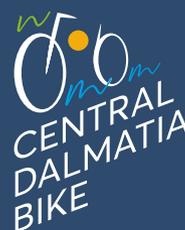


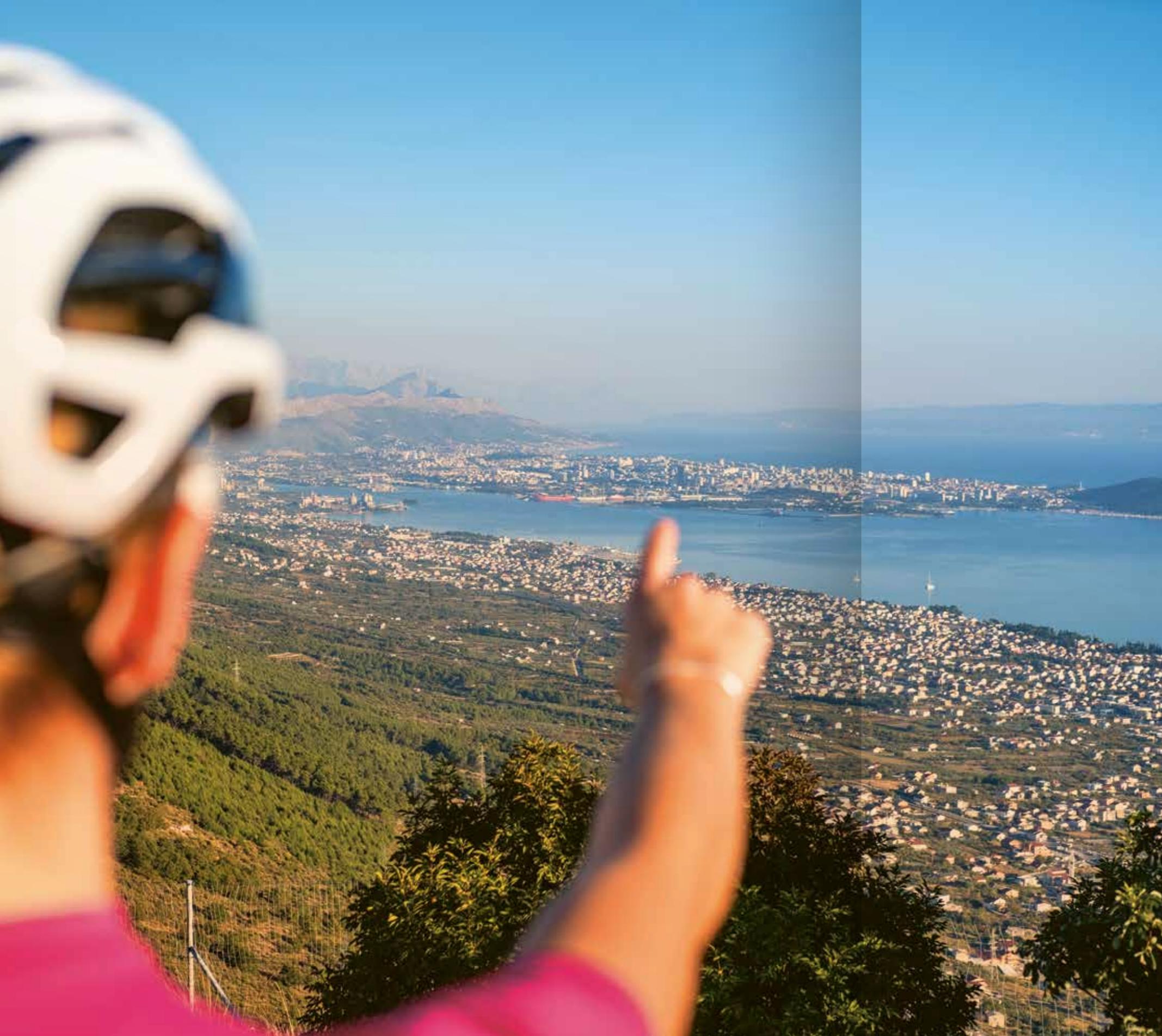
Cycling along the Split Riviera

Everything you need
to know before going
on holiday



Dugi Rat | Kaštela | Marina | Okrug | Omiš
Podstrana | Seget | Solin | Split | Šolta | Trogir


Omim
CENTRAL
DALMATIA
BIKE



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Welcome to the Split Riviera

Magical destinations of irresistible Dalmatia

We are delighted to offer you a warm welcome, to the shores of our blue Adriatic, into our homes with their wide-open doors and also into our hearts!

Welcome to the areas where once kings ruled, queens were the people's favourites, and Roman emperors built summer houses for themselves. World statesmen still come to visit us here today, and Hollywood mega stars and the musical divas of gala stages flock to us again and again.

Come and see for yourself...

The breath-taking Croatian coast has always captured the hearts of those who have visited it, but we have found many more reasons to make your next visit even more memorable.

The Split Riviera is the heart of the Croatian Adriatic and it is sure to take your breath away while bringing a smile to your face. Should you head in our direction, to Dalmatia, it is most likely that you will be greeted by Split first – the area's largest and, according to many, the most gorgeous city in the world!

Its UNESCO charter proves that it has something to brag about, but believe it or not, it is definitely not the only one on this little Riviera of ours! The word about the beauty of Trogir has spread far and wide, but all our other destinations have flourished around these two *heritage* towns, situated on the unusual relief of the Dalmatian coast and hinterland, and their attributes must not be missed.



The local cuisine is certain to both please you and spoil you with the most delicious snacks served in a number of ways: fresh ingredients, freshly caught fish, fruit that you can pick yourself, all seasoned with red drops of indigenous wines and award-winning extra virgin olive oils...

Whether you try *pašticada* (a traditional braised beef dish cooked in a fragrant sweet and sour sauce), *brudet* (a traditional fish stew), *rafioli* (a traditional pastry) or *rožata* (a traditional flan), traditional Dalmatian cuisine is above all said to be delicious and healthy, simple to prepare and easy to digest. Well, when that is combined with the incredible wealth of cultural heritage that needs to be explored, there is a very simple answer to the question "Why are people from Dalmatia so elegant"!

Let its honest story enchant you! Why not visit us and indulge in the Dalmatian ease of living in such a fairy-tale region, woven into a network of charming history and magnificent castles...

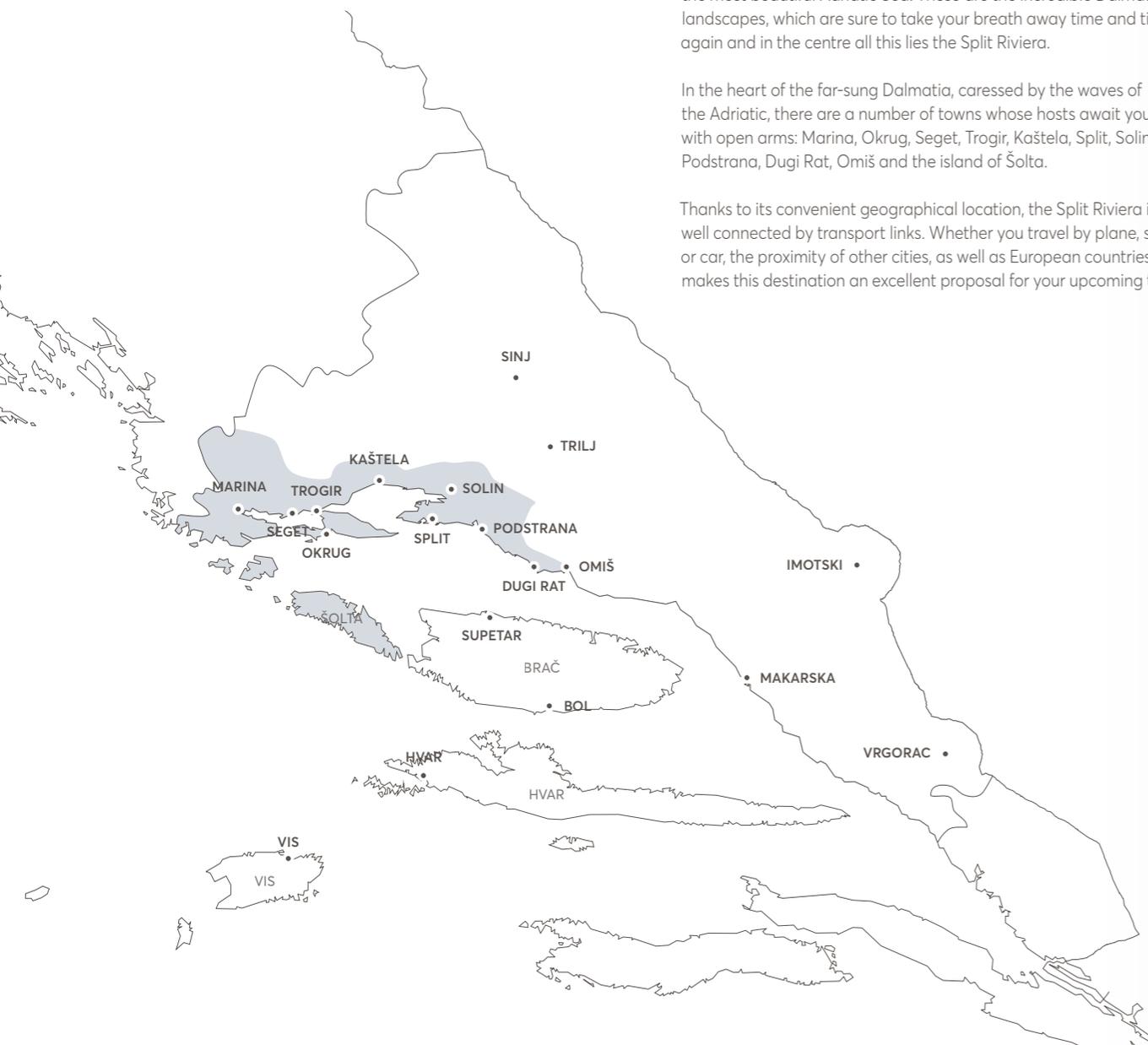
Geographical location and its advantages

At the very heart of the Mediterranean

You will find this charming riviera in Croatia in the very heart of Europe, under the auspices of the Mediterranean, on the shores of the most beautiful Adriatic Sea. These are the incredible Dalmatian landscapes, which are sure to take your breath away time and time again and in the centre all this lies the Split Riviera.

In the heart of the far-sung Dalmatia, caressed by the waves of the Adriatic, there are a number of towns whose hosts await you with open arms: Marina, Okrug, Seget, Trogir, Kaštela, Split, Solin, Podstrana, Dugi Rat, Omiš and the island of Šolta.

Thanks to its convenient geographical location, the Split Riviera is well connected by transport links. Whether you travel by plane, ship or car, the proximity of other cities, as well as European countries, makes this destination an excellent proposal for your upcoming trip!



Climate and its four seasons

365 shades of the Split Riviera

The pleasant temperatures of the Mediterranean come with mild winters and warm summers, while joyful springs and colourful autumns make this region an interesting all-year-round destination. Sunny days bring visible optimism, and here even the winter months - November, December and January - provide 130 hours of sunshine per month.

The Split Riviera is also a leader in terms of the number of clear days, as in addition to July and August with an average number of 15 and 16 clear days, all the other months of the year will provide you with an incredible 7 days of clearness – which is precisely what is needed for the best holiday ever - an active holiday on the Split Riviera!



Explanation of cycling trails

About the categorization and trail marking system



Mountain-bike Trails (MTB)

MTB, that is mountain bike trails, refer to roads specially designed for an off-road ride. They are adapted to the unique needs and challenges of mountain biking enthusiasts. They usually pass through natural landscapes such as forests, mountains, hills and inaccessible terrains, providing cyclists with an exciting and comprehensive experience in nature.

MTB trails vary in difficulty and are adapted to riders of different skills, from beginners to experienced cyclists, and are divided into 5 categories of physical and technical difficulty.

They often include different elements such as technical sections, jumps, steep inclines and obstacles to test the cyclist's skills and provide an authentic riding experience. These trails are carefully planned and maintained to ensure the safety of cyclists, avoid road traffic and minimize the impact on the environment.

PHYSICAL DIFFICULTY

1st level = The trail is intended for people who occasionally ride a bike. The estimated riding time for the trail is up to an hour, with an altitude difference of about 200 metres.

2nd level = The trail is intended for people who occasionally ride a bike but are in medium physical condition or have a little more experience riding a bike. The estimated riding time for the trail is up to one hour and thirty minutes, with an altitude difference of about 400 metres.

3rd level = The trail is intended for people who ride a bike 2-3 times a week and have an intermediate level of technical dexterity on the bike. The estimated time for the trail is up to two hours and thirty minutes, with an altitude difference of about 900 metres. It takes about 15 minutes to overcome the climb.

4th level = The trail is intended for people who regularly ride a bike - from 4 to 5 times a week and are technically skilled. The length of the estimated riding time for the trail is from two hours and thirty minutes to four hours with an altitude difference of up to 2200 metres.

5th level = The trail is intended for people who are in excellent physical condition and are technically extremely skilled. The length of the estimated riding time for the trail is from three hours and thirty minutes onwards, but with the condition that the height difference is greater than 2200 metres.

TECHNICAL DIFFICULTY

1st level = No single-track descents, no sudden short drops or sharp climbs longer than around 30 metres. The road surface is without large stones and roots.

2nd level = Simple descents on a single track without sharp turns, without jumps, with drops of a moderate gradient from which the exit is not technically demanding. Climbs over a 10% gradient are no longer than 200 metres. In the most challenging places, stones can be found that are no larger than the size of a fist.

3rd level = Parts of the climb can have a slope greater than 20% but cannot be longer than 300 metres. Parts of technically demanding single tracks with drops or jumps can be integrated into the trail.

4th level = There are no restrictions on the technical difficulty of downhill and climbs. Downhills can have simple jumps, which are shorter than 5 metres, with a landing without obstacles or with a turn immediately after landing. Jump locations must have an alternate trail option that bypasses the jumps. All widths and all levels of trail surface roughness are considered.

5th level = Every level of surface roughness is taken into account when creating the trail, as well as any artificial and natural jumps of all lengths and landing types.



Family & Trekking Trails

Trekking trails often pass through diverse landscapes such as hills, forests and rural areas, providing cyclists with a unique and immersive experience in nature.

These trails may include safe on-and-off-road sections, requiring cyclists to adapt to different types of terrain and road conditions. They provide opportunities for multi-day or even multi-week adventures, allowing cyclists to cover shorter distances per day while enjoying freedom and connection with nature. They are up to 50 kilometres long.

Cyclists should be prepared to be self-sufficient, including carrying food, water and necessary tools for bicycle maintenance and repair with them. Physical difficulty is categorized with grades from 2 to 5, while technical difficulty is from 1 to 5.

Trekking trails attract adventurous cyclists looking for a combination of physical challenge, exploration and a deep connection with the natural environment. They provide a unique way to experience the thrill of cycling while immersing yourself in the beauty and solitude of the wilderness.

PHYSICAL DIFFICULTY

1st level = Physically undemanding trails on flat sections, trail lengths up to approximately 10 km

2nd level = Physically undemanding trails on slightly undulating sections, approximately 20 km long

3rd level = Physically less demanding trails on slightly undulating terrain, total length up to approximately 30 km, with a total climb of approximately 300 m

4th level = Physically more demanding trails on slightly undulating sections, up to approximately 40 km long and with total climbs of up to approximately 400 m

5th level = Physically demanding trails on undulating or longer sections. The length of the trail is up to approximately 50 km, with total climbs of up to approximately 500 m

TECHNICAL DIFFICULTY

1st level = Technically undemanding trails on flat sections on an even surface, without climbs.

2nd level = Technically undemanding trails on slightly undulating terrain with a relatively small maximum gradient - up to approximately 5%, on which the surface is well-trodden

3rd level = Technically less demanding trails on slightly undulating terrain with a small maximum gradient, up to approximately 8%. The surface can vary, but should be suitable for cycling

4th level = Technically more demanding trails on slightly undulating sections with a maximum gradient of up to approximately 10%. The surface can vary, but should be suitable for cycling

5th level = Technically demanding trails on undulating or longer sections with higher maximum gradients that can reach around 15%, but only on good surfaces. The surface on the trails may vary

Road bike Trails

Road cycling is the activity of riding a bicycle on roads intended for traffic. This type of cycling usually takes place on paved roads or paths, giving riders a smooth and fast ride. The trails avoid gravel roads, rough surfaces and very busy roads.

Road cyclists cover long sections with a significant difference in elevation while reaching high speeds.

This type of cycling attracts riders of all skill levels, from recreational cyclists to professional riders, so the trails are divided into 5 difficulty categories. Road cycling trails often pass through picturesque landscapes and offer cyclists the opportunity of exploring new areas and enjoying breath-taking views in a safe way.

Safety is a key factor in road cycling, so cyclists must follow traffic rules and wear safety helmets.

PHYSICAL DIFFICULTY

1st level = The trail is intended for all cyclists on road bikes who can find inspiration for cycling at a moment's notice. The trail is mostly flat, with a total of up to 500 metres climb. Estimated time for completing the trail is up to an hour.

2nd level = The trail is intended for people who do not ride a bicycle on a regular basis, but who have some sports experience or are used to riding bicycle regularly. The trail is characterized by gentle and short climbs, which take about ten minutes to overcome. The total height difference is about 500 metres, and the expected duration of completing the trail is up to two hours and fifteen minutes

3rd level = This trail is intended for people who ride a bicycle regularly, 2-3 times a week. The duration of a trail of maximum length is about three hours and thirty minutes, or a maximum height difference of about 1500 metres. The length of the continuous climb does not exceed 25 minutes riding or 400 metres of altitude climbing at once.

4th level = This trail is intended for people who regularly ride a bicycle - from 3 to 4 times a week. The trails have a maximum duration of up to four hours and thirty minutes or a maximum height difference of up to 2500 metres. The climbs have a maximum height difference of 1000 metres at once and on average are no steeper than 7%.

5th level = This trail is intended for people who cycle regularly, 4-7 times a week. The maximum duration of the trail is up to 4 hours and 30 minutes or a minimum height difference of 2500 metres.

TECHNICAL DIFFICULTY

1st level = A mostly flat trail with a quality surface, without technically demanding sections and steep descents and climbs.

2nd level = All types of asphalt are considered, although it must not contain granite cubes positioned with a distance of more than 2 centimetres between them and a difference in height of more than 1 centimetre. The cubes must not be without structure to ensure grip even when wet. Without long steep descents (which where about 2 kilometres long), with closed turns after flat sections where speeds above 70 km/h can be reached.

3rd level = All types of asphalt, concrete or granite surfaces are possible. Climbs and descents are no steeper than 7% if they are longer than 4 kilometres.

4th level = All types of asphalt, concrete or granite surfaces are possible. Descents can be of any gradient and with high technical requirements, the width of the two-way road must be at least 5 metres on the descents, and the one-way road must be at least 2.5 metres wide.

5th level = All types of asphalt, concrete or granite surfaces are possible. There is no limit to the length of the climbs or their gradient. All road widths are considered.



Find out more about the Split Riviera cycling trails on the web page: dalmatia.hr



Cycling routes

Information about destinations

A range of itineraries for all generations

Marina

The municipality of Marina is in an area woven on the tradition of olive growing, where fishermen hold the stories of their location dear, and the air smells of the sea. Protected by the lovely relief of the Dalmatian coast, bays and headlands, the Drid hill, Marina cherishes a long history and unusual stories whose protagonists can still be heard while walking along its cobbled streets.

A recognizable symbol of its history has become the Marina tower, the former bishop's summer house miraculously erected on a sea cliff, which is the first to welcome visitors from any part of the world.

Besides the sights that reflect turbulent times gone by, Marina offers a number of natural ones too. So, if you combine their discovery with an active holiday, cycling or hiking along the numerous trails that the landscapes of Marina offer, you are guaranteed an unforgettable experience!

And when your stomach starts to rumble, head to a nearby tavern or restaurant where the freshest ingredients straight from the sea, top quality olive oils and wine nectar await you! Feel the lightness of being part of a small Dalmatian locality - visit and experience Marina!



1 Through the Fertile Fields

Trail category: Mountain-bike Trail (MTB)
Length: 48,1 km
Altitude: 1.107 m
Surface: Macadam: 39,6 km - 83%, Asphalt: 8 km - 17%
Technical difficulty: 3/5
Physical difficulty: 4/5
Itinerary: Marina, waterfront - Najevi - Burin Umac - Kruševo - Svinca - Marina, waterfront
Recommended bike: MTB, E-MTB, Gravel
Riding time: 2:30 - 3:30 h

Technical characteristics:
 Physically, it is a very demanding trail due a variety of steep climbs and a total difference in height of 1107 metres. The longest climb is over 3 km long with an average slope of 9,1%, but with a maximum slope of 19,7%. The surface frequently changes, from asphalt on the wider roads and narrow alleys to concrete

and coarse and fine macadam, which makes up the majority of the trail. After the first long climb, several short steep climbs await you, where the slope rises to a maximum of 28,4%, which means that you have to be well-trained or have an electric bike to conquer the trail. The trail is characterised by macadam paths passing by olive groves, and is decorated with frequent panoramic views, especially when returning to the starting point where a viewpoint overlooking the entire Marina is located. Fast and gentle descents serve as places to rest after demanding climbs. At 3,6 km, the descent after Blizina Gornja is the longest one with a slight slope of -5,1%. An ideal trail for trained cyclists who



want to push their own limits as well as for recreational cyclists on E-MTB. An MTB is recommended, although the more skilled cyclists among you can also overcome the trail on a gravel bike.



Points of interest:
 St. Mary's Church, St. Anthony's Chapel, St. George's Church, the Church of Our Lady of Health, the View point overlooking the Marina

Find out more information about the trail

2 Magical Marina

Trail category: Mountain-bike Trail (MTB)
Length: 30,2 km
Altitude: 565 m
Surface: Macadam: 22,65 km - 25%, Asphalt: 7,55 km - 75%
Technical difficulty: 2/5
Physical difficulty: 3/5
Itinerary: Marina, waterfront - Pozorac - Sapina Doca - Marina, waterfront
Recommended bike: MTB, E-MTB, Gravel
Riding time: 2:00 - 2:30 h

Technical characteristics:
 The trail is characterised by a number of olive groves and wide macadam road that is pleasant to drive on. Lower physical and medium technical demands make it suitable for most cyclists. Two climbs are recognizable - the first gentle climb begins at the very start and gradually accumulates altitude up to the 12th kilometre. It also has the most demanding section on the trail, which

with its 200 metres and 18% slope will be challenging for many cyclists. The second is significantly shorter with only 3,5 km of climbing and a slight average slope of 3,7%. A more technically demanding descent on a single track at the 27th kilometre gives the trail an MTB tone. Frequent changes of the surface, from asphalt to concrete and mostly macadam, contribute to the dynamics of the trail. Suitable for a number of cyclists due to the gentle terrain. An MTB or E-MTB is recommended, but more skilled cyclists can also ride the trail on a gravel or trekking bike.



Points of interest:
 The Tower in Marina, the Church of Our Lady of Mount Carmel, St. Peter's Church

Find out more information about the trail

5

Blue and green Dalmatia

Trail category: Road bike Trail

Length: 80,7 km

Altitude: 961 m

Surface: Asfalto: 80,7 km - 100%

Technical difficulty: 4/5

Physical difficulty: 3/5

Itinerary: Marina - Seget - Bristvica - Mitlo - Primošten Burnji - Grebaštica - Primošten - Rogoznica - Marina

Recommended bike: Road bike

Riding time: 3:30 - 4:30 h

Technical characteristics:

The medium difficulty trail begins by riding along a straight road by the sea and leads all the way to Seget Donji, where you will find a 5,7 km long climb with an average gradient of 4,7% leading to Čarije. The 8 km long plain serves as a break before the following 2,5 km long climb which has an average gradient of 4,8% where the trail reaches its highest point

at 440 metres above sea level. From this point until the end of the trail, there are no more demanding climbs, and the longest 7,2 km long descent on the trail begins, with an average gradient of -3,4% with several sharp bends. Special attention should be paid to the hairpin bends on the descent towards Grebaštica, where the maximum gradient reaches 9%. The rest of the trail leads along a straight road by the sea through charming villages back to the Marina. The first part of the trail is ridden on low-traffic roads in two lanes, while traffic density increases after Grebaštica. Physically this trail is moderately demanding and should not be a problem for cyclists who regularly ride their bikes 3-4 times a week. All gear ratios come into play.



Points of interest:

St. John's Church, St. Anthony's Church, the viewpoint over Dolac, St. George's Church, Kanela source, the Statue of Our Lady of Loreto, Primošten old town, the lavender maze

Find out more information about the trail



10

The Hyllis peninsula

Trail category: Family & Trekking Trail

Length: 27,3 km

Altitude: 490 m

Surface: Macadam: 3,6 km - 13%,

Asfalto: 23,7 km - 87%

Technical difficulty: 4/5

Physical difficulty: 3/5

Itinerary: Marina - Vinišće - Dubrave - Sevid - Dvornica - Podorljak - Svinica - Marina

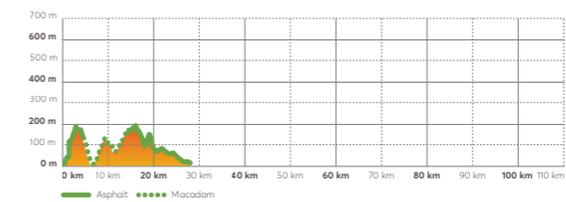
Recommended bike: Trekking, MTB

Riding time: 3:00 h

Technical characteristics:

The most demanding part of this 27,8 km long trail with a 515 m difference in altitude, begins at the very start with a road climb where the gradient rises to 20%, but with a very high-quality asphalt surface and a short length of just 1 km. After the first climb, the trail slowly descends along the road towards Vinišće, around which it makes a circle, and then climbs on an asphalt road to Dubrave, where the fine macadam section begins. The

ascent to Sevid is asphalted with very gentle gradients, as well as several flat sections, with a total length of 4,3 km. The descent towards Dvornica has gentle gradients and an asphalt surface and is not dangerous to ride. Another short demanding section is located at the exit from Dvornica, where the climb is 800 m long with an average gradient of 6,8%. From Dvornica to Podorljak, you ride on narrow roads without traffic. Near Podorljak, the trail joins the main road, which leads back to the finish line in Marina along a slight downhill. This trail can be managed on trekking, gravel or MTB bikes. With special attention on the macadam sections, it can also be ridden on a road bike with slightly wider tires.



Points of interest:

St. George's Church, Podorljak Roman wells, the Church of Our Lady of Help, the viewpoint over Sevid, Vinišće beach

Find out more information about the trail



6

Explore Hyllis

Trail category: Road bike Trail

Length: 51,8 km

Altitude: 873 m

Surface: Asfalto: 51,8 km - 100%

Technical difficulty: 3/5

Physical difficulty: 4/5

Itinerary: Marina - Sevid - Podorljak - Rogoznica - Šaričevi - Vadalj - Bratski Dolac - Bliznja Donja - Gustirna - Marina

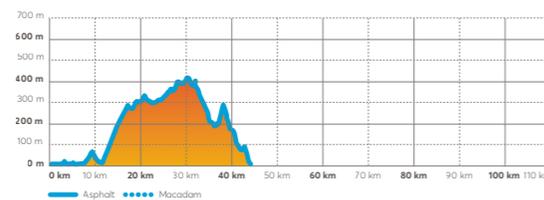
Recommended bike: Road bike

Riding time: 2:00 - 3:00 h

Technical characteristics:

This relatively short 51,8 km trail includes 873 m of climbs with gentle ascents and one fast descent. The initial climb towards Sevid is 3 km long and has an average gradient of 5%, being ideal as a warm up. It is followed by a series of easy short climbs until that going towards Blizna Donja, which, being 7,5 km long with a 3,3% gradient, is the longest climb on the trail. The descent towards Gustirna is

very fast with steep gradients reaching -19% at some points including one hairpin bend and a very narrow road, so it is important to pay special attention. The rest of the trail is on a wide road and has two lanes, without too much traffic. The trail is suitable for all cyclists who ride bikes regularly, but increased caution is required on the descent towards Gustirna. The highest point is at the 40th kilometre, 442 m above sea level. There is no need for compact crankset as the climbs present pleasant gradients with the steepest being the 200 metre-long segment with a 9,9% gradient.



Points of interest:

The Chapel of St. John the Baptist, the ponds in Gustirna, St. Anthony's Chapel, the Church of Our Lady, the Chapel and the Ten Commandments of God, the viewpoint over Način

Find out more information about the trail



Seget

If you dream of a holiday close to popular attractions, but with enough peace from the hustle and bustle of the city, then Seget is the perfect destination for you! It is in the heart of Dalmatia, right next to UNESCO's Trogir site and is characterized by the irresistible splendour of small Dalmatian towns.

A whole range of tempting attractions is available on the Seget Riviera. From the ancient remains of stonemason's workshops and self-contained churches to long sandy beaches beckoning with the crystal blue of the Adriatic or interesting hiking trails with breath-taking views.

Paths of health and tradition are woven around the semi-circle from Seget Donji with its fairy-tale castle and Seget Vranjica anchored on a small peninsula to the raised Ljubitovica, along Bristovica and Prapatnica, towards Zagora (hinterland).

Whatever activity you choose, it is known that fresh air only enhances the appetite, and you will have to stop yourself from drooling over the first sight of the finest "cuisine" with selected olive oils and wine. As well as this, don't miss tasting the sumptuous Dalmatian *peka* (meal prepared under the baking lid). So, let the charm and hospitality of Seget enchant you on your next trip!



15 The trail of magnificent views

Trail category: Mountain-bike Trail (MTB)

Length: 23,6 km

Altitude: 590 m

Surface: Macadam: 14,2 km - 60%,
Asfalto: 9,4 km - 40%

Technical difficulty: 3/5

Physical difficulty: 2/5

Itinerary: Seget Donji (Put Vlačke) - Seget Gornji - Vrsine - Radići - Seget Donji

Recommended bike: MTB, E-MTB, Gravel

Riding time: 1:30 - 2:00 h

Technical characteristics:

After the beginning on the road, a fine macadam path will follow you along the steep start of the climb all the way to the cyclists resting point. After which, the climb continues for 1,5 km with slopes of over 20%. At the 6th kilometre, you can relax, because a flat section awaits you after the strenuous climb, followed by a path that

rises slightly up to 375 metres above sea level. You can enjoy fine macadam and road segments throughout. The gentle descent towards Vrsine is as long as 4,6 km with a pleasant -6.6% slope opening up a number of views on the macadam surface. Due to the medium physical and lower technical demands, the trail is suitable for most cyclists on MTB, E-MTB, gravel and trekking bikes. The surface is a combination of fine macadam and asphalt roads.



Points of interest:
Seget rest area for cyclists

Find out more information about the trail 

16 Riding the Napoleon route

Trail category: Mountain-bike Trail (MTB)

Length: 14,8 km

Altitude: 517 m

Surface: Macadam: 9,7 km - 65%,
Asfalto: 5,1 km - 35%

Technical difficulty: 4/5

Physical difficulty: 3/5

Itinerary: Seget Donji (Put Vlačke) - Vrh Vlačka - Seget Gornji - Seget Donji (Put Vlačke)

Recommended bike: MTB, E- MTB

Riding time: 1:00 - 1:30 h

Technical characteristics:

From the start up to the Vlačka panoramic view, a 4,1 km long climb of extremely high physical and technical demands leads you. Besides a short stretch on asphalt, the climb is characterised by extremely steep slopes that go up to 31% and a technically demanding surface of very rough macadam

and stone. This climb will test even the most physically fit cyclists with a change in altitude of 422m, however the view from the Vlačka panoramic point is well worth the effort. Once you have mastered the climb, you can relax because there are two descents and some pedalling on the plain. The descent from the Vlačka panoramic point is very steep, but technically not too demanding. Fine macadam will accompany you on the descent to the finish, which opens up gorgeous views, and you can take a breather at the rest area for cyclists. The trail is suitable for trained cyclists on MTB or E-MTB. Gravel and trekking bikes are not suitable due to their insufficient gear range for overcoming climbs and loose terrain.



Points of interest:
Seget rest area for cyclists, the panoramic viewpoint over Vlačka

Find out more information about the trail 

Sunny postcard

Trail category: Road bike Trail

Length: 56,8 km

Altitude: 1.164 m

Surface: Asfalto: 56,8 km - 100%

Technical difficulty: 3/5

Physical difficulty: 3/5

Itinerary: Seget Donji - Gustirna - Mitlo - Blizina Gornja - Prgomet - Labin Dalmatinski - Plano - Seget Donji

Recommended bike: Road bike

Riding time: 2:30 - 3:30 h

Technical characteristics:

This trail is characterized by two demanding climbs, a fast, flat section and a very dynamic descent with constant gradients. Being 57 km long and with a difference in altitude of 883 m, it belongs to the trail category of medium difficulty. The first 11 km are ridden on undulating terrain, and near Gustirna a very demanding, 3,4 km long climb begins, where the gradients exceed 16% in some points, while the average gradient is 6.2% due to

the flattening halfway up the climb. This is followed by a descent towards Rastovac, where you should ride carefully due to the steep gradients and one hairpin bend. The ascent from Mitlo to Saša is 3,4 km long with an average gradient of 5,7 and a maximum of 13%. This is followed by a slightly undulating 22 km long section in which 230 m of altitude is accumulated until the descent back towards Seget. The descent is very long and fast with numerous hairpin bends, although it does have a constant gentle gradient that averages around -5%. The descent is very long and fast with a number of hairpin bends, although it still has a constant gentle gradient that averages around -5%. It is ridden on a combination of narrow local



roads at the beginning of the trail and wide national roads on the second half of the trail. A compact crankset is recommended due to several steep sections during the first climb near Gustirna.



Points of interest:

Znojilo tower, the Chapel of St. Francis of Assisi, St. John's Church, the Church of Our Lady of Health, St. Nicholas's Chapel, the ponds in Gustirna, the Chapel of St. John the Apostle

Find out more information about the trail



Paradise of Seget

Trail category: Family & Trekking Trail

Length: 4,85 km

Altitude: 17 m

Surface: Asfalto: 4,85 km - 100%

Technical difficulty: 1/5

Physical difficulty: 1/5

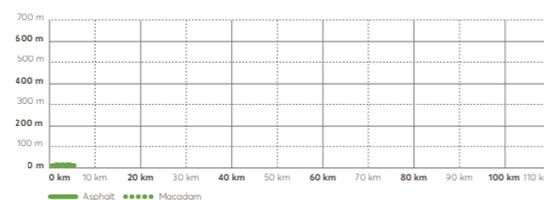
Itinerary: Seget Donji - Uvala Medena - Seget Donji

Recommended bike: Trekking, MTB

Riding time: 1:00 h

Technical characteristics:

A very simple family trail along the promenade without dangerous or demanding sections is suitable for all types of cyclists and bicycles. It will take you along the loveliest parts of Seget with a constant view of the sea and a number of restaurants and cafes for refreshment.



Points of interest:

Seget promenade

Find out more information about the trail



Trogir

Every man and his dog knows that Trogir is home to some of the greatest architectural and sculptural achievements of the Adriatic. This stone town, whose old town centre is protected by UNESCO (as well as the sea line), is in the very heart of Dalmatia.

Among the red roofs and cobbled streets, you will come across some of the most important Trogir attractions. One of those must-sees is undoubtedly the Trogir cathedral! Here, it is possible to study some of the most important works of Croatian masters, which greatly determined the further development of art in Croatia.

Trogir's artistic heritage is undeniably magnificent, but Trogir, believe it or not, was also an important medical centre in the past! The first pharmacy in Europe was located here, and the oldest written document on which the word medicine was recorded was also found here (albeit with protection against spells).

Nowadays, we know that the best medicine is food, and when it is prepared according to traditional recipes with the freshest ingredients, then we know that this statement is true.



30

Trogir from above

Trail category: Mountain-bike Trail (MTB)
Length: 14,1 km
Altitude: 330 m
Surface: Macadam: 8,5 km - 60%,
 Asfalto: 5,6 km - 40%
Technical difficulty: 2/5
Physical difficulty: 3/5
Itinerary: Čiovo - Balan - Žedno - Arbanija -
 Mastrinka - Balan Čiovo
Recommended bike: MTB, E-MTB
Riding time: 1:00 - 1:30 h

Technical characteristics:

The 14.1 km long trail with the difference in altitude of 330 m is of lower physical demand, but it will often test your technical abilities. It consists of 4 climbs, the longest and most demanding of which is the one at the very start, which in the first 2km will elevate you to 150m above sea level with some steeper sections of 15% slope on asphalt and macadam roads, which most recreational cyclists will be able to

conquer. The trail is characterised by gentle climbs and very dynamic descents of trail characteristics on single track trails with earthen and rocky surfaces. Everything from fine to technically demanding macadam roads, single tracks and loose trails await you. Two very steep single-track descents with a slope of up to -35% will test the technical abilities of even the most passionate cyclists and are sure to inject a dose of adrenaline. The track is ideal for MTB.



Points of interest:
 The Church of St. Ivan of Trogir

Find out more information about the trail



31

East paradise

Trail category: Mountain-bike Trail (MTB)
Length: 8,2 km
Altitude: 266 m
Surface: Macadam: 5,8 km - 70%,
 Asfalto: 2,4 km - 30%
Technical difficulty: 2/5
Physical difficulty: 2/5
Itinerary: Slatine - Put Vr sela path -
 Lubinovo - Slatine
Recommended bike: MTB, E- MTB, Gravel,
 Trekking
Riding time: 0:30 - 1:00 h

Technical characteristics:

Enjoy breath-taking views while riding on fine macadam roads and single tracks. Being only 8.2 km long and with 266m of difference in altitude, this trail is suitable for both beginners and recreationalists wanting to enjoy the ride and experience the area's natural beauties. One shorter 500 m macadam climb also awaits you with a slope of up to 15% that any cyclist

can overcome, followed by a descent with the same characteristics that will give an ideal dose of adrenaline for those less experienced cyclists. An ideal trail to take a cultural tour of the old part of Slatine by bicycle after swimming. An MTB, gravel or trekking bike is recommended.



Points of interest:
 The Church of the Assumption of the Blessed Virgin Mary, the Ethno collection, the Beaches

Find out more information about the trail



32 Experience Čiovo

Trail category: Mountain-bike Trail (MTB)
Length: 20,5 km
Altitude: 526 m
Surface: Macadam: 16,4 km - 80%,
 Asfalto: 4,1 km - 20%
Technical difficulty: 3/5
Physical difficulty: 3/5
Itinerary: Čiovo, Put Gradine - Žedno -
 Slatine - Arbanija - Put Gradine
Recommended bike: MTB, E-MTB
Riding time: 1:30 - 2:30 h

Technical characteristics:
 With a length of 20,5 km and a difference in altitude of 526 m with frequent changes in the surface, this trail is challenging even for more experienced cyclists. The first climb will take you 150 metres above the sea along 2.4 km of a fine macadam path, and after it a demanding descent awaits you on a technical single track with a surface of medium-sized loose stones followed by a steep climb of similar characteristics

where the slope reaches up to 20%. Shortly after the steep part on loose stones, the climb turns to a wide macadam road and lasts 1.4 km with an average slope of 8%. The relatively flat 3,5 km long section leads along wide macadam roads and is a good place to rest before the macadam descent, which is followed by a physically demanding ascent on a single, stony track that later joins the road. With a length of 2.2 km and an 8.1% average slope, a maximum slope of 15% and a loose surface, this is the most demanding and longest climb on the trail. The descent on a technical trail with a combination of earth and rock is very dynamic and enjoyable. At the end of the trail, you will ride along the



Points of interest:
 St. Maurus' Church,
 Mastrinka beach, Trogir heliport,
 the panoramic viewpoint
 over Miševac

Find out more
 information
 about the trail



road back to the starting point. An MTB is recommended.

40 Treasure of Čiovo

Trail category: Family & Trekking Trail
Length: 13,4 km
Altitude: 292 m
Surface: Macadam: 8,1 km - 60%,
 Asfalto: 5,3 km - 40%
Technical difficulty: 3/5
Physical difficulty: 4/5
Itinerary: Trogir - Žedno - Okrug Gornji -
 Milićevo - Trogir
Recommended bike: Trekking, Gravel, MTB
Riding time: 1:00 - 2:00 h

Technical characteristics:
 The 13.4 km long trail with an altitude difference of 292 m will immediately test your physical fitness with a climb that begins at the very start, and is 1.7 km long with an average gradient of 7.5% on an asphalt surface on the first and fine macadam on the second part of the climb. Following the climb, the flat road towards Žedno will serve as a resting and recuperation spot before the next gentle

road climb to Žedno, which is also the last climb on the trail. After Žedno, a circle is ridden on fine macadam with many views of the sea and a further resting place for cyclists. A wide road leads to Okrug Gornji, while the way back to the start-finish point is ridden on narrow town streets with little traffic. Trekking and gravel bikes are ideal for this trail, although the more experienced can ride it on a road bike with slightly wider tires.



Points of interest:
 Žedno bike stop

Find out more
 information
 about the trail

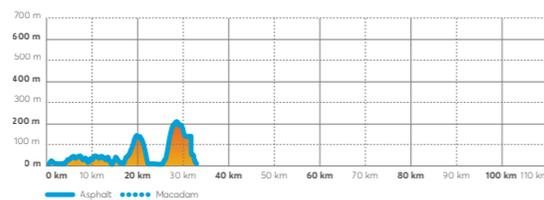


35 Mystique of the island

Trail category: Road bike Trail
Length: 33,6 km
Altitude: 565 m
Surface: Asfalto: 33,6 km - 100%
Technical difficulty: 3/5
Physical difficulty: 4/5
Itinerary: Čiovo Put Gradine - Okrug
 Gornji - Okrug Donji - Okrug Gornji - Žedno -
 Arbanija - Slatine - Žedno - Put Gradine
Recommended bike: Road bike
Riding time: 1:30 - 2:30 h

Technical characteristics:
 A 33.6 km long trail takes you through the whole island of Čiovo at an altitude of 565 m above sea level. The initial 17 km passes around the entire Okrug, which is relatively flat. The first climb begins in Okrug Gornji, which, along 3 km of an average 4.5% gradient and no steep parts, leads to Žedno. After Žedno, there is an extremely dynamic descent with several hairpin bends and a slope of up to 18%

where care should be taken. Riding by the sea leads to a very demanding climb on a narrow road that will test even the most prepared cyclists with a 7.7% gradient on a 2.4 km long section. Although it may not seem overly demanding, halfway up the climb a 1 km long section stretches with an average gradient of 11.6%. The descent that will bring you back to the beginning of the trail is very short, but also very steep, so you should ride carefully. The descent bringing you back to the beginning of the trail is very short, but it is also very steep, so you should pay special attention while riding. A compact crankset is definitely recommended for this trail due to the gradients that reach 25% on the way up.



Points of interest:
 Žedno bike stop,
 St. Maurus' Church

Find out more
 information
 about the trail



Most of the trail is ridden on wide two-lane roads, while the main climb is ridden on a narrow, traffic-free one-way road.



Okrug

It is said that when you put your finger in the sea, you are connected to the whole world. In contrast to this universal proverb, the one from Čiovo sounds like this: "The entire ball of the Earth is at your fingertips!" Maybe not the whole world, but central Dalmatia certainly is!

This charming island is located in the centre of Dalmatia and, although it is an island, it is well connected by transport links. Its main attribute is often its proximity to larger cities, but the island is an undiscovered source of interesting attractions. This is because

the area of the Municipality of Okrug, made up of Okrug Gornji and Okrug Donji, has been inhabited since prehistoric times!

Today, the fascinating traces of Croatian history can be experienced here, together with the colourful realm of events in the summer months, the popular Toć beach, Okrug's so-called Copacabana and the indigenous cuisine. Whether you plan to visit nearby UNESCO heritage cities or enjoy all the benefits the island has to offer, Okrug is a district you certainly won't want to miss!



45 Riviera Okrug

Trail category: Mountain-bike Trail (MTB)

Length: 17,3 km

Altitude: 286 m

Surface: Macadam: 7,8 km - 45%,

Asfalto: 9,5 km - 55%

Technical difficulty: 2/5

Physical difficulty: 2/5

Itinerary: Okrug Gornji - Stari Porat beach - Tatinja beach - Bušinci - Okrug Gornji

Recommended bike: MTB, Gravel, Trekking

Riding time: 1:00 - 1:30 h

Technical characteristics:

Without demanding technical parts, a 17.1 km long trail with 263 m of difference in height, this trail has a mild character suitable for both recreational cyclists and beginners. The beginning of the trail leads along a wide macadam road and earth roads along the sea and is adorned with a number of views. The first ascent on the road leading to the single track by the sea is particularly gentle. A single track is

a combination of earth road and larger stones that can be easily bypassed and is not technically demanding. The biggest challenge on the trail is a 200-metre long road climb with an average slope of 13.5%, while the next two climbs are significantly more gentle slopes, and the surface is fine macadam from which a number of incredible views over the sea open up. A technically simple macadam descent leads to the path by the sea, which is partly concrete, while some parts are made of fine gravel. The longest ascent of 600 m comes before the very end of the route and takes you up to Okrug Gornji on an asphalt road. An MTB, gravel or trekking bike is recommended.



Points of interest:

Okrug – Panoramic view,
the Chapel of St. John the Baptist,
Mavračica bay - Photo point

Find out more
information
about the trail



Kaštela

"Behind seven mountains and seven seas, behind seven waterfalls and seven valleys", is a phrase we all know from childhood and from the fairy tales that were read to us. Unlike children's fairy tales, this fairy tale of ours includes seven settlements around sixteen historic castles that make up one city - Kaštela. Located between Split and Trogir, and with a striking view of the bay, it will become your favourite destination and one you will always remember nostalgically.

Kaštela will win you over with its relaxed atmosphere, afternoon *fjaka*s (a slang term for a particular relaxed state of body and mind), a multitude of events, a treasure trove of cultural heritage and - diverse castles. For the best experience of this area, we recommend a tour of all seven settlements, as each one is unique in its own way.

In addition to the castles, the town has inherited remains from prehistoric times and the ancient Illyrians, and the Archbishop's Palace in Kaštel Sućurac and the Vitturi Castle, today's city museum, will particularly impress you with their architecture. Some people are sure to recognize certain town scenes from their favourite television series, as the popular Game of Thrones was filmed here.

The town's gourmet offer with a range of traditional dishes and drinks is also popular. Whether you choose *pašticada* (traditional braised beef dish cooked in a fragrant sweet and sour sauce), lamb, *peka* (meals prepared under the baking lid), prosciutto or fava beans, don't forget to pair it with the fine red *Kaštelanska crljenka* wine and finally sweeten it with a Kaštela cake. Even the most demanding palate is sure to be delighted.



60

Kaštel Stari trail

Trail category: Mountain-bike Trail (MTB)
Length: 19,7 km
Altitude: 506 m
Surface: Macadam: 13,8 km - 70%,
 Asfalto: 5,9 km - 30%
Technical difficulty: 3/5
Physical difficulty: 2/5
Itinerary: Kaštel Stari - Rudine - Sadine -
 Trećanica - Kaštel Stari
Recommended bike: MTB, E-MTB, Gravel,
 Trekking
Riding time: 1:30 - 2:00 h

Technical characteristics:
 A long ascent with a gentle slope and a surface of fine macadam characterises this trail. The length of 19,7 km and a difference in altitude of 506 m make it moderately physically demanding, but its technical character is very tame, making it possible to ride the entire trail on a gravel or trekking bike, with increased caution on certain sections. It starts with a gentle asphalted

descent, which later turns into a 2 km long climb with an average slope of a gentle 3,5%. The main climb starts at the 6th and lasts until the 12th kilometre, and with an average slope of 4,7%, taking you up to 270 metres above sea level on fine macadam. While climbing you can enjoy frequent views of the sea. The descent that begins at the 11th kilometre is technically mild, but there is a kilometre of rough macadam on one part that MTB will overcome with ease, while gravel and trekking bike riders are advised to approach with caution. The third, 1,4 km long climb with an average slope of 7,9%, is the most demanding part of the trail, but after it you have plenty of time to rest, as a flat section awaits you followed by a descent



to the end of the trail. The initial part of the descent is the steepest with a slope of -17% and is ridden on macadam, while the rest of the descent is on an asphalt road.



Points of interest:
 Stomorija Bible Garden,
 St. Onuphrius' Church,
 the Monument to those
 who died in Rudine

**Find out more
 information
 about the trail**



61

Pedalling through Kaštele

Trail category: Mountain-bike Trail (MTB)
Length: 30,4 km
Altitude: 592 m
Surface: Macadam: 15,2 km - 50%,
 Asfalto: 15,2 km - 50%
Technical difficulty: 3/5
Physical difficulty: 2/5
Itinerary: Kaštel Sućurac - Sućurac cemetery -
 transversal above Kaštela - Kaštel Stari -
 Kaštel Kambelovac - Kaštel Sućurac
Recommended bike: MTB, E- MTB, Gravel,
 Trekking
Riding time: 2:00 - 2:30 h

Technical characteristics:
 Percorso This is physically demanding trail with low technical requirements and a moderate surface. With 30,4 km and 592 m of difference in altitude and one 5,4 km long climb with an average slope of 7,5%, this is an ideal trail for those eager to test their physical fitness.

Although the average climb slope is not extremely high, the maximum slope in some parts exceeds 17%. The beginning is asphalted, and in the second part of the climb there are serpentines with very fine macadam. After the climb, there is a long, slightly undulating section with the same fine macadam, which makes this trail excellent for gravel and trekking bikes. The entire way you will be accompanied by gorgeous views of the sea and wide macadam without much vegetation. With several gentle descents in the central part of the trail, the last descent is the longest with 4km and -6%. The surface is the same fine macadam at the beginning, while the second part of the descent is asphalted. Descending to sea level, you come to a very dynamic part



of the trail that leads along the waterfront and, with numerous turns on the asphalt, takes you past the cultural sights of Kaštela. A MTB, gravel or trekking bike is recommended, and for easier mastering of the ascent, an e-MTB.



Points of interest:
 Putalj mountain lodge, Pod Koludrom mountain
 house, Pod Koludrom Chapel, St. George's
 Church, the Shrine of Our Lady of Hladi,
 Kaštilac Tower, Vitturi Castle, the 1500-year-old
 olive tree in Kaštel Novi, St. Laurent's Church

**Find out more
 information
 about the trail**



62 Kaštele travelogue

Trail category: Mountain-bike Trail (MTB)
Length: 22,4 km
Altitude: 687 m
Surface: Macadam: 15,7 km - 70%,
 Asfalto: 6,7 km - 30%
Technical difficulty: 3/5
Physical difficulty: 2/5
Itinerary: Sućurac cemetery - transversal above Kaštela - Kaštel Stari - Kaštel Kambelovac - Sućurac cemetery
Recommended bike: MTB, E-MTB, Gravel
Riding time: 1:30 - 2:00 h

Technical characteristics:

Numerous changes in the surface, from fine macadam to poor asphalt and earth roads, give this trail a special character. With a length of 22.4 km and a difference in altitude of 687 m, a lot of climbing awaits you in the first part and several short and steep climbs in the second part of the trail. The physical level of difficulty is medium, while the technical level is lower. The first climb will take you from Kaštel

Sućurac along macadam serpentines to a wide path that stretches along the area of Kaštela. The climb is 3.8 km long with a 7.6% slope with several steeper segments. After the climb, there is a long, slightly windy section with the same fine macadam, which makes this trail excellent for gravel and trekking bikes. The over 3km long descent begins with riding on a road that later joins a single track and macadam and asphalt roads in less good condition, but all this can even be overcome by riders with lower technical abilities. An interesting part of this route is riding on a stony single track along the railway line, which is separated by a safety fence later continuing on macadam. A combination of macadam and asphalt roads with several very short but steep climbs leads



back to the starting point, the steepest of which is the last climb on a narrow single track with a maximum slope of 33.2%. An MTB or E-MTB is recommended, and more skilled cyclists can ride the trail on a gravel or trekking bike.



Points of interest:

Putalj mountain lodge, Pod Koluđrom mountain house, Pod Koluđrom Chapel, St. George's Church, the Shrine of Our Lady of Hladi, the Church of St. George of Radun

Find out more information about the trail



65 Kaštela Classic

Trail category: Road bike Trail
Length: 69,6 km
Altitude: 1.164 m
Surface: Asfalto: 69,6 km - 100%
Technical difficulty: 4/5
Physical difficulty: 3/5
Itinerary: Kaštel Stari - Put Malačke - Lećeveica - Kladnjice - Prgomet - Seget Gornji - Trogir - Kaštel Stari
Recommended bike: Road bike
Riding time: 3:00 - 4:00 h

Technical characteristics:

A very dynamic trail with 4 climbs, the most significant being the ascent to Malačka, which begins after a short ride through Kaštele. The climb is 8.4 km long with a constant gradient of 5% accumulating 434 m above sea level, and so it will be challenging for both recreational and experienced cyclists. The descent on the other side of the hill has gentle gradients with a number of hairpin bends, which add to the dynamics

of the trail. The next climb towards Lećeveica also has a constant gradient of 5% with one flat part halfway up the climb. A dynamic ride through undulating terrain leads to the climb towards Prgomet, which has the same characteristics as the previous climbs, although it is slightly shorter, being 2.8 km long. A very fast section leads to the descent to Seget, which is particularly dynamic with a number of clear bends. A straight road by the sea leads from Seget to Kaštele, which is great for cooling down after a challenging trail. The entire trail is ridden on wide two-lane roads, but with very little traffic all the way to Prgomet. Compact crankset is not required due to the tame character of the climb.



Points of interest:

Malačka mountain lodge, Keva's pit cave, the Chapel of Our Lady of Health, the Church of Saints Philip and James, the Chapel of St. Francis of Assisi, the Baradići site - historical landmark

Find out more information about the trail



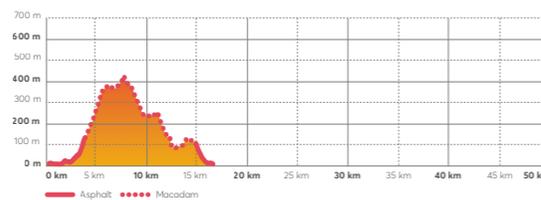
63 A cycling tale

Trail category: Mountain-bike Trail (MTB)
Length: 16,5 km
Altitude: 751 m
Surface: Macadam: 11,6 km - 70%,
 Asfalto: 4,9 km - 30%
Technical difficulty: 4/5
Physical difficulty: 3/5
Itinerary: Kaštel Sućurac, waterfront - transversal above Kaštela - Kamenolom - Sućurac cemetery - Kaštel Sućurac, waterfront
Recommended bike: MTB, E-MTB
Riding time: 1:00 - 1:45 h

Technical characteristics:

An easy road ride is an ideal opportunity to warm up before one of the most demanding climbs in this area. It starts at the 3rd kilometre and at 3.5 km rises vertically by 360 metres with very long sections and a slope of over 15%. Start this trail on an MTB or E-MTB, because you will run out of gears if you choose a different type of bike. A surface of

coarse concrete will take you along the entire climb, later being joined by a stretch of fine macadam, which constantly and gently climbs all the way to the mountain lodge. After the mountain lodge, a 2km descent awaits you on fine macadam, and after a short ride on a flat section, the most demanding descent on this trail follows, which takes you down a rough and stony, but wide path towards the quarry. The more technically skilled cyclists will especially enjoy this descent due to the high speed and rough terrain. A very wide macadam path leads around the quarry, which joins the road in the last 1.5 km. We definitely recommend an MTB or E-MTB to overcome this trail, as the long and steep climb at the beginning will test even the most physically fit riders.



Points of interest:

Putalj mountain lodge, Pod Koluđrom mountain house, Pod Koluđrom Chapel, St. George's Church, the Shrine of Our Lady of Hladi

Find out more information about the trail



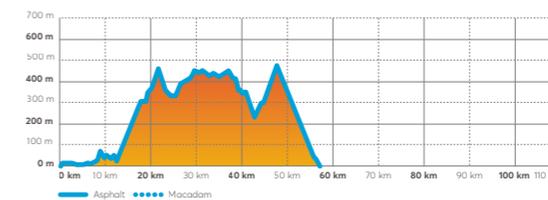
66 All-seasons-trail

Trail category: Road bike Trail
Length: 57,7 km
Altitude: 985 m
Surface: Asfalto: 57,7 km - 100%
Technical difficulty: 4/5
Physical difficulty: 3/5
Itinerary: Kaštel Stari - Kaštel Kambelovac - Kaštel Sućurac - Solin - Klis - Mihaljevići - Konjsko - Veliki Bročanac - Dugobabe - Uble - Malačka - Stari
Recommended bike: Road bike
Riding time: 2:30 - 3:30 h

Technical characteristics:

The beginning of the trail leads along a straight road through Kaštele all the way to Solin, where the first and longest 9.2 km long climb with an average gradient of 4.7% begins, leading to Klis. After Klis comes a technically simple descent with gentle gradients and a ride on undulating terrain until it reaches the climb to Malačka from the north side. The climb is 4.9 km

long with an average gradient of 5% and a number of hairpin bends. The descent from the southern side of Malačka is 8.4 km long with a constant average gradient of 5%, also along hairpin bends. The descent is extremely dynamic and offers many breath-taking views, but you should definitely ride carefully. The entire trail is ridden on wide two-way roads, and compact crankset is not required due to the gentle gradients on the climbs. The trail is suitable for all cyclists who regularly cycle 3-4 times a week.



Points of interest:

The 1500-year-old olive tree, St. Michael's Church, the Church of St. Francis of Assisi, Keva's pit cave, the Malačka mountain lodge, Our Lady of Stomorija and the Bible garden

Find out more information about the trail



Split

On the gorgeous Dalmatian coast stands a city with such a rich history that it looks like a story from a fairy tale. Split is a place where the past, tradition, beauty and details meet. It is a place where every stone tells a story. And the story began in the 4th century when Emperor Diocletian built his palace here. The city has expanded around it to this day, whose historic core with the palace was inscribed on the UNESCO list of world cultural heritage in 1979. Should you want to follow in the footsteps of Emperor Diocletian, you must visit the Peristyle, the Vestibule, Diocletian's Cellars, the Baptistery of St. John (the Temple of Jupiter) and Diocletian's mausoleum, which centuries later was turned into a cathedral, making it technically the oldest cathedral in the world. Take a stroll through the vibrant local market or visit Split's fish market early in the

morning, where you will certainly not find a single fly. The fish shop is located in Marmontova Street, close to the sulphur springs, which are the reason flies avoid the place. Legend has it that Emperor Diocletian suffered from rheumatism, and the sulphur springs were the reason he had his palace built on that very spot. Should you need to feel the spirit of Split's rich history, take a walk along the picturesque Prokurative, climb the Vidilica, which offers a breath-taking view of the city, visit the churches on the Marjan hill, walk across Voćni trg Square or through the popular Pjaca, visit Poljud, the home of the local football club Hajduk, and when you get hungry, sit down in one of the numerous restaurants or taverns. Relax, absorb the atmosphere of living history and enjoy some of the most delicious dishes that this pearl of the Mediterranean has to offer.



120

Our Lady of Prizidnica trail

Trail category: Mountain-bike Trail (MTB)

Length: 12,2 km

Altitude: 277 m

Surface: Macadam: 10,4 km - 85%,
Asfalto: 1,8 km - 15%

Technical difficulty: 2/5

Physical difficulty: 2/5

Itinerary: Slatine - macadam above Slatine - Our Lady of Prizidnica's Church - Kava beach - Slatine

Recommended bike: MTB, Gravel, Trekking

Riding time: 0:45 - 1:15 h

Technical characteristics:

Two climbs, incredible views and a dynamic descent to the sea on a single forest track characterise this trail. The first and most demanding climb begins at the very start in the centre of Slatine along a narrow road. Leaving the village, the road climb becomes a climb on fine macadam, and the average

slope increases from 6% in the first half, to 12% in the second half of the climb, with the macadam being slightly rougher at the end. Being 1,7 km long and with an average gradient of 8,9%, this climb will not be an insurmountable challenge for anyone. Some plains and a gentle descent on a medium-rough and very wide macadam road await you all the way to Our Lady of Prizidnica's church. On the way back from the church, begins the second climb that is just as long as the previous one, but with a significantly milder average gradient of 3,1%, and the entire section offers breath-taking views of the sea that you can't help but enjoy. The descent starts at 7,1 km, initially on wide macadam leading to a spot for taking photos and a



turning point, and then a narrow, dynamic single track continues through the forest, on which an earth surface prevails, with a few larger stones that can be avoided. After the descent, a pleasant ride on macadam by the sea awaits you all the way to the end of the trail. In order to enjoy this trail to the maximum, we recommend a MTB, but it is also possible to ride it on both gravel and trekking bikes.



Points of interest:
The Church of Our Lady of Prizidnica, the panoramic view over Prizidnica, Trogir heliport

Find out more information about the trail



121

Marjan Mountain Bike trail

Trail category: Mountain-bike Trail (MTB)

Length: 5 km

Altitude: 208 m

Surface: Macadam: 4,5 km - 90%,
Asfalto: 0,5 km - 10%

Technical difficulty: 2/5

Physical difficulty: 1/5

Itinerary: Marjan Park Forest - Our Lady of Bethlehem - Marjan Park Forest

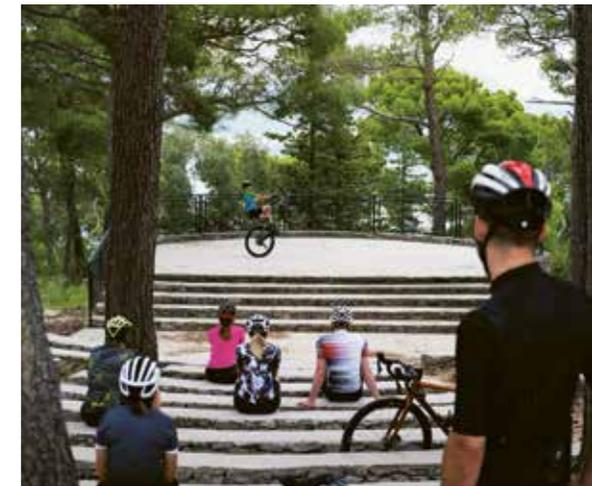
Recommended bike: MTB, E-MTB, Gravel, Trekking

Riding time: 0:30 - 0:45 h

Technical characteristics:

La The ride starts on a flat trail, on fine macadam, along the Marina Tartaglie promenade. After 1,3 km riding on a flat terrain, a 1,2 km long climb begins with an average gradient of 10,5% with the steepest section of 100 m having a 22,1% gradient, leading to the viewpoint on

Marjan. The return is the same way, and due to its steep gradients and the gravel surface, you should be careful when descending. Being just 5 km long, the trail is suitable for all cyclists, but the fitness of recreational cyclists may be tested by the climb with its relatively steep gradients. MTB, gravel and trekking bikes can be used on this trail, but we recommend using a MTB because of the slightly wider gear ratio on the steep climb.



Points of interest:
Telegirin peak, the Natural History Museum and the Zoo, the Labyrinth of Wisdom, the Spinut Door, the First viewpoint on Marjan

Find out more information about the trail



A window to the stars

Trail category: Mountain-bike Trail (MTB)

Length: 23,6 km

Altitude: 805 m

Surface: Macadam: 14,2 km - 60%,
Asfalto: 9,4 km - 40%

Technical difficulty: 4/5

Physical difficulty: 2/5

Itinerary: Žrnovnica - Starry village Mosor
- Žrnovnica

Recommended bike: MTB, E-MTB, Gravel

Riding time: 1:30 - 2:30 h

Technical characteristics:

Una salita di macadam molto lunga e An extremely long, physically demanding macadam climb with gorgeous views characterises this trail. The climb begins at the very start of the route, and the first part is ridden on narrow asphalted roads until the beginning of the macadam road. Fine to medium coarse macadam leads to the end of the climb. Slopes range from an average of 5.2% to a maximum of 22% with

emphasis on the gentle nature of the climb. At the end of the ascent, a short rest awaits you on the road descent until the beginning of the route's biggest challenge - the climb to the observatory. The ascent to the observatory is 1.4 km long with an average slope of 15.5%, but it is important to note that the maximum slope reaches as much as 35%. The entire ascent is asphalted, and hiking trails, i.e. wide roads made of loose stones, are used to descend. The rest of the descent on the way back to the starting point is an asphalt road. This trail can be overcome on MTB, E-MTB, gravel and trekking bikes, but be careful when choosing the gear ratio for the climb to the observatory.



Points of interest:

St. Lucas' Church, the Chapel of Saints Fabian and Sebastian, the Chapel of Our Lady of Health, Mosor star village, the panoramic view over Mosor

Find out more
information
about the trail



Solin

If you are looking for a destination that is rich in history and cultural heritage, then the city of Solin is the perfect choice for you! It is located in central Dalmatia, not far from Split, with good traffic connections both throughout history and today.

Often referred to as the cradle of Croatian history and the city-monument, Solin will show you a considerable palette of the legacy of its ancestors and some of the most important parts of the architectural heritage in Croatia: from the Amphitheatre, the City Gate and the Fortress to a fantastic series of interesting

churches. Such a wealth of history, and the joyful expectation that will be discovered again and again, is coming into contact with truly miraculous, almost unreal natural views in Solin. The Jadro river flows through the centre of Solin, with its backwaters forming Gospin otok island, where an epitaph to Jelena Slavna, the favourite Croatian queen of the early Middle Ages, was found. However, the river also hides other riches - besides the endemic species of trout, it flows under the 19th-century mills and preserves a number of intriguing traditions of the region. So, for all history and architecture lovers, as well as those looking to become so, all roads lead to Solin!

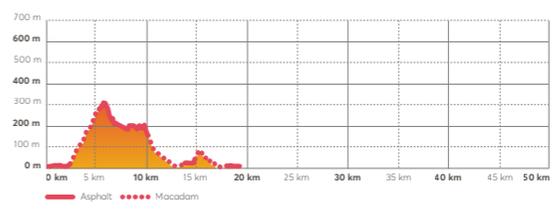


80 The history of warriors

Trail category: Mountain-bike Trail (MTB)
Length: 15,1 km
Altitude: 496 m
Surface: Macadam: 11,4 km - 75%,
Asfalto: 3,7 km - 25%
Technical difficulty: 3/5
Physical difficulty: 3/5
Itinerary: Solin Amphitheatre – Klis Fortress –
Klis Kosa – Solin – Solin Amphitheatre
Recommended bike: MTB, E-MTB
Riding time: 1:30 - 2:00 h

Technical characteristics:
The start of the trail leads around the amphitheatre on macadam roads to the road section. The main climb starts at the 2nd kilometre and leads to the fortress of Klis on mostly fine macadam and partly on roads. The ascent is 3,8 km long, with an average slope of 8%, in some sections it reaches a 20% slope, but it is not difficult to overcome on an MTB. After the ascent, you can enjoy a dynamic descent along

the roads through the narrow streets of Klis until you reach the macadam track, where another very short but steep climb of 200m awaits you. A real pleasure awaits you at the Field of Klis, where the single track crosses the Ozrnski stream with a number of small wooden bridges. The subsequent steep climb of 700 m is the beginning of dynamic forest single tracks with a mixed surface of earth and stone. At the end of the path, narrow roads lead around Gašpina watermill back to the amphitheatre. Prepare an MTB or E-MTB for this trail as some rocky sections are too rough for gravel and trekking bikes.



Points of interest:
The amphitheatre, the historical landmark in Kapljuč, the 16 sarcophagi, the Episcopal Centre, the Bishop's Palace, Porta Caesarea, Urbs Orientalis, the Remains of the Roman city

Find out more information about the trail



Podstrana

The municipality of Podstrana has found its location in a world where the stories of the old Slavs can be heard all over the place, and the ancient hills descend into the blue sea. Located along Perun hill, named after the supreme god of Slavic mythology, it is easily accessible with good transport links – as well as being well connected to other picturesque Dalmatian places.

The hills and mountains of Podstrana are marked with hiking trails, so it is possible to visit them either on foot or by bike, and on the way, you may even find a fairy (once a lot of them inhabited Dalmatia). In addition to solid ground, Podstrana also has the river Žrnovnica.

From its mouth to the clear Adriatic Sea and almost all the way to the end of the municipality, is a gorgeous pebble beach that even the most stubborn cannot resist.

Thanks to the gifts nature has bestowed on it and the traces of an intriguing history, Podstrana offers a handful of opportunities for an active holiday while simultaneously discovering the secrets of its cultural heritage. And when you tire of exploring, the finest traditional cuisine awaits you ready to restore your strength! With colourful experiences that the whole family can enjoy, why not visit Podstrana and let the magical world of the ancient Slavs possess you!



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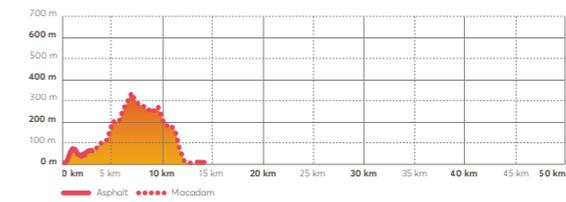
Along the sunny side of Perun

Trail category: Mountain-bike Trail (MTB)
Length: 14,5 km
Altitude: 453 m
Surface: Macadam: 8,7 km - 60%, Asfalto: 5,8 km - 40%
Technical difficulty: 2/5
Physical difficulty: 2/5
Itinerary: Podstrana, Stara Podstrana - transversal line - Podstrana
Recommended bike: MTB, E-MTB, Gravel, Trekking
Riding time: 1:00 - 1:30 h

Technical characteristics:

The trail starts with a short road climb and from the 2nd kilometre it joins a wide macadam road that, in combination with concrete segments, leads to the top of the trail. At the start, the slopes are very gentle, only 3-4%, but after the 4th kilometre, more serious climbing begins with slopes of up to

25% for a maximum of 200 metres, which could be a challenge for the recreational cyclist. The longest climb on the trail comes after a flat segment suitable as a resting area and is 1.45 km long with an average slope of 9.7%, while in the first 500m of the climb the average slope rises to 15%. After riding on a combination of macadam and concrete trails, there is a pleasant macadam descent with gentle slopes very often used by recreational cyclists. The last 2 km are ridden on a flat road back to the start. We recommend using a MTB, but those who are more skilled can conquer the trail on a gravel or trekking bike.



Points of interest:
 The Church of Saints Fabian and Sebastian, Perun oak forest, the Church of St. Anthony and Rochus

Find out more information about the trail

141

Through the ancient Podstrana hamlets

Trail category: Mountain-bike Trail (MTB)
Length: 29 km
Altitude: 910 m
Surface: Macadam: 20,3 km - 70%, Asfalto: 8,7 km - 30%
Technical difficulty: 3/5
Physical difficulty: 3/5
Itinerary: Podstrana - Stara Podstrana - Stare Duće - Stara Podstrana - Podstrana
Recommended bike: MTB, E-MTB, Gravel, Trekking
Riding time: 2:00 - 2:30 h

Technical characteristics:

One long climb, a number of short climbs and descents along with one longer descent on the way back characterise this trail. The surface ranges from asphalt roads at the beginning to fine macadam, concrete roads and single stony and earth tracks. The climb, which begins at the very

start of the route and extends to 4.6 km, is asphalted in the first part, but later changes to a combination of fine macadam and concrete. The average slope of the first part is over 12% with a maximum reaching to 22.1% over a length of 100 metres, which means that the climb is of medium to high physical demand. It is followed by a ride on undulating terrain with very frequent changes of surface - from fine to rougher macadam, narrow streets and concrete roads to more technically demanding single tracks. The last descent is the longest and is characterised by a macadam surface and pleasant slopes, and is often used by recreational cyclists. An MTB or E-MTB is recommended, but more skilled cyclists can



also ride the track on gravel or trekking bikes, with special caution on single tracks that may be too rough for these types of bikes.

Points of interest:
 The Church of Saints Fabian and Sebastian, Perun oak forest, the Church of St. Anthony and Rochus, St. Marcus' Church

Find out more information about the trail

145 For sky fliers

Trail category: Road bike Trail

Length: 89,1 km

Altitude: 1.158 m

Surface: Asfalto: 89,1 km - 100%

Technical difficulty: 4/5

Physical difficulty: 4/5

Itinerary: Stobreč - Podstrana - Jesenice

- Omiš - Kučiće - Zadvarje - Šestanovac -

Blato na Cetini - Seoca - Gata - Dubrava

- Donje Sitno - Žrnovnica - Stobreč

Recommended bike: Road bike

Riding time: 3:30 - 4:30 h

Technical characteristics:

This 89,1 km long trail with a difference in altitude of 1158 m begins with a 25 km long ride by the sea and along the Cetina canyon with gorgeous views, where the first, 4,8 km long climb begins with an average gradient of 4,5% with 12 dynamic hairpin bends. A 4 km long descent along 7 hairpin bends descends back to the Cetina River. The next, 3,4 km long climb starts at the



Points of interest:

Croatia rafting, Rafting Pirate, Pavića bridge, Gubavica waterfall, the Statue of Ivan Meštrović

Find out more information about the trail



155 Under the Snake stone

Trail category: Family & Trekking Trail

Length: 38,9 km

Altitude: 620 m

Surface: Macadam: 3,2 km - 8%,

Asfalto: 35,7 km - 92%

Technical difficulty: 5/5

Physical difficulty: 4/5

Itinerary: Podstrana - Žrnovnica - Donje

Sitno - Gata - Tugare - Srinjine - Žrnovnica -

Podstrana

Recommended bike: Trekking, Road bike,

Gravel

Riding time: 3:00 - 4:00 h

Technical characteristics:

Riding along the promenade by the Žrnovnica river marks the beginning of the 38,9 km long trail with a difference in altitude of 620 m. This is a very demanding trail in terms of trekking. The climb begins immediately after the promenade and



Points of interest:

The Promenade along the Žrnovnica river, the Chapel of Our Lady of Health, St. Lucas' Church, St. Clement's Church, St. George's Church, Tugare Eco-ethno village, St. Nicolas' Church in Vilar

Find out more information about the trail



carefully. This trail can be managed on all types of bikes - from trekking to gravel, MTB or road bikes. Because of occasional steep sections, a compact crankset is recommended.



Dugi Rat

On the Adriatic Highway close to the town of Omiš, is a charming destination, a small place at the foot of a large mountain, with a short winter and a "long" name – that of Dugi (*dugi* meaning long) Rat. Inhabited since prehistoric times, Dugi Rat enchants with its natural beauty and breath-taking views. Picturesque houses are just a few steps from the sea. A low, pearl-like beach and a long promenade by the crystal-clear sea invite you to relax "to your heart's content".

A small number of inhabitants equates to greater tranquillity, so Dugi Rat is a particularly favourite destination for families with

children and those longing for a holiday to relax both body and soul. However, thanks to its geographical location, Dugi Rat will enchant all those eager to explore - fans of movement as well as valuable heritage enthusiasts.

For those yearning for an active holiday, this Adriatic jewel of nature's bounty hides a multitude of inspiring attractions. Whether you choose sports activity, exploratory wandering or lying on the beach in long or short sleeves, Dugi Rat awaits you with a warm welcome!



160

Enduro St. John

Trail category: Mountain-bike Trail (MTB)

Length: 8,2 km

Altitude: 246 m

Surface: Macadam: 4,1 km - 50%,

Asfalto: 4,1 km - 50%

Technical difficulty: 2/5

Physical difficulty: 4/5

Itinerary: Dugi Rat - Jesenice - Sv. Ivan - Dugi Rat

Recommended bike: MTB

Riding time: 0:30 - 1:00 h

Technical characteristics:

A short ride along the road by the sea leads you to the beginning of a long and gentle 4 km long climb with an average slope of 5,9%, which is the same as on the Dugi Rat Enduro Ponor (Abyss) trail. The first half of the climb is an asphalted road, while the second half is fine macadam. The ascent is a constant slope without steep parts that will not pose any great challenge for climbing even on enduro bikes. After the

climb, the first part of the descent is ridden on a macadam road, while the second part is a real enduro descent on a narrow single-track with a number of technical elements such as sharp digged turns, small jumps and drops, large and small stones, possible muddy segments, etc. Steep slopes make the descent even more difficult and go down to -20%. An MTB or E-MTB with a long travel suspension is recommended due to the technical difficulty of the final descent.



Points of interest:
St. Rochus' Church,
St. John's Church,
St. Marcus' Church

Find out more
information
about the trail



161

Enduro Ponor (Abyss)

Trail category: Mountain-bike Trail (MTB)

Length: 9,2 km

Altitude: 300 m

Surface: Macadam: 3,6 km - 40%,

Asfalto: 5,6 km - 55%

Technical difficulty: 2/5

Physical difficulty: 5/5

Itinerary: Dugi Rat - Jesenice - Stare Duće - Dugi Rat

Recommended bike: MTB

Riding time: 0:30 - 1:00 h

Technical characteristics:

A short ride along the road by the sea takes you to the beginning of a long and gentle 4 km climb with an average slope of 5,9%. The first half of the climb is an asphalt road, while the second half is on fine macadam. The climb is of a constant slope without steep parts and will not pose any great challenge for climbing even on enduro bikes. After the climb, you will be riding through undulating terrain with changes

in the surface from macadam to concrete paths and roads until the beginning of the descent. The Ponor (Abyss) descent is an extremely demanding descent of enduro characteristics with a number of technically demanding components such as smaller and larger drops, jumps, loose and large stones (larger than the size of a fist), sharp turns and an average slope of -20,7% in the second part. A MTB or E-MTB with a long travel suspension is recommended.



Points of interest:
St. Rochus' Church,
St. John's Church,
St. Marcus' Church

Find out more
information
about the trail



162

Enduro Viper

Trail category: Mountain-bike Trail (MTB)

Length: 11,3 km

Altitude: 429 m

Surface: Macadam: 8,4 km - 75%,
Asfalto: 2,9 km - 25%

Technical difficulty: 3/5

Physical difficulty: 4/5

Itinerary: Dugi Rat (Industrijski put street) - Put Stare Duće path - Stare Duće - Zagrad - Drugi Rat

Recommended bike: MTB

Riding time: 0:30 - 1:00 h

Technical characteristics:

After a short road ride, the trail begins to climb at the end of the 1st kilometre after branching off onto a macadam road. The macadam road widens and narrows often, and the profile of the trail itself is undulating up to 3,5 km, where it begins a constant climb up to the top, which is 3 km long and has an average slope of 7,5%. The beginning of the climb is on a macadam road that narrows

into a single track and later joins the road having a constant slope. Part of the descent is ridden on a macadam road, while the main part is an enduro descent with a number of technical elements. There are drops and jumps on the trail that can be bypassed by the surrounding easier roads so that everyone can ride through the descent, but the more skilled cyclists will definitely have fun. The average slope of the central part of the descent is -25%, which means that you should definitely approach with caution because it is a rather demanding descent. The last 2 km of the trail are ridden along the road back to the starting point. A MTB or E-MTB with a long travel suspension is recommended.



Points of interest:
St. Anthony's Church

Find out more
information
about the trail



175

A mythical cycling trip

Trail category: Family & Trekking Trail

Length: 16 km

Altitude: 340 m

Surface: Asfalto: 16 km - 100%

Technical difficulty: 4/5

Physical difficulty: 4/5

Itinerary: Dugi Rat - Jesenice - Zeljovići - Stare Duće - Duće - Dugi Rat

Recommended bike: Trekking bike

Riding time: 2:00 h

Technical characteristics:

When it comes to configuration this is a simple trail with one climb, one descent and a ride along a straight road by the sea. However, with 16 km and a 333 m altitude difference, it belongs to the more demanding trekking trails, although the 3.4 km long climb is not too demanding because the average gradient is 6,3%, which is easy to overcome on a trekking

bike with a compact crankset. At the start, the wide road narrows by turning towards Jesenice, and the traffic density is very low. Breath-taking views of the sea open up on a number of hairpin bends, and the gradient is a constant 6%, which means that it is easy to find a climbing pace. Most of the surface is asphalt with a few sections of fine macadam. The most difficult section is at the entrance to Stare Duće, where a short section of 400 m with an average gradient of 7% awaits you. The descent is not demanding and has very similar characteristics to the climb, but hairpin bends should be ridden with increased caution. At the 12th kilometre, near Omiš, the trail joins the main road again leading



back to the starting point in Dugi Rat. A trekking bike is ideal for this trail, but it can also be managed on gravel and MTB bikes.



Points of interest:
St. Peter's Church, St. Rochus' Church,
St. Marcus' Church, St. Anthony's
Church, the panoramic views

Find out more
information
about the trail



163

Enduro Battalion

Trail category: Mountain-bike Trail (MTB)

Length: 11,8 km

Altitude: 480 m

Surface: Macadam: 8,2 km - 70%,
Asfalto: 3,6 km - 30%

Technical difficulty: 3/5

Physical difficulty: 4/5

Itinerary: Dugi Rat - Stare Duće - Dugi Rat

Recommended bike: MTB

Riding time: 0:45 - 1:15 h

Technical characteristics:

The trail uses the same climb as the Dugi Rat Enduro Poskok (Viper) trail, which means that it already begins to climb at the end of the 1st kilometre after separation from the macadam road. The macadam road often widens and narrows, and the profile of the trail itself is undulating up to 3,5 km, where it begins a constant climb to the top, which is 3 km long and has an average slope of 7,5%. The beginning of the climb is on a macadam surface that

narrows into a single track and later joins the road and has a constant slope. The main part of the trail comes in the form of a technically extremely demanding descent of enduro characteristics with an average slope of -25%, which is used for the purpose of enduro training and competition. A number of technical elements and very rough and demanding terrain await you. An MTB or E-MTB with a long travel suspension is recommended.



Points of interest:
The viewpoint over Dugi Rat

Find out more
information
about the trail



Omiš

On the enchanting Dalmatian coast, where the Cetina River flows from Dinara into the Adriatic Sea emerges Omiš. This "most diverse" city of the Mediterranean guarantees a visit that you will remember with pleasure and look forward to the opportunity to return to it again. Stunning scenes shaped by nature - with the sea, river and mountains, as well as traditional buildings built by the local people, are the unforgettable scenery of your stay in this Dalmatian pearl.

In addition to its natural beauties, Omiš also hides an intriguing history. Namely, its streets were once ruled by invincible pirates, and

that spirit of adventure can still be felt in the air in this area. You can also awaken your inner pirate, with the fantastic possibilities offered by an active holiday in Omiš while exploring the Cetina canyon full of interesting secrets.

And when the pirate in you gets tired, you will find plenty of lovely beaches with the clearest sea here in Omiš. For the most delicious dishes, you will peek into the traditional Dalmatian taverns of which the people of Omiš are especially proud, holding the title of the first open tavern in Dalmatia. Indulge in the holiday of your life, visit Omiš!



180

On the Foot of Omiš Dinara

Trail category: Mountain-bike Trail (MTB)
Length: 13,6 km
Altitude: 456 m
Surface: Macadam: 7,5 km - 55%,
 Asfalto: 6,1 km - 45%
Technical difficulty: 3/5
Physical difficulty: 3/5
Itinerary: Vrisovci - Lokva Rogoznica - Vrisovci
Recommended bike: MTB
Riding time: 0:45 - 1:30 h

Technical characteristics:
 A trail of medium physical and technical difficulty with a difference in altitude of over 450 metres and a length of only 13,5 kilometres. The first climb is also the steepest on the trail and takes you up to the first macadam road with an average slope of 12.5% over a length of 800 metres on a concrete surface. After the first short

climb, about 3 km of relatively flat terrain awaits you with a macadam surface and a short single track with a section of asphalted road followed by the biggest challenge on the trail - a 3.2 km long climb with an average gradient of 7.3% mostly on an asphalt surface. The descent from Lokva Rogoznica is 2 km long along a single stony track of medium to high technical difficulty, which requires an MTB. The single track later joins a wide, fine macadam track and a combination of macadam and road leads back to the starting point. We would definitely recommend an MTB because the surface on the single track is too rough for other types of bikes.



Points of interest:
 The Parish Church of the Assumption of the Blessed Virgin Mary, Lokva Rogoznica

Find out more information about the trail 

181

The river of Sighs

Trail category: Mountain-bike Trail (MTB)
Length: 7,9 km
Altitude: 281 m
Surface: Macadam: 2,0 km - 25%,
 Asfalto: 5,9 km - 75%
Technical difficulty: 3/5
Physical difficulty: 4/5
Itinerary: Cetina - Svinišće - Cetina
Recommended bike: MTB
Riding time: 0:30 - 0:45 h

Technical characteristics:
 There is a short trail with one gentle, 5,37 km long road climb with an average slope of 5.1% and a 2,5 km long descent with an average slope of -10.6%. The initial part of the descent is ridden on macadam until you turn onto a single track that has trail/enduro characteristics with a number of technical elements such as sharp turns, small drops, a demanding stony terrain and small jumps. The descent takes you back to the beginning of the trail.



Points of interest:
 The Parish Church of the Assumption of the Blessed Virgin Mary, Svinišće

Find out more information about the trail 

185 Omiš serenade

Trail category: Road bike Trail
Length: 93,3 km
Altitude: 1.178 m
Surface: Asfalto: 93,3 km - 100%
Technical difficulty: 4/5
Physical difficulty: 3/5
Itinerary: Omiš - Šestanovac - Cista Provo - Ugljane - Blato na Cetini - Gata - Omiš
Recommended bike: Road bike
Riding time: 3:30 - 4:30 h

Technical characteristics:
 With a length of 93,3 km and a difference in altitude of 1178 m and no steep climbs, this trail is suitable for intermediate cyclists who cycle regularly. After a gentle warm-up through the canyon of the Cetina River, a 4,8 km long climb, which is also the longest without flat sections, begins with an average gradient of 4,5% together with 12 hairpin bends. The next climb is divided into three segments, each of which is about 2,5 km long with flats that are ideal for resting in

between them. The total length of the climb to Šestanovac is 11,8 km, but due to several flat sections, the average gradient is only 3,1% with a change in altitude of 391 m. After Cista Provo, there is a ride on a straight wide road until the descent towards Nečaj with a number of hairpin bends crossing the bridge over the Cetina River. The road with several short climbs and descents leads all the way to Gata, where the dynamic descent begins along a number of hairpin bends with a breath-taking view of Omiš, where the road is very wide and in excellent condition. This trail can be ridden with all gear ratios because there are no steep climbs. The descents have gentle gradients without extremely dangerous sections.



Points of interest:
 rafting, Pavića bridge, the viewpoint over Gubavica waterfall, the Čikotina lađa bridge, the viewpoint over Mila Gojsalić, the Poljica History Museum

Find out more information about the trail 



196 Omiš evergreen

Trail category: Family & Trekking Trail
Length: 42 km
Altitude: 613 m
Surface: Asfalto: 42 km - 100%
Technical difficulty: 5/5
Physical difficulty: 3/5
Itinerary: Omiš - Zakučac - Gata - Zvečanje - Podgrađe - Kučiće - Omiš
Recommended bike: Trekking, Road bike
Riding time: 3:00 - 4:00 h

Technical characteristics:
 With a length of 42 km and an altitude difference of 613 m above sea level, this trail takes you through the fascinating canyon of the Cetina River with a number of incredible views. It starts with a 4,7 km climb to Gata with an average gradient of 5,4% on a wide road with a number of hairpin bends. The entire trail is ridden on asphalted roads that are busy at the beginning, but after Gata the traffic decreases significantly. The trail is suitable

for all types of cycling. The descent towards the Pavića most bridge has no particularly dangerous sections, but you should be careful on the hairpin bends. The second and last climb that begins along the Cetina River, is 3,8 km long with an average gradient of 4,3% offering a number of breath-taking views. The descent should be ridden carefully because of the very large number of hairpin bends. The rest of the trail is ridden on a straight road by the river until the starting point in Omiš. This trail can be ridden on a road, trekking or gravel bike, without the need for a compact crankset as there are no steep sections.



Points of interest:
 The Mirabela fortress, the zipline, Cetina bridge, the Leopold Mandić Sanctuary, the viewpoint over Mila Gojsalić, the Radmanove Mlinice excursion point, Pavića bridge, the Poljica History Museum

Find out more information about the trail 



186 Cetina blues-rock

Trail category: Road bike Trail
Length: 68,3 km
Altitude: 983 m
Surface: Asfalto: 93,3 km - 100%
Tehnička zahtjevnost: 3/5
Physical difficulty: 3/5
Itinerary: Omiš - Gata - Kostanje - Blato na Cetini - Šestanovac - Zadvarje - Omiš
Recommended bike: Road bike
Riding time: 3:00 - 4:00 h

Technical characteristics:
 The 68,3 km long trail with 983 m of accumulated elevation begins with the climb to Gata, which is not too demanding due to a number of hairpin bends and the average gradient is a gentle 4,1%. The subsequent challenge is represented by a number of short climbs of up to 1 km without steep gradients until the considerable 5,5 km long climb to Dubci, but with several flats where it is possible to rest and an average gradient of 4,1%. This

trail is characterized by dynamic descents on hairpin bends with gentle gradients that will appeal both to experienced cyclists, and those less experienced will ride through them without excessive difficulties. The most dynamic is undoubtedly the descent near Zadvarje, which has four hairpin bends and leads you to the gorgeous Pavić bridge over the Cetina River. After Zadvarje, the rest of the trail gently descends by the sea, where impressive views open up, and the return to Omiš is physically undemanding. It is ridden on wide two-lane roads with medium traffic density and narrower local roads also with two lanes, but with low traffic. This trail can be ridden with all combinations of gear ratios, as there are no



Points of interest:
 The viewpoint over Mila Gojsalić, the Poljica History Museum, the Gubavica waterfall viewpoint, Pavića bridge

Find out more information about the trail 



demanding and steep sections, but several gentle and long climbs.



Šolta

Each island of the Adriatic Sea is charming in its own way: coloured in crystal blue, shaped by strong sea currents and winds, which for centuries have served as a shelter for sailors and a refuge for the future inhabitants who have written its historical pages.

Šolta is Queen Teuta's island. An island of Diocletian's fishponds and the island-inspiration for some of the greatest Croatian writers. Šolta is also an island that has two completely different sides. With its northern part, facing the city of Split and the mainland, it delimits the safety of the Kašтела Bay, while on its southern side, jagged cliffs

collide with vastness of the sea. Along with the fertile fields in its interior, the villages of Gornje, Srednje and Donje Selo were created around the former castle of the noble Marchi family in the west of the island, overlooking the magical archipelago of Maslinica.

While taking a break from sightseeing, tasting the freshly caught grilled fish seasoned only with Mediterranean herbs, honey or carob desserts, world-award-winning extra virgin olive oils and autochthonous Dobričić wine is a must. On Šolta, everyone will find a gourmet delicacy for themselves spicing up their dream holiday.



800

The sunset trail above 7 islets

Trail category: Mountain-bike Trail (MTB)

Length: 21,3 km

Altitude: 540 m

Surface: Macadam: 12,8 km - 60%,
Asfalto: 8,5 km - 40%

Technical difficulty: 2/5

Physical difficulty: 2/5

Itinerary: Rogač - Grohote - Maslinica -
Donje Selo - Rogač

Recommended bike: MTB

Riding time: 1:20 - 2:00 h

Technical characteristics:

The trail begins with a road climb with a 15% slope before the flat macadam section. The macadam is wide and pleasant to ride on and follows you all the way up to the highest point on the trail, which is 1.64 km long with an average slope of 6.4%. The next descent is ridden on a narrow single track of medium technical difficulty, followed by

a flat, 3.8 km long section, which is ridden partly on fine macadam, partly on the road, all the way to the macadam descent in Maslinica. From Maslinica, the trail, using a combination of road and macadam, climbs constantly for the next 4 km along gentle slopes up to 170 m above the sea, and a number of views open up before another tame macadam descent. The last descent is ridden on a technically medium-demanding single track, which is a combination of stone and earth, although the slopes do not exceed -13%. The descent joins the road leading back to the starting point. Use an MTB or E-MTB on this trail because the single track descents might be too rough for gravel and trekking bikes.



Points of interest:
Vesna Parun's grave, St. Helen's Church, St. Martin's Church, the Church of Our Lady of Purification

Find out more information about the trail



801

Following Queen Teuta's Footsteps

Trail category: Mountain-bike Trail (MTB)

Length: 20,3 km

Altitude: 540 m

Surface: Macadam: 8,2 km - 40%,
Asfalto: 12,1 km - 60%

Technical difficulty: 2/5

Physical difficulty: 2/5

Itinerary: Rogač - Grohote - Gornje Selo -
Stomorska - Nečujam - Rogač

Recommended bike: MTB, Gravel, Trekking

Riding time: 1:30 - 2:00 h

Technical characteristics:

Low to medium physical demands make this trail suitable for every cyclist. It is characterised by three climbs with gentle slopes. The first is 1.4 km long with an average slope of 7.6% without steeper parts. The trail follows the road until the 7th kilometre, where it turns onto a macadam road that is pleasant to ride on. The combination of

macadam and road paths leads to the first descent near Gornje selo, which, with an average slope of 13.5% and a macadam surface, is technically simple. The longest and most demanding climb on the trail starts at the 14th kilometre and lasts for 2.1 km with a 6.6% slope and a road surface, and at the top it joins the macadam track that will take you down again to Piškera bay without technically demanding sections except for one single track, before lifting you back up to Grohot. The road along the sea takes you back to the Rogač ferry port. An MTB is recommended, and those more experienced of you could even attempt the trail on gravel or trekking bikes, with special caution on the single track that starts at the 20th km.



Points of interest:
The Kontesa Shipwreck, Rudine Cave, the Chapel of Our Lady of the Rosary, the Church of St. John the Baptist

Find out more information about the trail



820 Circle around Šolta

Trail category: Road bike Trail

Length: 39,9 km

Altitude: 595 m

Surface: Asfalto: 39,9 km - 100%

Technical difficulty: 2/5

Physical difficulty: 3/5

Itinerary: Rogač - Donje Selo - Maslinica - Grohote - Gornje Selo - Stomorska - Gornje Selo - Grohote - Rogač

Recommended bike: Road bike

Riding time: 1:30 - 2:30 h

Technical characteristics:

The start of the 39.9 km long trail with a difference in altitude of 595 m is in the Rogač ferry port itself and begins with a 2 km long climb with an average gradient of 5.8%. After the climb, you will find some flats and a gentle descent towards Maslinica, around which a circle is made, returning on the same road, passing through Grohote and Gornje Selo, and a very interesting descent to Stomorska,

where incredible views open up along the hairpin bends. Returning from Stomorska on the same road means a 2.1 km climb with an average gradient of 6.6% that may test the less trained cyclist, but after it you can take a breath because, apart from one short 800 m climb, the rest of the trail descends back towards Rogač. The last descent towards the Rogač ferry port should be ridden carefully due to steep gradients that reach -15%. A compact crankset is recommended for this trail because of the uphill sections that exceed 10%, but well-trained cyclists can ride the entire trail with a racing gear ratio. This is a trail that will take you along the majority of roads on Šolta island that are not overly busy.



Points of interest:

St. Stephen's Church, the Chapel of Our Lady of Lourdes, St. Helen's Church, St. Martin's Church, St. Nicholas' Church, Rudine Cave, the Chapel of Our Lady of Health, the Chapel of Our Lady of the Rosary, the Church of Our Lady of Stomorija

Find out more information about the trail



840 Sweet Rogač

Trail category: Family & Trekking Trail

Length: 4,1 km

Altitude: 30 m

Surface: Asfalto: 4,1 km - 100%

Technical difficulty: 1/5

Physical difficulty: 1/5

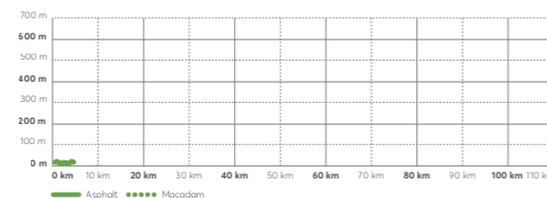
Itinerary: Od uvala Rogač do kraja ceste i natrag, stalno prateći ravnu uvalu

Recommended bike: Kids bike, Trekking, Road bike, MTB

Riding time: 1:00 h

Technical characteristics:

This is a family trail that runs along the promenade by the sea and opens up a number of impressive views. It has a flat configuration and is suitable for cyclists of all ages and for all types of bicycles.



Points of interest:

Rogač, Banje bay

Find out more information about the trail



Climbs

“Don't buy upgrades, ride up grades” - Eddy Merckx

Cycling climbs are a symphony of challenges and triumphs. As you cycle up steep slopes, your efforts are exhausting, your legs are heavy, and your breath is short. However, as you approach the top of the climb, the pain begins to fade, and when you reach it, you are rewarded with breath-taking views and a deep sense of achievement. At the top of the climb, the greatest reward is the knowledge that you can conquer the next summit as well.

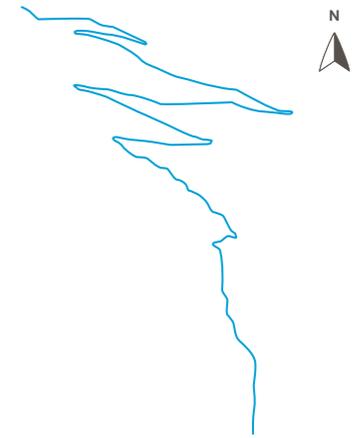
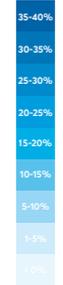
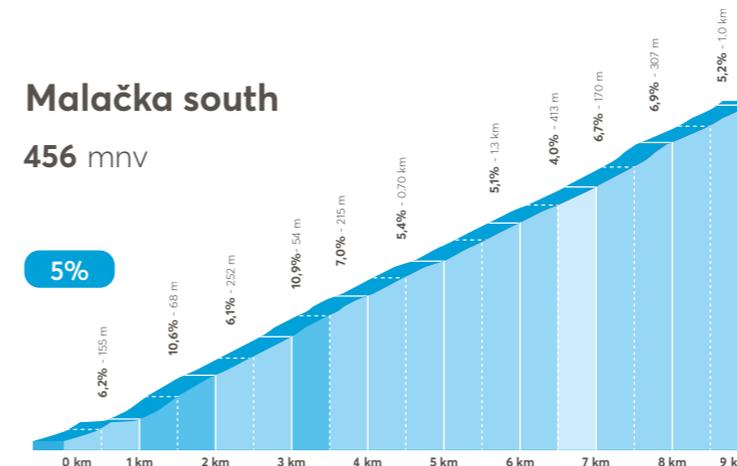
The Split Riviera boasts a diverse range of cycling climbs, each of which has its own unique charm. From coastal roads offering an extraordinary view of the Adriatic to demanding climbs through the rugged mountain massif of Biokovo, cyclists can explore different landscapes. These climbs provide an exciting combination of natural beauties and physical challenge for cyclists of all levels.



Malačka south

456 mnv

5%



Top: 456 mnv*
Length of climb: 9,1 km
Average gradient: 5%
Start of climb: al 1,4 km del percorso
Integral part of the trail: 65 Kaštela Classic

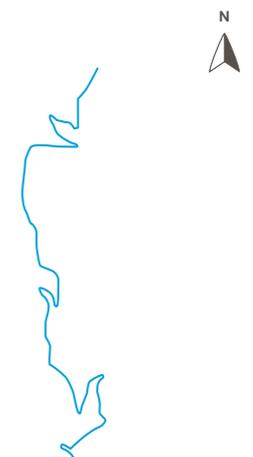
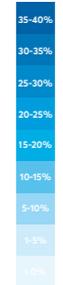
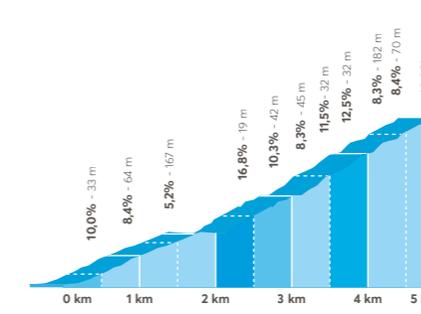
There is no cyclist in the area of Split-Dalmatia County who has not encountered the southern side of the climb to Malačka. With its length of 9.1 km and an average gradient of 5%, without steep parts, the climb to Malačka will test the physical fitness of every cyclist. On the way to the Malačka mountain lodge, 6 hairpin turns await you

and the road is laid parallel to the sea, which means that you can enjoy impressive views of the entire riviera along the way.

Malačka north

245 mnv

5,1%



Top: 245 mnv*
Length of climb: 4,8 km
Average gradient: 5,1%
Start of climb: al 42,8 km del percorso
Integral part of the trail: 66 All-seasons-trail

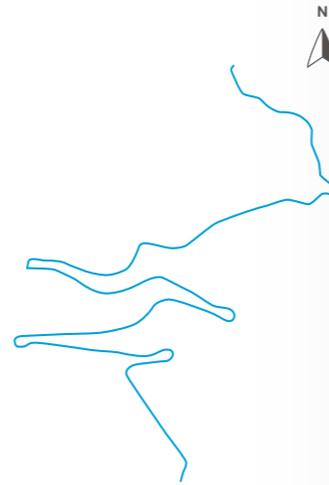
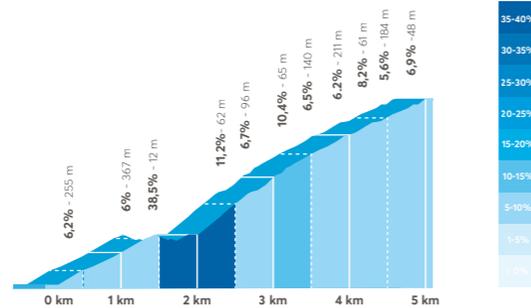
The climb to Malačka from the north side is 4.8 km long and has an average gradient of 5.1% without long steep sections and is of medium difficulty. There are 4 straight sections and 6 hairpin turns along the climb. While climbing, enjoy the karst landscape, whilst an incredible view of the sea awaits you at the top.

*above sea level

Gata

265 mnv

4,9%



Top: 265 mnv*

Length of climb: 5,1 km

Average gradient: 4,9%

Start of climb:

al 1,1 km del percorso

Integral part of the trail:

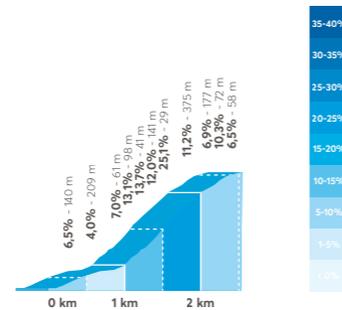
186 Cetina blues-rock

Hairpin turns and wonderful views of the Cetina River and the sea characterize the 5,1 km long climb to Gata with an average gradient of 4,9%, without steep sections. This climb is great for all cyclists because the slope is gentle enough that every cyclist can ride it, while the more prepared riders will struggle if they want to rush to the top.

Slatine

181 mnv

8,1%



Top: 181 mnv*

Length of climb: 2,3 km

Average gradient: 8,1%

Start of climb:

al 25,4 km del percorso

Integral part of the trail:

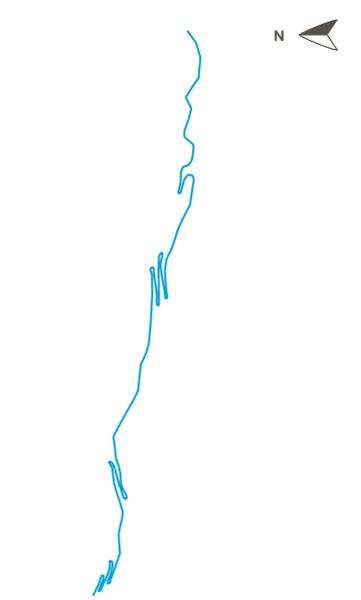
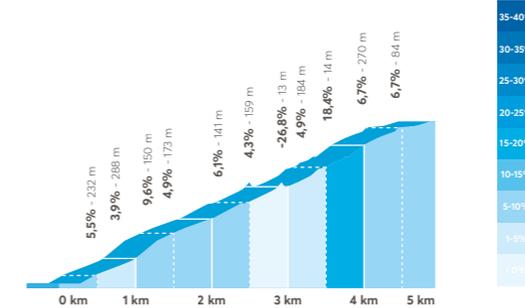
35 Mystique of the island

The shortest but also by far the steepest climb on our list is only 2,3 km long, but the average gradient reaches as much as 8,1% with sections over 18%. This means that you will need either above-average physical fitness or very light gear ratios for this climb. Furthermore, don't forget to bring enough water because the ascent from Slatine is open and exposed to the sun, which will make this endeavour even more challenging.

Svinišće

216 mnv

4,6%



Top: 216 mnv*

Length of climb: 4,5 km

Average gradient: 4,6%

Start of climb:

al 23,8 km del percorso

Integral part of the trail:

145 For sky fliers

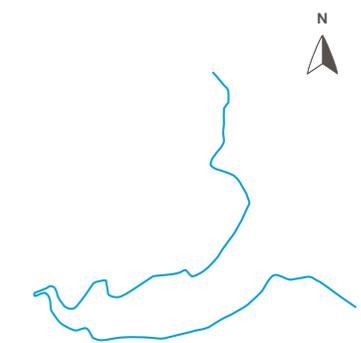
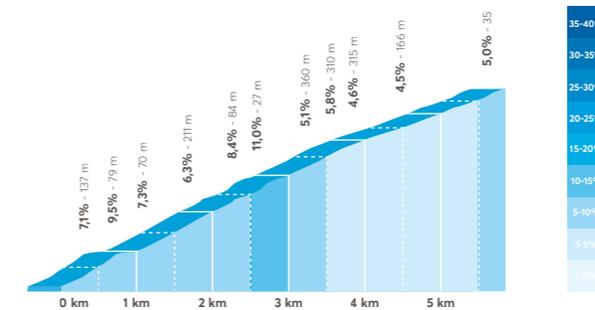
If you want an easy climb full of hairpin turns and stunning views, the climb towards Svinišće is the right choice. With a length of 4,5 km, it is characterized by a constant gentle gradient that moves around 4,6% without steep sections, which is why it is ideal for beginners and less trained cyclists who will enjoy as many as

12 hairpin turns to the top with a view of the Cetina River.

Seget Gornji

270 mnv

5%



Top: 270 mnv*

Length of climb: 5,6 km

Average gradient: 5%

Start of climb:

al 17,7 km del percorso

Integral part of the trail:

6 Explore Hyllis

If you are looking for a climb that you can ride without difficulty, while at the same time enjoying incredible views and a number of rest points, the climb to Seget Gornji is the right one for you. With its 5,6 km, it opens up views of the entire Riviera and, with a slight gradient of 5%, making riding easier for every cyclist.

Cycling signage and marking

Standards and a unified signage system

Cycling routes are marked in accordance with European standards through a unique signage system at regional level, in which the destinations of the Split Riviera are marked with numbers from 1 to 199 and from 800 to 849. For easy recognition, the routes are marked on the map in various colours, while on the signs they are marked with a white number on a red, green or blue background, depending on the category of the route.

- Mountain bike trails (MTB)
- Family and Trekking trails
- Road bike trails



Cycling maps

Ready for a bike ride, but where to?

There are two cycling maps with a total of 45 mapped cycling routes in the offer of destinations on the Split Riviera. One shows 28 mountain bike (MTB) trails, while the other contains family/trekking trails and 10 trails for road cyclists. All cycling maps contain technical data, a description of the itinerary, basic maps with mapped routes, recorded altimetry, GPX records and information about services and points of interest located along each individual trail you ride.



Mandatory equipment and instructions for safe bike ride for all routes and ages

Your safety comes first

For a pleasant and safe ride, please follow the safety rules and laws that apply in the Republic of Croatia.

- You ride the bike at your own risk!
- Always wear a helmet and ride a technically sound bike!
- Bring enough food and water, as well as extra clothing in case of bad weather or a drop in temperature.
- If you ride a bicycle at night or in conditions of reduced visibility during the day, it is mandatory to wear a reflective vest or other reflective clothing or tag and to use front and rear lights on the bicycle.
- Ride on a marked cycling trail or lane, and if there are none, stick to the right edge of the road. Do not drive on pedestrian zones and pavements!
- Use hand signals when turning.
- If you are driving in a group, ride one behind the other.

- Always give priority - announce your arrival early enough with a friendly greeting or by ringing a bell. That way you won't scare pedestrians.
- Leave no traces - drive with the least possible impact on the route, stay on the existing trail and do not look for new ones. Do not cut the turns.
- Never scare animals - any animal is disturbed by an unannounced arrival, sudden movement or noise. It can be dangerous!
- Only a person who has reached the age of 16 may ride a bicycle on the road, and children over the age of 9 may only ride accompanied by a person who has reached the age of 16.
- A cyclist over the age of 18 can transport a child up to the age of 8 on a special seat installed or attached to the bicycle.

DISCLAIMER OF LIABILITY:

The use of this brochure and cycling maps, as well as riding the routes and consuming the described content, is solely at the user's own risk. Users are obliged to follow traffic rules and take care while riding. Before starting a ride, it is necessary to check the soundness of bicycles and equipment and to evaluate their own physical and technical readiness to safely master the trail.





Tourist boards

At your disposal

Dugi Rat

Poljički trg 1
21315 Dugi Rat
+385 (0) 21 73 52 44
www.visitdugirat.eu

Kaštela

Kamberovo šetalište 30
21216 Kaštel Stari
+385 (0) 21 227 933
www.kastela-info.hr

Marina

Dr. Franje Tuđmana 3A
21222, Marina
+385 (0) 21 889 015
www.tz-marina.hr

Okrug

Ul. Bana Jelačića 15
21223, Okrug Gornji
+385 (0) 21 88 73 11
www.visitokrug.com

Omiš

Fošal 1a
21310 Omiš
+385 (0) 21 861 350
www.visitomis.hr

Podstrana

Trg dr. Franje Tuđmana 3
21312 Podstrana
+385 (0) 21 333 775
www.visitpodstrana.hr

Seget

Trg hrvatskog viteza Š.Š.F 1
21218, Seget
+385 (0) 21 880 559
www.tz-seget.hr

Solin

Ulica grada Vukovara 5A
21210 Solin
+385 (0) 21 210 048
www.solin-info.com

Split

Obala Hrv. narodnog preporoda 9
21 000 Split
+385 (0) 21 348 600
www.visitsplit.com

Šolta

Šoltanskih žrtava 14
21430 Grohote
+385 (0) 21 654 657
www.visitsolta.com

Trogir

Trg Ivana Pavla II/1
21220 Trogir
+385 (0) 21 885 628
www.visitrogir.hr

Important telephone numbers

Important to know

Unique emergency number

+385 112

Police

+385 192

Fire department

+385 193

Road assistance

+385 1987

Ambulance

+385 194

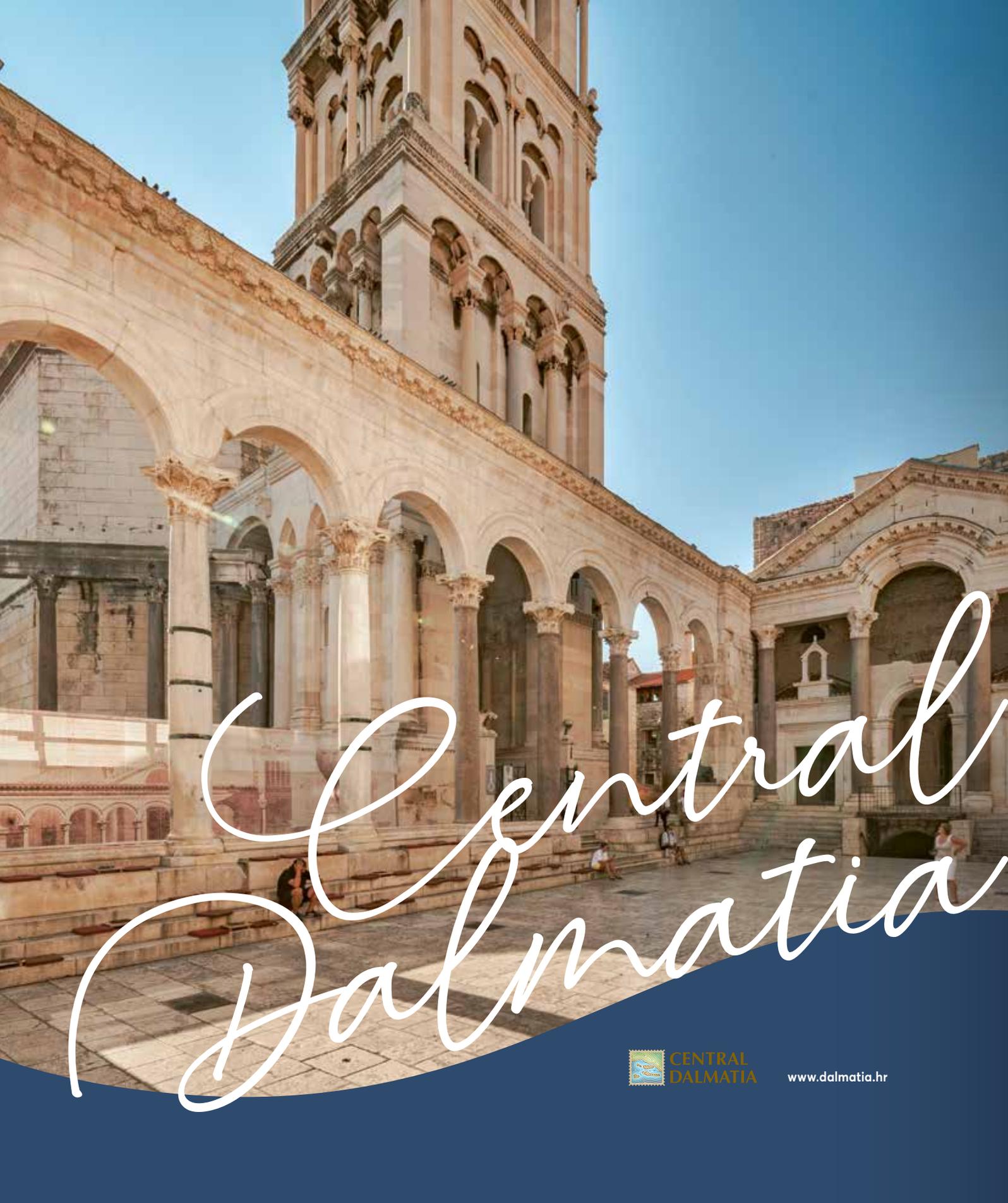
Road conditions

072 777 777

HGSS - Croatian Mountain Rescue Service

Split station

+385 (0)91 7210001



Central Dalmatia



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www.dalmatia.hr