



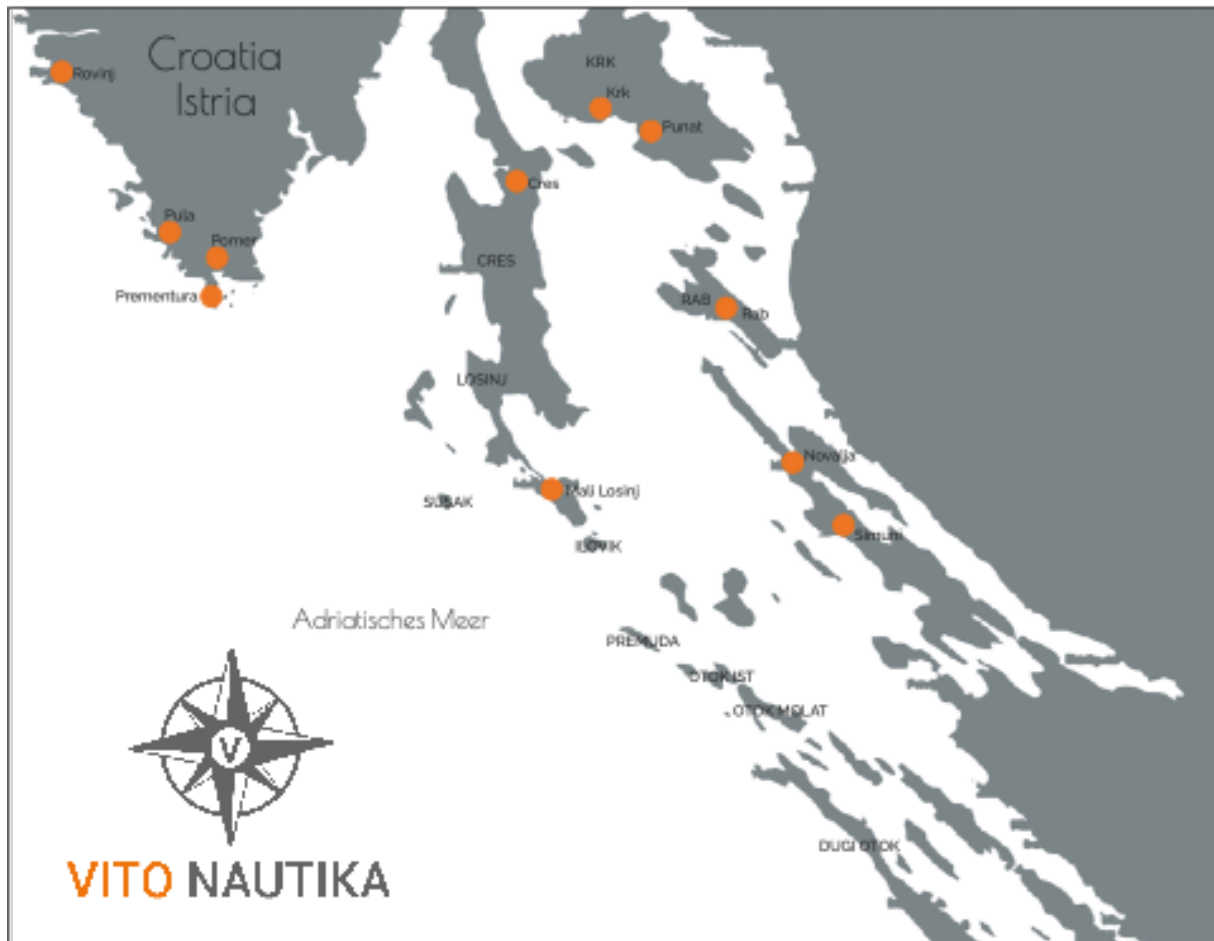
VITO NAUTIKA

#7 – Nature and Sailing pure

Cruise suggestion Kvarner Bay (Pomer, Susak, Premuda, Otok Molat, Dugi Otok, Otok Ist, Ilovik, Pomer)

Ausgangshafen: ACI Marina Pomer

Route 7 (1 week) ca. XY Nautical miles



Route from Pomer, via Susak to Premuda. From there to Otok Molat and Dugi Otok. From there via Otok Ist and Ilovik back to Pomer.



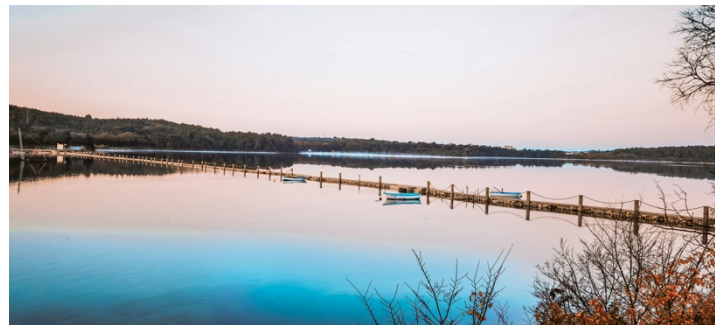
Pomer



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.



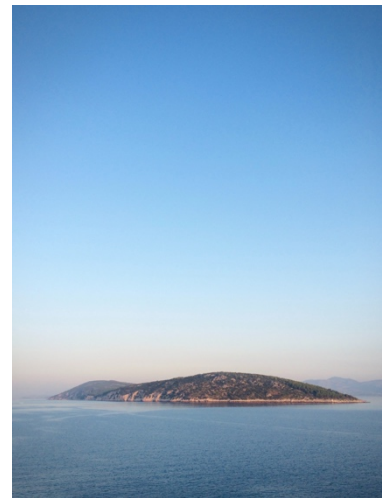
Susak



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.





Premuda



The unique village of Premuda on the island of the same name is a must on a tour of the Croatian islands. Its landscape is adorned with holm oaks, low vegetation, and olive trees. Premuda has two harbours and a newer ferry port. On Premuda you can spend the tour far away from all the stress and far away from your everyday life. The island is surrounded by crystal blue

sea. You will find an anchorage in the bay of Krijal, and the large buoy field off Premuda is a safe mooring. The inhabitants of Premuda are engaged in sheep breeding and the cultivation of wine and olives.

Like most of the islands in the Kvarner Bay, Premuda has a long history. It was occupied during the Second World War and served as an important camp for the Croatian army. Several ships were sunk off the island. The Szent István shipwreck can still be visited today during dives. However, a special permit is required for this, and you should be an experienced diver. In the small town you will find two restaurants directly at the harbour - you should make a reservation here during the high season and be sure to enjoy the legendary sunset with a drink when the fiery red ball of sunlight sinks into the sea.



Inside the town there is also a small supermarket with the most important things for daily life (note opening hours!).



Otok Molat



Otok Molat is especially popular with holidaymakers looking for peace and relaxation. But the island has also become a popular destination for nautical enthusiasts because of its small, beautiful, secluded bays. The small bays are best explored by boat. The island's flora is characterized by green spruce and pine forests. There are three villages on the island, Molat, Brgulje

and Zapuntel. They are connected by a single, little-used road, and meanwhile allow you to drive your own car to the island to explore it.

The harbor of each village is sheltered in small bays, surrounded by stone houses. Here, too, the inhabitants live mostly from fishing, viticulture, sheep breeding and tourism.

For Croatia lovers, this island is an absolute insider tip, as it is not yet overrun with tourists.

You can visit the dolphin protection center in the center of Molat, where you can learn about the animals living in the waters and support the project to save the dolphins.

On the island you will also find several small traditional restaurants, konobas and in every village there are small shops for your daily needs.

Snorkeling or diving is highly recommended here, as some beautiful fish species can be found off Molat!





Dugi Otok



Dugi Otok is certainly one of the most beautiful islands of the Adriatic coast. Here you can find everything from rocky cliffs to sandy beaches. Moreover, it is the longest of the Croatian islands and worth a visit. A highlight for many people is the white sand on Sakarun beach. In general, the island invites you to relax and unwind with its breathtaking beaches. The 12 small villages on the island are in small bays

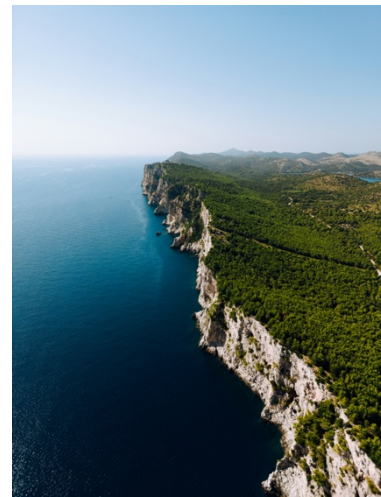
and are connected by a single road. In each village you will find small restaurants -

which will spoil you with Croatian cuisine -, cafes and stores to buy things for daily needs or souvenirs. A

highlight on the island and definitely worth seeing is the nature park Telascica, this belongs to the village Sali and also inspires with its high cliffs and a Salt Lake.

Also, by the stalactite cave Strasna Pec is worth seeing and if they have the opportunity, they should participate in a guided tour of the island.

Divers and snorkelers will not miss out here either. You can visit the shipwreck Michele off Dugi Otok or the underwater cave Bribinjsica and be enchanted by the incredible underwater world.





Otok Ist



On the island of Ist live about 200 inhabitants and Ist is the only settlement. Cars are not allowed here either, which makes Ist an ideal place to spend a quiet vacation. The island is also a popular destination for nautical enthusiasts. For many, the island is interesting because of its shape, they associate it with a butterfly. In the village itself there are two small stores with the things for daily needs. However, they are very expensive as there is no regular supply of food from the mainland. The island is popular with amateur

anglers, because off the coast it is teeming with countless fish.

But also for divers and snorkelers, the underwater world off the island is interesting, because the crystal clear, clean water invites probably all to a refreshing swim or discovery tour under water.





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.

