



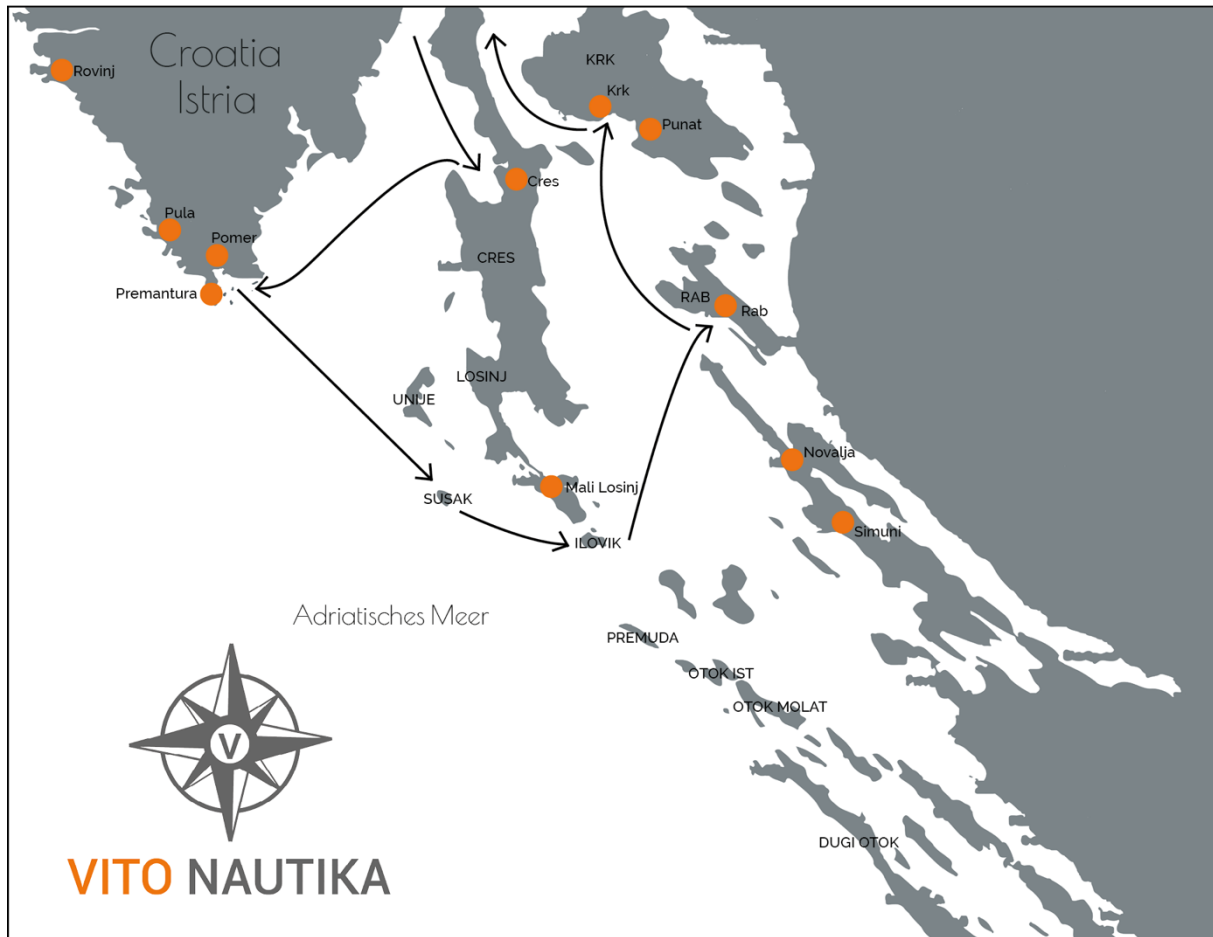
VITO NAUTIKA

#6 – Island Hopping

Cruise suggestion Kvarner Bay (Pomer, Susak, Ilovik, Rab, Krk, Cres, Pomer)

Ausgangshafen: ACI Marina Pomer

Route 6 (1 week) ca. 138 Nautical miles



Route from Pomer, via Susak, Ilovik, Rab on Rab. Then to Krk on the island of Krk, via Cres and back to Pomer.



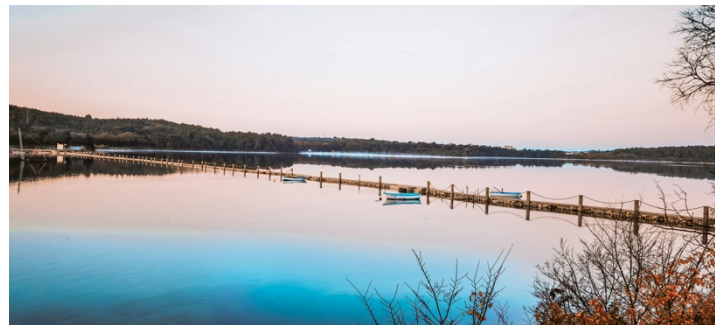
Pomer



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 Pomer 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.



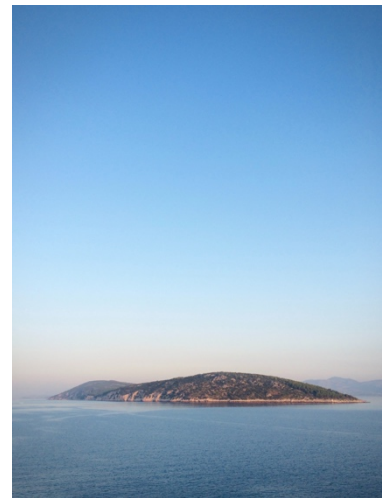
Susak



Susak is in the southwest of Losinj in the Kvarner Bay. It is a pure sand island, and its beautiful beaches almost give you a Caribbean feeling. The island's hills are home to grapevines, blackberries, olives, figs and many other different types of plants. Susak has just 200 inhabitants who live on the car-free island. They make their living mainly from agriculture, fishing and, of course, tourism. If you want to

escape mass tourism, this is the right place for you, because the inhabitants still live very traditionally, everything is very original, almost a bit sleepy.

The 11th century church of Sveti Nikola and the lighthouse on the Garba peak are worth seeing. The latter is perfect for a romantic walk or as a stopover for a complete island hike. There are some ancient shipwrecks off the coast, which should be of particular interest to those interested in diving and snorkelling. Susak is worth a detour on the way to Mali Losinj, or you can visit Mali Losinj and take a day trip from there to the decelerating island in the Adriatic Sea. You will also find several restaurants on Susak, they will spoil you with culinary delights. Locals on site can recommend one of the restaurants for lunch or dinner. A supermarket and a small bakery also offer the possibility for a meal in between.





Ilovik



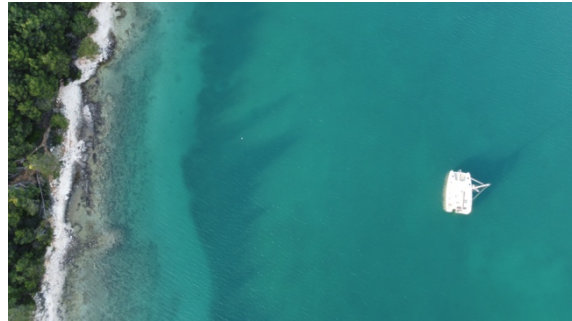
Ilovik, also known as the Island of Flowers, because of the island's lush vegetation. Today, about 170 inhabitants live in the town of the same name. They live from winegrowing, fishing, sheep breeding and, like many of the Croatian islands, from tourism.

The town lies in a small bay, sheltered by the northern side of the uninhabited island of Sv. Petar. The coast with endless sandy beaches is easily accessible from everywhere and the largest bay with a beautiful sandy beach is Parzine, located on the south-eastern side of the island. Remains of ancient buildings can also be found on Ilovik, and the island has a long history of population behind it.

The waters around Ilovik are naturally protected from all winds (except the scirocco) and can provide a safe anchorage for all boats.

The underwater world around Ilovik also has much to offer and there is an underwater archaeological site nearby.

In town there is a grocery shop, bakery, pastry shop and several restaurants. Take a walk through the town or a pleasant hike through the evergreen vegetation of the Mediterranean Sea.





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

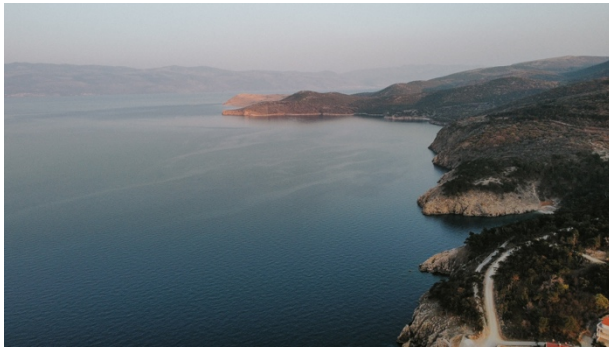
the Romanesque bell tower - from which you can enjoy the magnificent view over the entire old town. Likewise, Rab offers the 7th century St. John the Evangelist Church & Monastery. You can still admire



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.



Krk



The town on the island of the same name is in the north and is a popular holiday destination. The waterfront promenade divides Krk into the modern and historical parts. Through the city gate you enter the 2,000-year-old city surrounded by a city wall. The squares are pulsating with life and there are

many opportunities to pass the time in shops, boutiques, cafés, and restaurants and to let the charm of this place work its magic on you.

During the summer months, Kamplin Square in front of the Frankopander fortress and the cathedral bell tower serves as an open-air stage. Classical concerts or jazz festivals are held their time and again.

The wonderful beaches and bays of Krk offer everyone a holiday feeling and invite you to relax and enjoy unforgettable holidays.

Let your evening come to an end with a dinner in one of the lively restaurants and indulge in culinary delights,

international dishes, and a fine local wine. In the evening, the waterfront promenade beckons for a romantic stroll and along the Riva, or you can plunge into the exciting nightlife of Krk yourself. Worth seeing in Krk are the old town, where you can find some buildings of past times and museums/galleries which host exhibitions of Croatian artists.



You will find some interesting diving spots around Krk, for example some shipwrecks. There are also beautiful paths for walking and cycling on which you can explore the island and discover wonderful spots.



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.



