

KRK

tz@tz-krk.hr www.tz-krk.hr
10 MILOHINIČI - GLAVOTOK - TRI HRAS (ČAVLENA - POJICA - PINEŽIČI - MILOHINIČI)

10 ROAD
Start: Milohiniči
Finish: Milohiniči
Length: 20.0 km
Height: 196 m
Ascent: 43 m

atraktivna kružna staza namijenjena je MTB rekreativcima koji vole dinamičnu konfiguraciju s kombinacijom makadama i starih kolnih puteva. Obilazi selu Sotvenica, najjužniji podružja otoka Krka koje je položeno ispod nekoliko najvećih vrhova te stvara prirodnu zaštitu od bure, vidjet ćete višestoljetne hrastove i revalidirane krčke kolove.

Attractive circular track intended for MTB recreational cyclists who prefer a dynamic configuration with a combination of gravel paths and old cartage ways. Going around Sotvenica, the most westerly area of the island of Krk lying underneath some hills and naturally protected from northern wind, you will have a chance to see several hundred-year old oak trees and revalidated krček ponds.

16 Crkva sv. Krištova Church of St. Christophorus

VRBNIK

info@vrbnik.hr www.vrbnik.hr

17 VRBNIK - RISIKA - GARICA - KAMPELJE - VRBNIK

17 TREKING
Start: Vrbnik
Finish: Vrbnik
Length: 26.1 km
Height: 750 m
Ascent: 275 m

Ruta kreće iz grada Krka te se nakon 2 km spuša se na uređenu i odvojenu biciklističku stazu po kojoj se vodi do skrajanja u Valtušku. Nastavlja kroz izniman zaskepe ponad Malinske do mjesta Sv. Vid, nakon čega se cesta lagano uspinje prema unutrašnjoj otoka, do Gabovčina i Krasa. Odatle slijedi spust prema Garcici i Vrbniku polju do Puntarske drage i lokaliteta Dunat. Po biciklističkoj stazi, uz maslinike i pogled na Puntarsku dragu očičeki Kofljanom, vraćate se u grad Krk.

The route starts in the city of Krk and after 2 km it merges with a separate cycling path leading all the way to where the road turns to Valtuška. It continues through picturesque village above Malinska, to the village of Sveti Vid. After that the track gently ascends to the heart of the island, to Gabovčin and Kras. The descent leads to Garcica and Vrbnik field, Puntar bay and locality Dunat. Taking the cycling path, riding by olive groves and enjoying the view of Puntar bay with the islet of Kofljan, you will return to the city of Krk.

17 Park glagolice, Gabovcin

VRBNIK

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18 VRBNIK - RISIKA - SV. MAREK - VRBNIK

18 TREKING
Start: Vrbnik
Finish: Vrbnik
Length: 11.3 km
Height: 353 m
Ascent: 193 m

Also see trekking biciklistička staza s osnovenom kondicijom i tehničkom pripremom, ova je ruta kao svojevrsna vrh. Odmah nakon staza pećinare s laganim uspinjanjem, a svakom visinskim metrom višare Vrbničkog polja i Vinodolskog kanala postaju sve atraktivnije. Nakon što dosežete najvišu točku na 4. kilometru, slijedi kombinacija sporednih puteva i cesta koje će vas lagano spustiti do obale i plaže na kojoj se možete osvježiti prije posljednjeg uspona i povratka u Vrbnik.

In case you are a trekking cyclist with basic physical and technical preparation, this route is tailor made for you. Upon start you immediately begin an easy ascent and with every meter you gain a more attractive view of Vrbnik field and Vinodol channel. Once you reach the highest point on the 4th kilometre, there comes a combination of side paths and roads which will gently take you to the shore and the beach where you can refresh yourself before the last ascent and return to Vrbnik.

27 Crkva sv. Marka Church of St. Mark

KRK - KOSICE - BAJČIČI - BRZAC - LINARDIČI - VRH - KRK

54 ROAD
Start: Krk
Finish: Krk
Length: 32.9 km
Height: 673 m
Ascent: 198 m

Kružnom stazom krećete iz grada Krka prema Sotvenici – najjužnijem području otoka. Blaga zarvčenja koja uslovljavaju područje, stvaraju prirodnu zaštitu od vjetrova, po čemu je područje dobilo ime (ispod vjetrova). Iz Linardiča cesta se spušta do uvale Vela Juna, s lijepim pogledom na zapadna obala otoka Cres. Slijedi uspon u smjeru Milohiniča i dalje do mjesta Vrh. Vrh je poznat kao dom pešaka pa ćete ovdje saznati sve o posobnostima krčkog pešaka, ali i ikušati ovu gastronomsku delikaciju.

The circular track takes you from the city of Krk to Sotvenica – the most western part of the island. Hills which surround the area form a natural protection from wind, which is reflected in the name of this area (under wind). From Linardič the road descends towards Milohiniči and further on to Vela Juna, is known for production of prosciutto and here you can learn its story but also taste this delicacy.

16 Krk baharaluk

VRBNIK - RISIKA - DOBRINJ - KRAS - KORNIC - VRBNIK

56 ROAD
Start: Vrbnik
Finish: Vrbnik
Length: 33.0 km
Height: 668 m
Ascent: 293 m

Biciklistička ruta kreće iz Vrbnika, kuljevaše, plemenitosti, uspinjanje u smjeru Dobrinja pa sve do Krasa. Svakako zastanite u Dobrinju, gradiću koji odiče duhom prošlosti i završajte na sopleama, autotonom puhačkom instrumentu. Dalje vas prati spust kroz sela Lakarnar, Murj i Kornić do Dunata, uvale u Puntarskoj dragoj cesti sv. Dunat. Zadnji uspon prema Vrbniku otkriva će misit grada u vrbničkom vinogradima te zaslažena čaša zlatnozlogovog vina – žlantine.

Ride towards the town of Dobrinja, where you can refresh yourself before the last ascent and return to Vrbnik.

29 Vrbnik field



O. KRK

BAŠKA

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BAŠKA - ZAROK - BATOMAJ - DRAGA BAŠKANA - JURANĐVOR - BAŠKA

1 TREKING
Start: Baška/Zarok
Finish: Baška/Zarok
Length: 11.1 km
Height: 157 m
Ascent: 73 m

Lagana staza namijenjena početnicima i rekreativcima provede će vas atraktivnom baškanom dolinom uz kanala Suha Rječina ili Vela Rika, jedinstvo stalnog vodnog toka na jadranskom otocima. Pitom proleće uz skulpture glagoljških slova i brojne pašnjake dok vas promatrati stada ovača koja su sastavni dio otoka. Dokolom u Drugu Baškansku špičicu desno i nastavite u smjeru Baške glavnim prometnicom, na posjet kompleksu Svec Laciya u kojoj se nalazi replika Baškanske ploče.

Easy track intended for beginners and recreational cyclists will take you around the attractive Baškanska valley. From Zarok, you will ride up the bed of Suha Rječina or Vela Rika river, the only permanent water course on Adriatic islands. You pass the sculpture of Glagolite letters and numerous pastures observed by herds of sheep that are an integral part of the island. Upon arrival in Baškanska Draga, you turn right and continue in direction of Baška, taking the main road. You can visit the complex Svec Laciya in which there is stone tablet replica - Baškanska ploča.

PUNAT

info@tzpunat.hr www.tzpunat.hr
5.1 PUNAT - TRI KRIŽI - ULIKA - MARINA - PUNAT

5.1 MTB
Start: Punat
Finish: Punat
Length: 7.4 km
Height: 250 m
Ascent: 227 m

Kratka, ali iznimno atraktivna staza na kojoj ćete uživati vozeći se uz maslinike i subuhodne i prekrasnim pogledom na Puntarsku dragu i otocić Kofljan. Iz centra Puntare krećete strmom uspinjanjem uz Tri križa do letišta na položenom makadama, nakon čega se staza počinje spuštati – najprije makadamskom cestom, potom i zahijevanim singletom do morske obale. Ova će staza izvrsno poslužiti MTB vozačima za trening posvećenim uspinjanju i ukletu u večeri.

An easy cycling route appropriate for families with children. It starts in Punat, one of the largest tourist centers, towards Malinska. Punat is also the center of olive growing so do not miss the visit to gallery Test space where olives used to be ground manually, today a valuable gallery. You must not miss the islet of Kofljan where for centuries the monks have preserved many valuables. This track gives you the opportunity to research the rich cultural-historical heritage of the island.

KRK

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6. PRENIBA

6 TREKING
Start: Preniba
Finish: Preniba
Length: 6.3 km
Height: 83 m
Ascent: 41 m

Polukružni Prniba savršeno je odrednice, početnike i djecu. Mreža makadamskih cesta koje su većim dijelom posložene hladnom barovite, pruži će uistinu pravi užitek u vožnji. Tome u prilog ide i blizina otocića Kofljuna s franjevačkim samostanom koji je u najstarije doba bio povezan s Prnibom, te brojne plaže i uvale na južnoj strani poluotoka, pogodne za kopanje i/ili jednostavno za odmor u rizi.

Peninsula Preniba is an ideal destination for recreational cyclists, beginners and children. A network of gravel tracks, most of them in shade of pine trees, will really make you enjoy the ride. Islet Kofljan with Franciscan monastery is nearby. In ancient times it was connected with peninsula Preniba. There are also numerous beaches and bays on the southern side of the peninsula, great for swimming or just quiet relaxation.

KRK - KORNIC - KAMPELJE - MURAJ - KRK

8 MTB
Start: Krk
Finish: Krk
Length: 18.6 km
Height: 344 m
Ascent: 147 m

Ova se kružnica i ne pretrajano zahijevaju stazu može nazvati i Putevima zlatnih kapi krčkog blaga jer je većim dijelom vodila po sirošom edukativnoj stazi od Krka prema Kornicu. Oznake ploče koje se i bicikliste ne odvojeju samo u maslini, njegovim proizvodima i proizvodnji, već i ostalim specifičnostima otocnog pejzaža, te atraktivna i dinamična konfiguracija terena među subuhodima i drvećnim maslinicima čini ovu vožnju uistinu turističkom i zanimljivom.

This circular and not very demanding track may also be called "Following the Path of Golden Drops of Krk Treasure" since it follows the educational trail of that name almost in its entirety. The educational tables inform the walkers and cyclists on the olive, its products and production and other specific features of the island landscape. This interesting track is also characterized by attractive olive groves and dynamic configuration among drywalls and ancient olive groves.

KRK - DVORI SV. JURJA - NENADIČI - KOSICE - KRK

9 MTB
Start: Krk
Finish: Krk
Length: 23.4 km
Height: 450 m
Ascent: 223 m

Iz Krka krećete kroz maslinike uspinjanje se prema njegovu zaludnu i uživajući u pogledu prema susjednim otocima – Plavniku, Cresu i Rabu. Ruta iziskuje srednju tehniku pripremljenost zbog konfiguracije terena. Nakon obilaska Aguraturice Dvori Sv. Jurja, gdje se možete okupirati, nastavljate kombinacijom makadama i starih kolnih puteva, obilazići sela Sotvenica – najjužnijem podružja otoka Krka koje je položeno ispod nekoliko manjih vrhova i stvara prirodnu zaštitu od bure.

From Krk you start your ride in the olive groves ascending to its hinterland and enjoying the view of neighbouring islands Plavnik, Cres and Rab. The route requires average technical aptitude due to the configuration of the terrain. After a tour of the agricultural tourist estate Dvori Sv. Jurja, where you can have a drink or something to eat, you continue on some gravel paths and old cartage paths around the villages of Sotvenica – the most western part of the island of Krk lying underneath some hills and naturally protected from the northern wind.

KRK - POLJE - KOSICE - VRH - DVORI SV. JURJA - KRK

7 MTB
Start: Krk
Finish: Krk
Length: 18.1 km
Height: 383 m
Ascent: 232 m

Još jedna kratka, ali atraktivna staza koja daje uvid u pravi otocić loš. Od centra Puntare krećete najprije asfaltnom cestom do makadamskog uspona, nagiba ponegdje većeg od 20%. Nakon što dosežete najvišu točku, staza se nastavlja lijepim makadama do dijela spusta koji je prilika zahtjevan, odnosno predlozi za napredne vozače u tehničkom smislu (enduro) te je poželjno uzeti rezervnu zračnicu.

Another short but attractive track which will show you real island karst. From the center of Punat an asphalt track leads to gravel ascent with more than 20% inclination at some points. After you reach the highest point of the track, it continues on fine gravel to the descending part which is quite demanding, i.e. intended for advanced cyclists in technical sense (enduro) so a spare inner tube is recommended.

PUNAT - TRI KRIŽI - FOD VELIM VRHOM - BUKA - PUNAT

5.2 MTB
Start: Punat
Finish: Punat
Length: 9.0 km
Height: 300 m
Ascent: 287 m

Još jedna kratka, ali atraktivna staza koja daje uvid u pravi otocić loš. Od centra Puntare krećete najprije asfaltnom cestom do makadamskog uspona, nagiba ponegdje većeg od 20%. Nakon što dosežete najvišu točku, staza se nastavlja lijepim makadama do dijela spusta koji je prilika zahtjevan, odnosno predlozi za napredne vozače u tehničkom smislu (enduro) te je poželjno uzeti rezervnu zračnicu.

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PORTAFORTUNA - IZVOR VELE RIKE - PORTAFORTUNA

3 MTB
Start: Portafortuna
Finish: Portafortuna
Length: 11.0 km
Height: 365 m
Ascent: 181 m

lako možda nije pretrajano duga, ova kružna staza zadovoljiti će MTB bicikliste osnovne fizičke pripremljenosti za odlazanje umjerenom zahijevanju terenu. Odmah nakon starta očikuje vas gotovo ni kilometra dug uspon nakon kojega ćete predlažnuti vozeći se po položenoj makadama. Druga polovina staze sastoji se od nešto zahijevnijeg spusta prema izvori Vele Rike i atraktivnije suloženoj hrastu te vrlo uzbudljivog singleta uza sam vodeni tok koji nikad ne prestaje, što daje dodatnu dozu nezaboravnog iskustva.

Although not very long, this circular track will satisfy MTB cyclists with basic physical aptitude for dealing with moderately demanding terrain. Right after the start there is an almost 3 km long ascent after which you can have a rest riding on flat gravel track. The second half of the track consists of somewhat more demanding descent towards the source of river Vela Rika and the attractive hundred-year-old oak tree and an exciting singlet track following the river course which is always filled with water, offering additional charm and memorable experience.

MOLIMO VAS DA:

- ne berete bilje, smokve i grčevlje
- ne palite vatru
- ne bacate otpad
- ne lovitte životinje, kukce i ptice
- ne rusite i presađete subuhode
- zadržavate staza (zanoske) za sobom
- ne uziminate ovaske, divlje životinje i ptice

OPREZ! Na pojedinim rutama možda ćete susresti vozila i šetače. Biciklističkim rutama vozite se na vlastitu odgovornost. U slučaju nesreće nazvat 112

PLEASE

- do not pick plants, figs and grapes
- do not light fire
- do not throw rubbish
- do not catch animals, insects and birds
- do not tear down or jump over drywalls
- close gates after you pass through them
- do not disturb sheep, wild animals and birds

ATTENTION! On certain routes you may encounter vehicles and walkers. Riding on cycling routes is at your own responsibility. In case of accidents, call 112.

