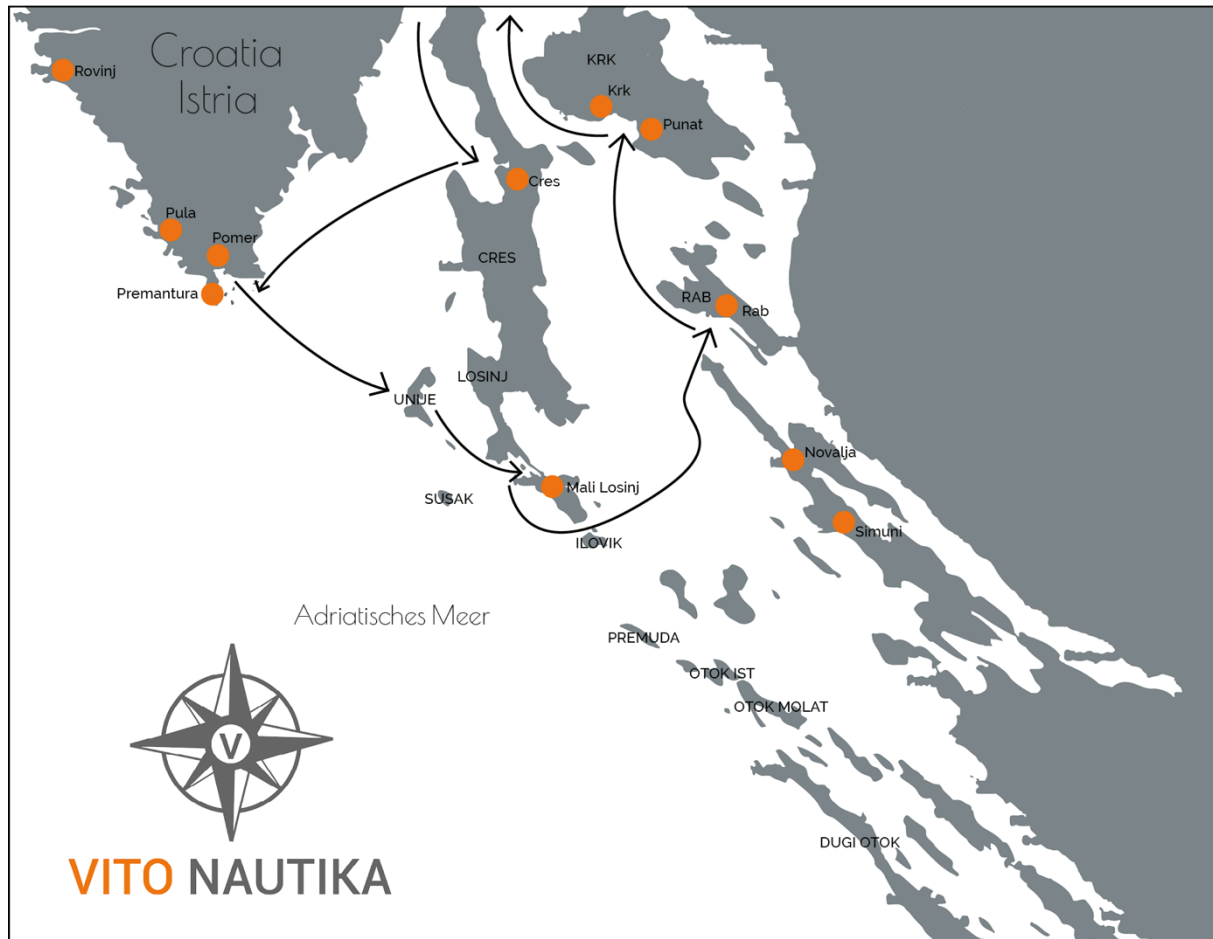


#4 – Full Kvarner

Cruise suggestion Kvarner Bay (Pomer, Unije, Mali Losinj, Rab, Punat, Cres, Pomer)

Ausgangshafen: ACI Marina Pomer

Route 4 (1 week) ca. 141 Nautical miles



Route from Pomer to Unije, Mali Losinj and Rab. Then to Punat, Cres and back to the port ACI Marina Pomer.

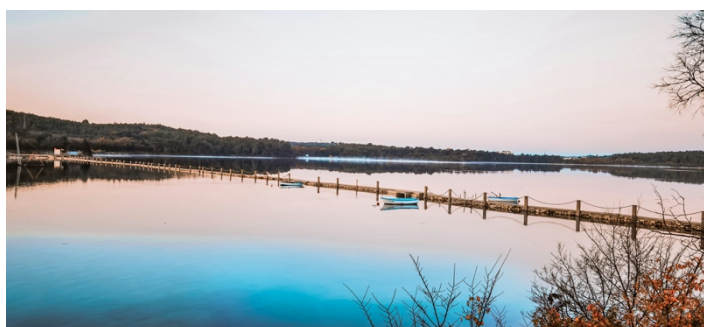


Pomer



Our cruise starts and ends in Pomer. The small fishing village of Pomer is located in a very sheltered part of the bay of Medulin. What used to be a small fishing village is now a picturesque holiday resort with great, quiet pebble and country-style stone beaches and beautiful bays with excellent anchoring grounds. In addition to

bathing, which is popular with all holidaymakers, there are a number of water sports on offer here. Nearby Medulin is the tourist center of Istria in this area, while Pomer is the dreamy counterpart, but Medulin is only a few minutes away. Just in the recent past, more sacral buildings and remains of buildings from the Roman period have been found and uncovered. For example, one can find the remains of thermal baths and villas. The church of St. Flora from the Byzantine period, the cemetery church of St. Fiora and the parish church of the Virgin Mary with a wooden Madonna statue from the 16th century are also definitely worth a detour. A trip to Pula is also worthwhile, here you can visit the amphitheater, the Arena of Pula, with its underground passages from Roman times. Pomer is ideal for sports enthusiasts and nature



lovers. Get to know the nature around the Medulin Bay better with an extensive walk, a hike or a bike tour (for example to Premantura). For water sports enthusiasts, there is the possibility of wind and kite surfing or the wakeboard park. The best way to get to know the diversity of the underwater world is to go diving or snorkeling off Kamenjak. Also explore the surrounding area, a trip around Cape Kamenjak, the beautiful bays and turquoise waters immediately radiate peace and relaxation - or explore the Porer lighthouse at sunset with a great chance to see dolphins as well. In Pomer itself you will find some excellent restaurants offering traditional dishes. Since Pomer is excellent for farming oysters and mussels, you can also get many mussel and fish dishes. Most restaurants serve local wine from Istria or the popular truffles from northern Istria around Motovun.

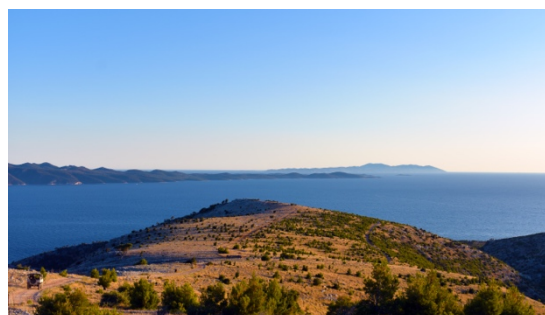


Unije



Unije is a gently hilly island with an area of about 16.8 square kilometres. The island consists of limestone and is covered with the typical macchia. In the east there are some deeply cut bays. The limestones date back to the Cretaceous period.

The island's only settlement of the same name is Unije. It is in a bay on the west coast and has about 50 inhabitants and some holidaymakers in summer. The inhabitants live primarily from tourism and fishing. However, there are also some restaurants, a shop, and a bakery. Agriculture serves the inhabitants mainly for their own needs. The island is completely car-free, so getting around is only possible on foot or by bicycle. On the island itself, you will find the remains of Roman villas, and archaeological finds also confirm the long history of the island of Unije and that it has been populated for a long time. Underwater divers also come across finds from bygone times again and again. Those travelling with yachts are advised to head for the western side with the bay of Maračol, as the sea is deepest there. Unije is perfect for a little relaxation, for slowing down. There is a direct footpath from the bay to the village. The small town invites you to take a walk through the alleys, but the rest of the island's landscape is also perfect for hiking.





Mali Losinj



Mali Losinj is situated in the protected Augustus Bay, in the middle of the island of Losinj. In the 19th century, the town was one of the most important trading and maritime centres because of its location. Mali means "small" in Croatian; a little to the south-east is Veli Losinj (the former "big"), which is well worth seeing. Due to its location, however, the towns have developed in such a way that Mali Losinj is now much larger.

Mali Losinj has developed into one of the most popular holiday resorts in the Kvarner Bay. Life in Mali Losinj takes place around the large harbour basin. There you will find many restaurants, cafés, bars and typical local konobas. In the side streets there is much less hustle and bustle - here you will find a few small boutiques, souvenir shops and shops that invite you to shop. Worth seeing here are the sacred buildings and the Apoxiomen, a statue found at the bottom of the sea in 1999. It is more than two thousand years old and shows the Greek athlete, of whom there are only seven similar statues.

Also worth seeing is the church of St.

Martin, where you can find out a lot about the history of the island. For hikers and walkers, the aromatic garden of Losinj is suitable, here you can find all the medicinal herbs that are native to Losinj. The Ciklat forest park is also perfect for this. The latter offers a great variety of flora and fauna and is a very well-functioning ecosystem and nature park.



Beautiful hiking and walking trails run through the entire park and there is plenty for young and old to discover in the 236-hectare park. Adjacent to the park is Ciklat Bay, which invites you to stop for a swim in the deep blue waters. If you would like to do something a little more unusual, there is also the possibility of taking scenic and panoramic flights from the small airport on Losinj to get to know the islands of the Bay of Kvarna from above.

Rab



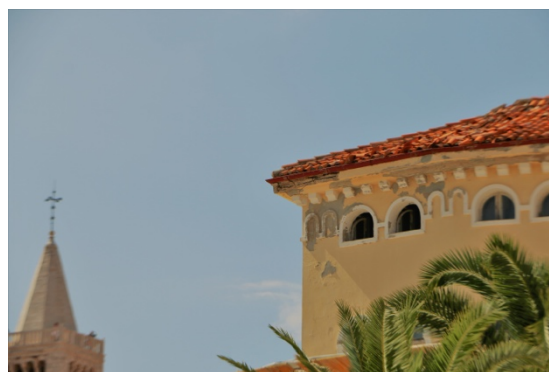
With about 2,500 hours of sunshine per year, the island of Rab is one of the sunniest parts of Europe. The eponymous town of Rab looks back on a long and eventful past that reaches back to pre-Roman times. The silhouette of the town is also unique, its unmistakable landmark, the four bell towers, already hinting at its history. The old

town is situated on a kind of peninsula between the bell towers. There are small shops and souvenir shops on every corner, and there are also numerous restaurants for culinary indulgence. For all bathing holidaymakers, there are numerous sandy and pebble beaches, beautiful bays, and crystal-clear water in and around Rab. Thanks to the mild climate and lush vegetation, it is very easy to endure here, and you will quickly fall under its enchanting spell.

On a walk through the old town, you could see most of the historic buildings. Here the Prince's Palace, the monastery church of SV. Andrije and

the Romanesque bell tower - from which you can enjoy the magnificent view over the entire old town. Likewise, Rab offers the 7th century St. John the Evangelist Church & Monastery. You can still admire

the beautiful, well-preserved floor mosaic and then look at the ruins of the former Benedictine monastery. The Komrcar Park with the historic Galjarda Fortress is particularly suitable for walks. The city park also invites you to take a long walk among green plants. For active holidaymakers, there is also a lot on offer here. Of course, the snorkelling and diving spots are also unique, especially from the boat, and there are also several hiking and cycling tours to discover on land across the entire island.





Punat



The village of Punat is located on the southern part of the island of Krk. Due to its location in Puntarska Draga Bay, one of the best protected bays in the Adriatic, Punat has been a popular place from the very beginning of seafaring. Even today it attracts many yachties. For centuries the inhabitants lived from growing and selling olives, wine, and figs. Even today, you can still find these delicacies on the menus of the busy restaurants, so you should plan a walk through the old cultivation slopes. In the many small and winding alleys of the old town of Punat, many historical buildings can be found, surrounded by historical sights.

Another popular destination is the island of Kosljun, which can only be reached by yacht or excursion boat. The island is home to the Franciscan monastery and ethnographic museum, both of which are well worth a visit! And there is also a lot to

see for nature lovers, because on the island, which is only 6.5 hectares in size, there are more than 540 different species of plants and mushrooms. Sports enthusiasts will not miss out either. Punat offers an ideal starting point for diving excursions and diving courses. The wakeboard facility "Cable Krk" is also close by and invites you to go wakeboarding or water skiing. Around Punat there is an extensive network of cycling and hiking paths. In summer, concerts, exhibitions, and other events take place around the harbour, the promenade and the old town. In the town itself you will find some fabulous restaurants for a delicious culinary meal and bars for the end of the evening. Rijeka airport is also located on the island. During strong bora, the access bridge to the island of Krk is closed.



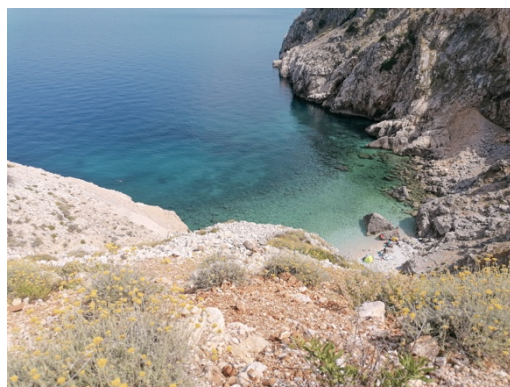


Cres



The town of Cres is characterised by its beautiful and picturesque old town and the old patrician palaces standing there. Romantic alleys and charming houses make the feeling of the Adriatic coast perfect and only invite you to a holiday surrounded by blue water. In Cres, too, life takes place around the harbour. Here you will find small shops, fruit and vegetable sellers, small fishing boats with fresh catch and a selection of restaurants and cafés. There is a well-located ACI marina in Cres. The new town marina also offers a good infrastructure.

Beautiful beaches attract bathers and invite them to sunbathe. History has left numerous traces in Cres. Thus, in the middle of the old town, old buildings such as the old town gates, the loggia, and the church of St. Mary the Great can be found again and again. For a visit to the surrounding nature, an excursion to the Tramuntana forest area in the north is suitable, in which five old stone labyrinths can be explored during a walk or hike. For hikers and cyclists, it is certainly also interesting to find the secluded, small bays themselves and enjoy the complete peace and quiet. Cres also invites you to take a diving trip into the underwater world. For example, there is the possibility to dive to the shipwreck of an Italian merchant ship that sank in 1912. But kayaking or SUP riding is also possible here. At the tourist information office of Cres you will find a map with 10 marked hiking trails, including a route to Vrana Lake, which is well worth a visit.





VITO NAUTIKA

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This is only one possible cruise proposal. The Adriatic Sea with its wonderful variety of islands offers a wonderful choice of cruising possibilities and (bathing) stops. Please adapt your individual route to the local wind and weather conditions and your sailing experience.

For hiking, biking, rental equipment like SUP's, diving and snorkeling equipment please contact us directly on site. We are happy to provide equipment. Please contact us if you have any questions or suggestions about the tours or if you need further tips for your perfect sailing vacation. We will be happy to advise you and are available by mail, phone or best of all in person.

Please pay attention to all safety precautions, weather information, opening hours of the excursion destinations and moorings and specifications in the marinas. Please always dispose of garbage in the garbage cans and unloading stations in the marinas! Save the Ocean!

All information without guarantee. Errors and omissions excepted.

Have fun and enjoy your trip

Your team from Vito Nautika

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