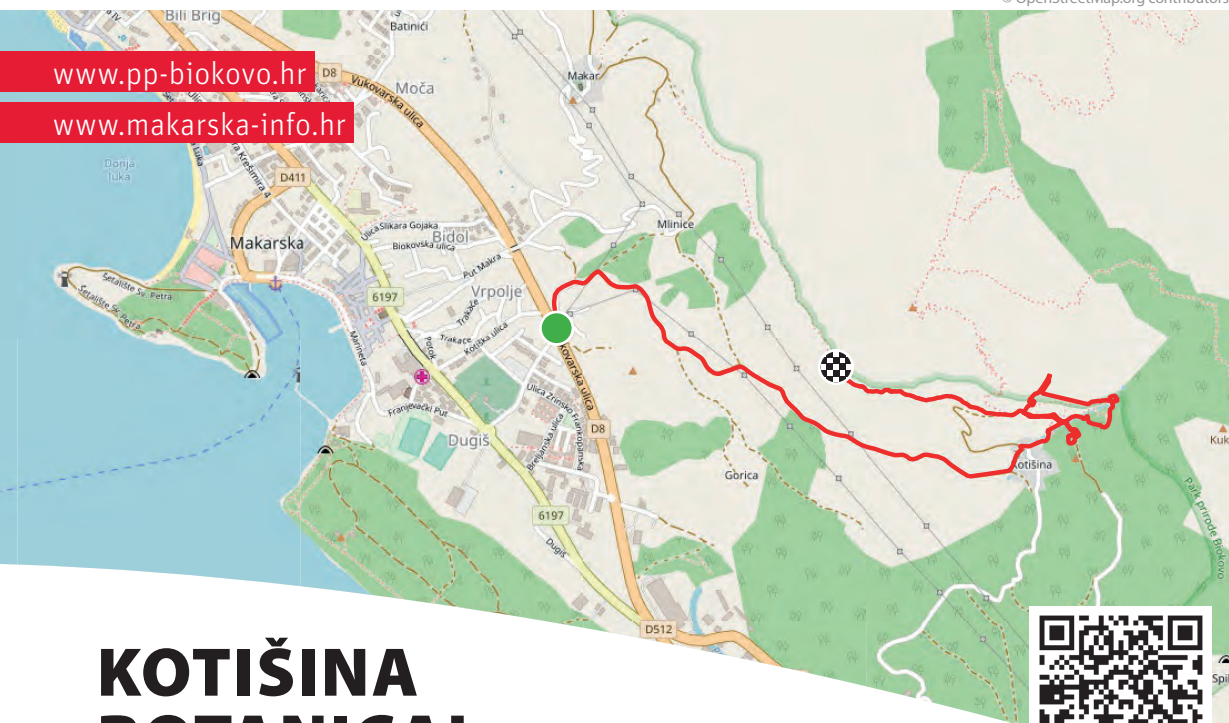
2.92 km Church of St. Nicholas; after the church turn right (west)

3.00 km Gomila

5.72 km arrival at the path towards Gornja Brela

6.60 km return to the starting point



www.pp-biokovo.hr
www.makarska-info.hr


KOTIŠINA BOTANICAL GARDEN

BIOKOVO NATURE PARK

The village of Kotišina on the slopes of Mount Biokovo above Makarska features a fortified cave called Veliki Kaštel, the best example of this type of fortification architecture on the coast of Central Dalmatia. Veliki Kaštel was built during the Cretan War (1645-1669), a Venetian-Ottoman war fought in the Aegean Sea and Adriatic. Besides Veliki Kaštel, the area around the village of Kotišina also features a botanical garden of the same name, created by the Franciscan friar and scientist Jure Radić (1920-1990). The garden is famous for its wild-growing plants and species from other regions that have found their home here. Near the Botanical Garden and Kaštel, there lies the Romanesque-Gothic Church of St. Martin dating back to the 14th-15th century, which offers a view of the town of Makarska and the nearby islands of Brač and Hvar.


4,18 km
2 h 00 min

START	Makarska coastal road
END	Church of St. Martin
ASCENT/DESCENT	320/102
HIGHEST POINT	340
LOWEST POINT	55
ASPHALT/CONCRETE	1,96 km
GRAVEL/PATH	2,22 km
DIFFICULTY	MEDIUM



SHORT INSTRUCTIONS



Start 43° 17' 36.528" N / 17° 1' 39.972" E

From the coastal road (this is where the hiking markings begin too), follow the markings along the asphalt road to the Botanical Garden (Marin Kovačević Memorial House)

2.10 km turn right to the Church of St. Anthony (Sveti Ante)

2.21 km Church of St. Anthony; return from the church along the same way

2.38 km go west through the Botanical Garden

2.52 km turn right uphill to the fort

2.61 km Veliki Kaštel fort; from the fort, head north to the top of the ravine and then east

3.16 km go straight downhill

3.20 km go west to the Church of St. Anthony

3.38 km head west (closing the circle around the Botanical Garden)

3.52 km go straight (west) along the path to the Church of St. Martin

4.18 km Church of St. Martin



www.pp-biokovo.hr



ARTILLERY TRAIL

BIOKOVO NATURE PARK

In the midst of World War One, most likely in the first half of 1916, the Austro-Hungarian Empire built a large number of fortifications in the wider area of the Staza mountain pass (897 m) on Mount Biokovo. The entire defence system was created for protection from possible attacks and landing operations by Triple Entente forces from the sea. The Austrian military road leads to the top of the slope of Mount Biokovo and features artillery and rifle positions, trenches, wells, stone guard posts, and barracks. Every part of this defensive line offers fantastic views of the Makarska Littoral and the neighbouring islands of Brač and Hvar.



3,49 km

1^h 05^{min}

START	Church of St. Elijah
END	Church of St. Elijah
ASCENT/DESCENT	98/98
HIGHEST POINT	961
LOWEST POINT	866
ASPHALT/CONCRETE	0 km
GRAVEL/PATH	3,49 km
DIFFICULTY	EASY



SHORT INSTRUCTIONS



Start 43°15'32.461" N / 17°6'11.351" E

From the road, beneath the Church of St. Elijah (Sveti Ilija), the route goes steeply uphill to the plateau in front of the church, where it joins a hiking trail to the east that follows the ridge and the trenches

0.60 km arrival at the bend of an old walled road (on the northern side of the trail; before joining the road, there is a horse watering trough, and on the southern side a vantage point); continue uphill along the road; the road narrows and turns into paths that lead to the trenches

1.10 km arrival at the trench complex, the most impressive being those in the cliff; return to the road the same way

2.15 km turn right

2.60 km arrival at a wide gravel road where the route turns left

3.49 km arrival at an asphalt road and return to the starting point





Split Riviera

18 trails **107** km

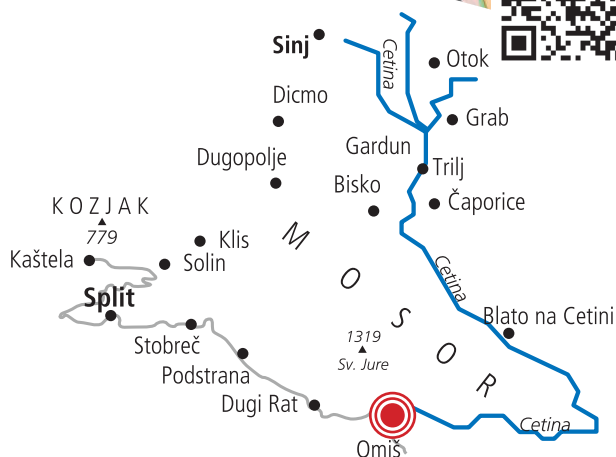


www.visitomis.hr


PIRATE TRAIL

OMIŠ

It would be difficult to find a more genuine pirate town in the Mediterranean area than Omiš. Its position at the end of the canyon of the River Cetina with a sheltered and safe harbour made it possible to build a secure stronghold here in medieval times with a defensive system that prevented enemy ships from entering the harbour and canyon. This is attested to by the underwater wall (Mostina) at the mouth of the River Cetina that is still visible today. Following the traces of the former town walls, we reach the Mirabela fortress (12th-13th century) that dominates the historical centre of Omiš. High on the cliffs above the canyon of the River Cetina and the town lies another fortification, the Starigrad-Fortica fortress (14th-15th century). Thanks to its position, the Fortica is definitely one of the most picturesque fortresses in the Adriatic Littoral. In memory of the town's glorious pirate past and resistance to Venetian rule, every year on 18 August there is the *Pirate Battle* historical spectacle in Omiš harbour.



3,06 km

1_h 30_{min}

START	Omiš-Mostina
END	Fortica fortress
ASCENT/DESCENT	310/9
HIGHEST POINT	303
LOWEST POINT	2
ASPHALT/CONCRETE	1,90 km
GRAVEL/PATH	1,16 km
DIFFICULTY	MEDIUM



SHORT INSTRUCTIONS



Start 43°26' 28.6" N / 16°41' 0.8" E

Mostina, on the right bank of the River Cetina, 100 m from its mouth; from here go along the bank and over the bridge, and then turn left

0.85 km on Poljički Square, there is a pillory; go along Knezova Kačića Street through the town

0.90 km the historical coat of arms of the town of Omiš; go via the steps through Jurja Šubića Street

1.00 km arrival at the Mirabela fortress; go down the stairs across Sveti Mihovil Square and continue through the eastern part of the town

1.20 km the eastern town gate (town walls); go back 30 m and then turn left

1.30 km go past the Turjun tower and then cross the street

1.40 km remains of the town walls in Borići Park

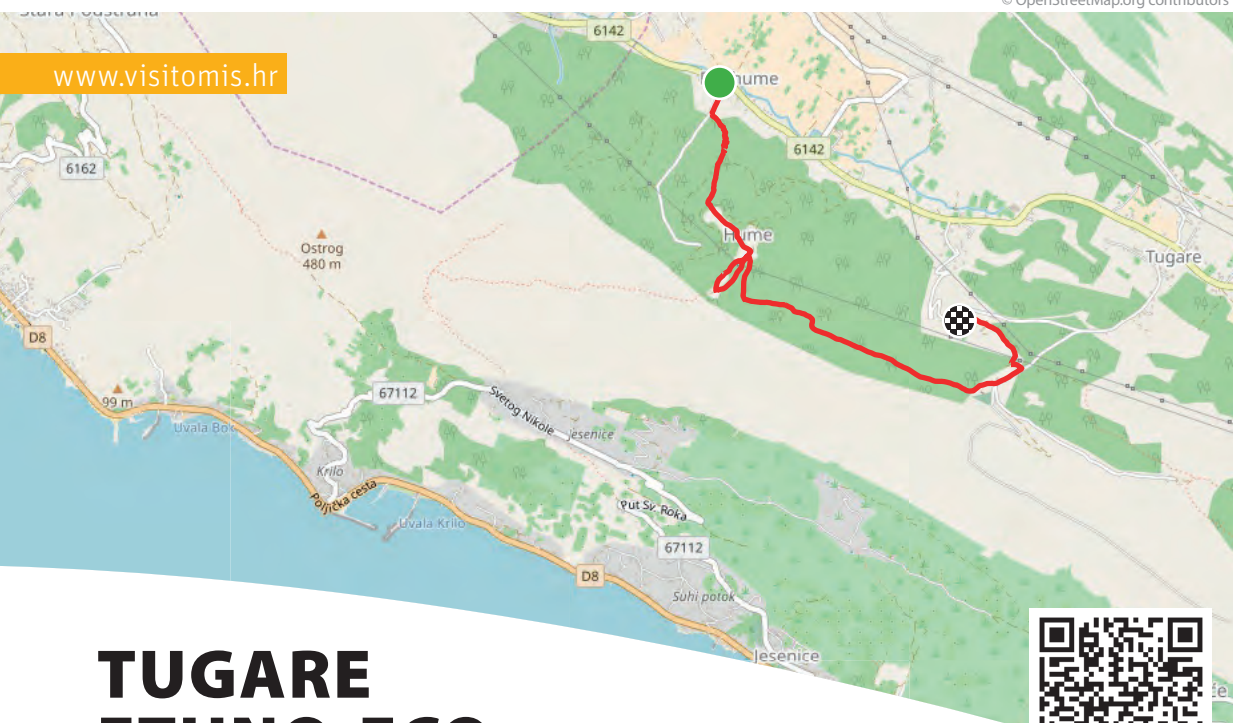
1.70 km old town cemetery

FORTICA OPTION (CARRY ON)

1.90 km beginning of the mountain trail

3.06 km arrival at the Fortica fortress

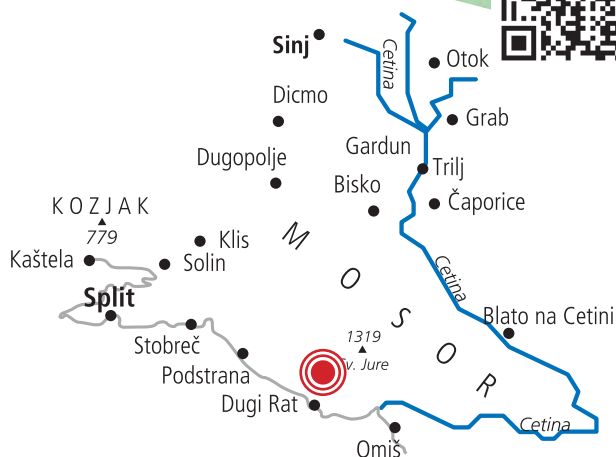


www.visitomis.hr


TUGARE ETHNO-ECO VILLAGE

TUGARE

Tugare, a village in Srednja Poljica in the heart of the former Republic (principality) of Poljica, together with its hamlets of Ume and Čažin Dolac, is an open-air museum of the folk customs, traditions and architecture of this part of the Central Dalmatian hinterland, with a rural architecture that has left an impressive legacy in the form of dry stone walls that blend in with the surrounding landscape.



4,00 km

1^h 00^{min}

START	Tugare-Podume
END	Tugare-Čažin Dolac
ASCENT/DESCENT	180/91
HIGHEST POINT	386
LOWEST POINT	232
ASPHALT/CONCRETE	0,44 km
GRAVEL/PATH	3,56 km
DIFFICULTY	EASY



SHORT INSTRUCTIONS



Start 43°28' 48.4" N / 16°37' 15.6" E

Podume; go 200 m along the asphalt road in a southerly direction

0.20 km turn left onto the path

0.80 km arrival in the village of Ume

1.20 km Church of St. Rochus (Sveti Rok) in Ume

1.40 km arrival at a rest area; continue along the gravel road to the crossroads

1.70 km turn right at the crossroads

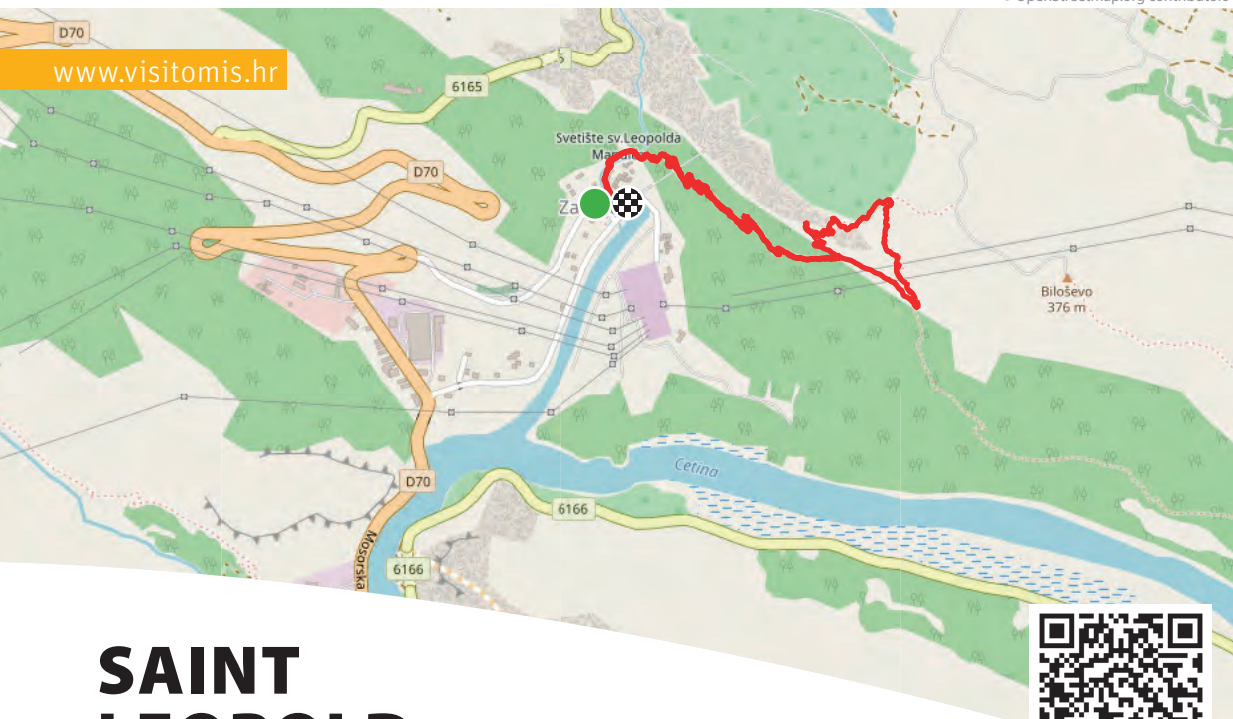
2.10 km cross, blessing, beginning of the trail

3.40 km Tugare, Church of the Nativity of the Blessed Virgin Mary; continue along the asphalt road

3.65 km turn right onto the trail

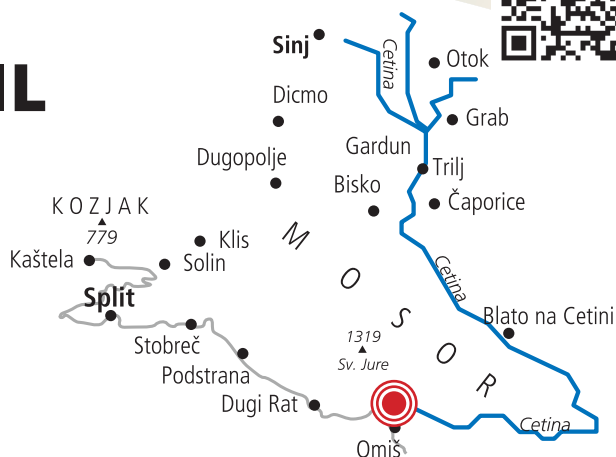
4.00 km Church of St. Francis (Sv. Frane), Čažin Dolac



www.visitomis.hr


SAINT LEOPOLD MANDIĆ TRAIL ZAKUČAC

Leopold Bogdan Mandić (1866-1942), a Croatian saint who was canonised by Pope John Paul II in 1983, had his origins in Zakučac, a small village near Poljica in the hinterland of Omiš distinguished by its traditional architecture. From here, a trail leads to the shrine of St. Leopold Mandić and the canyon of the River Cetina, passing through a landscape surrounded by unspoilt nature and the heritage of times gone by.



3,61 km
1^h 00^{min}

START	Zakučac
END	Zakučac
ASCENT/DESCENT	294/294
HIGHEST POINT	290
LOWEST POINT	10
ASPHALT/CONCRETE	/
GRAVEL/PATH	3,61 km
DIFFICULTY	MEDIUM



SHORT INSTRUCTIONS



Start 43°27' 24" N / 16°42' 0.2" E

Zakučac, on the trail across the bridge

0.20 km shrine of St. Leopold Bogdan Mandić

1.20 km turn left at the crossroads

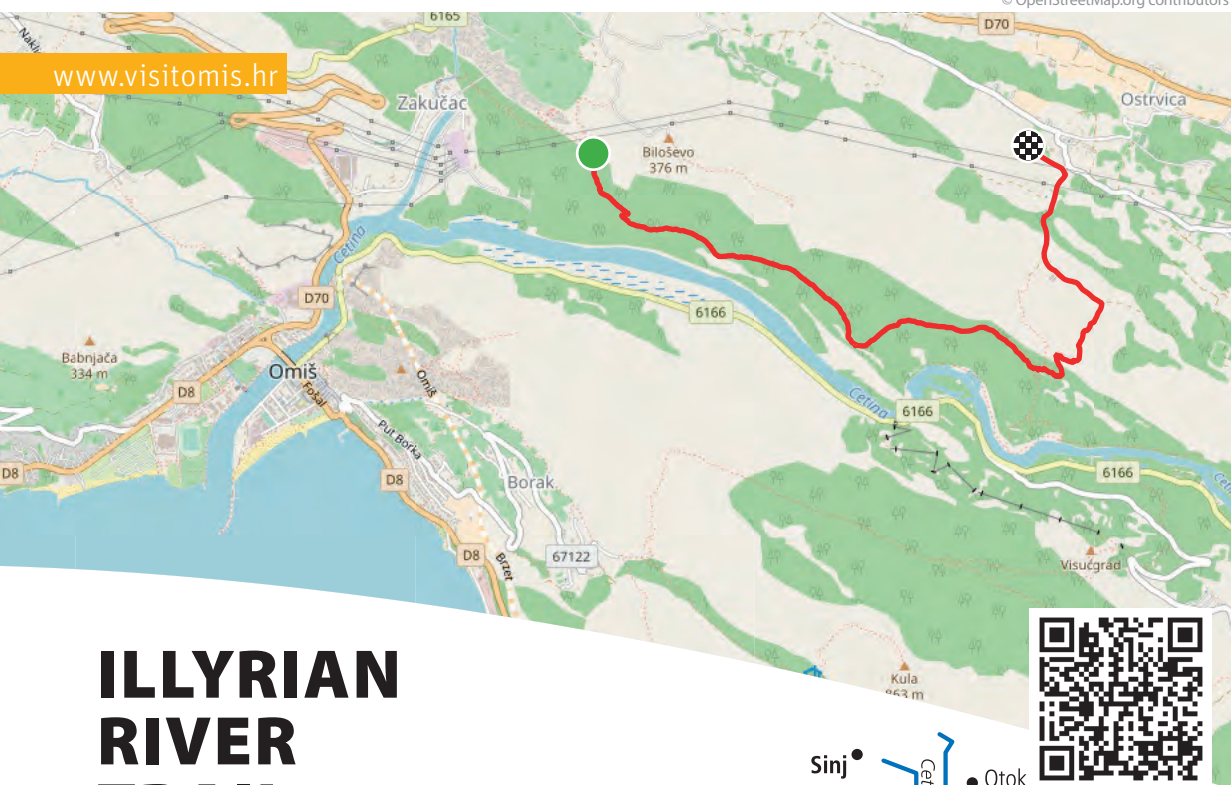
1.80 km turn right at the crossroads

2.20 km turn right at the crossroads

2.50 km turn left at the crossroads; go along the same trail to the finish

3.61 km return to the starting point

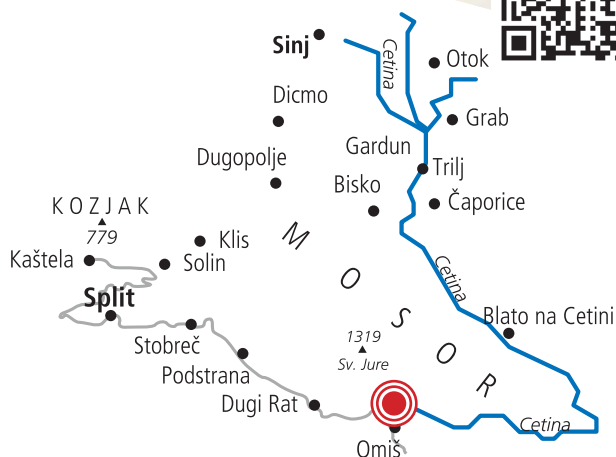


www.visitomis.hr


ILLYRIAN RIVER TRAIL

ZAKUČAC, OSTRVICA

The quest for the historical traces of Poljica in the landscape of the River Cetina recalls the period from the Prehistoric Age to the Middle Ages – a period when the ancient Illyrians built their shrines and the graves of their ancestors all over the canyon of the Cetina, when the village of Ostrvica (Krcatovići – Miri) was fortified with a Late Antique building complex (5th–6th century), and when – according to local tradition – the medieval settlement of Poljica was established with the arrival of the sons of the Croatian King Miroslav (10th century) at the Pokornik water source.


5,01 km
1_h 45_{min}

START	St. Leopold Mandić trail
END	Late Antiquity building in Ostrvica
ASCENT/DESCENT	290/185
HIGHEST POINT	280
LOWEST POINT	43
ASPHALT/CONCRETE	0,78 km
GRAVEL/PATH	4,23 km
DIFFICULTY	MEDIUM



SHORT INSTRUCTIONS



Start 43°27' 17.6" N / 16°42' 38.7" E

Crossroads at the easternmost part of the St. Leopold Mandić trail

0.30 km Stare Kuvačica stalls

1.10 km rest area

2.00 km rest area

3.60 km rest area

3.90 km turn left at the gravel crossroads

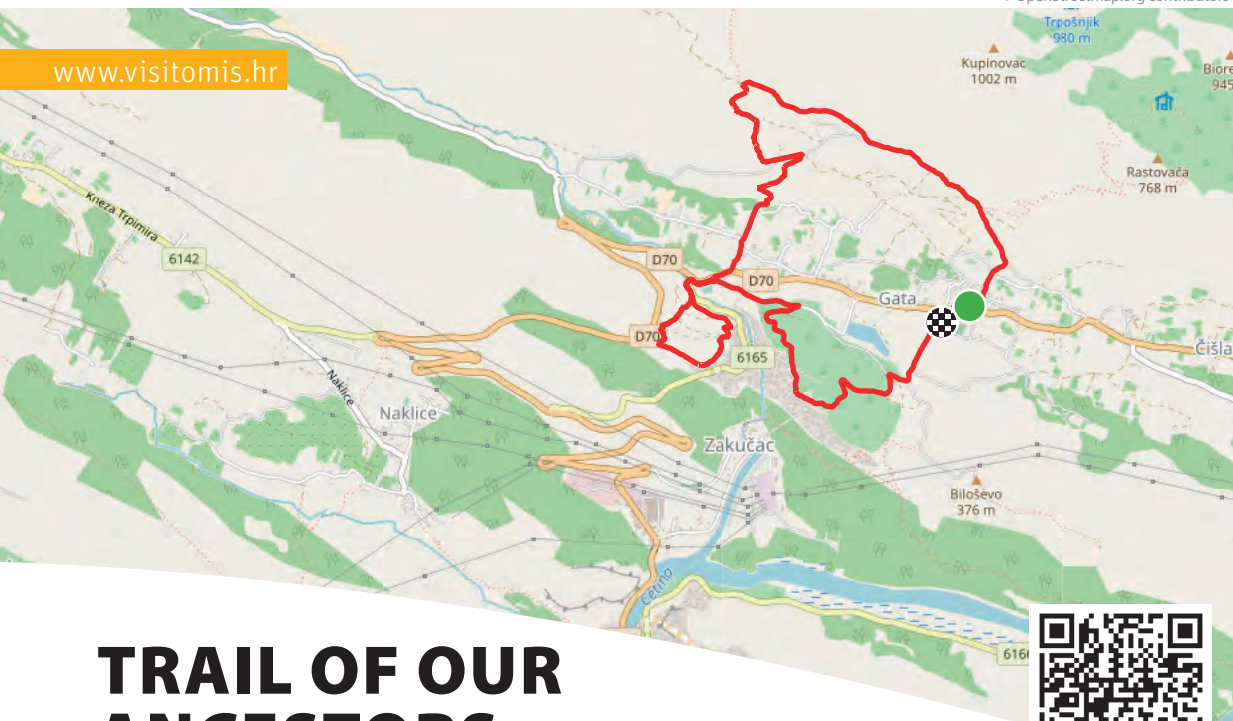
4.00 km Illyrian hillforts

4.20 km arrival at an asphalt road

4.80 km Pokornik water source, the spot where the village of Poljica was founded

5.01 km Late Antiquity building in Ostrvica

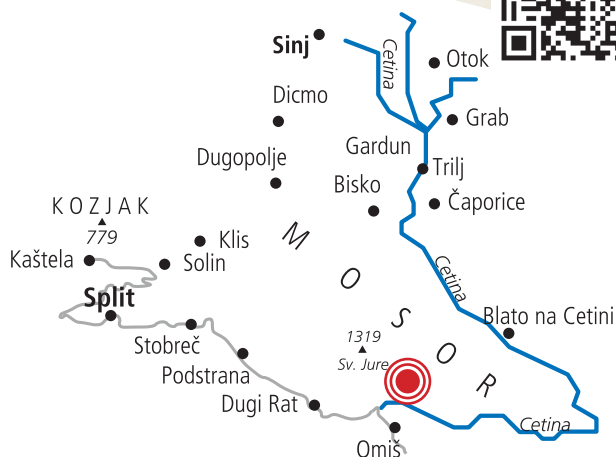


www.visitomis.hr


TRAIL OF OUR ANCESTORS

GATA

Gata is a small place at the foot of Mount Mosor in Srednja Poljica that lies in the territory of the former Republic (principality) of Poljica, a medieval state comprising twelve village municipalities and ruled by a grand prince who was elected every year on the Feast of St. George (23 April). The community managed to keep its independence until 1807, when a rebellion of the people of Poljica against Napoleon's rule in Dalmatia was suppressed. By remembering the Republic of Poljica and its legacy, one also learns about other valuable cultural and historical aspects of Srednja Poljica and the village of Gata.


8,36 km
3^h 30^{min}

START	Gata
END	Gata
ASCENT/DESCENT	383/383
HIGHEST POINT	458
LOWEST POINT	249
ASPHALT/CONCRETE	1,96 km
GRAVEL/PATH	6,40 km
DIFFICULTY	MEDIUM



SHORT INSTRUCTIONS



Start 43°27' 47.4" N / 16°42' 50.9" E

Parish Church of St. Cyprian, excavations of an Early Christian basilica, Poljica History Museum, monument to a Glagolitic priest

0.25 km hamlet of Kuvačići

0.50 km hamlet of Proso

0.60 km start of the trail

0.65 km water cistern

0.80 km Church of St. Rochus (Sveti Rok)

1.12 km arrival at a gravel road

1.82 km hamlet of Skočibe

2.27 km Church of St. John the Baptist, go onto the trail

2.49 km gomila cairn (stone mound), bunker

3.66 km arrival at an asphalt road, hamlet of Podgradac

4.26 km go onto the trail

4.77 km Church of St. George (Sveti Jure) in Gradac, view of the canyon

5.69 km go onto the asphalt road

6.34 km go onto the gravel road

6.59 km go onto the trail

7.03 km bunker

7.31 km go onto the gravel road

8.36 km Church of St. Cyprian

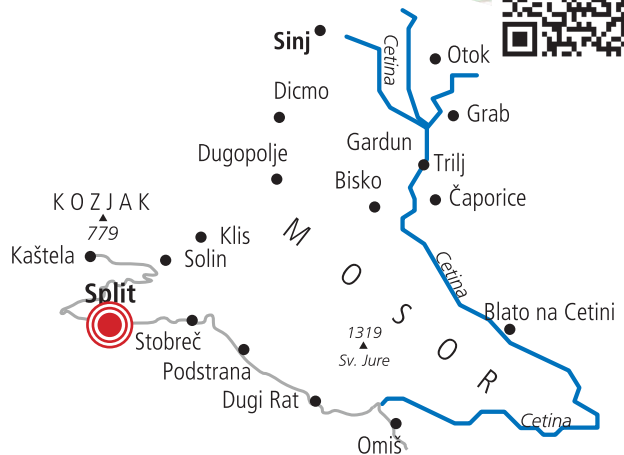




CITY WALLS

SPLIT

The fortification system of the city of Split is unique architecturally, as it features layers from various periods ranging from the construction of the famous Diocletian's Palace (295-305) to the finishing of the Late Antiquity and medieval walls with powerful Baroque fortifications during the Cretan War (1645-1669). Walking in the city centre and following these changes over time, one can observe the achievements and weaknesses of military architecture resulting from the adaptations brought about by changes in the methods and techniques of warfare. The historical complex of Split, together with Diocletian's Palace, was inscribed on the UNESCO World Heritage List in 1979.



3,01 km
1h 00 min

START	Split
END	Split
ASCENT/DESCENT	57/57
HIGHEST POINT	50
LOWEST POINT	1
ASPHALT/CONCRETE	3,01 km
GRAVEL/PATH	/
DIFFICULTY	EASY



SHORT INSTRUCTIONS



Start 43°30' 25.834" N / 16°26' 22.466" E

On the Riva next to the model of the Palace, and then west along the Riva

0.13 km turn right onto Voćni Square and then go along Marulićeva Street and across Pjaca (Narodni Square)

0.27 km from Pjaca to Bosanska Street

0.39 km from Bosanska Street, turn left into Kralja Tomislava Street

0.57 km from Kralja Tomislava Street, turn right into Marmontova Street

0.63 km from Marmontova Street, turn right into Sinjska Street

0.81 km from Sinjska Street, turn right into Natka Nodila Street

0.90 km from Natka Nodila Street, turn left into Kralja Tomislava Street

0.98 km from Kralja Tomislava Street, go left along Đardin to Zagrebačka Street

1.05 km turn right into Zagrebačka Street

1.26 km turn left into Marina Držića Street

1.31 km turn right immediately up the steps into Glagoljaška Street, and go along the Gripe fortress

1.73 km turn right (around the corner of the fortress) into Vidilica Street

1.93 km turn right into Vrzov Dolac Street

2.13 km at the crossroads, continue straight into Rokova Street

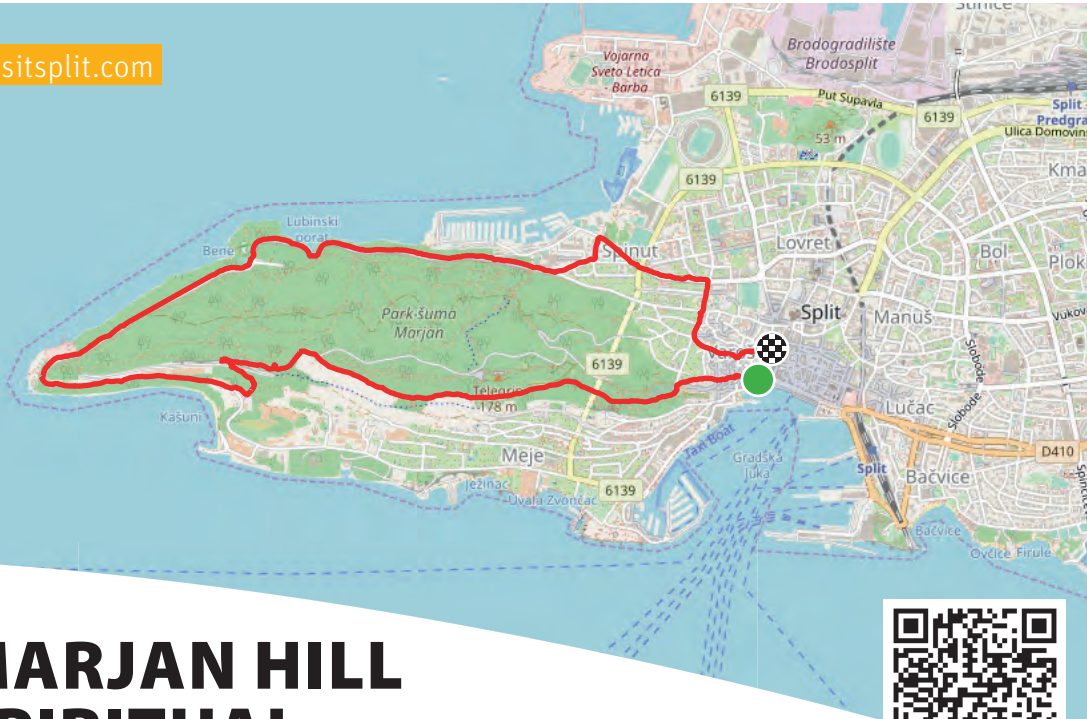
2.44 km from Rokova Street, turn into Zagrebačka Street and continue west (turn left at the crossroads)

2.58 km turn left into Pazar and exit into Hrvojeva Street

2.88 km exit onto the Riva and turn left

3.01 km return to the starting point

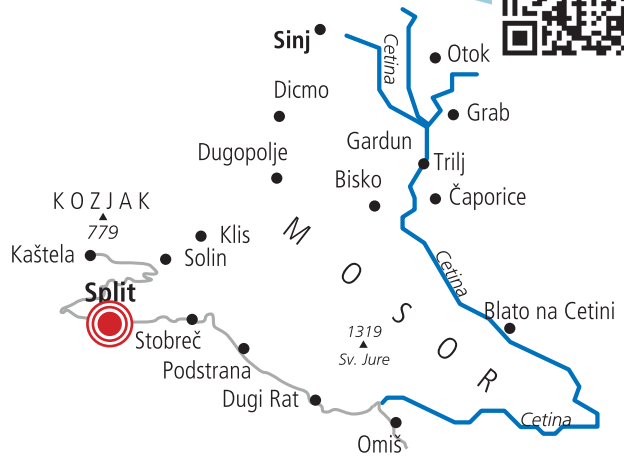


www.visitsplit.com


MARJAN HILL SPIRITUAL REFUGES

SPLIT

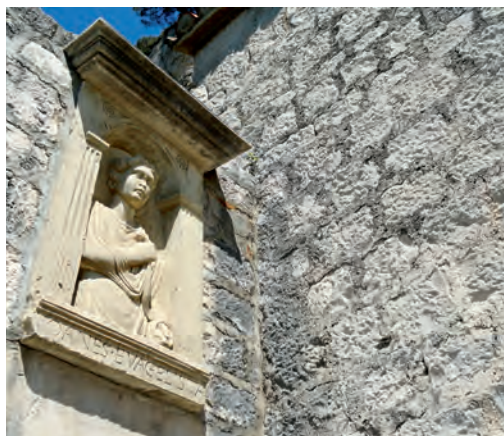
Marjan Hill above Split served for centuries as a spiritual refuge for the numerous hermits who sought peace and love in the Christian faith far away from the city walls. This is evidenced by the numerous preserved churches and hermitages on Marjan Hill that contain valuable works of art.



9,51 km

4^h 00^{min}

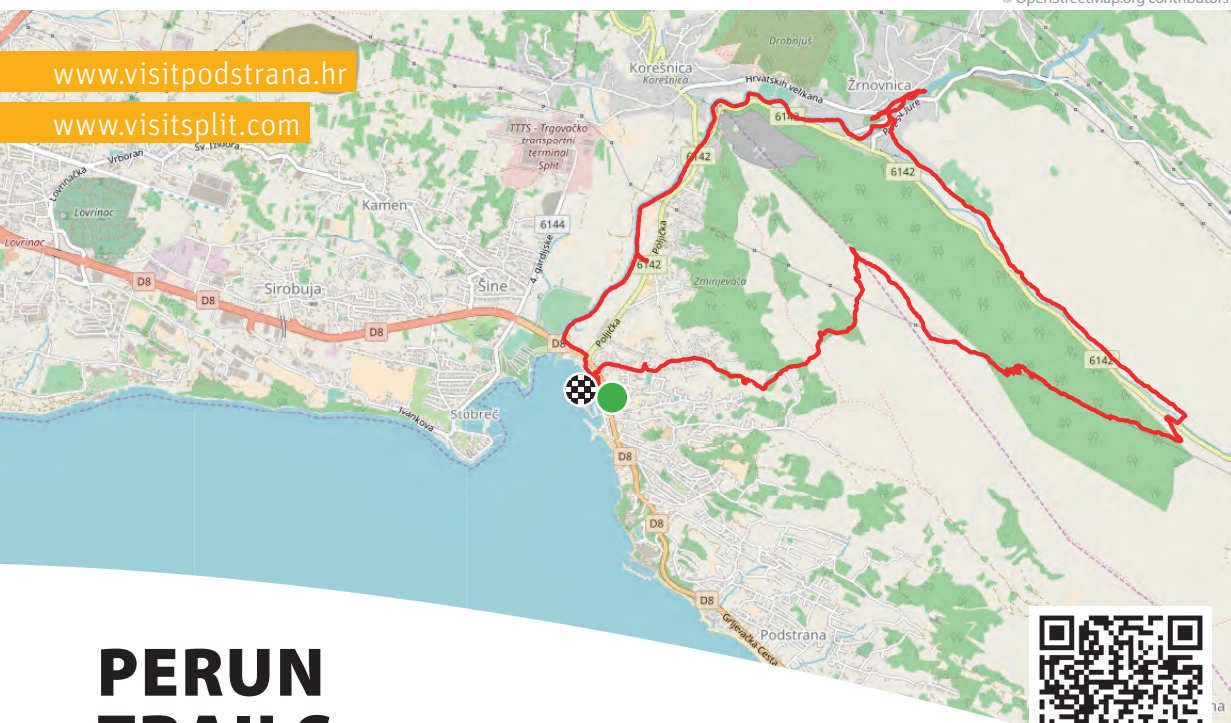
START	Split
END	Split
ASCENT/DESCENT	199/195
HIGHEST POINT	134
LOWEST POINT	1
ASPHALT/CONCRETE	7,51 km
GRAVEL/PATH	1,98 km
DIFFICULTY	EASY



SHORT INSTRUCTIONS



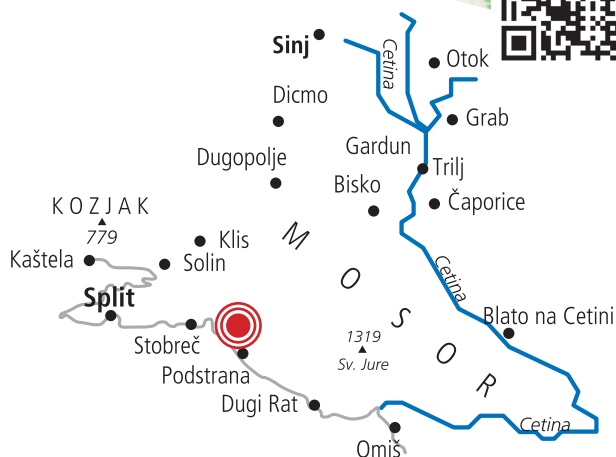
- Start** 43°30' 30.33" N / 16°26' 8.239" E
Church and monastery of St. Francis,
west uphill along Šperun Street
- 0.26 km** arrival at the wide stairs into Senjska Street
- 0.47 km** turn left towards Prva Vidilica
- 0.52 km** from Prva Vidilica, continue right uphill
- 0.79 km** Church of St. Nicholas the Traveller;
from the church, continue west along
Šetalište Alberta Marangunića
- 2.52 km** at the crossroads (Sedlo), turn left
- 2.79 km** on the right along the trail is the Church
of Our Lady of Bethlehem
- 3.02 km** at the large bend, take the trail to the
Church of St. Jerome (Sveti Jere)
- 3.18 km** Church of St. Jerome; from the church,
continue downhill along the trail, cross
the asphalt road, and continue downhill
along the trail
- 3.47 km** Church of Our Lady of Seven Sorrows;
after the church, turn right
- 3.59 km** after arriving at the asphalt road, turn
right
- 4.18 km** turn left
- 4.64 km** Church of St. George (Sveti Juraj)
- 5.96 km** ruins of the Church of St. Benedict at
Bene
- 7.73 km** turn left into Matoševa
- 7.94 km** turn left into Spinutska
- 8.04 km** Church of the Visitation of the Blessed
Virgin Mary; after the church, turn
immediately into Bakotićeva Street
- 8.34 km** at the traffic lights, go straight ahead
and then turn into Antuna Gustava
Matoša Street
- 8.73 km** turn right into Prilaz Vladimira Nazora
- 8.93 km** Church of St. Manda; from the church,
continue uphill
- 9.06 km** turn left into Milićeva Street
- 9.32 km** after 30 m, on the right in Kraj Svetog
Nikole Street, there is the Church of St.
Nicholas (Sv. Mikula); head back 30 m
from the church
- 9.40 km** Church of the Holy Cross (Sveti Križ)
- 9.47 km** Church of Our Lady of Soca (Gospa od
Soca); turn left into Mrčelina Street
- 9.51 km** Prokurative (Trg Republike Square)

www.visitpodstrana.hr
www.visitsplit.com


PERUN TRAILS

ŽRNOVNICA, STROŽANAC, PODSTRANA

Near the city of Split, just above the villages of Žrnovnica, Strožanac and Podstrana, lies Perun Hill. This is the sacred hill of the old Slavs where, according to mythology, their supreme god Perun resided. A walk along the ridge of this hill and its surroundings reveals the traces of prehistoric, ancient and early medieval (Old Slavic) cultures and leads to magnificent ritual cairns (*gomile* stone mounds) and sites imbued with the spirit of ancient beliefs.



14,81 km

5^h 00^{min}

START	Strožanac
END	Strožanac
ASCENT/DESCENT	480/480
HIGHEST POINT	425
LOWEST POINT	1
ASPHALT/CONCRETE	1,78 km
GRAVEL/PATH	13.03 km
DIFFICULTY	DEMANDING



SHORT INSTRUCTIONS



Start 43°30' 6.4" N / 16°32' 3.7" E

In front of Podstrana Tourist Board

0.55 km Church of Our Lady in Sita (Gospa u Siti)

1.35 km remains of a Late Antiquity residential complex at Polača (Polače)

1.45 km Polača water source

2.45 km downy oak forest

2.55 km turning for the sports climbing area

3.15 km Church of St George (Sv. Juraj na Perunskom)

4.60 km 5.50 km – future educational trail (local flora)

7.00 km date carved in the rock of the supporting wall

9.55 km relief depicting the Illyrian (Roman) deity Silvan in Barbariči (Žrnovnica)

9.78 km relief depicting the Divine Battle (Slavic mythology) on the façade of the Church of the Assumption of the Blessed Virgin Mary

9.89 km grave of Miljenko Smoje

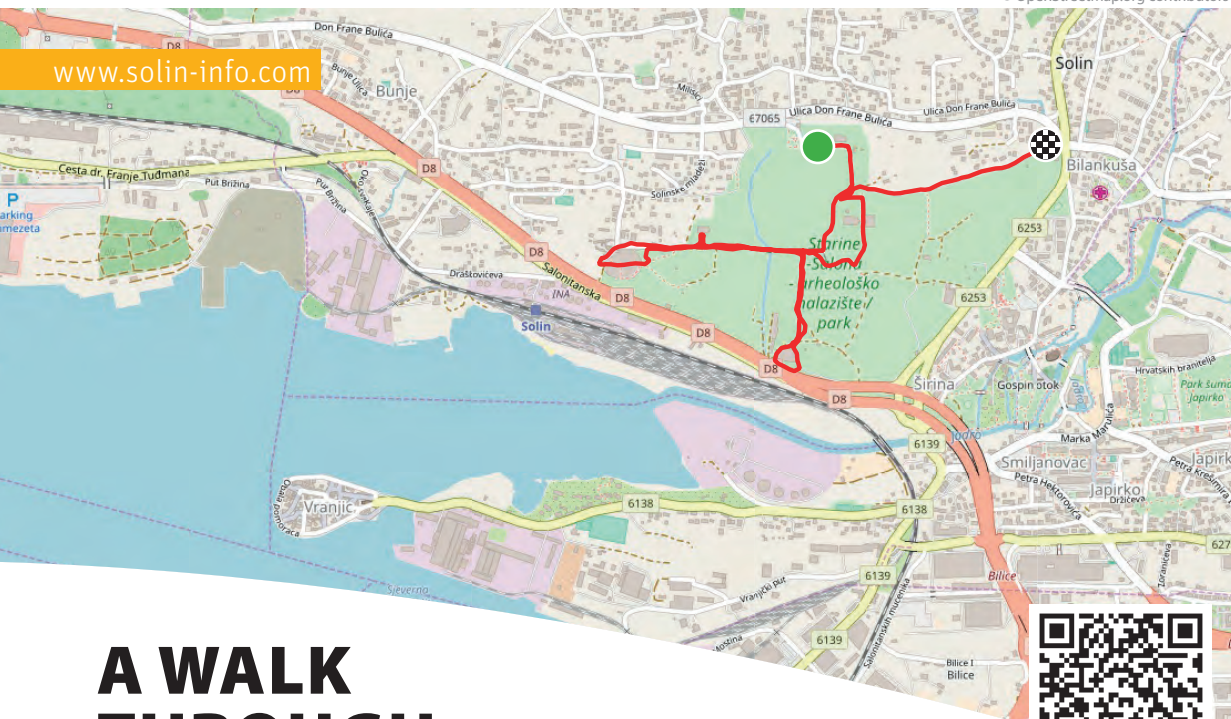
10.35 km Antoničin Mlin watermill

13.50 km Stone of the Snake (Dragon) (Slavic mythology)

14.35 km mouth of the River Žrnovnica

14.81 km return to the starting point

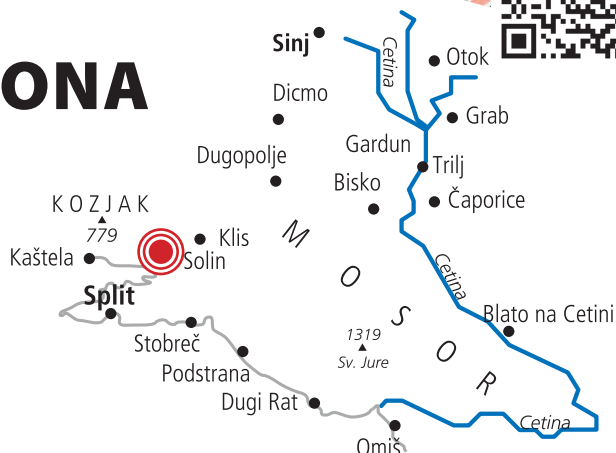


www.solin-info.com


A WALK THROUGH ANCIENT SALONA

SOLIN

Salona, an ancient town and a harbour of strategic importance in the Mediterranean, is an inexhaustible archaeological site with impressive buildings that remind us of the fame and glory of this lost civilisation. The amphitheatre, theatre, forum, thermae, *cardo* and *decumanus* paved streets, Early Christian basilica, temples, walls, towers, and bridges are all pieces of a mosaic that makes this centre of Roman Dalmatia the most important archaeological site in Croatia.


3,97 km
1h 30 min

START	Salona
END	Salona
ASCENT/DESCENT	36/55
HIGHEST POINT	35
LOWEST POINT	2
ASPHALT/CONCRETE	/
GRAVEL/PATH	3,97 km
DIFFICULTY	EASY



SHORT INSTRUCTIONS



Start 43°32' 30.329" N / 16°28' 55.052" E

At the entrance to Manastirine from the car park

0.24 km go right along the western town wall of Salona

0.46 km turn right and head west towards the amphitheatre

0.84 km turn 50 m right to the necropolis and return along the same path

1.14 km amphitheatre; return along the same path by the Parać traditional house (at 1.34 km)

1.92 km turn right towards the forum and theatre

2.25 km forum and theatre

2.80 km return along the same path and then turn right

2.84 km immediately turn right again towards the eastern city gate (Porta Caesarea) and pass the Episcopal Centre from the south to the Five Bridges (Pet mostova)

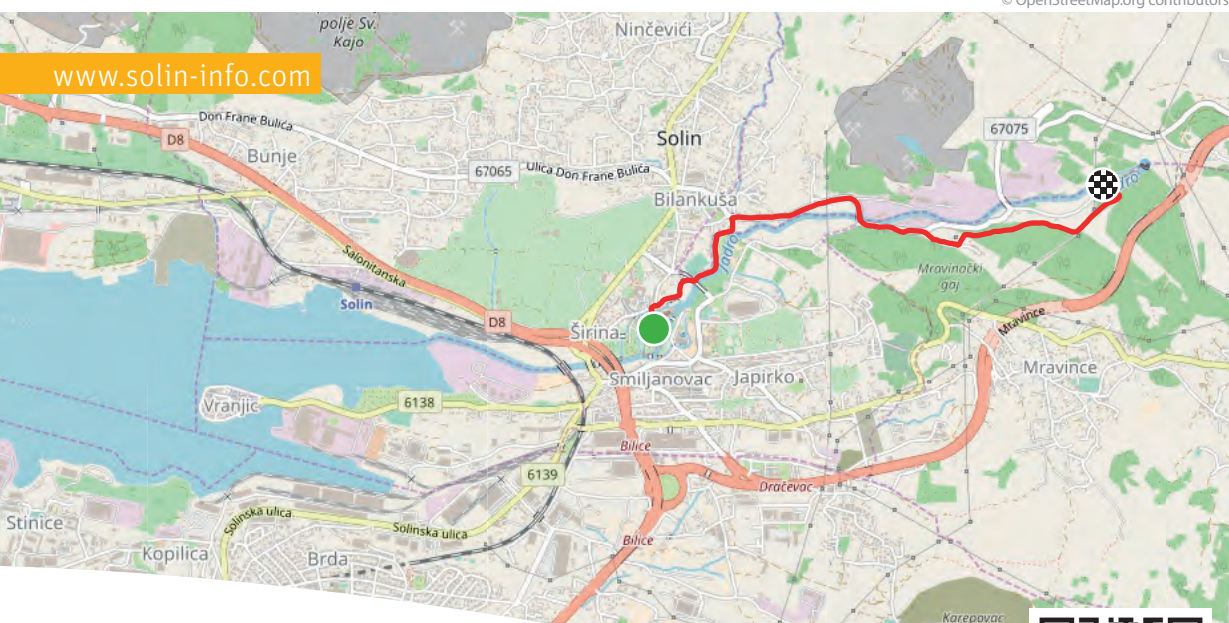
3.00 km Five Bridges (Pet mostova); from here, continue straight in a northerly direction along Petrova Street (alongside the Episcopal Centre and Great Town Thermae)

3.22 km turn left towards the steps

3.29 km turn right

3.97 km eastern town wall

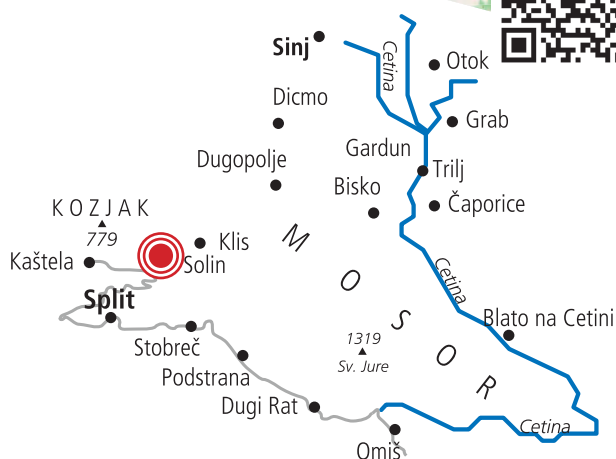


www.solin-info.com


A WALK ALONG THE RIVER JADRO

SOLIN

Although it is relatively short (4.50 km), the River Jadro (ancient name Salon) is a historically important river. The ancient Illyrians raised fortified villages in its surroundings and in nearby elevated positions. The ancient town of Salona was created in its delta. The town was supplied with water from the source of the River Jadro at the foot of Mount Mosor via a 4-kilometre-long aqueduct from the 1st century BC. Another, 9.50-kilometre-long aqueduct that was also supplied with water from the same source was built on the Split peninsula at the same time as the construction of Diocletian's Palace (295-305). The Early Medieval period saw the emergence of the old Croatian town of Solin alongside the river and east of the ruins of Roman Salona. This was the place where Croatian kings were crowned and buried. Today, while walking along the River Jadro, these memories of the past attest to the importance of this river throughout history.



3,24 km

1^h 00^{min}

START	Solin
END	River Jadro (source)
ASCENT/DESCENT	39/12
HIGHEST POINT	41
LOWEST POINT	2
ASPHALT/CONCRETE	1,84 km
GRAVEL/PATH	1,40 km
DIFFICULTY	EASY



SHORT INSTRUCTIONS



Start 43°32'6.641"N / 16°29'24.932"E

Next to the Church of St. Mary (Our Lady of the Island) on Gospin Otok; behind the church, continue left (westwards) across the bridge over the River Jadro

0.11 km after the bridge, turn right into Kralj Zvonimir Street and then immediately right through the passage along the Zvonimir House of Culture

0.28 km turn left onto the walking trail and continue along the River Jadro

0.80 km turn left before the bridge

0.88 km turn right onto the street (Put Majdana)

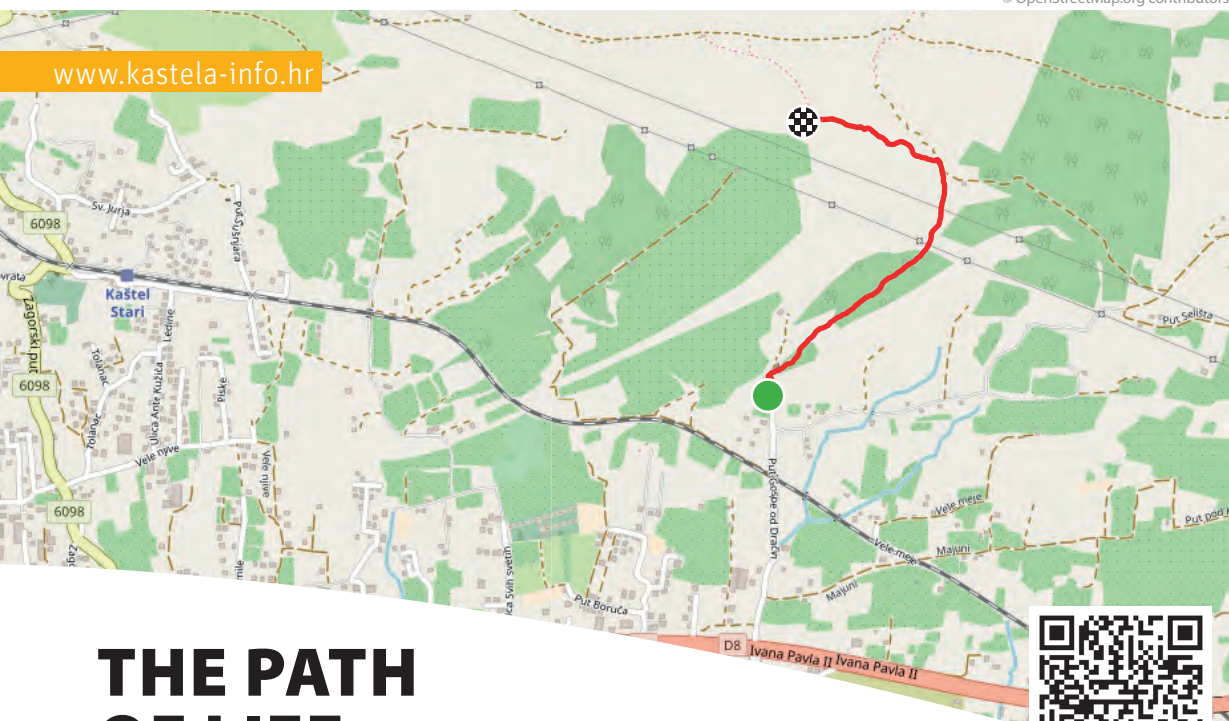
1.68 km after the bridge, turn left

2 km turn right uphill

2.20 km turn left across Diocletian's aqueduct onto the trail

3.24 km end of the trail close to the source of the River Jadro



www.kastela-info.hr


THE PATH OF LIFE

KAŠTELA

A very important tradition in the religious life of Kaštel Lukšić is the piety shown on the Way of the Cross. During Lent, one needs to pass fourteen stations to commemorate the Passion of Christ. These stations are distributed between the Church of Our Lady of Lourdes (from 1904) in Dračina and the Church of St. Lawrence (Sveti Lovre) on Ostrog Hill. Ostrog is a multi-layered archaeological site that includes a prehistoric fort on whose ruins lies a fortress built in the Middle Ages with a medieval cemetery and the Church of St. Lawrence in front of it. This last Station of the Cross offers a panoramic view of Kaštela Bay.



1,24_{km}
0_h 45_{min}

START	the Way of the Cross
END	Church of St. Lawrence
ASCENT/DESCENT	173/13
HIGHEST POINT	260
LOWEST POINT	84
ASPHALT/CONCRETE	0,80 km
GRAVEL/PATH	0,44 km
DIFFICULTY	MEDIUM



SHORT INSTRUCTIONS



Start 43°33' 53.1" N / 16°21' 56.6" E

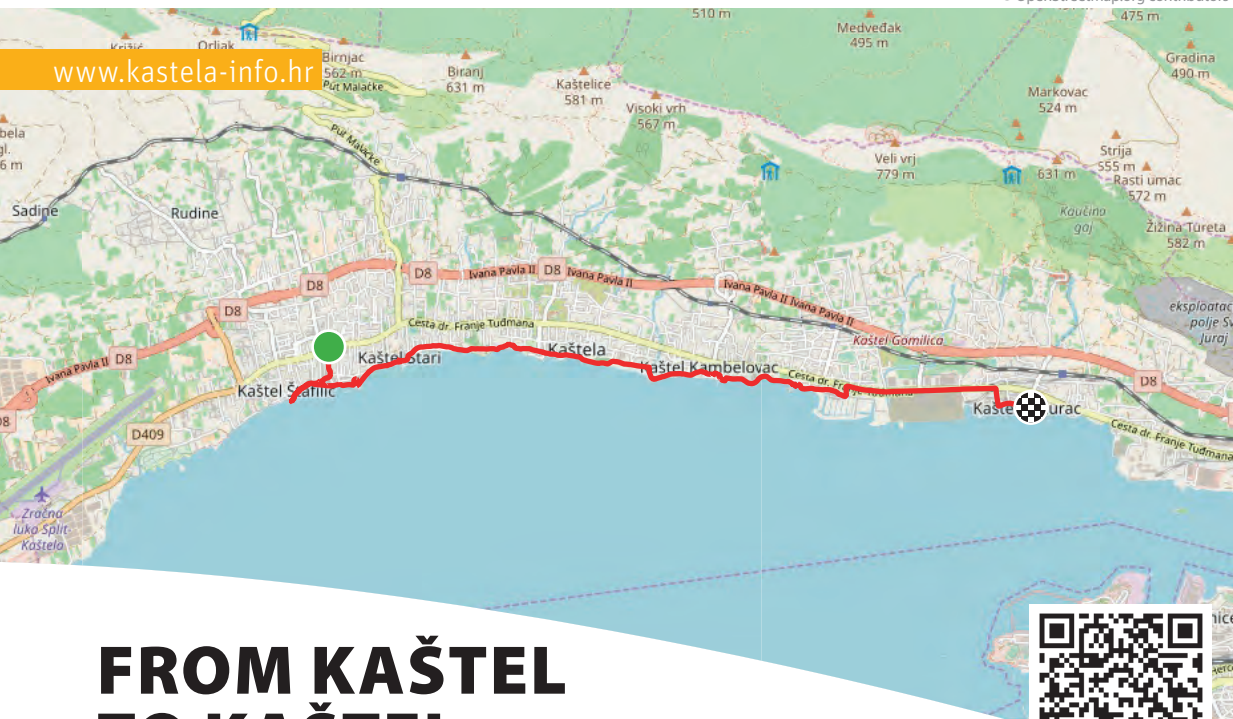
Start from the meadow at the first station of the Way of the Cross

0.10 km Church of Our Lady of Lourdes

0.10 km – 1.20 km 14 Stations of the Cross

1.24 km Church of St. Lawrence (Sveti Lovre od Ostroga)



www.kastela-info.hr


FROM KAŠTEL TO KAŠTEL

KAŠTELA

The name *Kaštela* refers to an agglomeration of seven villages that emerged alongside renaissance forts, i.e. the fortified castles of noble families on the coast between the towns of Solin and Trogir. These castles were raised as protection against Ottoman attacks and also piracy, and in addition served as rural retreats. Besides their historical and artistic importance, the stories of the lives and work of their builders are also interesting.


9,72 km

4_h 00 min

START	Kaštel Štafilić
END	Kaštel Sućurac
ASCENT/DESCENT	47/51
HIGHEST POINT	12
LOWEST POINT	1
ASPHALT/CONCRETE	9,72 km
GRAVEL/PATH	/
DIFFICULTY	EASY



SHORT INSTRUCTIONS



Start 43°33' 1.5" N / 16°20' 7.3" E

Kaštel Štafilić (old olive tree)

0.31 km at the bottom of the street, turn right and continue to the Ferro Tower and the Parish Church of the Immaculate Conception of the Blessed Virgin Mary, and then carry on to the west

0.71 km Nehaj Tower, return along the same path across Gabine Beach

1.08 km turn right

1.24 km Kaštel Štafileo (Rotondo)



1.51 km Cippico Tower, turn left

1.63 km Kaštel Novi, Brce, return to the tower and then turn left

2.29 km Kaštel Stari, Kaštel Cippico

3.15 km Hotel Palace

3.55 km Kaštel Rušinac, opposite is the Church of St. John the Baptist (grave of Miljenko and Dobrila)

3.74 km Villa Šoulavy

3.82 km pass alongside the Šoulavy Family Park

3.92 km Parish Church of the Assumption of the Blessed Virgin Mary

3.98 km Kaštel Vitturi (Kaštela Town Museum)

4.07 km Park Vitturi

4.57 km Stup pod Ostrogom pillar

5.07 km turn right

5.23 km ballet school

5.75 km park in Kaštel Kambelovac

5.86 km Kaštel Kambelovac, Brce, Cambi Tower

5.93 km Parish Church of St. Michael (Sveti Mihovil)

6.90 km Kaštilac in Kaštel Gomilica

7.03 km Parish Church of St. Jerome (Sveti Jeronim)

7.48 km Marina Kaštela

7.68 km arrival at the main road, the old Split-Trogir road (we recommend using local buses)

9.24 km turn right into Kaštel Sućurac

9.43 km turn left

9.72 km Kaštilac in Kaštel Sućurac, Archbishop's Palace (Kaštela Town Museum), Podvorje



www.visittrogir.hr


TROGIR EXTRA MUROS

TROGIR

Throughout its history, Trogir was always regarded as a town difficult to conquer. This was mainly because of its location in a naturally protected sea inlet between the mainland and the island of Čiovo at the western entrance to Kaštela Bay, and its well-designed and implemented defence system adapted to the configuration of the islet on which Trogir is located. The preserved parts of this fortification system stretch along the former line of medieval and more recent town walls – in the north from the Land Gate (Kopnena Vrata) and the remnants of the town bastions (17th century) to the tower of St. Mark (15th century), and in the south from the Kamerlengo fortress (15th century) to the stretch of medieval walls with the Sea Gate (from 1593) between the towers of St. Nicholas and Vitturi.



1,30 km
0_h 30_{min}

START	Trogir
END	Trogir
ASCENT/DESCENT	5/5
HIGHEST POINT	6
LOWEST POINT	1
ASPHALT/CONCRETE	1,30 km
GRAVEL/PATH	/
DIFFICULTY	EASY



SHORT INSTRUCTIONS



Start 43°31'3.5" N / 16°15'1.7" E

Northern town gate; head in a westerly direction along the town walls

0.35 km Tower of St. Mark

0.48 km Marmont's gloriette

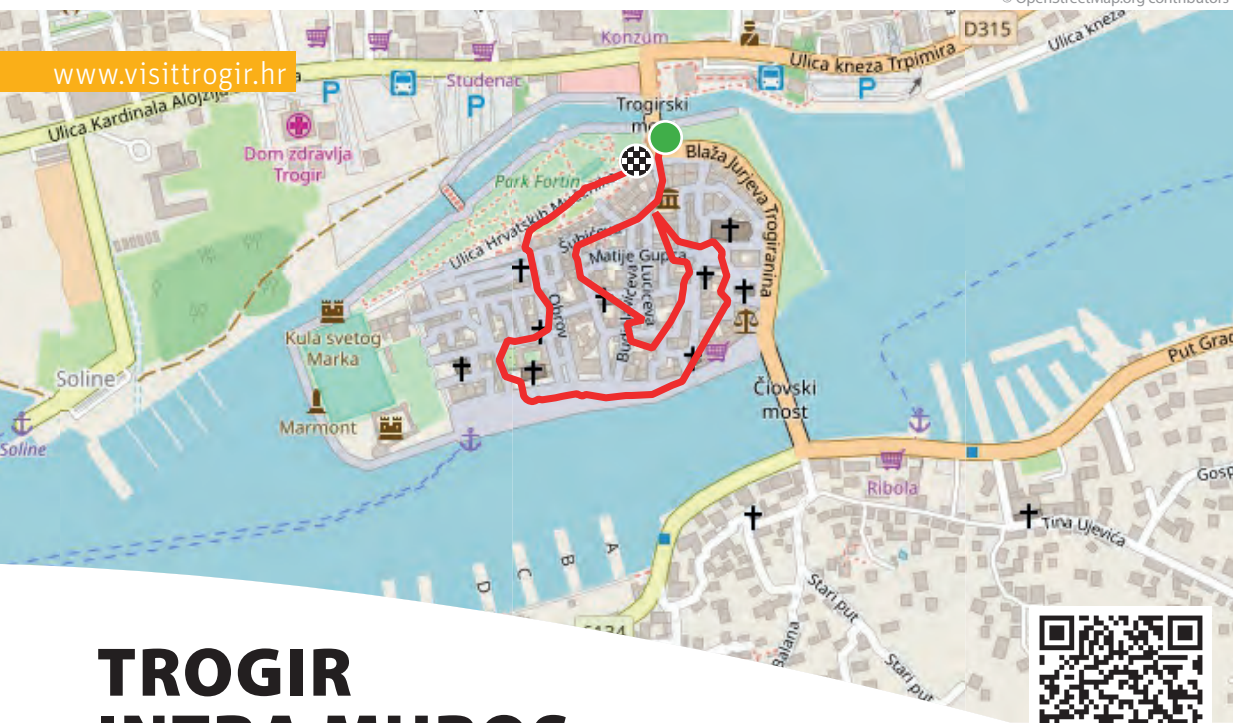
0.61 km Kamerlengo Tower (fortress); across the Riva towards the east

0.95 km sea (southern) town gate, monastery and Church of St. Nicholas

1.00 km before the bridge, turn left onto Blaža Jurjeva Trogirana Street

1.30 km return to the starting point



www.visittrogir.hr


TROGIR INTRA MUROS

TROGIR

When passing through any part of the historic centre of Trogir, you'll see a number of wonderful artistic achievements produced by their inspired creators as a contribution to the eternal beauty of this town. The central town square features the Romanesque Cathedral of St. Lawrence (Sveti Lovre – Sveti Ivan) and its famous 13th-century portal by Master Radovan, the Late Gothic and Early Renaissance baptistery (built from 1460 to 1467), and the most beautiful Renaissance monument in Dalmatia, the Chapel of Sveti Ivan Trogirski. Positioned along the southern town walls are the women's Benedictine monastery (founded in 1064) and the Church of St. Nicholas with its valuable relief of Kairos – the Greek god of opportune moments (4th-3rd century BC). These are just some of the cultural monuments that make up the town's rich heritage. The historical town of Trogir was inscribed on the UNESCO World Heritage List in 1997.



1,29 km

0_h 30_{min}

START	Trogir
END	Trogir
ASCENT/DESCENT	5/5
HIGHEST POINT	6
LOWEST POINT	1
ASPHALT/CONCRETE	1,29 km
GRAVEL/PATH	/
DIFFICULTY	EASY



SHORT INSTRUCTIONS



Start 43°31'3.5"N / 16°15'1.7"E

Northern town gate

0.05 km Trogir Town Museum; from here, turn right into Šubićeva Street

0.16 km turn left into Mornarska Street

0.25 km turn left into Ribarska Street

0.44 km Church of St. Barbara

0.49 km Ivan Pavao II Square, Church of St. Lawrence (Sveti Lovre / Sveti Ivan); from the square, head towards the south

0.62 km turn left towards the south

0.66 km go onto the Riva via the sea (southern) town gate and head westwards (to the right)

0.84 km Monastery of St. Dominic; from here, turn right into Vukovarska Street

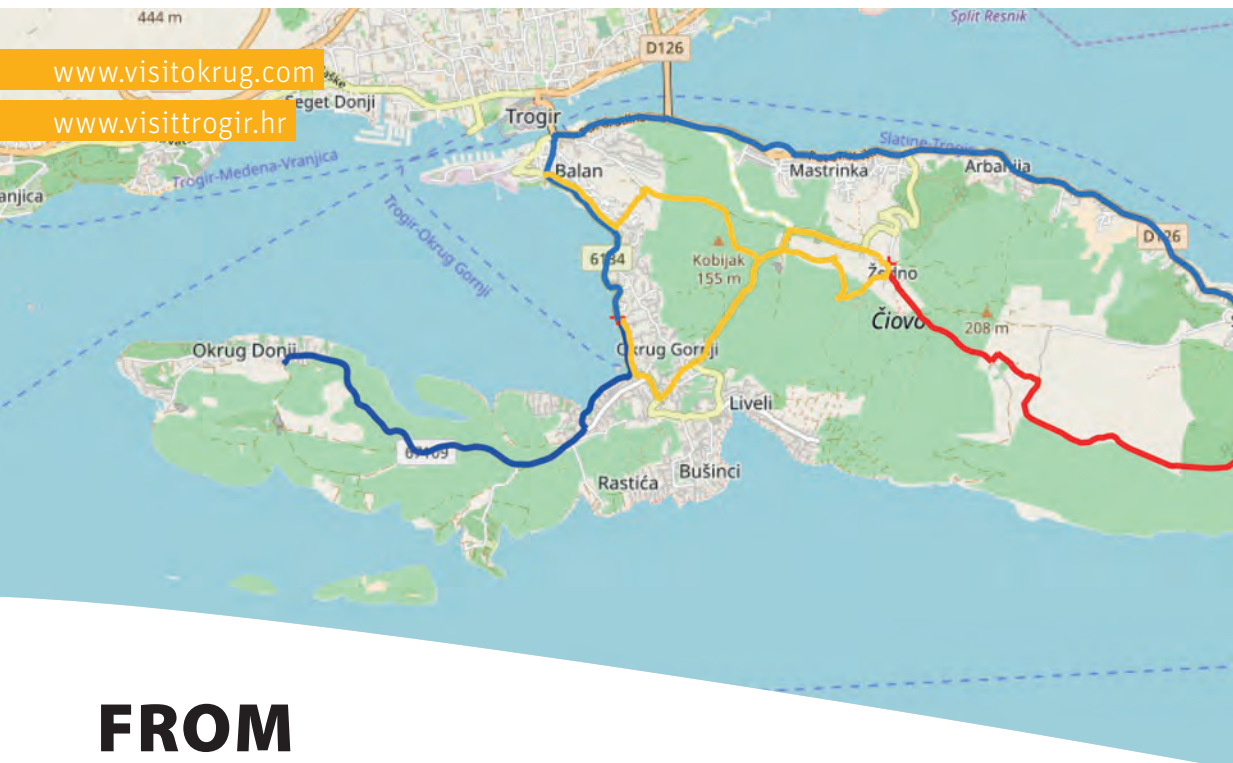
0.90 km turn right

0.93 km All Saints Church (Svi Sveti); turn left and continue straight on to the exit from the historic town centre

1.05 km turn right

1.29 km return to the starting point

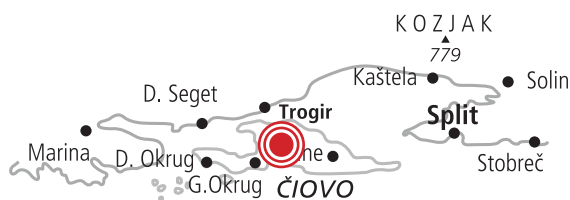




FROM PRIZIDNICA TO SVETI IVAN

ČIOVO, TROGIR

With its position in the immediate vicinity of Trogir, Čiovo was in the past a kind of hermitage island where hermits and other monks went in search of spiritual peace and seclusion so they could live a life of fasting, vigil and prayer. The strength of their faith is reflected in some of the most beautiful achievements of religious art in Dalmatia. The pilgrimage Church of Our Lady of Prizidnica, with its complex of hermitage buildings built in 1546 between the steep cliffs above the sea in the southern part of the island, stands out among the cultural monuments of Čiovo. The northern coast of the island features two monasteries founded in 1432: the Dominican monastery of the Holy Cross (Sveti Križ) in Arbanija and the Franciscan monastery of St. Anthony (Sveti Ante) on Drid next to the cave devoted to St. Mary Magdalene.

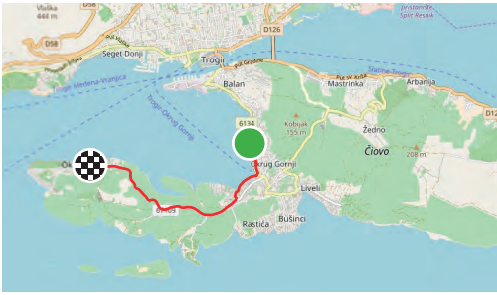


35,40 km

11^h45^{min}

START	Church of St. Theodore
END	Church of St. Theodore
ASCENT/DESCENT	545/620
HIGHEST POINT	213
LOWEST POINT	0
ASPHALT/CONCRETE	25,75 km
GRAVEL/PATH	9,65 km
DIFFICULTY	EASY/MEDIUM





4,69 km
1_h 30_{min}



START	Church of St. Theodore
END	Church of
ASCENT/DESCENT	St. John the Baptist
HIGHEST POINT	68/18
LOWEST POINT	51
ASPHALT/	1
CONCRETE	4,69 km
GRAVEL/PATH	/
DIFFICULTY	EASY

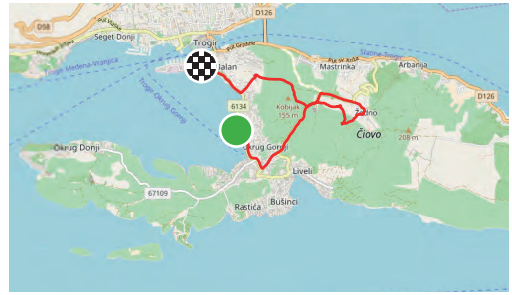
SHORT INSTRUCTIONS



Start 43°30' 1.3" N / 16°15' 33.9" E

Church of St. Theodore (Tudor) in Okrug Gornji; start southwards along Šetalište Stjepana Radića

- 0.50 km** turn right into Toč
- 0.60 km** turn right into Radićeva Street
- 1.10 km** turn left towards Ante Starčevića Street
- 1.30 km** turn right into Ante Starčevića Street
- 2.05 km** continue straight on
- 4.69 km** turn left and continue for 50 m to the Church of St. John the Baptist in Okrug Donji



8,65 km
3_h 00_{min}



START	Church of St. Theodore
END	Church of
ASCENT/DESCENT	St. Andrew
HIGHEST POINT	230/205
LOWEST POINT	153
ASPHALT/	0
CONCRETE	5,20 km
GRAVEL/PATH	3,45 km
DIFFICULTY	MEDIUM

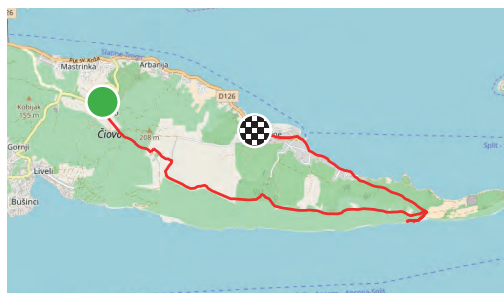
SHORT INSTRUCTIONS



Start 43°30' 1.3" N / 16°15' 33.9" E

Church of St. Theodore (Tudor) in Okrug Gornji; start southwards along Šetalište Stjepana Radića

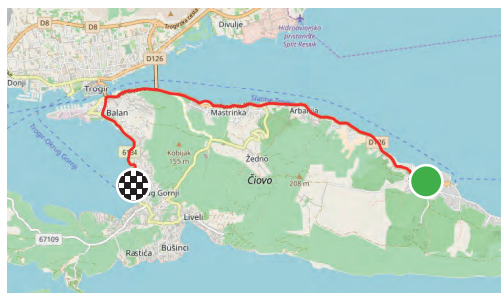
- 0.50 km** turn left into 30. Svibnja Street
- 0.90 km** turn left into Bana Jelačića Street
- 1.10 km** turn left into Put Sv. Karla
- 1.35 km** continue straight ahead
- 2.50 km** continue straight along the asphalt street
- 2.95 km** turn right towards Žedno
- 3.60 km** continue straight onto Put Kobijaka
- 3.95 km** after the roundabout, turn right onto the marked trail towards the Church of St. Mavro
- 4.50 km** continue straight on for 50 m to the Church of St. Mavro; return from the church 50 m along the same path
- 5.10 km** turn left onto the field path
- 5.70 km** turn left onto the asphalt path
- 5.90 km** turn right onto the gravel path
- 6.60 km** on the gravel path, turn left
- 7.30 km** turn left and after 50 m turn right onto Put Salduna
- 7.80 km** turn right into Kralja Tomislava Street
- 8.65 km** turn left for 50 m to the Church of St. Andrew



12,70 km
4 h 15 min



START **Žedno**
END **Church of the Assumption
of the Blessed Virgin Mary**
ASCENT/DESCENT
HIGHEST POINT **181/293**
LOWEST POINT **213**
ASPHALT/
CONCRETE **0**
GRAVEL/PATH **6,50 km**
DIFFICULTY **MEDIUM**



9,36 km
3 h 00 min



START **Slatine**
END **Church of St. Theodore
(Tudor)**
ASCENT/DESCENT
HIGHEST POINT **66/104**
LOWEST POINT **38**
ASPHALT/
CONCRETE **4**
GRAVEL/PATH **9,36 km**
DIFFICULTY **MEDIUM**

SHORT INSTRUCTIONS



Start 43°30' 16.52" N / 16°17' 23.612" E
At the roundabout in Žedno, go south-east along Franini Street
1.90 km from Franini Street, turn right onto the gravel road
4.40 km turn right
4.75 km continue straight on
7.90 km turn right towards the Church of Our Lady of Prizidnica
8.45 km arrive at the Church of Our Lady of Prizidnica and return along the same path to the crossroads
8.95 km turn left
9.05 km turn right onto the asphalt path towards Slatine
12.10 km turn left into Put Porta Street
12.70 km Parish Church of the Assumption of the Blessed Virgin Mary in Slatine

SHORT INSTRUCTIONS



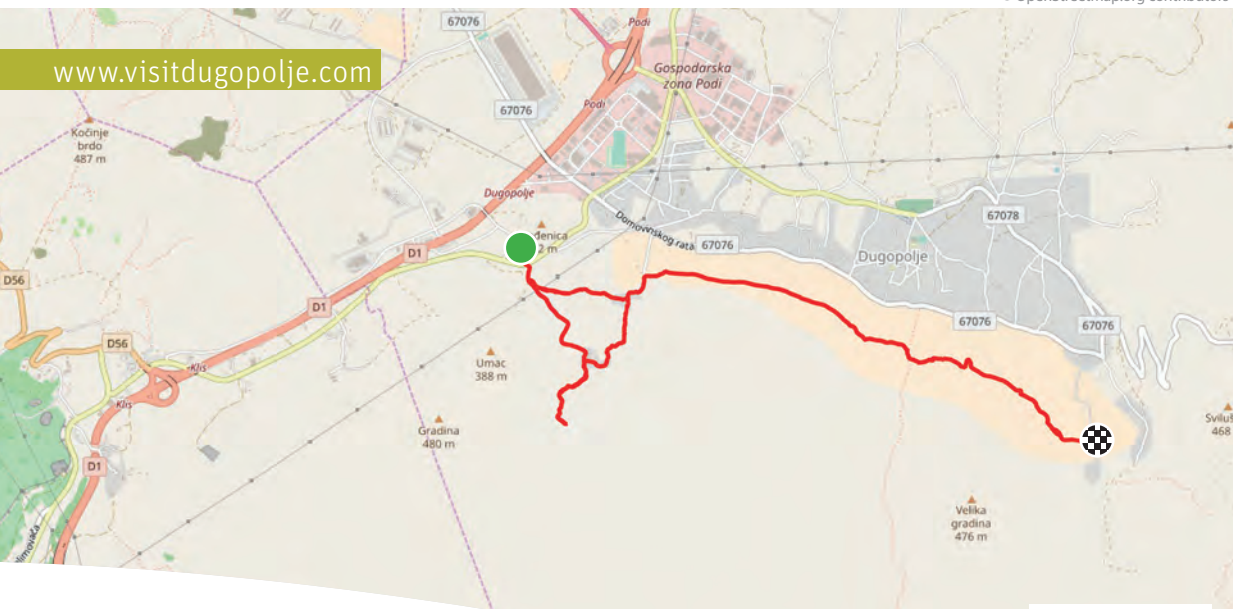
Start 43°29' 59.935" N / 16°19' 54.052" E
In Slatine, next to the Parish Church of the Assumption of the Blessed Virgin Mary, start along the main street (Bana Jelačića) and continue westwards.
The route follows this street, which at one point changes its name to Cesta Domovinske Zahvalnosti, and then Put Sv. Križa
4.90 km turn right into the small street that stretches along the coast
5.25 km arrive at the main street again, then Put Gradine, and continue westwards to Čiovo Bridge
7.25 km turn left into Put Balana Street
7.60 km turn left into Kralja Tomislava Street, which eventually becomes Šetalište Stjepana Radića
9.36 km Church of St. Theodore (Tudor) in Okrug Gornji



An aerial photograph of a lush green valley. A river flows from the top left towards the bottom right, winding through the landscape. The river is bordered by dense green trees and vegetation. The surrounding land is divided into green fields and pastures, with some small clusters of houses and buildings visible in the distance. The overall scene is a vibrant, natural landscape.

Dalmatian Hinterland (Zagora)

7 trails **37** km

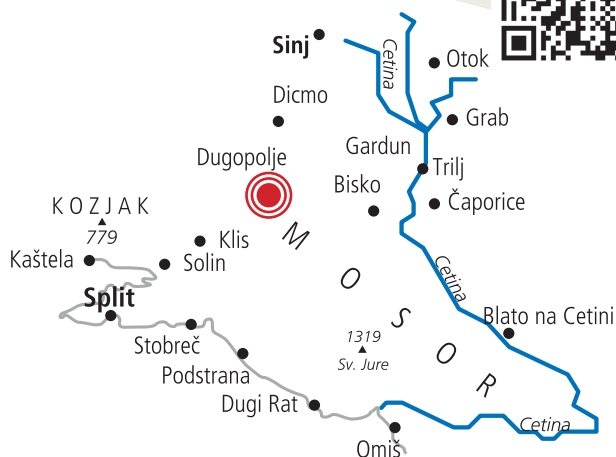
www.visitdugopolje.com


DUGOPOLJE MALI PUT

DUGOPOLJE



At the foot of the northern slopes of Mount Mosor lies Dugopolje plateau, which has been the most important crossroads between the coast of Central Dalmatia and its hinterland ever since Roman times. By following the direction of ancient roads, we can discover the natural and cultural monuments of the area. The northern side of the Roman road in Klapavice features the ancient ruin of Građenica and the Chapel of Our Lady in the Field (Gospa u Dnu Polja) from 1923 with its medieval tombstones (locally called *stećak*). The path going south from the road climbs up the slopes of Mount Mosor to the open-air museum of traditional architecture and the hamlet of Balići-Đakići. Not far from the hamlet lies Kraljeva Peć Cave (Balića Cave), where, according to certain folk traditions, an ancient Illyrian warrior king used to reside. The road that leads to the cave is marked by ancient graves and ritual cairns (stone mounds). The part of the Roman road towards what is today the village of Dugopolje leads to Mali Put, a pre-historic link road in Dugopolje plain that extends in a west-east direction from the hamlet of Smodlaka to that of Križani.


6,35 km
3^h 00^{min}

START	Dugopolje west
END	Dugopolje east
ASCENT/DESCENT	199/212
HIGHEST POINT	298
LOWEST POINT	261
ASPHALT/CONCRETE	1,20 km
GRAVEL/PATH	5,15 km
DIFFICULTY	MEDIUM



SHORT INSTRUCTIONS



Start 43°34' 55.55" N / 16°33' 59.8" E

Chapel of Our Lady in the Field (Gospa u Dnu Polja)

0.14 km go straight along the asphalt road

0.81 km enter the hamlet of Balići-Đakići

0.90 km arrival at the mountain trail towards Kraljeva Peć

1.50 km arrival in Kraljeva Peć; return along the same path

2.08 km at the crossroads, turn right onto the asphalt

2.24 km arrival in the hamlet; after 300 m, turn left onto the walking trail towards Smodlake

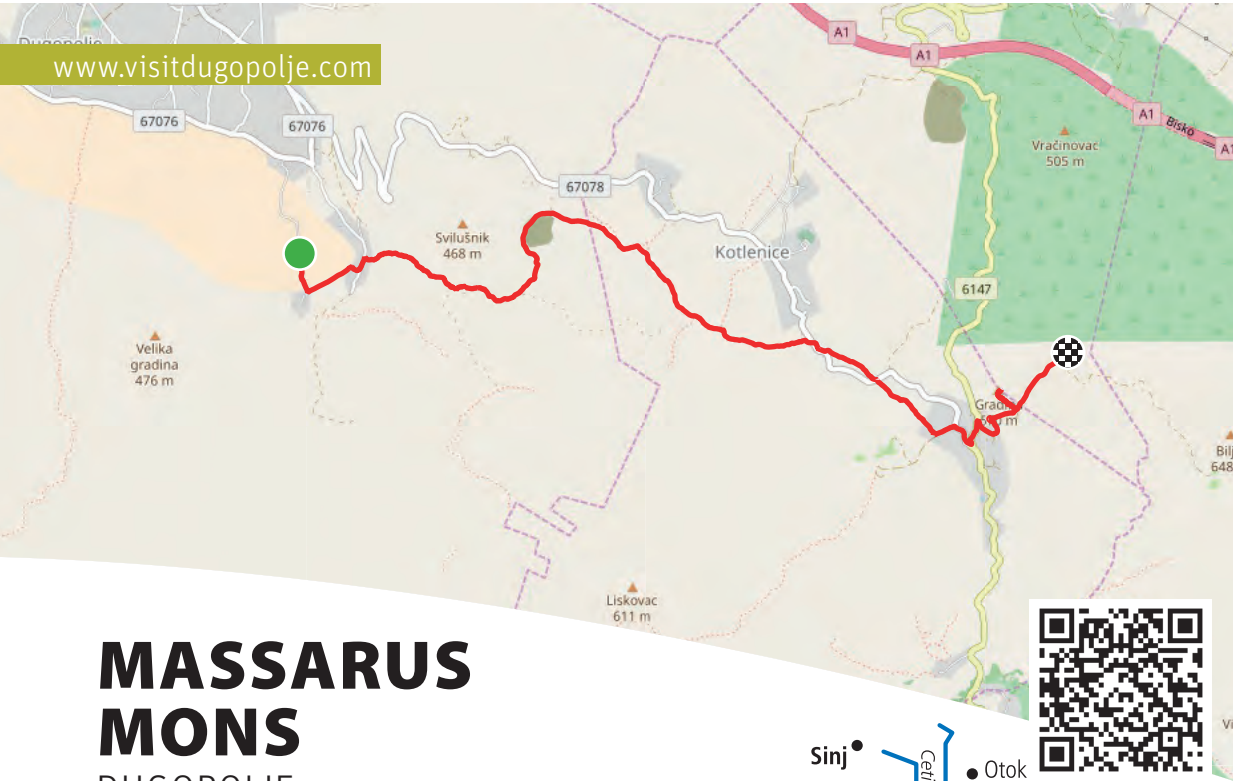
2.75 km arrive in Smodlake and continue right (you can also return to the start from Smodlake by turning left)

2.97 km turn right onto Mali Put

5.31 km Plitača rest area

6.35 km arrival at an asphalt road and the hamlet of Križani (the end of the first part; continue along the MASSARUS MONS themed trail)

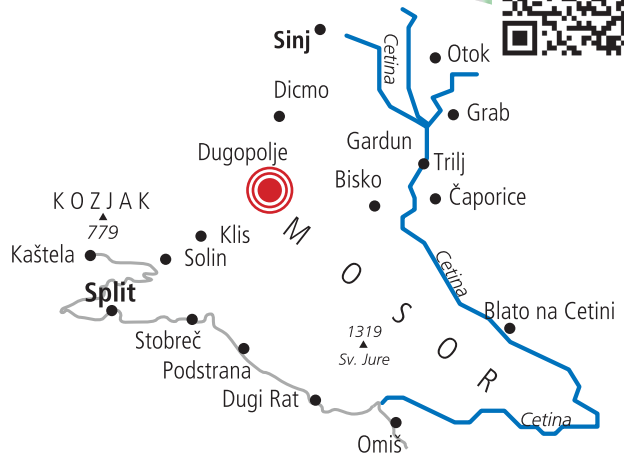


www.visitdugopolje.com


MASSARUS MONS

DUGOPOLJE

Continuing along Dugopolje Mali Put, there is a climb starting from the hamlet of Križani to Vilinska Peć. According to a local belief, this is the home of fairies, mysterious female beings of outstanding beauty. The route then leads east from Vilinska Peć towards the village of Kotlenice, and then continues via an old road to an abandoned early-20th-century iron ore mine (*Miotto rudnik*). The prehistoric site of Gradina lies in the immediate vicinity of the mine.


6,27 km
3_h 30_{min}

START	Križani
END	Miotto mine
ASCENT/DESCENT	373/110
HIGHEST POINT	443
LOWEST POINT	129
ASPHALT/CONCRETE	0,32 km
GRAVEL/PATH	5,95 km
DIFFICULTY	MEDIUM



SHORT INSTRUCTIONS

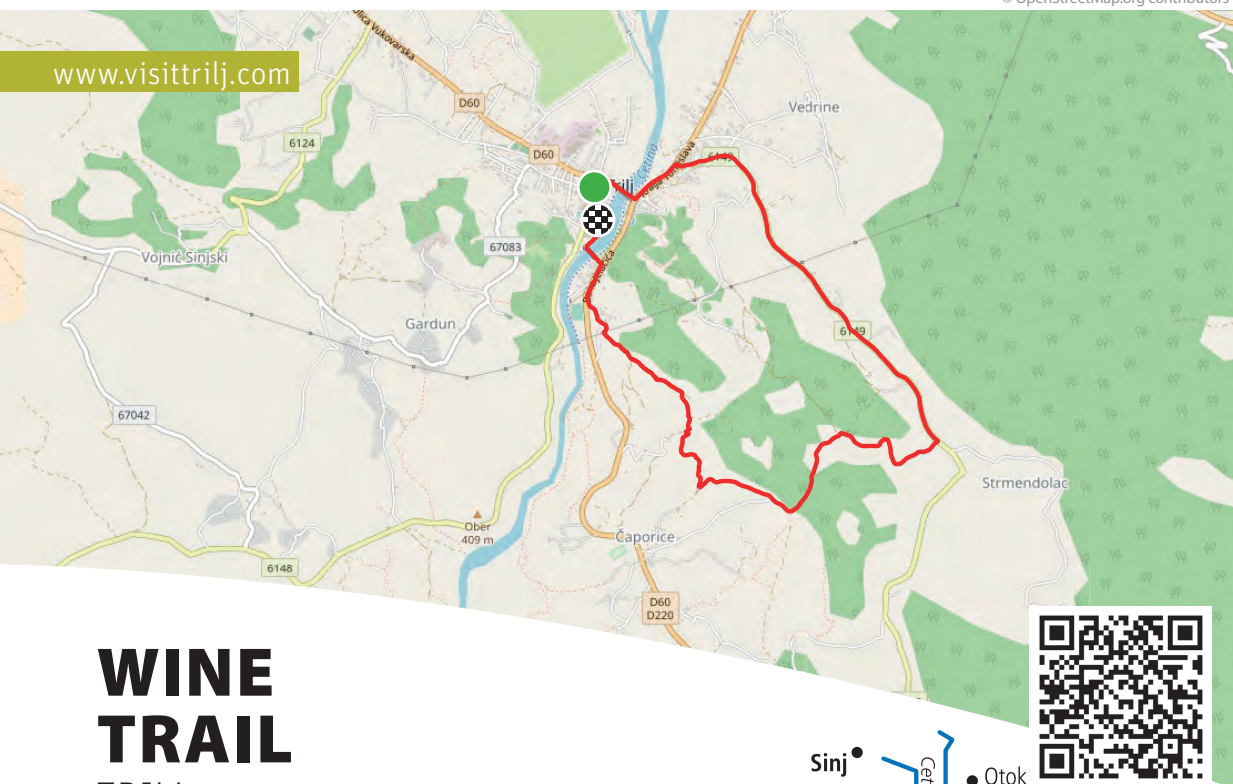


Start 43°34' 19" N / 16°36' 39.7" E

At the end of Mali Put, there's the hamlet of Križani

- 0.15 km** go left, partly along the asphalt and then along the path across the field
- 0.42 km** hamlet of Gavranovići
- 0.48 km** turn left onto the asphalt
- 0.55 km** turn right onto the path
- 1.00 km** right: Maklutača Cave
- 1.40 km** left: Vilinska Peć
- 1.71 km** arrival at a gravel path
- 2.16 km** turn right onto the walking trail
- 3.87 km** arrive at an asphalt road and continue right
- 3.97 km** turn left onto the walking trail
- 4.26 km** cross the road
- 4.76 km** arrival at an asphalt road and the hamlet of Punde (Kotlenice)
- 4.86 km** turn right
- 5.10 km** turn left onto the village side road
- 5.15 km** turn right uphill along the gravel road
- 5.52 km** turn left towards Gradina
- 5.72 km** Gradina; return along the same path
- 5.91 km** turn left onto the gravel path
- 6.27 km** Miotto mine

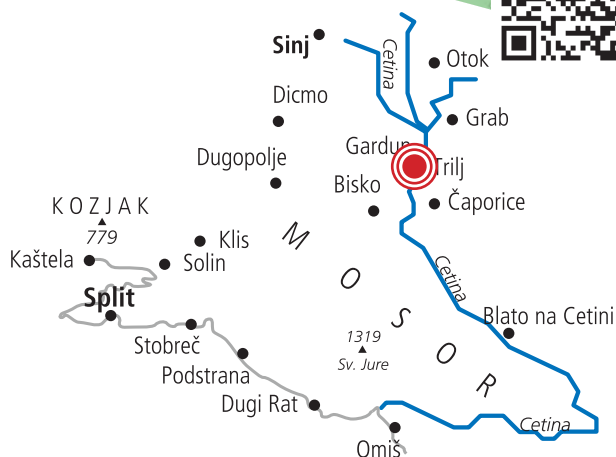


www.visittrilj.com


WINE TRAIL

TRILJ

The tradition of winegrowing in this part of the Central Dalmatian hinterland dates back to the 1st century AD, when Roman legions were stationed in the Trilj area. This tradition has continued to the present day. Local wines are an indispensable part of the wide-ranging offer of food and drink in Trilj and its surroundings.


7,88 km
3_h 30_{min}

START	Trilj
END	Trilj
ASCENT/DESCENT	188/188
HIGHEST POINT	462
LOWEST POINT	291
ASPHALT/CONCRETE	1,97 km
GRAVEL/PATH	5,91 km
DIFFICULTY	EASY



SHORT INSTRUCTIONS



Start 43°37'0.1"N / 16°43'37"E

Town park in Trilj

0.17 km turn right onto the D60 road towards the bridge

0.38 km after the bridge, turn left onto the D220

0.71 km turn right into Dubrovačka Street

3.35 km turn right onto the gravel road

3.80 km vantage point

4.10 km rest area

4.90 km turn right

6.10 km continue straight on

6.20 km continue straight on

6.65 km turn from the gravel road onto the path downhill towards Trilj

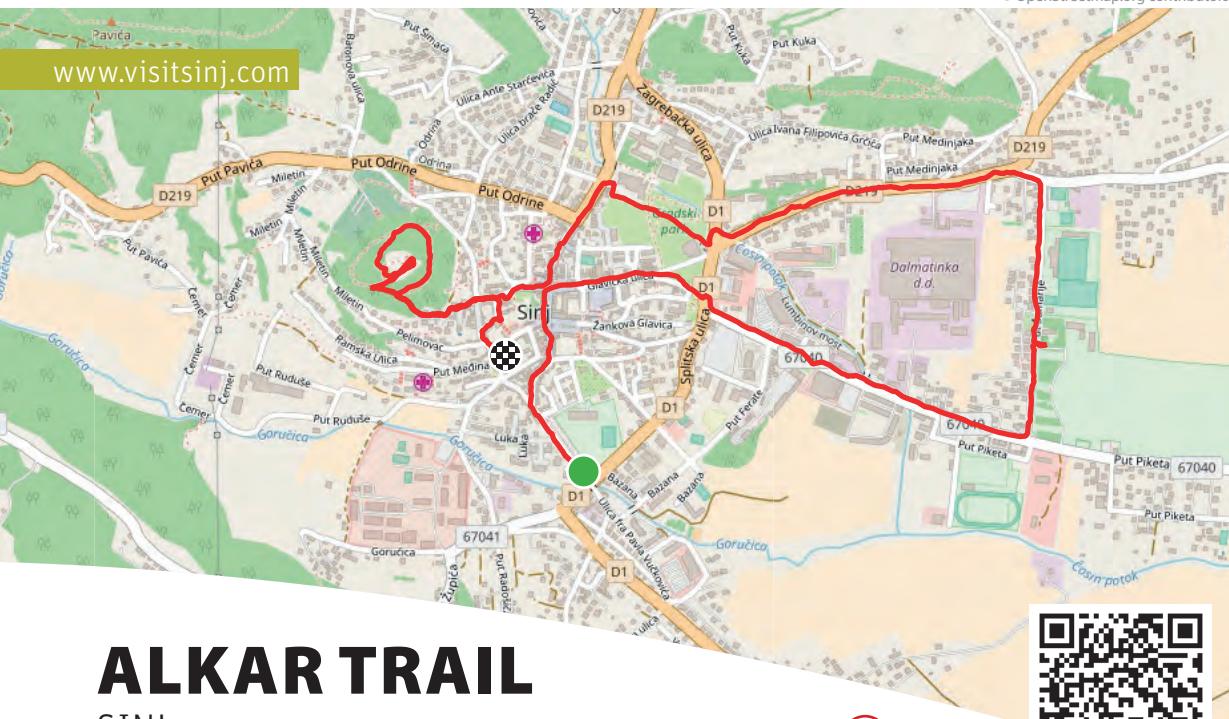
6.90 km arrival at an asphalt road among houses; continue straight downhill towards Trilj

7.10 km arrival at the D220; turn right

7.40 km cross the road on the left and onto the suspension bridge; after the bridge, continue right along the trail by the River Cetina

7.88 km return to the starting point

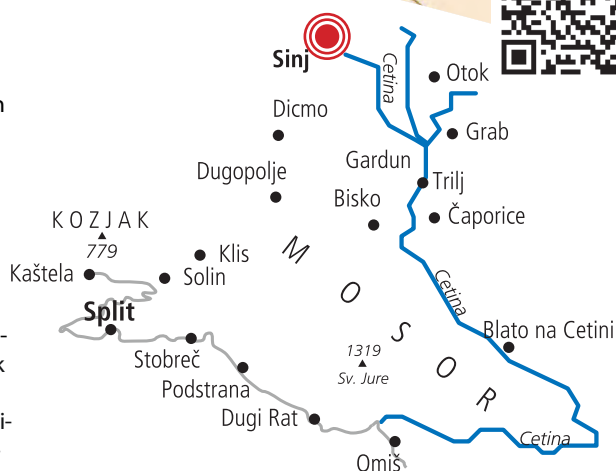


www.visitsinj.com


ALKAR TRAIL

SINJ

Sinj, a town in the central part of the Dalmatian Hinterland, owes its turbulent past to its strategic position at the intersection of important transport routes between the coast and the hinterland. The year 1715 is particularly noteworthy, as this is when a large Ottoman army was defeated under the walls of Sinj fortress. This preservation of the defensive line against the Ottoman Empire resonated throughout Europe. To commemorate this event and to thank the Virgin Mary who, according to legend, saved the defenders of Sinj fortress, an equestrian competition named the *Sinjska Alka* was established in the first half of the 18th century. The *Alka* is the only European knights' tournament that has taken place uninterrupted for three centuries right up to the present day. It is contested every year on the first Sunday in August. As an important aspect of history and tradition where western and eastern cultures meet, the *Sinjska Alka* was inscribed on the UNESCO Representative List of Intangible Cultural Heritage of Humanity in 2010. The route visits the scene of the 1715 battle at Stari Grad fortress and follows the *Alkar* route to the course, and also reveals the cultural and historical heritage of the town of Sinj.


6,06 km
2^h 30^{min}

START	Sinj
END	Sinj
ASCENT/DESCENT	139/135
HIGHEST POINT	415
LOWEST POINT	301
ASPHALT/CONCRETE	5,59 km
GRAVEL/PATH	0,42 km
DIFFICULTY	EASY



SHORT INSTRUCTIONS



Start 43°41'52.112" N / 16°38'17.286" E

Next to the Alkar monument at the beginning of the Alkar course

0.25 km turn right from the Alkar course into Brnaška Street

0.57 km after Pijaca, turn right into Glavička Street

0.84 km next to the monument to Fra Pavao Vučković, turn right into Matića Street

0.99 km cross the main street and continue onto Miljenka Buljana Street

1.95 km turn left into Put Šumarije towards the Hippodrome



2.24 km Hippodrome

2.70 km turn left into Domovinskog Rata Street

3.64 km after the roundabout, take the path into the Town Park

3.93 km turn right towards the Hotel Alkar, and then towards Vrlička Street

3.99 km turn left into Vrlička Street

4.11 km continue straight on

4.30 km from Vrlička Street, turn right uphill into Fra Andrije Kačića Miošića Street

4.43 km Museum of the Cetinska Krajina Region on the left-hand side

4.60 km continue straight onto Boričevac Street and then uphill towards Stari Grad fortress

4.77 km turn right along the Way of the Cross

5.08 km turn left from the Way of the Cross onto the path that leads towards Stari Grad fortress

5.34 km Stari Grad, the statue of Our Lady of Sinj; head southwards downhill

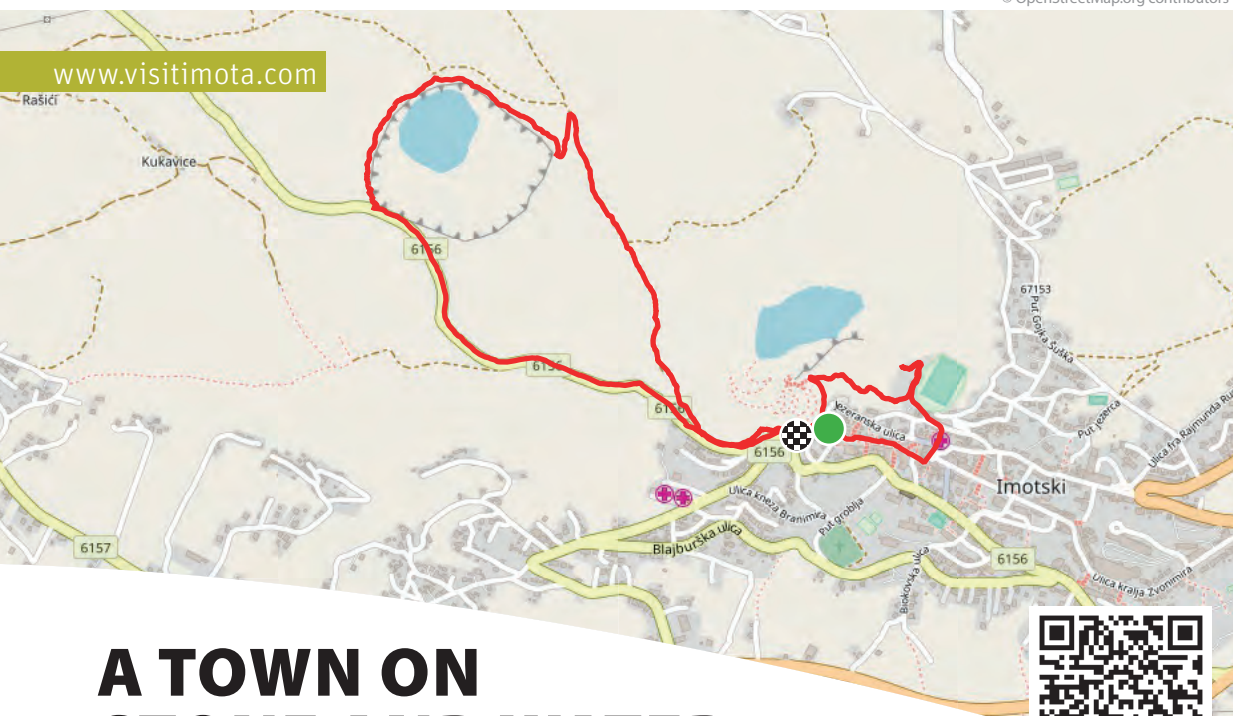
5.48 km turn left downhill again into Boričevac Street

5.85 km from Boričevac Street, turn right into Kwartiri Street

5.93 km turn right

5.98 km from Kwartiri Street, turn left onto Put Petrovca

6.06 km Alkarski Dvori (*Sinjska Alka* Museum)

www.visitimota.com


A TOWN ON STONE AND WATER

IMOTSKI

The Blue and Red Lakes (*Modro i Crveno jezero*) are located in the immediate vicinity of Imotski. These are karst phenomena of the Dalmatian Hinterland created after the collapse of vast underground caves. The Blue Lake is associated with tales of fairies and the famous legend of Hasanaginica, sung in the ballad of the same name (first written down in 1774, and one of the most translated folk ballads in the world). An integral part of this geomorphological monument is the Topana Fortress, which lies on the cliff above the Blue Lake. It was built on several levels, with layers from the 14th to 18th century still visible today, as well as several older layers that have been archaeologically preserved. The Red Lake, the deepest lake in Europe (a karst sinkhole deeper than 500 m, with a water level varying between 285 and 320 m) lies 1.5 km north-west of Imotski. The lake gets its name from the red-coloured, almost vertical cliffs surrounding it. A legend about the formation of the lake has it that the castle of a rich and arrogant man called Gavan collapsed and created an abyss as a punishment from God. The Blue and Red Lakes have been protected geomorphological monuments since 1964.


5,26 km
2^h 30^{min}

START	Imotski
END	Imotski
ASCENT/DESCENT	238/238
HIGHEST POINT	525
LOWEST POINT	369
ASPHALT/CONCRETE	2,58 km
GRAVEL/PATH	2,68 km
DIFFICULTY	MEDIUM



SHORT INSTRUCTIONS



Start 43°26' 54.8" N / 17°12' 40.2" E

Next to souvenir shop, above the Blue Lake

0.03 km Municipal building

0.06 km turn left into Hasanaginičin Prolaz

0.30 km turn left towards Tina Ujevića Square

0.35 km Tina Ujevića Square; take the steps uphill

0.41 km turn left (in the street, look for the old stone water outlet and a small stone house)

0.45 km turn right

0.54 km Topana fortress and Gospin Dolac stadium; return the same way

0.83 km turn right

1.16 km vantage point (optional descent to the Blue Lake)

1.30 km return to the starting point, and then continue downhill

1.35 km turn right down the path

1.43 km arrival at the road

1.51 km Hasanaginica themed park; return to the road

1.70 km turn right up the gravel path

2.30 km Dry Lake (vantage point on the right); return to the path

2.65 km turn left onto the mountain trail

2.85 km arrival at the Red Lake

3.25 km optional easier route: go along the gravel path on the right, and follow the trail around the Red Lake

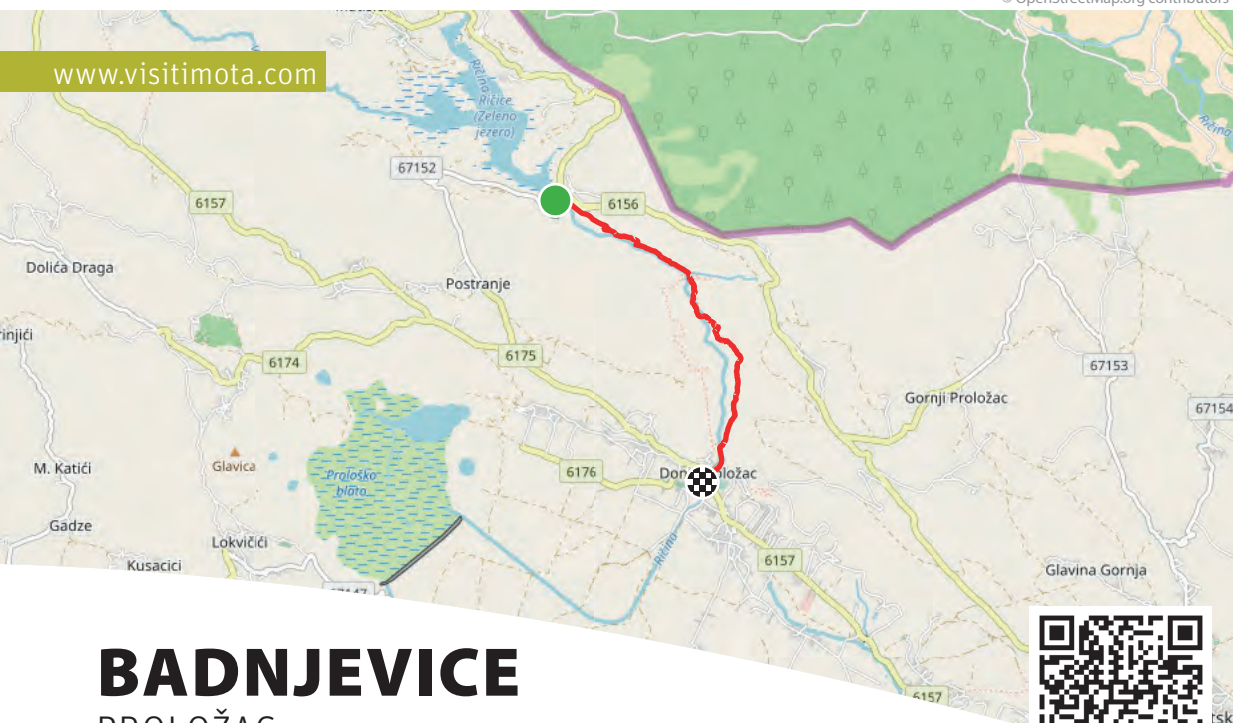
3.40 km attention: difficult part of the trail

3.70 km arrival at the main road; from here, turn left and go back

5.00 km turn left onto the path uphill

5.26 km return to the starting point



www.visitimota.com


BADNJEVICE

PROLOŽAC

This route revealing some of the natural attractions of Central Dalmatia leads to Badnjevice Canyon in the northern part of Imotska Krajina. This canyon connects Ričice Lake with the village of Proložac. The River Suvaja, which flows through Badnjevice, features a system of stone barriers in the lower part of its canyon. This is a significant architectural achievement from the period of the Second Austrian Administration in Dalmatia (1813-1918) which strived to reduce the damaging effects of torrents on local agriculture, which depended on the fertile soil in the nearby Imotski Plain. Above the aforementioned river and on the western side of Badnjevice Canyon, there lies the fort of the same name (14th-15th century) that stands out because of its construction on multiple levels among the cliffs of the canyon.


4,64 km

2^h 00 min

START	Lake Ričice
END	Donji Proložac
ASCENT/DESCENT	153/252
HIGHEST POINT	456
LOWEST POINT	291
ASPHALT/CONCRETE	0,14 km
GRAVEL/PATH	4,50 km
DIFFICULTY	MEDIUM



SHORT INSTRUCTIONS



Start 43°4' 24.5" N / 16°11' 48.1" E

Lake Ričice; take the asphalt path
towards the east

0.15 km take the gravel path

0.70 km arrival at a meadow and start of the
forest path

1.80 km dam (waterfall); start of the ascent of
the trail

4.30 km arrival at a gravel path

4.64 km Donji Proložac



www.tzvrgorac.hr


GRADINA - GRAD FORTRESS

VRGORAC

Gradina fortress (also known as Grad) above Vrgorac belongs to a chain of forts in the Dalmatian Hinterland that were strategically positioned along important traffic routes that have connected the hinterland with the coast since prehistoric times. It was most likely erected in the Late Middle Ages and upgraded during Ottoman rule. The access path from the east features the Turkish Avala Tower and a vaulted water tank located nearby. The Gradina fortification complex is divided into three parts. Through the bailey defended by a low wall, one reaches the inner part of the fortress, which is surrounded by tall walls. Within the walls, there are the ruins of several buildings such as barracks for soldiers and their officers, storage for weapons and ammunition, an oven, and a room for religious services. The tallest and oldest part of Gradina fortress is a square tower with battlements built on a natural rock. This was the residence of medieval lords and Ottoman dizdars. It offers a view of Vrgorac and the surrounding karst fields of Rastok, Jezero and Bunina.



0,96 km

0_h 30_{min}

START	Vrgorac
END	Vrgorac
ASCENT/DESCENT	72/68
HIGHEST POINT	309
LOWEST POINT	234
ASPHALT/CONCRETE	0,27 km
GRAVEL/PATH	0,69 km
DIFFICULTY	EASY



SHORT INSTRUCTIONS



Start 43°12'19.1" N / 17°22'7.4" E

Pod Matokitom Street, Put Gradine

0.08 km turn left

0.18 km arrival at the walking trail

0.32 km Avala tower

0.41 km Gradina fortress

0.67 km turn right

0.70 km Parish Church of the Annunciation of the Blessed Virgin Mary; from here, go onto Hrvatskih Velikana Street

0.96 km return to the starting point



THINGS TO KNOW



NAVIGATION **Map, compass,** **GPS device**

Navigation devices are used to plan your route before the journey and when you need assistance with orientation. Learn how to read topographic and relief maps, and how to use a compass and GPS devices before you start your trip.



LIGHTS

Torch, hand lamp, head lamp

Make sure you take a light with you when going to places where there are no conventional light sources. Head lamps are recommended because of their convenience, as you'll have free hands. Don't forget to pack extra batteries.



PROTECTION FROM THE SUN **Sun glasses, cream and cap**

Protect your skin and eyes from UV rays that can cause burns and even cancer. Put on your sun glasses, cream and cap. Clothes such as trousers and long-sleeved shirts can help reduce exposure to sunlight.



FIRST AID KIT

Be prepared for emergencies and bring a first aid kit. Start with a pre-assembled kit. Check the expiry date of all items and replace them if necessary. Consider carrying emergency instructions in case of medical problems that you are not familiar with.



INSULATION **Jacket, cap, gloves,** **windbreaker jacket,** **warm underclothes**

Nature is unpredictable. Be prepared for sudden changes in the weather. Take an extra layer of clothing to help you in any extreme conditions that might occur.



FIRE

Matches, lighter

Fire may be an emergency signal as well as a source of heat for cooking and getting warm. Pack matches (preferably water-proof) and things that are easily flammable and maintain a flame (e.g. a lighter). Get to know the location before leaving. Learn more about campfires.

WARNING:

From 1 May to 1 October, fires in the open are prohibited.



TOOLS AND REPAIR EQUIPMENT

Adhesive tape, knife, screw-driver, scissors

Take basic repair tools so you can maintain your equipment and prepare food. The kit must contain items such as adhesive tape, a knife and scissors. Consider taking multifunctional tools (Swiss knife). Be on the safe side and carry equipment specific to your trip and activity.



FOOD

Always be ready to change your travel plans. Prepare some additional food for an extra day, preferably food that doesn't need to be cooked but still has good nutritional value in order to give you energy. Salty and easily digestible snacks (nuts and granola bars) are good for outdoor activities.



HYDRATION

Water and water purification tablets

Being hydrated on the road is of the utmost importance! Physical activity increases the risk of dehydration (loss of water and salt from the body), which can have negative consequences on your health. If you engage in outdoor activities (hiking, cycling, running, swimming, etc.), especially during hot weather, make sure you drink water often enough, even before you're thirsty. Prepare water before you need it and don't allow your body to dehydrate. Before going on a trip, make sure you check if your destination has water sources which you can use or purify. Learn more about water purification.



SHELTER

Tent, space blanket, tarpaulin, sleeping bag

Shelter is one of the most important elements for survival. It can protect you from being exposed to extreme weather conditions. A tent, tarpaulin, sleeping bag or space blanket are some simple options for making a quick shelter.



CENTRAL DALMATIA

The Heart of Adriatic

Split-Dalmatia County Tourist Board

Prilaz braće Kaliterna 10/1, 21 000 Split, Croatia

tel./fax: +385 (0)21 490 032; 490 033; 490 036

info@dalmatia.hr, www.dalmatia.hr

www.dalmatia.hr



Publisher: Split-Dalmatia County Tourist Board,
For the publisher: Joško Stella, **Design:** Žarko Tičinović, **Editors:** Lino Uršić, Marko
Herman, Anamaria Marović, Dragomir Čović, **Translation:** Adverbum, Opatija,
Photographs: Marko Herman, Anamaria Marović, Dragomir Čović, Hrvoje Kedžo,
Lino Uršić, Dalmacija Ultra Trail Archive, Omiš Tourist Board Archive,
Sinj Tourist Board Archive, Brela Tourist Board Archive,
Biokovo Nature Park Archive, Shutterstock, OpenStreetMap.org
Print: DES, 2021.

THE PUBLISHER DOES NOT GUARANTEE THE COMPLETE ACCURACY OF THE INFORMATION PROVIDED
AND DOES NOT BEAR ANY RESPONSIBILITY FOR ANY POSSIBLE INACCURACY OR CHANGE IN THE DATA.