Cruise & Walk the Dalmatian Coast



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Cruise & Walks	Croatia	4	923kg CO2

HOLIDAY OVERVIEW

Stretching over 230 miles, Croatia's Dalmatian Coast is a golden strip of charming harbours, historic cities, Roman ruins, and more than 1,000 islands. Experience the best of it aboard this premium small-ship cruise on MV Paradis exclusively, for HF guests. Stay in spacious, air-conditioned cabins, unwind on the sun deck or in the hot tub, and dine on traditional Dalmatian dishes freshly prepared by your onboard chef. We'll step ashore for guided walks on Brač, Korčula, and Hvar, in the foothills of the Biokovo Mountains, and Mljet National Park. You'll also enjoy a guided tour of Split's UNESCO-listed sites and set anchor each evening in a picturesque port where you're free to explore at your own pace.

WHAT YOU'LL LOVE

- An exclusive small-ship feel with a max capacity of just 32 people
- Daily small-group guided walks and sightseeing with expert local leaders, exclusively for HF guests
- Comfortable air-conditioned cabins and a sun deck complete with loungers and a hot tub
- Guided walks on the islands of Brač, Mljet, Korčula, Hvar, and Šolta
- Swim stops in hidden coves and crystal-clear bays
- Stunning views over the Adriatic as you hike in the Biokovo Mountains

- Mooring in charming coastal towns and harbours each evening
- Discover Diocletian's Palace and Roman architecture on a tour of Split

WHAT'S INCLUDED

- Return flights from London Heathrow including baggage and transfers
- Guided walks and sightseeing with local leaders
- HF Holidays Tour Manager
- 7 nights' touring accommodation on board Premium Superior vessel MV Paradis
- 7 breakfasts, 1 lunch, and 7 dinners including a Captain's Dinner
- Tea and coffee served each afternoon and unlimited water
- All sightseeing and entrance fees (as per itinerary)
- Wine and olive oil tasting on board
- All local taxes, port fees and obligatory tips included
- All in-destination transport

ITINERARY - ITINERARY

Day 1 **Arrival - Brač Island**

Distance: 3.5 miles (6 km)

Ascent/Descent: minimal

Arrive at Split airport and join your private transfer to Trogir. Board MV Paradis, where you'll be greeted by your captain and crew. Meet fellow guests and enjoy lunch on board before we set sail for Brač. Take a guided walk around Supetar, the island's capital, before a special welcome drink and dinner.

Walking time: approx 1.5 hours

Day 2 **Walking in Biokovo National Park**

Distance: 1.9 miles (3 km)

Ascent/Descent: 430 feet (130 m)

After Breakfast and a morning relaxing on board, we'll arrive in Makarska, a picturesque port town beneath the impressive Biokovo Mountains. The second highest range in Croatia is famous for it's views across the coast and on a clear day, you might even be able to see the coast of Italy. We'll begin with a drive up to the famous Skywalk view point, a horseshoe-shaped glass walkway extending over the cliff, for breathtaking views. We then continue to the highest point in the range, St. Jure Peak (1,762m) and walk to the near by Church of St. Jure. We'll then transfer to Vošac Mountain Hut and walk to Vošac Peak which towers directly above Makarska town. You might choose to take a walk along the town's promenade this evening.

Day 3 Exploring Mljet National Park

Distance: 5 miles (8.5 km)

Ascent/Descent: 750 feet (230 m)

Relax on board this morning as we sail to the Island of Mljet. Arrive in the coastal village of Pomena and explore Mljet National Park on a guided walk. Highlights include walking around the islands saltwater Great Lake and Small Lake and enjoying the islands dense and well-preserved pine forests. Later this afternoon, there's an opportunity to rest or enjoy a swim before we look forward to dinner with the captain this evening and overnight in Pomena

Day 4 Korčula Island – Hum Hill & Vela Špilja

Distance: 3.5 miles (6 km)

Ascent/Descent: 1180 feet (360 m)

Today we cruise to Vela Luka on Korčula. Setting off on a walk up Hum Hill (376m), admire sweeping views of the bay and nearby islands before descending to Vela Špilja, an important archaeological site which shows evidence of human activity dating back to the Neolithic period. After free time to explore, we'll return to the port for the night.

Walking time: approx 2.5-3.5 hours

Day 5 Hvar

Distance: 1.5 miles (2.5 km)

Ascent/Descent: 490 feet (150 m)

Sail to Hvar Town and visit Španjola Fortress, a medieval castle built on an ancient Illyrian site, for impressive views. We then continue to Stari Grad with a swim stop along the way. Enjoy an afternoon at leisure in Stari Grad, famed for its lavender fields.

Walking time: approx. 1 hour

Day 6 Bol

Distance: 3.5 miles (5.5 km)

Ascent/Descent: 490 feet (150 m)

We begin today with a morning walking tour from Stari Grad to Purkin Kuk, an ancient, fortified settlement with megalithic walls. Upon our return, we sail to Bol on the island of Brač. Explore the town and take a scenic walk to the world-famous Zlatni Rat or "Golden Horn", a giant sandbar that juts out into the Adriatic, constantly changing shape. After dinner, there's time to further explore the town at your own pace.

Walking time: approx. 2.5 hours

Day 7 Bol – Šolta & Split

Distance: 4.5 miles (7 km)

Ascent/Descent: 850 feet (260 m)

Departing Bol, we'll cruise to Šolta, stopping at Stomorska for a walk up to Gornje Selo, where Adriatic views await. Afterwards, we'll sail back to Trogir to spend our final afternoon exploring Split's historic Old Town and the 3rd-century Diocletian's Palace – one of the most remarkable Roman structures still standing today. Overnight in Trogir.

Walking time: approx. 2.5 hour

Day 8 Departure Day - Trogir

Enjoy breakfast onboard before saying farewell to your crew and fellow guests.

DAILY WALK OPTIONS



Gentle walking grade 4

The most active Gentle grade, with longer walks, some ascent, and possible steps, stiles, or off-path uneven ground. Typically, 6-7 miles (10-12km) with around 1,000ft (300m) of ascent.

ACCOMMODATION

MV Paradis

The MV Paradis is a premium superior motor vessel built in 2014, offering an exceptional way to discover the stunning Adriatic coastline. Its modern and air-conditioned cabins, each with a private en-suite bathroom, provide a cosy and inviting retreat after a day of exploring.

The ship's sun deck is the perfect place to unwind, complete with a hot tub and loungers where guests can soak up the sun and admire the views.
Note: Hot tub may be closed in adverse weather conditions.

Onboard dining is a delight, with meals prepared using fresh, local ingredients and served in a welcoming and elegant dining area. The professional and attentive crew ensures every aspect of your journey is seamless, adding a personal touch to your cruising experience.

From picturesque harbours to hidden coves, the Paradis promises a memorable adventure blending relaxation, comfort, and exploration.

- A total of 18 cabins on 3 decks, exclusively for HF guests.
- Lower deck cabins feature 2 port holes and are accessed via an inner entrance, whilst main deck cabins have windows and doors with windows for access via the outside deck.
- Standard pricing is based on 2 persons sharing a lower deck cabin, with an upgrade supplement for main and upper deck. Both decks offer twin & double-bedded options.
- There is a swimming platform with easy access when we drop anchor for those wishing to take a dip.
- The program includes daily breakfast and dinner and 1 lunch. Meals are freshly prepared by the on board chef and crew.

The 3 course dinners on board are set menu, therefore it is important to inform us if you have have any special dietary requirements or allergies at the time of booking so we can cater for this during your stay.

You'll also find a bar on board where drinks can be purchased.

A Captain's Dinner is included – a special evening hosted by the captain and your tour guide. Click here for detailed deck plan.

Other highlights on board

· Daily cabin cleaning · Midweek bed linen and towel change · Fully equipped two bedded cabins featuring A/C, safe deposit box, hair dryer and cupboard · Complimentary water from the water fountain · A wine & olive oil tasting onboard · Tea or coffee each afternoon · Free wireless internet access · Air-conditioned dining room with bar area and LCD TV

ABOUT YOUR STAY

About your stay

- A total of 18 cabins on 3 decks, exclusively for HF guests.
- Lower deck cabins feature a port hole, whilst the main deck (and 1 upper deck) cabin feature a window.
- Standard pricing is based on 2 persons sharing a lower deck cabin, with an upgrade supplement for main and upper deck.
- There is a swimming planform with easy access when we drop anchor for those wishing to take a dip
  The program includes breakfast and dinner. Meals are freshly prepared on board by the on board chef
- You'll also find a bar on board where drinks can be purchased

A Captain's Dinner is included for guecategories, and available for purchase on board for guests in the Traditional Ensuite category. This special evening is hosted by the captain and your tour guide.

VACCINATIONS & HEALTH

Vaccinations & health information

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel.

As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure.

Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting.

For further country-specific health advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

PASSPORTS & VISAS

Passport & Visa information

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice.

Passport Requirements

This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long.
We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues.

If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website.

Visa Requirements

Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling.
British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website:
https://www.gov.uk/foreign-travel-advice

ESSENTIAL INFORMATION

Packing list

Essential Information

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

· Walking boots

· Waterproof jacket

· Waterproof trousers

· Insulated jacket/top

· Walking clothing

· Walking socks (plus spares)

· Sunhat

· Gloves/mitts and warm hat

· Water bottle (minimum 2 litre capacity)

· Headtorch

· High-factor sunscreen (minimum SPF 30)

· Sunglasses with a dark lens

· Rucksack (15-30 litres)

· Mobile phone

· Personal first aid kit (containing your medication, blister plasters, etc.)

· Passport

· Visa (if applicable)

· Copy of your travel insurance policy

· UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

· Collapsible walking poles

· Swimwear and travel towel

· Snacks

· Dry bags

· Rubbish bags

· Insect repellent

Optional extras

· Camera

· Sit mat

· Flask for hot drinks

· Durable lunch box

· Gaiters

· GPS device (excluding Bhutan, Georgia and India)

USEFUL INFORMATION

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so before you travel.

For more information about healthcare and its costs, please visit: https://www.nhs.uk/using-the-nhs/healthcare-abroad/

Drinking Water

Drinking Water

Standards for drinking water vary widely around the world. In many destinations, tap water may not be safe to drink, brush your teeth with, or use for making ice. Where advised, you should drink only bottled or treated water and ensure that bottle seals are intact before use. If bottled water is unavailable, water should be boiled or filtered.

Staying well hydrated is particularly important in hot climates and during active holidays. Carry water with you and drink regularly.

If you are unsure about local water safety, check official country-specific health advice before travel, or ask your accommodation or local guides for guidance once you arrive.

Dress Code

Dress Code On Board

There is a comfortable and relaxed atmosphere on board. Casual clothing is acceptable for all meal times; jackets and ties are not required for meals. The Captain's Dinner is an opportunity to dress up should you wish.

TRIPNOTE VALIDITY

TRIP NOTE VALIDITY These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred. In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary. The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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