



**GLOBAL CYCLING
ADVENTURES**

Croatia - Kvarner Bay E-Bike and Sail

OMISALJ TO OMISALJ

OVERVIEW

Protected by the towering Velebit mountain range in the east and hugged by the Istria Peninsula in the northwest lie the Kvarner Bay islands. Quiet coves of crystal clear water surround green hills and rocky landscapes which give way to small harbour towns rich in history and culture.

Each day begins with a hearty breakfast leaving you ready to explore the diversity of the Kvarner bay islands on a guided bike tour. Be it the medieval city of Rab, the car-free road in the sky on Dugi Otok or the contemplative life of the dwellers on the flower island of Molat, each day brings with it new discoveries. You will meet up with the boat later in the day at a different harbour. Evenings are mostly spent in picturesque harbour towns with winding alleyways where a great range of bars and cafes provide the opportunity for a relaxing evening.

The tour offers varied cycling in the hilly islands. From each harbour you climb to approximately 200-500m above sea level and then continue on rolling terrain along the island. Daily distances range from 25–48km with total cycling approximately 196km. E-bikers only need a moderate fitness level.

- DURATION - 8 DAYS
- AVERAGE DISTANCE PER DAY - 29 KM
- ARRIVAL DESTINATION - OMISALJ
- DEPARTURE DESTINATION - OMISALJ

ITINERARY

DAY 1 ARRIVAL IN OMISALJ TO CRES

Please make your own way to Omišalj, a small harbour village on the island of Krk. Transfers are also available (at extra cost) from Rijeka Airport or Zagreb by prior arrangement. Please board the yacht between 2pm-2.30pm. At approximately 3pm, we sail to the island of Cres. After dinner, we'll have time to explore this quaint harbour town, characterised by its Italian architecture, as we will spend the night here.

Cycling Distance: 0km Meals: Dinner

DAY 2 ISLANDS OF CRES AND LOSINJ

After breakfast we start our tour from the city of Cres to Martinšćica. The boat awaits our arrival and lunch is served during the cruise to the island of Lošinj. If the weather is good, the captain will arrange a swim stop along the way before tying off in the wellness harbour town of Mali Lošinj. The port with its colourful facades and numerous cafes offers visitors a welcoming atmosphere for a relaxed evening.

Cycling Distance: 28 km Meals: Breakfast, Lunch

DAY 3 ISLANDS OF LOSINJ AND MOLAT

We cycle along the seaside promenade to the south of Lošinj and visit the picturesque small harbour town of Veli Lošinj before returning to the ship for lunch. In the afternoon, we cross over to the island of Molat where we can enjoy another short cycling tour. We spend a peaceful night in a quiet harbour on the island.

Cycling Distance: 22 plus 10 km Meals: Breakfast, Lunch

DAY 4 ISLAND OF DUGI OTOK TO ZADAR

During breakfast the ship leaves Molat and takes us past numerous small islands to the "spice island" of Dugi Otok. We begin our bike tour in the Bay of Bozava on almost traffic free roads, surrounded by pine woods, agaves and tamarisk trees. Our first stop is the old Austrian lighthouse of Veli Rat - a beautiful viewpoint at the northernmost point of the island. From here we continue our ride along the island ridge, surrounded by panoramic views of the island landscapes. We'll meet the boat in the Bay of Savar and cruise to Zadar. Zadar has been the political, cultural and spiritual centre of Dalmatia for centuries. 3000 years of history has shaped the character of this town with its fortified walls with their bastions, the loggia and the early Romanesque St. Donatus Basilica. This evening you can enjoy an extensive guided tour of the lively city center

Cycling Distance: 32 km Meals: Breakfast, Lunch

DAY 5 ISLANDS OF PAG AND RAB

This morning we will take a long cruise to the Island of Pag. This island has a harsh but delightful landscape with many fig and olive trees. Over the centuries, the inhabitants built numerous stone walls for protection against the wind. Our ride takes us from Novalja along a narrow peninsula towards the sea where we will meet the ship and cruise to Rab. The island of Rab is one of the

sunniest places in Europe. The town of Rab, the fortified capital of the island, was built in the Middle Ages on a wedge shaped headland and marks one of the highlights of the tour. The four famous bell towers are a symbol of the town's beauty. After dinner there will be time to explore the narrow alleyways and numerous cosy cafes.

Cycling Distance: 20 km Meals: Breakfast, Lunch OR Dinner

DAY 6 ISLAND OF RAB TO KRK

Today we explore the charming Island of Rab on a lovely ride around the island. At lunchtime we will meet the ship in the harbour directly in front of the old town of Rab. From here we will cruise towards the Island of Krk, stopping along the way for a refreshing swim directly from the boat. We'll reach Krk in the late afternoon and spend the evening exploring the lovely old town.

Cycling Distance: 22 km Meals: Breakfast, Lunch

DAY 7 ISLAND OF KRK

Our ride takes us over the ridge of the island covered in fragrant macchia to a valley of vineyards, and then onwards to the small museum town of Vrbnik in the northeast. The town, built on a 50m high cliff and surrounded by vineyards, is home to the famous Zlahtina white wine. Another peculiarity of Vrbnik is that it has the second narrowest alley in the world. Our tour leads us across the island through old villages and rich vegetation back to the small town of Omisalj. On the way, we can have a refreshing swim in the bay of Soline. We celebrate the end of the tour with a final dinner on board.

Cycling Distance: 47km Meals: Breakfast, Lunch, Dinner

DAY 8 DEPARTURE FROM OMISALJ

It's time to say goodbye to stunning Kvarner Bay. Please check-out after breakfast by 9am for your onward travel or you may want to extend your stay in Croatia.

Cycling Distance: 0km Meals: Breakfast

INCLUDED IN THE TOUR

- 7 nights on a deluxe motor yacht (cabins with ensuite & air conditioning)
- Meals: 2 x full board (breakfast, lunch, dinner) & 5 x half board (breakfast & either lunch or dinner)
- Bed linen and towels
- English speaking cycling guide(s)

NOT INCLUDED IN THE TOUR

- Flights, travel visas, travel insurance
- Surcharge for above deck and/or single cabin
- Meals ashore (if not included in the tour price)
- Bike hire (& optional insurance)
- Helmet (compulsory): bring own or request in advance
- Visitors tax & bottled water €80 (payable on board)
- Special dietary requests €70 (advise in advance, payable on board)
- SGR insolvency protection scheme: €5 pp
- Drinks on board
- Tips for the tour guides and crew

TOUR GRADE 4: ACTIVE

Although the daily distances on this tour are relatively short, the cycling is through hilly to mountainous terrain with some steeper ascents of up to 400m. Riders need to be confident on winding descents, uneven asphalt and occasional gravel paths. Suitable for experienced cyclists accustomed to long days in the saddle.

This is an E-Bike tour so you can get a little help when climbing those hills but still need a

moderate level of fitness. You will be cycling between 20 - 50 km per day with 400 - 700 meters of elevation per day.

The roads are mostly paved and experience little traffic outside of the holiday season. On the island of Krk, a short section runs over unpaved gravel and forest paths. On the island of Lošinj, the tour follows a narrow seaside promenade where especially cautious and controlled riding is required.

Traffic can be expected in and around coastal towns. Some sections on the islands of Cres and Krk also have slightly higher traffic.

There are no designated bike paths in Kvarner Bay, so the bike tours take place on public roads, preferably on quiet side streets.

If you are looking for more of a challenge - consider hiring a gravel bike. The riding pace is determined by the cyclists on e-bikes so you will need to be fit enough to keep up!

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