

# *Green heart of Central Dalmatia*



## Dalmatian Hinterland

TOURIST GUIDE







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## DALMATIAN HINTERLAND

is the continental part of Central Dalmatia and is only a few hours' drive from Split airport, bus and railway stations and cities on the coast. It has excellent transport links to the town of Split via D1 highway to the town of Sinj and on to the town of Vrlika and the A1 highway and highway exits for Dugopolje and cities of Trilj, Imotski and Vrgorac. Through the newly-built Sveti Ilija (St. Elijah) tunnel through Biokovo, the beauty of Imotski and Vrgorac hinterland is quickly and easily accessible to Makarska Riviera visitors.



THIS BROCHURE HAS BEEN MADE IN COOPERATION WITH TOURIST BOARD OFFICES IN THE AREA OF DALMATIAN HINTERLAND AND TOURIST AGENCIES.



## Green heart of Central Dalmatia



*When you wish to rest your body and fill your soul with beauty, let the road take you a few dozen kilometres from the Adriatic coast to the inland, to the green and rugged Dalmatian Hinterland, an oasis of nature and calm. Enriched by a meandering Cetina River, it is divided from the sea only by the Kozjak, Mosor, Dinara and Biokovo mountains. The area is full of a magical atmosphere in the tame villages and small towns, which, since the prehistoric times, have not stopped pulsing with life, preserving the authenticity of the Central Dalmatian hinterland. Time, people and customs have made the Dalmatian Hinterland an area of condensed history that is woven into every hundred-year-old fort and stone house, an area of luxurious nature, rich gastronomic treats and unlimited possibilities for recreational and sports activities that will enrich your holiday.*

*Trips along the gentle banks of the Cetina and Vrljika rivers, with numerous tributaries and offshoots that bring life to Dalmatia and visits to valleys and cliffs of Mosor, Svilaja, Dinara, Kamešnica and Biokovo mountains will turn into a memorable experience. You should refresh yourselves with the natural spring water of the Dalmatian Hinterland, and through it take in the power of the highland and the unbreakable spirit of its people, and taste the wine and fruits from ecologically preserved fields. The natural beauty and green landscapes with indigenous villages and friendly hosts at every step along the way also hide a few secrets that are just waiting to be discovered and taken into the world.*

*Welcome to the green heart of Central Dalmatia, welcome to Dalmatian Hinterland!*

*Split - Dalmatia County  
Tourist Board*





# Dalmatian hinterland

## – unexplored beauty

### ***Biokovo Mountain***

Biokovo Mountain, which rises above the Makarska Riviera in its entire length with the highest summit called St. Jure (1762 m), is a protected nature park, and the view from St. Jure on a nice day stretches across the Adriatic to the Italian coast and the entire Dalmatian Hinterland. Rich in Mediterranean flora, Biokovo Mountain is an area inhabited by chamois, mouflons, partridges and the golden eagle.

Kotišina Botanical Garden is an integral part of Biokovo Nature Park, and it contains approximately 300 wild plant species, both Mediterranean and mountainous ones. Diverse forms of karst, rocks, caves, pits that are as much as several hundred metres deep, and sinkholes where even today the famous Biokovo potatoes are still cultivated, represent a real challenge for all nature lovers.








## Cetina River

The Cetina River is the source of life and the common link of the Dalmatian Hinterland; it protects the people from thirst and richly irrigates their fertile fields. It rises at the foot of Dinara Mountain near the town of Vrlika. It runs into the Adriatic Sea near Omiš after a 100.5 kilometer-long stream, from a peaceful descent through the valley to a fierce descent with rapids, carving its way through the canyon, until its encounter with the sea.



## Roman roads



Roman roads in Dalmatia are not clearly visible monuments, but for those wishing to immerse themselves in ancient history, they are extremely interesting. These are the sections of roads that were built during the Roman period and were a part of a large road network in the Roman province of Dalmatia. The starting point of all ancient roads was Salona, the capital of the province of Dalmatia. At least eight known routes to the interior and on the coast spanned from Salona. The Roman road network in Dalmatian Hinterland was built both for military purposes and for mineral exploitation and trade. All roads to the hinterland passed through the gorge below the strategic fortress of Klis, and then branched off in three directions. One communication corridor led to the camp Andetrrium (Gornji Muć), and the other to Aequum (Čitluk near Sinj). The third in a series of roads stretched towards Tilurij (Trilj), located on the Cetina River.



# Split hinterland

Klis, Dugopolje, Sinj, T

## Klis

### Klis Tourist Board

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F: +385 (0) 21 240 675

tzo-klis@email.t-com.hr

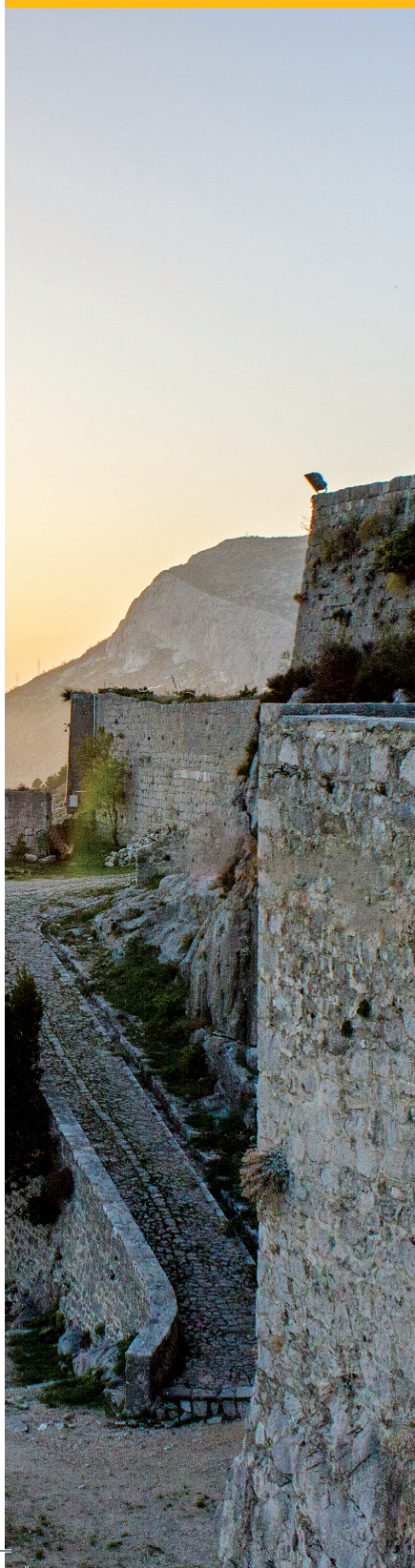
www.tzo-klis.htnet.hr

Klis is located just ten kilometres from the city of Split, on a pass reaching 340 metres above sea level, which separates the coastal part of Central Dalmatia and the Dalmatian hinterland. This former guardian of Dalmatian cities is the cradle of Croatian history with its famous fortress, one of the most important and architecturally beautiful fortified buildings in Croatia. In a document from 852, Klis is mentioned as an estate the court of the Croatian duke Trpimir and this fortress owes its fame mostly to battles from the time of the Ottoman Wars. The captain of the fort at that time, Peter Kružić, and his troops, called Uskoci, had resisted the attempts of the Turkish assailants for decades, until 1537 when the fort finally fell into Turkish hands. The fortress is 304 metres long from east to west and 53 metres wide in the north-south direction. The oldest part of Klis, at the foot of the fortress, houses a parish church, a three-aisled centuries-old basilica of monumental proportions, richly decorated with frescoes depicting biblical and historical motifs from national and Klis history.

The fortress offers a beautiful view of the city of Split, and more recently, the fortress has become known as one of the stages on which a popular and award-winning American medieval fantasy television series **Game of Thrones** was filmed.







## GASTRONOMY

Several restaurants (Perlica, Hajduk) are located along the old road that leads from Solin to Klis in the hamlet of Klis- Grlo, offering lamb on the spit, one of the most typical and very tasty Dalmatian dishes that made Klis famous. The Zmajevi- Dodoja family homestead offers indigenous cuisine dishes according to traditional recipes.



## VISIT

### ETHNO VILLAGE ZAGORA - MIHOVILOVIĆ

Every stone used to build the seven houses comprising the ethno village near Klis was handled in the old fashioned way. Many traditional tools and utilitarian objects tell stories from the old times, stories of people who lived simply, modestly, and with respect to the nature around them. Here you can relax and go back in history by participating in the life of the village, from the preparation of bread baked in the old-fashioned cooking bronzins, taste dry fig salami and narancini (candied orange peel), prepare candied almonds, pick herbs, berries and seasonal fruits and vegetables.

**Stella Mediterranea d.o.o.**

T: +385 (0) 21 210 250

info@stella-croatica.hr

www.stella-croatica.hr





## Dugopolje

**Dugopolje Tourist Board**, 21204 Dugopolje, T.+385 (0)656 189  
info@tzo.dugopolje.hr, www.visitdugopolje.com

Fifteen minutes' drive from the city of Split, near the main roads, there is a settlement called Dugopolje, which is known for its economic zone, and many restaurants and commercial facilities. Today's settlement Dugopolje is situated in the typical landscape of the Dalmatian hinterland - along the northern edge of a wide karst field after which it was named. Old and partly abandoned stone houses on the edges of fields tell the story of times past and a modest but fulfilled life of people inhabiting the region.

## VISIT

**VRANJAČA CAVE** is the most beautifully arranged cave for tourist purposes in Dalmatia, with unique natural sculptures created by water over the course of thousands of years. It is located in the village of Kotlenice, 10 minutes' drive from Dugopolje. It features a uniform temperature

of 15°C throughout the year. Vranjača is one of the gems of nature of the karst area and a protected geomorphological natural monument. The cave was opened for tourists back in 1929. It can be visited every day from early May to late September, and on weekends during the rest of the year, and visits can be arranged by contacting the Punda family from Kotlenice that maintains the cave.

### VRANJAČA CAVE

Punda craft,  
21204 Kotlenice  
M: +385 (0)98 749 000

**ETHNOGRAPHIC COLLECTION OF THE NATIONAL LIBRARY** with hundreds of exhibits showing objects that had been used in everyday life in the distant past by the residents of greater Dugopolje and Cetina areas. The items are associated with the traditional economy, domestic and traditional objects, folk music instruments, textile handicrafts, original women's and men's clothing, shoes and jewellery and more. Written records about the history of Dugopolje and other places in the municipality of Dugopolje are rare, so the physical objects depicting the way of life and different historical influences are especially valuable witnesses of this region's history. The exhibition can be visited during the library's open hours, free of charge.

**ROMAN ROAD SECTION** from Dugopolje to Klis is 2 km long and stretches from the hamlet of Kurtovići to Klapavac. Visible traces of Roman merchant carts etched in stone testify to the importance of this region throughout history.





**FOOTBALL STADIUM** built in accordance with all regulations of the Croatian Football Federation and UEFA, is an integral part of Hrvatski Vitezovi (Croatian knights) Sports Centre.

## ACTIVITIES

**HIKING TRAILS** in Dugopolje from Plitača in Dugopolje Field lead to Mosor's Mountain summit Ljublján at 1262 m height. Hiking trails from the resort village of Punda in Kotlenice hamlet, not far from Vranjača Cave, lead towards the Vickov stup summit (1325 m). On the way to Ljublján summit you can see a chapel dedicated to Croatian martyrs and several mountain lodges and shelters. Another less demanding and shorter route leads from the hamlet Balić - Džakić through a smaller cave called Balić's furnace (King's Furnace) to the remains of the Illyrian fortress Gradina at 480 m above sea level.

## OPEN HUNTING GROUNDS

Dugopolje Donje and Dugopolje Gornje, covering an area of 12 hectares, maintained by the Ljublján Hunting Club, offers its services to hunters.

### LJUBLJÁN HUNTING CLUB

21 204 Dugopolje  
T. +385 (0) 21 655 545  
M: +385 (0) 95 940 40 85  
[www.lszsd.hr](http://www.lszsd.hr)

## ACCOMMODATION

### Hotel Katarina\*\*\*\*

21204 Dugopolje  
T.+385 (0) 21 712 333  
F:+385 (0) 21 712 334  
[info@hotelkatarina.hr](mailto:info@hotelkatarina.hr)  
[www.hotelkatarina.hr](http://www.hotelkatarina.hr)



## Trilj

**Trilj Tourist Board**, Kralja Tomislava 1a, 21240 Trilj

T: +385 (0)21 832 510, [info@visittrilj.hr](mailto:info@visittrilj.hr), [www.visittrilj.hr](http://www.visittrilj.hr)

Located in a green oasis of the Dalmatian hinterland, next to the peaceful flow of the Cetina River, just thirty kilometres from Split and forty-five kilometres from Makarska Riviera, you will find the picturesque town of Trilj. Once the most important bridge crossing in Dalmatia, and today the intersection of roads linking the north and south of the country, it is a true paradise for nature lovers, hikers and adventurers. Its location on the edge of the Cetina Field and Kamešnica slopes and surrounding hills provides countless opportunities for relaxation and outdoor activities.

## VISIT

**TRILJ REGION MUSEUM** presents the cultural heritage of the Trilj region through archaeological, ethnographic, cultural - historical and numismatic collection.

### TRILJ REGION MUSEUM

T. +385 (0) 21 831 905

### TILURIUM-GARDUN ARCHAEOLOGICAL SITE

is located in Gardun village, where the Roman military camp Tilurium was located, a camp of the Seventh Roman legion and other smaller military units. It features the remains of the camp's walls, the monumental ancient buildings with buttresses, reservoirs and a facility with a mosaic.





**ČAČVINA FORT** was built on a hill northeast of Trilj and was used to monitor one of the most important communications leading through the interior of Dalmatia. The fortress consists of two towers connected by an elongated courtyard. Under the fortress you will find an old parish church with a bell tower on the facade, built in the 18<sup>th</sup> century. Nutjak fort is located downstream from Trilj.



## ACCOMMODATION

### Hotel Sveti Mihovil\*\*\*

Bana Jelačića 8  
21240 Trilj

T./F.: +385(0)21 831 770  
sv.mihovil@inet.hr  
www.svmihovil.com

*For information regarding  
renting rooms, apartments and  
holiday homes, contact the  
Tourist Board Office.*

**GRAB SOURCE AND GRAB MILLS** – a set of old mills built in clean and untouched nature along the Grab River source, after which the mills were named. The oldest mills date back to the 17<sup>th</sup> century, and the mills had continued to be built up to the 19<sup>th</sup> century.



## ACTIVITIES

More than 130 kilometres of thematic, biking and hiking trails pass along the known sites and protected cultural properties. Thanks to the Cetina River and the many rivers and streams that pass through this area and pristine nature, Trilj is a must-see location for all interested in rafting, kayaking, fishing, horseback riding and hunting.

## ATTRACTIONS

### GROTULJA

According to a tradition that has been cherished since ancient times, when a boy liked a girl, for the feast of St. Michael he would buy her a “*grotulja*,” a series of walnuts linked into a necklace and he would put it around her neck. Accepting the *grotulja* was a sign of accepting the boy's love. Today, all generations of Trilj inhabitants and their numerous guests purchase *grotulja* as a souvenir.



## GASTRONOMY

Visiting the Trilj region is inconceivable without tasting its well-known specialties. In Trilj taverns and restaurants you can try frogs prepared in various ways, Cetina trout and crayfish. One of the trademarks of the Cetina region are *arambaši*, *koštradin* and boiled lamb with a side dish of tomatoes and vegetables - *šalša* sauce.







## Sinj

**Sinj Tourist Board**, Put Petrovca 12, 21230 Sinj, T:+385 (0)21 826 352, F:+385 (0)21 660 360  
info@visitsinj.com, www.visitsinj.com

The city of Sinj is the centre of the Cetina region and a pearl in the heart of the Dalmatian hinterland in which life on the rocky hill started in the 1<sup>st</sup> century BC. It is bordered by a fertile Sinj Field that is surrounded by mountain peaks of Kamešnica,

Svilaja and Dinara. The remains of Stari grad fortress watch over the city even today, a fortress which had defended Sinj inhabitants for centuries and kept them safe. Sinj inhabitants proudly mention the year 1715 when they defended the city

against Turkish Ottoman forces and in the memory of that great victory Sinj inhabitants to this day organise a chivalric game called Alka, which has been played on every first Sunday in August for more than three hundred years.

## VISIT

### CHURCH OF THE MIRACULOUS LADY OF SINJ

is a magnificent work of religious architecture and one of the largest Marian shrines in Croatia. Inside the church is a painting of Our Lady, a most precious art treasure, brought by the faithful from Rama who were running from the Ottoman Turks. The painting is highlighted by a golden crown




given to the Lady by Sinj defenders as a sign of gratitude. On the feast of the Assumption, August 15<sup>th</sup>, pilgrims arrive to participate in the solemn Eucharistic celebration and the procession, carrying Our Lady's image.

### FRANCISCAN MONASTERY

– an archaeological collection that is kept in the monastery is one of the oldest and most valuable collections in Croatia.





**STARI GRAD**  fortress that protected the people of Sinj against enemy invasions; today it is a beautiful vantage point with its votive church. A path that leads from the foot of the church towards the fortress contains 14 Stations of the Cross, and each station is the work of one of the most famous Croatian artists.

**KAMIČAK** – three-hundred-year-old star-shaped small fortresses with a clock on the tower that was used as a watch-tower in the past.




**GAIUS LABERIUS**- ancient tombstone of a seven-year-old Roman boy Gaius Laberius from the 2<sup>nd</sup> century holding a sphere decorated with cross-linked hexagons, almost identical to the one used in football game today. Stella is built into the facade of a stone house in Vrljika Street and was found at the Tilurium archaeological site near Trilj.



traction of the museum is a life-sized display of the Alka procession.

### VISOKA SUMMIT

at 892 m above Sinj. The summit contains a 10-metre-high cross, a place of pilgrimage for residents of Dicmo, Sinj and the Cetina region. The summit offers a beautiful view of Sinj, the Sinj Valley and surrounding mountains on one side, and a view of Dicmo valley and the sea and islands on the other side.

**MUSEUM**  **SINJ ALKA WITHIN ALKA PALACE** - a permanent exhibition of Alka costumes and equipment and documentation and written records of this modern, newly-opened museum testify to the three-hundred-year-old history of Alka and Sinj. A special at-

*For a tour with a tourist guide, please contact "Osinium" Tourist Guides Association of the City of Sinj [sinj.guides@gmail.com](mailto:sinj.guides@gmail.com)*





## VISIT

**Mustang family resort** in Glavice, 2 kilometres from Sinj. This family picnic resort covers 20,000 m<sup>2</sup> of green surface that includes a corral for horses, pastures, meadows, sports fields, a playground for bowling, track, a restaurant and apartments. Mustang Club has 15 horses and organizes a horse riding school for children and adults and excursions.

### MUSTANG FAMILY RESORT

M: +385 (0) 91 805 805  
 izletiste.mustang@gmail.com  
 www.mustang-sinj.net

**PANJ FARM**, in the village of Rumin next to the Cetina River, provides an atmosphere of rural life by serving homemade brandy, fritters and other authentic dishes. Domestic food and wine, accompanied by folklore and music, will memorialize your visit to the farm. Enjoy the simplicity of rural life in its natural environment and typical rural atmosphere. The atmosphere of the farm will be enhanced by hospitable hosts serving homemade *rakija* (brandy), wine, *fritule* (fritters) and other authentic dishes.

### PANJ FARM

T: +385 (0) 91 29 630  
 M: +385 (0) 91 0553  
 markulinbus1@net.hr

**Podastrana rural household** – The Odžaci hamlet is located far from traffic centres and provides an unforgettable experience of peace, nature and birds chirping which, in combination with quality dishes roasted on a spit, under the bell or in a bread oven guarantees you will return and visit this household again. The family produces their own beverages, wine, cherry, walnut and apple brandy. The Odžak family promises a good time in their household.

### PODASTRANA RURAL HOUSEHOLD

T: +385 (0) 95 698 6182  
 www.adventurezagora.com

## ACTIVITIES

For nature lovers, Sinj offers three bike and two hiking trails, with a total length of 145 kilometres. You can also participate in hiking, horseback riding, paintball, paragliding and parachuting if you are interested in adrenalin fun.

## GASTRONOMY

Tradition, love, authenticity and richness of foods are the basis of gastronomy of the Sinj region. Cetina trout, frogs and crabs, *arambaši*, veal or cockerel (young rooster) roasted under the bell, *koštradin*, venison, smoked ham, sheep, goat and cow's cheese (young, hard, from *mišina* – lamb skin sack) and donuts are just some of the specialties that can be sampled through catering and in restaurants.

## ACCOMMODATION

### Hotel Alkar \*\*\*

Vrlička 50, 21230 Sinj  
 T: +385 (0) 21 824 474  
 F: +385 (0) 21 824 505

info@hotel-alkar.hr  
 www.hotel-alkar.hr

For information  
 regarding renting rooms,  
 apartments and holiday  
 homes, contact the Tourist  
 Board Office

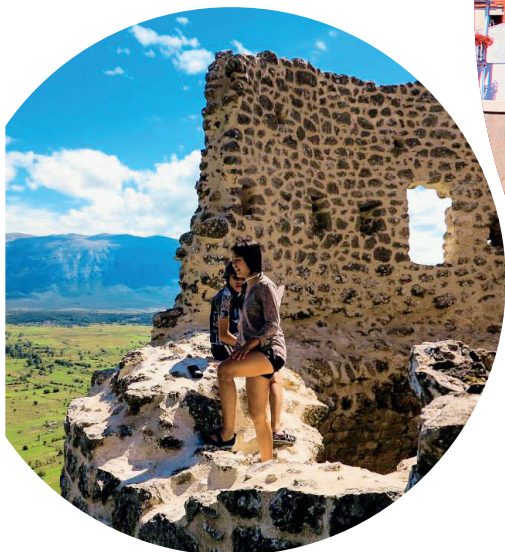




# Vrlika

**Vrlika Tourist Board**, Put Česme 4, 21236 Vrlika  
T: +385 (0)21 827 460, F: +385 (0)21 827 460  
info@visitvrlika.com, www.visitvrlika.com

Vrlika is a picturesque small town embraced by the Dinara and Svilaja mountains, close to the source of the Cetina River and Peruća Lake. It has long been recognized for its healthy climate, with ozone-rich Dinara air and high quality water which offers many medicinal properties. It was even drunk by the Emperor Franz Joseph when he visited this region. Vrlika is known for its rich folklore heritage and embroidered products that are still today made according to century-old traditions.



## VISIT

**PROZOR FORTRESS** above the present Vrlika was built at the turn of the 14<sup>th</sup> to the 15<sup>th</sup> century. According to its preservation, it is one of the most important medieval fortresses in the Dalmatian hinterland.

**ČESMA** is a park from the 19<sup>th</sup> century in which the source

of one of the many tributaries of the Cetina River is located. The source is reached via stone steps, and water flows from six stone spouts. Česma, as a meeting place where people gathered and socialized, played an important role in the life of Vrlika inhabitants and inspired Milan Begović, born in Vrlika,

to write the libretto for the most popular Croatian opera *Ero s onoga svijeta* (*Ero the Joker*). Česma is the most original stage where every summer, on the last Saturday in July, the ensemble of the Croatian National Theatre in Split performs this comical opera.







**CHURCH SVETI SPAS (HOLY SALVATION)** is the oldest preserved pre-Romanesque building in Croatia. It was built on the order of the Cetina prefect Gastika in the 9<sup>th</sup> century, in memory of his mother Nemira and his sons. Next to it is a large necropolis dating from the 9<sup>th</sup> to the 14<sup>th</sup> centuries, with precious findings. During the research, archaeologists found several architectural fragments and fragments of stone furniture decorated with Croatian wattle. The most prominent individuals from Vrhnika are buried under the largest stone slabs: this was the homeland of the Čubretić and Berislavić families, famous Croatian families from the 14<sup>th</sup> and 15<sup>th</sup> centuries.



**SOURCE OF CETINA RIVER** is located on the northwestern slopes of Dinara near the village of Cetina at an altitude of 385 m, seven kilometres north of Vrlika. There are a number of sources, and the main source, which is more than a hundred metres deep, formed a small lake on the surface.



Also visit Church remains in Koljani, Church of Our Lady of Ružarija, Balecki Bridge, Plate Bridge and tasting room where you can sample authentic fruit brandies and liqueurs in a distillery in the village of Maovice.

### ATTRACTIONS NIJEMO KOLO (SILENT CIRCLE DANCE)

Nijemo kolo, the silent circle dance of Dalmatian Hinterland, is still danced today on festivities around

Vrlika. The dance is performed without musical accompaniment and rhythm is set by the impact of dancers' feet; it is extremely difficult and attractive. This dance embodies the hardships of living on a scarce land and a testament to the strength and endurance of the people of this region. Nijemo kolo of Dalmatian hinterland was inscribed on the UNESCO Intangible Cultural Heritage List, and the Vrlika folk costume is a part of the national ethnographic treasure of Croatia.

### ACTIVITIES

For nature lovers in Vrlika, there are eight thematic trails, four of which for hiking, three for cycling and one for trekking trails. The trails are thematically linked to all significant locations in the city and surrounding areas. Nearby Peručko Lake has been used for years for preparations by the Croatian national team rowers and a number of sports clubs. The lake also offers canoeing and kayaking, and the area next to the fort has been converted into a sport climbing area.

### GASTRONOMY

With authentic Dalmatian hinterland dishes, sample *vrlička pogača* (brown unleavened round wheat bread typical of Vrlika) and *vrlički uštipak*, a donut made from wheat flour, a bit of lukewarm water, salt, eggs and a glass of brandy. The ingredients are thoroughly mixed in a wooden bowl with a wooden spoon until bubbles are formed. Thus, whipped donuts are baked on hot fat.



### ACCOMODATION

For information regarding renting rooms, apartments and holiday homes, contact the Tourist Board Office





## Kaštela hinterland

**Kaštela Tourist Board**, Brce 1, 21215 Kaštel Lukšić  
T: +385 (0)21 228 355, F: +385 (0)21 227 933  
[www.kastela-info.hr](http://www.kastela-info.hr)

Kaštela hinterland area culturally-historically belongs to the area of the Dalmatian hinterland with which it shared the fate of the Ottoman occupation and the Venetian rule after that. Today the area is criss-crossed by roads of local significance and a newly built highway that connects Split and Zagreb. Friendly hosts and beautiful rural households in Kaštela hinterland offer rest and relaxation with an array of possibilities for active vacations.

## VISIT

### EQUESTRIAN CLUB "SPLIT"

Equestrian club "Split" is located in the village Radunić, a half hour drive from Split and a few hundred meters from Ogorje and offers a riding school and riding excursions.

#### EQUESTRIAN CLUB SPLIT

Radunić b.b.,  
21206 Donje Ogorje  
T./F.: + 385 (0) 21 663 555  
M: +385 (0) 91 530 75 66  
[konjickiklub@yahoo.com](mailto:konjickiklub@yahoo.com)  
[www.equestrianclubsplit.com](http://www.equestrianclubsplit.com)

### ETHNO - ECO VILLAGE ŠKOPLJANCI, RADOŠIĆ

In the Škopljanci hamlet of Radošić village in Lečevica municipality, located north from Kaštela, you will find a picturesque stone ethno - eco village Škopljanci. The Škopljanac fam-

ily has been engaged in rural tourism on their ancestral lands for many years, and their property covers an area of as much as 300,000 m<sup>2</sup>, in whose centre you can visit restored stone houses. Three houses have been transformed into taverns, and one houses an ethno collection. In addition to the restored stone village, the complex includes an oak forest that is protected as a natural heritage site. The family has as much as 40 original folk costumes from all parts of the Dalmatian hinterland.

### ETHNO - ECO VILLAGE ŠKOPLJANCI, RADOŠIĆ

T: +385 (0)21 80 57 77  
M: +385 (0)98 17 33 333  
M: +385 (0)98 73 51 11  
[info@radosic.com](mailto:info@radosic.com)  
[www.radosic.hr](http://www.radosic.hr)

## Omiš hinterland

### Omiš Tourist Board,

Trg kneza Miroslava bb, 21310 Omiš  
T: +385 (0)21 861 350, F: +385 (0)21 861 350  
[info@visitomis.hr](mailto:info@visitomis.hr), [www.visitomis.hr](http://www.visitomis.hr)

The hinterland of the town of Omiš that encompasses a group of villages under Omiš Dinara and Mosor mountains, located on both sides of the Cetina River is an ideal location for mountain outings, rafting, canoeing, kayaking, tours, hikes and walks. Well organized trails lead to the highest peaks of Omiš Dinara, old pirate forts, beautiful look-outs and numerous picturesque villages. For those who love hiking and mountain climbing, there are hiking and mountain trails totaling 96 kilometres in the Omiš hinterland area. Swimming under waterfalls and the newest adrenaline attraction – zip-line, constitute unforgettable experiences for all those who truly wish to experience all the charms of the Cetina River.

## VISIT

**POLJICA STATUTE** is one of the oldest and most important Croatian historical-legal documents written in Croatian chakavian dialect. Poljica Statute reflects social organization of Poljica community in the Late Middle Ages. Poljica is now rural oasis of peace. From the thirteenth century on, the territory of Poljica-stretched Poljica Republic was ruled by the great Poljica duke. Poljica Republic ceased to exist in 1807 after the arrival of Napoleon's army in the area. Permanent witnesses of its seven hundred year long history are its numerous churches. The Gradac Church/Church of St. George was built on a 353-metre-high Gradac hill and is one of the most beautiful and most vis-





ited churches in the entire Poljica area, and the historical Poljica museum (located in the village Gata) exhibits a costume of the great Poljica duke and a valuable historical collection.

**PAVIĆ BRIDGE** is one of the oldest stone bridges over the Cetina River, built in 1900 and is still in use.

**VELIKA AND MALA GUBAVICA FALLS** are located near the village Zadvarje. What makes these falls so special is that you can swim under them. Gubavica is a waterfall approximately 60m high and can be seen from the lookout. Best time to visit these falls is spring when the water level is the highest.

**LOOKOUT WITH A MONUMENT OF MILA GOJSALIĆ**, the work of the famous sculptor Ivan Meštrović, set on a cliff above the Cetina canyon above Omiš, is an attractive reminder today of this heroine who became a national hero after she was killed in 1570 after setting the Turkish Ottoman army's camp on fire.

**CETINA RIVER CANYON** is an almost intact geomorphological phenomenon created by the Cetina River on its way through the Dalmatian hinterland to

the coast. The left bank of the Cetina River features Visuć Fort which is first mentioned in 1324, and Starigrad Fort located at the top of Omiš Dinara and is first mentioned in the 15th century. There you can find the popular resort and river beach *Radmanove mlinice* (Radman's mills) with its ancient plane trees and trout farms.

**ZADVARJE** is located on the edge of the Cetina River canyon. It was named after the medieval fortress which, due to its location, was named Duare, meaning doors, passage. Every year on the day of St. Bartholomew (August 24<sup>th</sup>) the day of liberation from the Ottoman rule is celebrated. Numerous events are organized on that day, and a traditional procession passes through town and a commodity/livestock fair is set up. The same festivities are organized on the day of St. Anthony, the patron saint of the village.

## GASTRONOMY SOPARNIK

*Soparnik*, a specialty from the Dalmatian Poljica, served as a fasting dish in the past. It was prepared for peasants, guests and friends, and today the inhabitants of Poljica offer it on special occasions; therefore, *soparnik* became a gastronomic symbol of the old Republic of Poljica. *Soparnik* is a simple dish made from mangold, onions and garlic squeezed between two layers of the simplest dough, which is prepared using two round wooden boards, a roller and a fire in the fireplace.

## ACCOMODATION

For information regarding renting rooms, apartments and holiday homes, contact the Tourist Board Office



# Makarska hinterland

Imotski, V

## Imotski

### Imotski Tourist Board

Jezeranska bb, 21260 Imotski

T: +385 (0)21 842 221

F: +385 (0)21 842 228

info@tz-imotski.hr, www.tz-imotski.hr

Imotski, once an important stronghold during the Middle Ages, is situated at the crossroads of the Dalmatian hinterland and Bosnia and Herzegovina. It was named after the early Croatian parish centre Imota (Emotha). Imotski has all the characteristics of a coastal city, thanks to its climate and the urban architecture of the old town. It is an hour's drive away from Split, Međugorje and Mostar in neighbouring Bosnia and Herzegovina, and thanks to the St. Ilija tunnel only half an hour drive from Makarska, the Veprić sanctuary and other places of the Makarska Riviera.



## VISIT

**BLUE LAKE**, one of the most beautiful karst lakes in Croatia, located at the very edge of Imotski. Its clean water surface can be reached via serpentines that were built in 1907. The water level fluctuates considerably during the year and the depth of the lake varies from a maximum depth of 90 metres to completely dry.

During the summer months it usually has enough water for swimming, and even various water sports are not uncommon. Imotski is the birthplace of the famous folk ballad "Asanaginica," which has been translated into most major languages.

According to the story, the grave of Asanaginica is located on the edge of the Blue Lake, at

the exact location where you will find a thematic park dedicated to that ballad today.

**RED LAKE**, whose name comes from the red rocks at the edge of the lake, is the deepest karst lake in Europe, located a mile from the Blue Lake. The water depth reaches more than 300 metres with a bottom that is under sea level. These lakes, as well as other lakes in Imotski area that had been created by the collapse of the underwater caves, are linked to many legends and stories, like the one about the haughty Gavan.

**TOPANA FORT** was built in the 10<sup>th</sup> century and throughout history it has had an important strategic significance. Today it attracts visitors since it is so well preserved and because

of its gazebo overlooking the town, its Gospin dolac stadium and the Blue Lake. Below the fortress there is a monument to Croatian defenders. From the fort, going down the 92 Imotski stone steps built in the 18<sup>th</sup> century, you can reach the square, which contains a monument to the great Croatian poet Tin Ujević, who attended elementary school there, and popular pedestrian streets – Pjacas.

**HERITAGE MUSEUM AND FRANCISCAN MONASTERY**, their collections testify to the long and turbulent history of this region that has always been at the centre of historical turmoil.

**CHURCH OF ST. FRANCIS** a neo-Romanesque building consecrated in 1904.



In the Imotski region, three lakes are worth visiting : Lokvičići, Prološko blato, Badnjevice, Zeleno jezero, as well as medieval monumental headstones, *stećci*, at a site called Cista Velika, wells and a marked archaeological site, Crkvine in Cista Provo, a basilica in Zmijavci, Biokovo Mountain, and Zagvozd at its foot, and the Vrljika River with sources and chasms.

## ATTRACTIONS

**GREEN CATHEDRAL** is the popular name of the church in Proložac Donji, located next to the Vrljika River, where you can visit a large meadow with ancient trees, named Lučica. The area is enclosed by a wall and in the centre you can visit a newly-erected altar and decorated open basilica where Holy Mass is celebrated in the open air on the feast of the Assumption of Mary. The mass attracts a large number of the faithful from all over the Imotski region and neighbouring regions. The natural environment created by rivers, greens and the church offer a unique sense of beauty.

### SPLIT-MAKARSKA ARCHDIOCESE

Parish office Proložac  
T./F.: + 385 (0)21 846 025  
[www.prolozac.hr](http://www.prolozac.hr)

## GASTRONOMY

### IMOTSKI CAKE AND IMOTSKI RAFIOLI

Imotski cake is made from almonds, sugar, flour and eggs. In a miraculous mix, the ingredients arranged in the simplest way possible have created a cake whose simplicity is breath-

taking. *Imotski rafioli* is a traditional Croatian cake from the Imotski region which is made according to a recipe that is over 150 years old.

## VISIT

**ETHNO - ECO VILLAGE GRABOVCI** is surrounded by large vineyards and orchards. The village is in the Proložac Donji settlement, located just a few kilometres from Imotski and the Blue and Red Lake. Houses in Grabovci are renovated old stone houses that have been converted into a winery, cellars and rooms for overnight stays. The Grabovac family wishes to present their guests with the old and original way of life of the area through superb cuisine.

### ETHNO - ECO VILLAGE GRABOVCI

M: + 385 (0)98 370 143,  
[opg.grabovac@gmail.com](mailto:opg.grabovac@gmail.com)  
[www.eko-selo.net](http://www.eko-selo.net)

**THE RURAL HOUSEHOLD "OGNJIŠTAR"** is located in the village of Zmijavci, 8 kilometres south of the town of Imotski, near the Trebižat River and offers its guests all the services of rural tourism. The Ethno - eco village Karoglan consists of renovated old stone houses that provide accommodation services, local food, sports fields and walking trails, and it organizes excursions in nature.

### THE RURAL HOUSEHOLD "OGNJIŠTAR"

M: + 385 (0)98 9383 585,  
[sandra.karoglan@hotmail.com](mailto:sandra.karoglan@hotmail.com)  
[www.ognjistar.com](http://www.ognjistar.com)

**BIOKOVO MOUNTAIN AND BIOKOVO NATURE PARK**, with its highest peak St. Jure, 1762 m above the sea, separates the widely-known coastal settlements of Makarska Riviera from karst and the fertile hinterland of broad fertile valleys and plains. In that area you will find two of its largest cities – Imotski and Vrgorac.

[info@pp-biokovo.hr](mailto:info@pp-biokovo.hr)  
[www.pp-biokovo.hr](http://www.pp-biokovo.hr)

## ACCOMMODATION

### Hotel Venezia\*\*\*

Bruna Bušića bb  
21260 Imotski  
T: +385 (0)21 671 000  
F: +385 (0)21 671 011  
[www.hotel-venezia.hr](http://www.hotel-venezia.hr)

### Hotel Zdilar\*\*\*

Glavina Donja  
21260 Imotski  
T: +385 (0)21 671 040  
[hotel.zdilar@st.t-com.hr](mailto:hotel.zdilar@st.t-com.hr)

### Camp Biokovo, Zagvozd

M: +385 (0) 98 17 333 18  
[camp.biokovo@yahoo.com](mailto:camp.biokovo@yahoo.com)  
<https://www.facebook.com/AutocampBiokovo>

**Holiday homes** - Imotski offers a large number of holiday homes and luxury villas with swimming pools, and the list and photos can be seen at: [www.visitimotski.com/index.php/smjestaj/kuce-za-odmor](http://www.visitimotski.com/index.php/smjestaj/kuce-za-odmor)

For information  
regarding renting rooms,  
apartments and holiday homes,  
contact the Tourist Board Office





# Vrgorac

**Vrgorac Tourist Board**, Tina Ujevića 14  
T./ F.: +385(0)21 675 110  
www.tzvrgorac.hr, info@vrgorac.hr

Vrgorac is a medieval town at the intersection of coastal and inland areas, surrounded by three fertile fields. It is located on the slopes of the Biokovo Mountain, which both connects and separates it from the coast, and it is in close proximity of Bosnia and Herzegovina. With its location at the foot of Matokit and Gradina fortress, Vrgorac dominates the horizon of gazebos and fertile fields. In the 18<sup>th</sup> century this hidden part of Dalmatia was discovered by the traveller and writer Alberto Fortis who expressed his enthusiasm in his book "Journey through Dalmatia." Vrgorac is today recognizable for its quality wines from the Vrgorac vineyards, its natural production of food, vegetables and fruit and, in particular, strawberries which are considered to be the best in Dalmatia.

## VISIT

**VRGORAC TOWERS** are the keepers of the past, its secrets and legends. They were built from the 16<sup>th</sup> to the 18<sup>th</sup> century and according to tradition they belong to a class of Turkish constructions. The towers, which had both a residential and defensive function, were inhabited by feudal lords, the Turkish beys, Venetian regents, Sardars and captains. The towers offered a safe accommodation to friars, traveling writers and heads of state. In one of the largest towers, Kapetanović tower, is a place where the Croatian literature bard Augustin Tin Ujević was born and raised and is now called Tin's tower. The tower was restored and is protected and houses an ethnographic collection, as well as a gallery, literary showcase and a souvenir shop.

**FRATAR (FRIAR'S) TOWER** – **Cukarinović** bey tower is the first in a series of towers from the west. After Vrgorac was liberated from the Turks, Venetians donated the tower to friars who

lived in it until the parish house was built in 1906. The tower is now the home of the parish collection of sacral books and other objects and documents, and a memorial plate that is similar to the plate placed on poet Tin Ujević's home.

**GRADINA FORT** is located on a strategic mountain position and at the crossroads of roads leading from the coast into the continental area. As the centre of Rastoci or Gorska parish it dominated the whole Vrgorac area.

**PARK**, Duhanska Stanica Garden, with uniquely shaped rocks and laurel trees that create centres surrounded by walkways with three gazebos, which, with their rocks, sinkholes, trails and steps, constitute a unique form of park architecture in the Mediterranean.

**ELEZ'S HOUSE** - a protected cultural monument of the Republic of Croatia in which the Austrian emperor and Hungarian-Croatian king Franz Joseph I spent the night while visiting Vrgorac in April 1875.



**THE PARISH CHURCH** is the Church of the Annunciation, built in 1913

**MONUMENT TO VETERANS OF THE CROATIAN WAR OF INDEPENDENCE** built in 2008.

**HERITAGE TRAIL ROAD - THE OLD NAPOLEON ROAD** is 25 km long and stretches through the entire Vrgorac area and passes through the centre of Vrgorac. When traveling on this road you can see and experience archaeological sites, local architecture, traditions and gastronomy.

**ETHNO-ECO VILLAGE VELIKI GODINJ** is a hamlet of the Rašćane village located on the northern slopes of Biokovo Nature Park. Veliki Godinj is a preserved pearl and a museum example of folk architecture in the Dalmatian Hinterland. The urban construction of stone houses, paved streets, drainage channels for water, housing that





is separated from the stables for livestock and space for threshing, bear witness to the rich heritage and culture of humans living in harmony with nature.

#### VRGORAC TOURIST BOARD

T/F: +385(0)21 675 110  
info@vrgorac.hr  
www.tzvrgorac.hr

**ETHNO-ECO VILLAGE KOKORIĆI** is near Vrgorac at the branch of Bunin Field, and it dominates a gentle hill that overlooks the cultivated fields and mountain peaks that surround it. Authentic rural units, threshing floors, wells, stables, barns, houses, taverns, Pržo Prvan tower, and the old medieval church dedicated to St. Anthony, all are a reflection of folk architecture and are protected sites.

The entire village has been restored and is a tourist attraction. You can stay in a Dalmatia holiday home and Pržo tower, eat local specialties in the well-equipped wine cellar, and learn about exhibits in ethno col-

lections and experience the customs and life of people in Kokorići.

#### ETHNO-ECO VILLAGE KOKORIĆI

+385(0)21 674 872  
+385(0)98 264 955  
info@hotelprvan.hr  
www.hotelprvan.hr

#### ACTIVITIES

Hotel Prvan provides a range of attractive tourist programs and excursions through the pristine nature of the Vrgorac area and the hinterland. Climbing on mountain tops, hiking on Alberto Fortis trail and other marked trails, riding a mountain bike on bike trails, experiencing wine routes, descending into mine shafts and navigating the river in ancient ships, allow the visitor to enjoy the hidden aspect of Dalmatia in its primeval, pristine beauty.

#### GASTRONOMY

Vrgorac is widely known for its superb cuisine, fruits and vegetables. Visit the **Pranić family household** (Phone: + 385 (0) 21

607 664), famous for its production of cured meat; the **Borovac family household** is known for its goat's cheese (Phone: +385 (0) 21 674 450, mob. +385 (0) 99 794 55 85, ljudevit.borovac@email.t-com.hr); and the **Vuleta family farm** known for producing honey, as well as the many restaurants and taverns in Vrgorac. Also visit Duge Njive and Vrgorac village on the road to Makarska, a favourite destination for connoisseurs of the sweetest and most delicious lamb.

#### ACCOMMODATION

##### Hotel Prvan\*\*\*

Zagrebačka 31  
21 276 Vrgorac  
T: + 385 (0)21 674 208  
F: + 385 (0)21 674 872  
M: + 385 98 264 955  
info@hotelprvan.hr  
www.hotelprvan.hr

*For information regarding  
renting rooms, apartments  
and holiday homes,  
contact the Tourist Board Office*



# Local cuisine and desserts

The tradition of gathering at the table with home-made food, produced by the confluence of sharp mountainous air and abundant sunshine-drenched valleys, gives out the scents and flavours of the Mediterranean hinterland. Traditional meals of Dalmatian hinterland of exceptional quality which are prepared in restaurants and on family farms are: Cetina trout, frogs and crabs, *Sinj arambaši* (cabbage leaves stuffed with chopped meat), boiled lamb, veal or cockerel (young rooster) roasted under the bell, *koštradina* (dried mutton or sheep meat), sour lamb liver, tripe, Vrljka donut, dishes prepared under the boiling lid, *soparnik*, *Poljica*



*kaštradina* with borecole, etc. You also need to try the wild game, sheep, goat and cow's milk cheese, and above all, the well-known traditional Dalmatian prosciutto, salted and smoked pork ham dried in the north wind, bora. As for desserts, you should treat yourselves to Imotski cake and rafioli.

## Wines made with love



Since Roman times, The Dalmatian Hinterland population has been affectionately linked to the grapevine. Wine in this area is considered to be holy; it represents need and love. In the area of the Dalmatian Hinterland you can find three wine districts: Sinj-Vrlika, Imotski and Vrgorac. The sun, high quality soil and picking the grapes by hand that is still done today, are the features that these wine districts are proud of. Thematic trails covered with vineyards lead to indigenous wine tasting rooms: there you can enjoy Crljenak, Pošip, Maraština, Debit, Hrvaština, Kujundžuša. The famous wine producers are the Grabovac family from Proložac, the Pilač family from Vrgorac, the Teskera family from Vrlika, and the Matković family from Imotski.

## VISIT

### WINE TASTING

Experience in the production of grapes and wine has been passed on in the Grabovac family for 200 years. This is evident by the recognition that the family received in 1812 from the French (Napoleon) authorities. The Grabovac family also produces the first Dalmatian champagne "Grabovac." Their winery and cellar offer wine tastings with homemade specialties. During the tasting tour you will visit a cellar in which the wine and champagne age, and guests will have the opportunity to become familiar with the process of winemaking, from barrique to sparkling wines and various spirits.

The Pilać winery tasting room in Vrgorac, with a capacity of 80 seats, is an attractive area for wine tasting and offers samplings of local quality products.

#### WINERY GRBOVAC

Proložac Donji

T: +385 (0)21 846 010

M: +385 (0)98 265 574

[vinarijagrabovac@vinarijagrabovac.hr](mailto:vinarijagrabovac@vinarijagrabovac.hr)

[www.vinarijagrabovac.hr](http://www.vinarijagrabovac.hr)

#### THE PILAĆ WINERY

T: +385(0)21 674 630

[info@vina-pilac.hr](mailto:info@vina-pilac.hr)

[www.vina-pilac.hr](http://www.vina-pilac.hr)

### OJKAVICA (RERA, GANGA)

Ojkavica (rera, ganga) is a traditional Croatian folk song. It is a form of the polyphonic chants in Croatian folklore. The text of the song was written in decasyllabic style, the most characteristic verse for Croatian folk songs. UNESCO committee for intangible cultural heritage of the world included the musical expression *ojkanje* on the list of intangible world heritage in 2010.



### FORTIFICATIONS

The Dalmatian Hinterland and places around it experienced the most significant growth during the Middle Ages when they were faced with mighty invaders, which is why that area contains numerous important defensive fortifications.

History lovers who want to learn about the life of the Dalmatian Hinterland in the past can visit forts in Cetina basin that are true symbols of the medieval Croatian heritage.

Dalmatian Hinterland forts are Prozor, Travnik, Zadvarje, Kunjak in the Kučići village near Podašpilje, Starigrad on Omiš Dinara and Peovica overlooking Omiš outskirts. They are the witnesses of the rich and turbulent history of the region. Numerous stories, myths and legends surround these once magnificent forts and life in them.



### THEMATIC TRAILS

In the Dalmatian Hinterland, there are 950 km of available, marked bicycle, hiking and mountaineering trails; 63 km of which are hiking trails, 82 km are mountaineering trails, 53 km are a combination of mountaineering/hiking trails and 750 km are bicycle trails.



# Calendar of events

Numerous historical spectacles and productions, cultural-musical events, folk festivals and folklore meetings throughout the year recreate the rich history and tradition of the Dalmatian Hinterland. Every town and city has its patron saints whose feast is celebrated by both religious and secular events and presentations, most often located in public places. Historical events in authentic surroundings also come to life in numerous events.

*For a detailed calendar of cultural and sporting events in each settlement, contact the Tourist Board Offices*



## Top events



### KLIS

#### Uskoci battle for Klis

Every year in late July, the historical unit *Kliški uskoci* organizes the historical spectacle at the Klis fort, the reconstruction of the historic battle between the Croatian Uskoks and the Ottoman army. Gun and rifle shooting, sword fighting and the releasing of incendiary arrows are only a part of the story that briefly relives the history of this area. As a part of this presentation, the city square under the fort organizes a fair of old crafts and trades, knightly tournaments in fencing and archery, as well as folk singers concerts.

### TRILJ

#### Days of St. Michael

During St. Michael's days in September, Trilj becomes the centre of meetings, trade and entertainment. At the traditional commodity-livestock fair you can see and purchase almost anything. An interesting cultural program is also organized and refreshments can be found at almost every turn. The main event is on September 29, when Trilj celebrates the Day of the City and the feast of its patron saint, St. Michael the Archangel. A traditional procession takes place on the town streets and the ceremony of St. Michael's day enriches the town with cultural and entertainment events.





## SINJ

### Alka

Sinj is best known for the famous knight game called Sinj Alka, which has taken place for 300 years on every first Sunday in August in honour of the heavenly patron, Our Lady of Sinj. According to tradition, she helped city defenders and chased away the Ottomans, and this knightly game is organized in the memory of the heroic victory in 1715, and as an eternal vow of loyalty and respect of the inhabitants of the area. Richly decorated original Alkar uniforms, the clatter of horses, cannon

shots from the Old City, the clashing of lances meeting rings, and a competitive spirit and chivalrous dig-

nity are sure testament to the invaluable importance of Alka during the past 300 years. Alka is listed by UNESCO as an intangible cultural heritage, and the event is scheduled for the first Sunday in August every year.

## VRLIKA

### Opera "Ero s onoga svijeta" in Vrlika

Folklore and folk songs of Vrlika inspired the Croatian composer Jakov Gotovac to write the comic opera "Ero s onoga svijeta". The opera is performed every year in late July at the Vrlika fountain in a unique natural setting, which is transformed into a spectacle of song, music and dance that is performed by the ensemble of the Croatian National Theatre in Split.

## RADOŠIĆ

### Bikijada and Rural Olympics

The Škopljanac family has for over twenty years been presenting Bikijada—a fight between the strongest, most skilled and best-fed bulls—which takes place in an enclosed arena in the centuries-old oak forest. At the same time, Rural Olympics are organized and bring together many competitors who want to test their strength and skills in specific old rural disciplines, events in which the residents of the Dalmatian Hinterland once competed.

## KOSTANJE

### Mila Gojsalić Days

The cultural–entertainment event, Mila Gojsalić Days, is presented in July and it is a competition in making *soparnik*, a traditional savoury pie, which is used to popularize the indigenous Poljica dish, making it an

authentic ethno-gastronomic prize of the Poljica area.

## IMOTSKI

### Imo Adventure

"Imo Adventure" is one of the most beautiful adventure races in Croatia, also called the "Seven Lakes" race. Many racing teams compete in running, swimming, diving, kayaking and climbing all over the Imotski area—on field trails, lakes, the Vrljika River, steep cliffs and canyons. Imo Adventure takes place every year in July.

## VRGORAC

### Bikla Days and Strawberry Days

Bikla is a mix of young black unripe wine and goat milk. This traditional beverage is made in honour of grapevines and goats. It features a brisk taste and pink colour which make it readily recognizable. The folk custom of drinking bikla, a mixture of wine and milk in equal proportions, is the reason for the traditional event Biklijada. It takes place in September and October and nurtures traditions through original fair offerings of local products and handicrafts, folklore and entertainment-musical programs. The Vrgorac area is especially known for its quality and juicy strawberries, and May and June are filled with events in honour of this delicious Vrgorac regional fruit.






**CONCERTS,  
PERFORMANCES,  
SPORT EVENTS, FAIRS**

**DUGOPOLJE** - May - Cycling Race „Dugopolje Klis Grand Prix“, July - International Folklore Fair

**TRILJ:** February - Carnival, Easter - Easter Fair, July – Days of Komin, Pura and Bronzin, Folk Festival, August - Cetina Raft Race, December - Living Nativity and Christmas fair, Christmas concert

**SINJ:**  Prosciutto Fair, May-International gallop races, June - bicycle race “To Cetina Source”, Cetina Adventure, July - Delmati vs. Romans Match, July / August – Alka Days and the Assumption of Mary (concerts, sports competitions, outdoor events) , Alka, Rural Products Fair, September - TransDinara marathon

**VRLIKA:** Easter – guarding Christ’s tomb, July – Folklore night at the fountain, the operetta “Ero the Joker”, August – evening of songs, dance and customs, September –Transdinara

**RADOŠIĆ:** May- Rural Olympics and Bull fighting

**KOSTANJE:** July – Mila Gojsalić Days, Soparnik Festival

**IMOTSKI:** March - International Taekwondo Tournament, Flower Sunday - Passion of Jesus, May - “Mandolin Imota” Festival, June / July - “Imo Adventure” adventurous festival, July / August –Imotski Force Festival, Festival “Actors in Zagvozd”, December - Live Nativity scene in Proložac

**VRGORAC:** March - Green Days, May - Strawberry Days and Village Games, June – Tin Ujević’s Days, September / October –Bullfighting in Vrgorac, December - Christmas Fair

## Cultural-historical programs


**Atlas Trogir, Trogir**  
T: +385 (0)21 881 374  
info@atlas-trogir.hr  
www.atlas-trogir.hr

### Traditional splendour of Dalmatia

A visit to Vrljika and the presentation of the Vrljika silent circle dance, visit to Sinj and Franciscan Monastery collections and the Church of the Miraculous Lady of Sinj, Alka Museum and the Cetina Region Museum, visit to Gena fashion atelier with an original Croatian product label.

**Eklata d.o.o., Split**  
T: +385 (0)21 544 232  
info@eklata.com  
www eklata.com

### The battle for Dalmatia

A visit to the Diocletian’s Palace in Split, Poljud stadium, ancient Salona, the living history of the Klis fort, Cetina pirates in Omiš  Pupačić, Zadarje (the story of Franciscan monastery in Zadar), Franciscan monastery in Imotski, Cetina Region Museum and Alka Museum in Sinj.

### Seaside fauna and flora

Malacological Museum in Makarska, Aquarium in Split, Biokovo Nature Park, the Cetina, Vrljika, Žrnovnica and Jadro rivers, Blue and Red Lakes in Imotski, Proložsko Blato near Proložac.

### The Living History of Klis fort

A visit to Klis fort and learning about its history, presentation of Klis defence against the Turks, featuring costumed characters of Klis uskoci, archery practice, learning about medieval weapons and crafts.



### Fort Dalmatia

Tour of fortifications: Knin Fort, Tilurium in Gardun near Trilj, Klis fort, Gradina above Vrgorac, Topana fort in Imotski, Prozor fort in Vrljika, Old Town in Sinj, Čačvina fort in Trilj.

### In search of poems in stone

Visiting the sites of importance for the Croatian literary history: Knin (Dinko Šimunović), Vrljika (Milan Begović), Slime (Ivan Pupačić), Zadarje (the story of Hasanaginica), Imotski (Vlado Gotovac), Vrgorac (Tin Ujević).

### On the other side of a dry wall

Tour of Radman mills and a boat trip (Omiš), Ethno village Kokorići (Vrgorac), Biokovo Vrata rural tourism centre, the Panj family farm (Sinj), ethno village Stella Adriatica (Klis), Split and Diocletian’s Palace.

### Trails of Dalmatian mills

Tour of Vrljika, Lelas Mills, Grab Mills and the source of the Grab River, mills on the Vrljika River and Žrnovnica River, sailing from the mouth of the Cetina River to Radman Mills, tour of Solin and Gašpić Mills, Pantan - fortified mills.

# gastronomy experiences



## **F-tours putovanja d.o.o., Split**

T: +385 (0)21 344 842  
info@f-tours.hr, www.f-tours.hr

### **Medieval charms of Cetina fort**

Tour of the fort next to the Cetina River and multimedia introduction to the historical route of forts of the Cetina River basin, learning about the ethnographic heritage of the region, horseback riding along the Cetina River, rafting and sampling local dishes of the Dalmatian Hinterland.

## **Ichtis travel d.o.o., Split**

T: +385 (0)21 482 200  
travel@ichtisonline.com  
www.ichtisonline.com

### **On the trail of Poljica Glagolitic priests**

Tour of the Upper, Lower and Middle Poljica, early Christian church in Gata graves in Tugare, hexagonal baptistery, Church of St. John, Church of St. Peter, Priko in Omiš, Church of St. George, Fortica, Starigrad, Omiš, Brač, Blaca desert, Split.

## **Enogastronomy – Dalmatian hinterland flavours and fragrances**

## **Ilijada d.o.o., Split**

T: +385 (0)21 656 006  
info@ilijada.eu, www.ilijada.com

### **Traditional flavours of Dalmatia**

Tasting the flavours of traditional dishes of the Dalmatian Hinterland; a visit to picturesque Split fish market; three culinary workshops; a visit to wineries and sampling of indigenous wines with an expert oenological presentation.

## **Radmanove mlinice - Kaštil Slanica, Omiš**

T: +385 (0)21 862 238  
info@radmanove-mlinice.hr  
www.radmanove-mlinice.hr

### **Dalmatian Hinterland culinary tradition**

Experience oenological and gastronomic traditions of the Dalmatian Hinterland in the company of guides with a particular passion for the culinary heritage of the region; tour of typical Dalmatian taverns; tour of lakes surrounding Imotski, and sources of Grab and Cetina rivers.

### **Pirate night in the Cetina River canyon**

Participation in pirate battles on the Cetina River; experience another side of Omiš pirates followed, by a party with the pirates; pirate feast in the restaurant and dishes from the pirate past.

### **Preparing soparnik**

A culinary workshop on *soparnik* preparation is planned, in its original ambiance, on a hearth with the crackling of fire and the smell of smoke; housewives' suggestions and their little secrets will be relayed to each visitor, impressing all visitors with warm, lasting memories.

### **Bread baked under the lid in Kaštil Slanica**

Culinary workshop on making bread under the lid is organized in the original surroundings, by a fireplace with a crackle of fire and the smell of smoke; housewives' advice and their little secrets will be transferred to each



visitor, the results of which will remain deeply engraved in each visitor's memory.

## **Shuttle d.o.o., Split**

T: +385 (0)98 234 913

info@shuttle.hr, www.shuttle.hr

### **Soparnik - the simplicity of the old times**

Guided tour of Split with an emphasis on gastronomy; visit to Gašpine Mills; a trip to Klis where, in an authentic area of a typical Dalmatian hamlet, you can learn about the importance of *soparnik* and how it was originally prepared.

### **What Emperor Diocletian ate?**

Salona, an encounter with old Roman cuisine; Gašpić Mills where farmers from Dalmatian Hinterland grounded wheat, while those from the islands waited for their turn in boats strung along the riverbank; Klis, learning about dishes and spices from the Diocletian's period.

### **Delicacies of the Dalmatian Hinterland**

A visit to prosciutto preparation, a production of Dalmatian prosciutto and cheese from *mišina* (lamb skin sack); a visit to wineries and producers of fruit brandies; a visit to the oil mill, the olive oil production technology; a visit to a ethno-village; traditional dishes' gastro-workshop.

### **At Klis heights – Klis**

Ethno tour of the city of Split, going to the market; tasting of traditional dishes and beverages; preparation of bread under the boiling lid; half-day culinary workshop with six courses and personal chef; preparation of traditional Dalmatian dishes.



# Activities and fun in Dalmati

## **Almissa – Larus d.o.o., Omiš**

T: +385 (0)21 864 596  
almissa-larus@galeb.hr  
www.almissa-larus.hr

### **Duel on Dalmatian rocks**

A zip-line ride through the canyon of the Cetina River; rafting on the Cetina River; free climbing above Omiš; canoeing; walking to the Church of Our Lady of the Snows.

### **Hiking at the Omiš mountains**

A hike on a circular St. Leopold Mandić educational trail in Mosor; relaxation during Omiš tour; enjoying a medical massage; hiking at Poljica Mountain, a trip to the Church of Our Lady of the Snows.

## **Atlas Trogir, Trogir**

T: +385 (0)21 881 374  
F: +385 21 884 744  
info@atlas-trogir.hr  
www.atlas-trogir.hr

### **Dalmatia as a souvenir**

Sightseeing in Trogir, a visit to Pantan Mills and Cetina region; small school of ceramics, trips by sea kayak and canoe and a descent down the Cetina River; experiencing the authentic Roman delicacies and learning about Roman football.

### **Heritage and adventure in Cetina region**

A visit to Cetina and its tributary Ruda, Grab creek, Vodena peć Cave and Grab Mills; horseback riding along the Cetina River, bowling, night descent down the Cetina River in canoes with torches; experiencing the authentic, ancient Roman specialties.



## **Avanturist club DMC, Trilj**

T: +385(0)21 831 770  
M: +385(0)98 561 045  
sv.mihovil@inet.hr  
www.avanturist-club.com

### **Canoeing in the canyon**

Canoeing in inflatable canoes for 6-8 people on white rapids of one of the most beautiful and still undiscovered canyons in Europe.

### **Rafting**

In a word, adventure, 3-4 hours of rafting in inflatable boats (for 6-8 people), from Penšići to Radman Mills, through a canyon whose mighty cliffs surround the rapids of the river rushing to the sea, guaranteeing an unforgettable experience.

### **Canoe Safari**

Canoes for 6-10 people, descent on calm part of a crystal-clear Cetina River and its tributaries, which in its entire length mean-

ders through green natural surroundings of Sinj Field and offers a unique experience where the air is filled with bird songs.

### **Bike tours**

Adapted for recreational bikers, tourist groups and families.

### **Horseback riding**

For tourists and lovers of horses and riding, Avanturist club arranges horseback riding in nature. The horseback riding school is organized by an equestrian club with professional instructors throughout the year.

### **Trekking Tour**

Walking tour of Trilj green hills follows a 10 km long trail through green hills above Trilj.

### **Canoeing**

An unforgettable experience in a 200 m deep Cetina River canyon.



# Dalmatian hinterland



## Sport fishing

On 3 karst beauties (Cetina, Ruda and Grab) in the Dalmatian Hinterland, a place for the most demanding anglers.

## Adventurist Multisport Week

Spend an active vacation filled with sports and recreation at the most beautiful Dalmatian river – Cetina. Breathe in the fresh air of pristine nature, let your mind relax and activate your body.

## Dalmatian Hinterland Biking Week

Paths 35-55 km in length pass through a unique natural ecological environment of the valley of the Cetina River, green hills and glades of Trilj and glades of Kamešnica and Mosor mountains, reaching numerous sources, indigenous villages, caves.



## Dalmatian Hinterland Hiking Week

On hiking tours through the Dalmatian Hinterland you will enjoy the unique natural beauty of the karst area: Cetina Canyon, Krka National Park, Biokovo Nature Park, Imotski lakes, Kamešnica Mountain.

### Aventur d.o.o., Trogir

T: +385 (0)21 882 388

[aventur@aventur-agency.com](mailto:aventur@aventur-agency.com)

[www.aventur-agency.com](http://www.aventur-agency.com)

## Dose of adrenaline from Cetina to the Adriatic

Rafting on the Cetina River for 3-4 hours; zip-lining in the Cetina River canyon, cable climbing, walking to the point of descent; participation in water sports of your choice in Trogir.



### Biokovo Active Holidays d.o.o. Makarska

T: +385 (0)21 679 655

[biokovo@biokovo.net](mailto:biokovo@biokovo.net)

[www.biokovo.net](http://www.biokovo.net)

## Dawn at Biokovo summit

Traveling in mini-busses with stops for sightseeing at vantage points; ride to the St. Jure summit, the highest seaside peak on the Mediterranean; a view of sunrise behind the Bosnian mountains.

## Evening at Biokovo summit

Drive, with a short stop for panoramic tour, to St. Jure – the highest seaside peak on the Mediterranean; with unforgettable views on the surrounding countryside, you will enjoy the spectacle of sunset and experience the night view of the seaside.

## Courageously to Biokovo summit

A drive to the village Makar; hiking to the Vošac summit with occasional stops for rest and enjoying the view; a minibus drive to the highest peak of the mountain-St. Jure, enjoying the view of the sea and Bosnia.

## Hiking on and around Biokovo Mountain

Discovering the Makarska Riviera; a visit to the Cetina River canyon; Biokovo hinterland and Imotski region with geological phenomena of deep karst lakes and sinkholes; the island of Brač-the highest island peak in the Adriatic.

## Dalmatian adventures

Kayaking on the Makarska Riviera; ride on mountain bikes; kayaking on the Cetina River; the experience of the river from a canoe or via rafting; hiking-climbing with beautiful views of the sea or the mountains.

### Dalmatia bike tours, Sinj

T: +385 (0)21 700 594

M: +385 (0)21 808 1806

[info@dalmatia-bike-tours.hr](mailto:info@dalmatia-bike-tours.hr)

[www.dalmatia-bike-tours.hr](http://www.dalmatia-bike-tours.hr)

## Cycling adventure

Dalmatian cycling tours in the interior of the Dalmatian Hinterland, 25 kilometres from Split, of



fering a comfortable ride along the Cetina River and through pristine natural landscapes.

### Discover true Dalmatia on bike

Guided and organized biking tours with the help and support of vehicles that are always nearby. It allows the most direct experience of hidden beauties of rural Dalmatia and its interior in an environment of breathtaking beauty that will make you wish to stay there forever.

#### Dalmatia Explorer, Vrljika

+385 (0)91 212 8882  
info@dalmatiaexplorer.com  
www.dalmatiaexplorer.com

### Photo Jeep Safari - Dalmatian Hinterland

Enjoy the beauty of the landscapes of the Dalmatian Hinterland, the Dinaric Alps and its rich resources, following traces of history and heritage. Let's discover the mysterious beauty of the Dinaride karst canyons and the hidden coasts and bays of its lakes, with refreshments at the very source of life and Croatian history, the fascinating source of the beautiful Cetina River, the longest river in Dalmatia.

### Mountain Biking & Jeep Safari

Let's merge the pleasures of cycling and jeep safaris! Cross-country cycling trails, panoramic views fields and hills of the Dalmatian Hinterland, the shores of its beautiful lakes, rivers and canyons. Travel to sources of life through history and legacy.

### Cycling through Dinaridic sources

Cross-country cycling on trails, fields and hills of the Dalmatian Hinterland, the shores

of its beautiful lakes, rivers and canyons. Travel to sources of life through the history and legacy to the source of the longest river in Dalmatia, the beautiful Cetina. Enjoy local premium wine varieties, traditional homemade Dalmatian prosciutto and cheese from local pastures in authentic eco-ethno ambience of a family farm in the picturesque historic town of Vrljika or in nature.

### Team Building Safari

We specialize in a variety of sports-recreational and adventure activities in the open air, where the members of your team can enjoy the beautiful nature and landscape of the Dalmatian Hinterland, Dinara Mountains, the Cetina River, Peruća Lake etc. We strive to provide entertainment for everyone, far from the bustling work environment.

#### Eklata d.o.o., Split

T: +385 21 544232  
info@eklata.com  
www eklata.com

### Imotski turquoise cycling tour

A tour of hydro-geomorphological sites in Imotski region: Vrljika River (its fountain, stream and its underground descent), Red and Blue Lakes, Prološko Blato, Ričice Lake, Suvaja River.

### Source of Dalmatia

Source of the Cetina River-visit the karst springs of the Cetina River; Peruća hydropower plant and a dam; Trilj-rafting on the Cetina River; Omiš-voyage from the source of the Cetina River



to Radman Mills; Imotski-tour of the city; tour of the Blue and Red Lakes.

#### F-tours putovanja d.o.o., Split

T: +385 (0)21 344 842  
F: +385 (0)21 360 083  
info@f-tours.hr, www.f-tours.hr

### Cetina River on the back of a mustang

Short riding lessons and exploring riding trail and routes; riding through the valley of the Cetina River and getting to know the ethnographic heritage of the area; tasting local dishes of the Dalmatian Hinterland along the Cetina River.



#### **Perla - svjetska putovanja d.o.o.**

Imotski

T: + 385 (0)21 670 232

kontakt@perla-tours.hr

www.perla-tours.hr

### **The beauty of Imotski region**

Panoramic tour of Proložko Blato and Galipovac, drive to the source of the Vrljika River, walk to the Dva oka Lake, visit to a Green Cathedral. After lunch the trip continues to Imotski. A visit to Red and Blue Lakes, a visit to Imotski fort, walk through the city to St. Francis church and monastery, a visit to Imotski Museum.

### **Sinj – Panj family farm**

A tour of the city of Sinj and its sights followed by a scenic drive to Peruća hydropower plant. A short stop for a tour of the dam and the canyon. Upon arrival at the Panj family farm you will be served lunch in a restaurant, enjoy an animation program, folk games, rope pulling, sack races, "little Alka," and singing contest.



#### **Premijer turist , Trilj**

T: +385(0)21 831 955

M: +385(0)99 826 9422

premijer@premijerturist.hr

www.premijerturist.hr

### **The magnificent Dalmatian Hinterland**

The Trilj region, with the Cetina and Ruda rivers, offers the possibility of a variety of activities from safari to canoeing for groups in the fields, where the rivers are peaceful and quiet, without waterfalls and rapids, to a visit to the famous Grab Mills, which are 600 years old and are still active, and Tilurium, a Roman military camp in the village of Gardun, to bowling or horseback riding. Our host will tell us an interesting story about

the ancient Roman football that was played approximately 2,000 years ago.

### **Three days in the Dalmatian Hinterland**

A three-day stay in the Dalmatian Hinterland with accommodations on family farms, with a range of activities such as river rafting, horseback riding, biking, an antique-tradition dinner with entertainment and a tour of the museum in Sinj.

### **Kayak and canoe**

Expeditions are designed for maximum enjoyment and experience of nature, and rowing is just one element of it. Our guide is available to our guests for all their needs. The tour also includes, in addition to transportation, a guide and equipment, food and an overnight stay, if needed.

### **Dive into the history through sports and entertainment**

The entire program is designed as a presentation of the rich cultural, historical and gastronomic activities of this region. Guests can, if desired, relax, go bowling or ride horses in a fenced corral. No one can remain unimpressed by the rich and interesting gastronomic menus of tra-

#### **Instinkt Travel, Gradac**

T: +385 (0)98 912 8868

info@instinkt-travel.com

www.instinkt-travel.com

### **Biokovo stone trails**

Climbing the southern part of Biokovo Mountain; visit to Dalmatian Hinterland via Zaoštrog Hill; conquering the peak of St. Jure; crossing Prošćansko to Podaca Field; following the trails of pagan warriors and a visit to a monastery in Zaoštrog.





ditional dishes and specialties of the Dalmatian Hinterland, as well as the unusual dishes of the ancient Romans, prepared according to recipes as old as 2,000 years old.

**Radmanove mlinice -  
Kaštil Slanica, Omiš**

T: +385 (0)21 862 238

F: +385 (0)21 862 238

info@radmanove-mlinice.hr

www.radmanove-mlinice.hr

**Adventure in  
Cetina River canyon**

A mixture of rafting, zip-lining and rock climbing; with a dose of high-adrenaline fun and the opportunity to enjoy the natural beauty and flavours of Omiš area, all combined with carefully prepared activities and traditional cuisine.

**On steep Dinara  
Mountain cliffs**

The most interesting place for free climbing in Croatia-Omiš!; a peculiar combination of the sea, Cetina River and the cliffs provide a real feast for the eyes; climbing is filled with adrenaline, and since the trail is filled with trails of various difficulty levels, this tour is perfect for everyone, regardless of their climbing experience.

**Rafting adventure  
on the Cetina River**

An unforgettable experience of rafting on the Cetina River, a combination of descent down the rapids, along with peaceful parts of the crystal green river, and a culinary treat in the country house atmosphere of Radman Mills, all await you. .

**Healthy Mountain hikes**

A quiet stroll in the fresh air on organized hiking trails over the slopes of Biokovo Mountain through untouched nature has a remarkably positive effect on human health; enjoy a beautiful panoramic view from the St. Jure summit.

**Uniline d.o.o., Pula**

T: +385 (0)52 390 000

F: +385 (0)52 215 036

uniline@uniline.hr

www.uniline.hr

**Split Outdoor  
Adventure, Split**

T: +385 (0)21 688 505

M: +385 (0)98 981 5451,

+385 (0)91 151 5451

info@splitoutdooradventure.com

www.splitoutdooradventure.com

**ATV - QUAD adventure  
Vrdovo**

A half-day adrenaline adventure, 40 km drive at an altitude of 1000 m over incredible roads and through beautiful pristine nature.





### Jeep safari

Jeep safari is a ride in Land Rover jeeps through the natural beauty of Central Dalmatia on gravel and paved roads.

### Kayak safari

Kayak safari on the longest Dalmatian river, Cetina, which is surrounded on one side by wild Svilaja and by harsh Dinara and Kamešnica on the other, giving you a unique opportunity to enjoy the hidden beauty of nature.


### Horseback riding

The love for horses of Dalmatian Hinterland residents is a centuries-old, cherished tradition. In Sinj, Trilj Ogorje and Imotski, stables and equestrian centres organize riding schools for beginners and therapeutic riding sessions, and they provide services for professional and recreational riders. In Sinj and Trilj horse races and show jumping activities are available, and there is an increasing interest in various forms of recreational and competitive horseback riding in the equestrian clubs.

#### Equestrian Clubs:

##### Alkar

Put šumarije bb, Sinj

T: +  021 822 662

##### Alamo


Brnaze bb, Sinj

M: +385 (0)91 791 39 14

##### Mustang

Glavice bb, Sinj

T./F.: +385 (0)21 2 401

M: +385 (0)91  7791

M: +385 (0)91 589 9305

mustang@gmail.com

www.mustang-sinj.net

#### Horse racing club Vreba,

##### Hrvace 7

T./F.: +385 (0)21 829 190

M: +385 (0)98 423 614

##### Sveti Mihovil, Trilj

T: +385 (0)95 910 4441

sv.mihovil@inet.hr

www.svmihovil.com

#### Alkarska ergela d.o.o., Sinj

Šetalište Alojzija Stepinca 2

T./F.: +385 21 / 822 662

vad@st.t-com.hr

#### Ranch perla, Imotski

Glavina gornja 34, Imotski

M: +385(0)91 909 7454

www.facebook.com/ranc.perla



### Buggy Adventure

Take family and friends for a ride in buggy vehicles through mountain paths of the Dalmatian Hinterland, in an adventure called the Seven Lake Tour. During this adventure, you have the opportunity to see seven beautiful lakes in the Imotski region. Buggy Sport Imotski offers a safe and exciting adventure for the whole family and you do not need any experience in buggy driving, and the adventure is age and experience appropriate.

 Buggy Sport Imotski,  
Blajburška 3, Imotski

M: +385 (0)98 169 4928

www.buggysportimotski.com

### Cetina Canoe safari

Cetina, a Dalmatian karst beauty, is ideal for the magical experience of a canoe safari. Enjoy the peaceful river stream, enjoy the fresh air in pristine nature. Canoe Safari is a recreation suitable for all ages.

#### CARPE DIEM,

Association for  
adventure tourism

T: +385 (0)99 698 6182

kslpegaz@gmail.com

www.adventurezagora.com



## Paragliding

From Greda in Hrvace, one of the best airfields for paragliding in Croatia; sail the skies and experience an unforgettable thrill. Thermal conditions are excellent and enable flying from the early morning hours on. The altitude difference between starting and landing points is 360 metres. The paragliding club Pegaz organizes basic courses, advanced courses and tandem flights.

### Paragliding club Pegaz, Hrvace

M: +385 (0)99 698 6182  
[www.pegaz-paragliding.com](http://www.pegaz-paragliding.com)

## Skydiving

Many glider and small aircraft pilots use Sinj airport that offers a paragliding school section and a parachuting school.

### Aero klub Sinj, Sinj

M: +385 (0)95 907 8507  
[www.aeroklubsinj.hr](http://www.aeroklubsinj.hr)

## Airsoft

Airsoft is a team sport and a hobby that simulates military-police combats with the use of airsoft military weapon replicas and other military equipment (clothing, shoes, vests, radio communications, and camouflage techniques); it is available at the Patriot training ground of the eponymous war veterans' association for adventure tourism.

## Paintball

Paintball is a game in which the participants compete in teams or individually with the aim of eliminating one or more opponents by hitting and marking them with balls containing paint shot from a paintball marker. The winner is the team

or player who reaches the goal first or is the last man standing

### CARPE DIEM Association for adventure

tourism Hrvace  
M: +385 (0)95 8 6182  
[www.adventurezagora.com](http://www.adventurezagora.com)

### PATRIOT

War veterans association for  
adventure tourism  
Airsoft, canoe rental, quad &  
buggy adventures

M: +385 (0)98 920 8319  
[www.bz-patriot.hr](http://www.bz-patriot.hr)



### EXPERIENCE Imotski Adventure tourism craft Imotski

M: +385 (0)95 902 7112,  
[www.experienceimotski.hr](http://www.experienceimotski.hr);  
[experience.imotski@gmail.com](mailto:experience.imotski@gmail.com)

## Cycling

Ride a bike on marked trails that connect all the important thematic sites in Sinj, Trilj and Vrljika; enjoy easy cycling trips through forest trails and roads on flat ground or go mountain cycling; you will experience the Dalmatian Hinterland in the best possible way.

### Cycling Association Vlaji, Sinj

M: +385 (0)95 519 818  
M: +385 (0)98 807 037  
[www.facebook.com/biciklisticka](http://www.facebook.com/biciklisticka)  
[rugavljajisinj.sinj](mailto:rugavljajisinj.sinj)



## Fly Fishing

Fishing enthusiasts can enjoy fishing on the Peruća Lake and the Cetina River. Brown trout (*Salmo trutta m. fario*) and grayling (*thymallus thymallus*) are particularly suitable for popular fly fishing.

### Sport Fishing Club Cetina Sinj

T: +385 (0)91 3017  
Informacije i pozvole:  
+385 (0)98 360 558  
[www.srdcetina-sinj.blog.hr](http://www.srdcetina-sinj.blog.hr)

### Sports fishing association 'Šaran'

M: +385 (0)91 1222 426

## Mountaineering

Fill your day with hiking or trekking in the mountains of the Dalmatian Hinterland. All your hiking and trekking needs can be met; choose one of marked trails and spend a day in the fresh forest air, enjoy the beautiful views from mountain summits, and renew yourselves with domestic food and beverages on the return. For information about hiking clubs, visit the Tourist Board Offices.

# Useful information

## DOCUMENTS REQUIRED FOR TRAVELLING

A valid passport or other document which is recognized by the international agreement, and which proves one's identity and citizenship;  
Notifications: Diplomatic missions and consular offices of the Republic of Croatia abroad or the Ministry of Internal Affairs and the European Integration of the Republic of Croatia.  
[www.mvpei.hr](http://www.mvpei.hr); [stranci@mvpei.hr](mailto:stranci@mvpei.hr); [vize@mvpei.hr](mailto:vize@mvpei.hr);

## MONEY

The official currency in Croatia is the kuna (1 HRK= 100 lipas);  
Foreign currencies can be exchanged at banks, exchange offices, post offices, and most tourist agencies, hotels and camps. Credit cards (Eurocard/Mastercard, Visa, American Express and Diners) are accepted in almost all hotels, marinas, restaurants and shops, as well as at ATMs.

## ELECTRIC SUPPLY

220 V with 50 Hz frequency.

## IMPORTANT

### PHONE NUMBERS:

International telephone code for Croatia: 385;  
Split-Dalmatia County telephone code: 021;  
*(For Split – Dalmatia County, telephone code is 021. If you are calling from abroad or using your mobile phone you do not have to dial the first 0, so the phone code is 385 21.);*  
National protection and rescue directorate (unique European phone number for emergency services): 112.

## POSTAL SERVICE AND

### TELECOMMUNICATIONS

Post offices are open during the day from 7 AM to 7 PM, in smaller towns from 7 AM to 2 PM, and some utilize a split shift.  
In major towns and tourist destinations, duty post offices are open on Saturdays and Sundays.  
Telephone cards sold at post offices and newspaper stands can be used on all public phones. One can make a call abroad directly from any phone.  
[www.posta.hr](http://www.posta.hr)

## MEDICAL SERVICE

There are hospitals and clinics in all of the major towns and cities, and one can also find infirmaries and pharmacies in smaller towns/villages. Foreign tourists who have compulsory health care insurance do not pay for their emergency health care services during their stay in Republic of Croatia, if Croatia has concluded the health care agreement with the country they come from and provided they have the required verification demonstrating they have the right to health care for themselves.  
[www.hzzo-net.hr](http://www.hzzo-net.hr)

## PUBLIC HOLIDAYS

1 January - New Year's Day  
6 January - Epiphany  
Easter Sunday & Easter Monday  
1 May - Labour Day  
Corpus Christi  
22 June - Anti-Fascist Resistance Day  
25 June - Statehood Day  
5 August - Victory Day and National Thanksgiving Day  
15 August - Assumption Day  
8 October - Independence Day  
1 November - All Saints' Day  
25-26 December - Christmas Holidays

## USEFUL LINKS

Ministry of Tourism, [www.mint.hr](http://www.mint.hr)  
Split – Dalmatia County Tourist Board, [www.dalmatia.hr](http://www.dalmatia.hr)  
HTZ - Croatian National Tourist Board, [www.croatia.hr](http://www.croatia.hr)  
Exchange rate list, [www.hnb.hr](http://www.hnb.hr)  
Weather, [www.dhmz.hr](http://www.dhmz.hr)  
Airlines, [www.croatiaairlines.hr](http://www.croatiaairlines.hr)  
Split Airport [www.split-airport.hr](http://www.split-airport.hr)  
Zagreb Airport, [zagreb-airport.hr](http://zagreb-airport.hr)  
Dubrovnik Airport, [www.airport-dubrovnik.hr](http://www.airport-dubrovnik.hr)  
Zadar Airport, [www.zadar-airport.hr](http://www.zadar-airport.hr)

## PETS

Transferring pets across the border is possible only with the possession of all required documents indicating the current health status of the animal, provided by a veterinarian, and dogs and cats also need to have microchip implants.  
[www.mps.hr](http://www.mps.hr)





# CENTRAL DALMATIA

## *The Heart of Adriatic*

[www.dalmatia.hr](http://www.dalmatia.hr)

Split-Dalmatia County Tourist Board  
Prilaz braće Kaliterna 10/1, 21 000 Split, Croatia  
tel./fax: +385 (0)21 490 032; 490 033; 490 036  
info@dalmatia.hr, www.dalmatia.hr



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