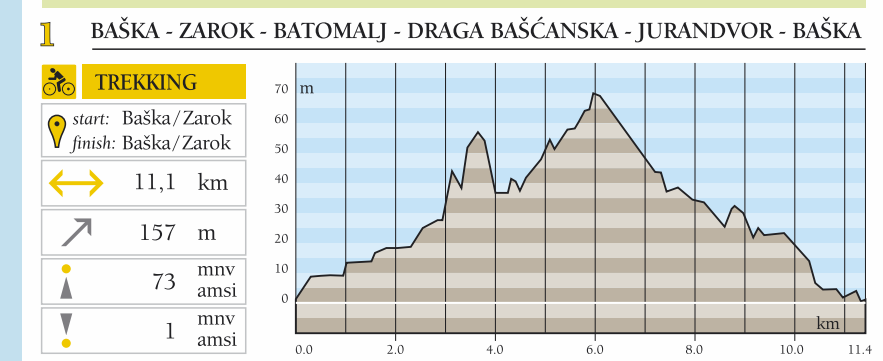




### BAŠKA

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Laguna staza namijenjena početnicima i rekreativcima provede će vas atraktivnom Baškanom dolinom. Na Zanku krećete u smjeru Suhe Rijeke ili Vele Rike, jedinoga stalnog vodenog toka na jadranskom otocima. Pitom prolazite uz skulpture glagoljskih slova i brojne pašnjake dok vas promatraju stada ovač koja su sastavni dio otoka. Dolaskom u Dragu Baškansku dočekate desno i nastavljate u smjeru Baške glavnom prometnicom, na posjet kompleksu Svete Lucije u kojoj se nalazi replika Bašanske ploče.

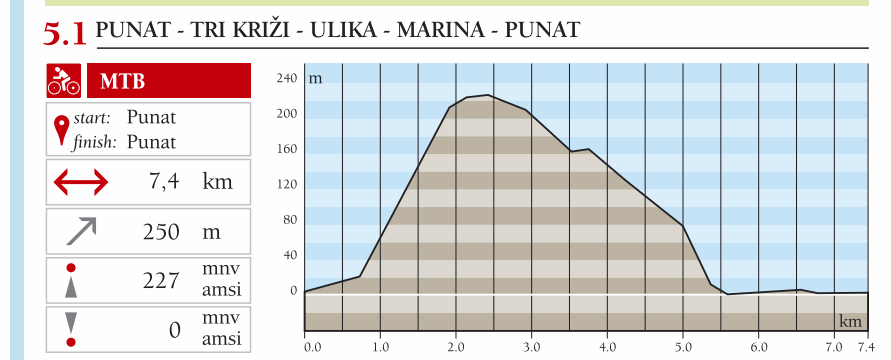
Easy track intended for beginners and recreational cyclists will take you around the attractive Baškan valley. From Zank, you will ride up the bed of Suha Rieka or Vela Rika river, the only permanent water course on Adriatic islands. You will see the sculptures of Glagolitic letters and numerous pastures observed by herds of sheep that are an integral part of the island. Upon arrival in Baškanca Draga, you turn right and continue in direction of Baška, taking the main road. You can visit the complex Sveta Lucija in which there is stone tablet replica - Bašanska ploča.



33 Čitava sv. Lucije Jurandvor Church of St. Lucia (Sv. Lucija), Jurandvor

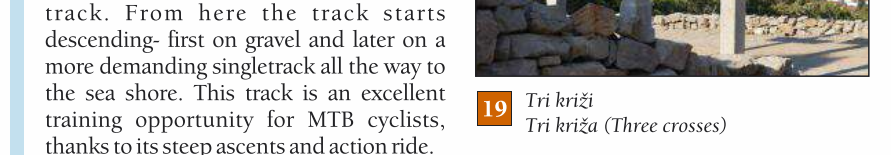
### PUNAT

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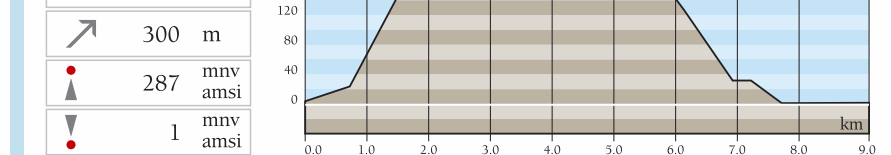
Kratka, ali iznimno atraktivna staza na kojoj ćete uživati vozeći se uz maslinike i subuhode i prekrasnim pogledima na Puntarsku dragu i otočić Košljun. Iz centra Puna krećete strmom stepom uz Tri križa do kletanja na položajnom makadama, nakon čega se staza počinje spuštati - najprije makadamskom cestom, potom i zahajevijim singleterskom do morske obale. Ova će staza izvrsno poslužiti MTB vozačima za trening posvećenim usponima i sklopu u večeri.

On this short, but extremely attractive track, you will enjoy riding by olive groves and drywalls with splendid views of Puntarska draga bay and the islet of Košljun. From the center of Punat you take the steep track up passing Tri križa (Three Crosses), to the crossroads on flat gravel track. From here the track starts descending. First on gravel and later on a more demanding singletersk all the way to the sea shore. This track is an excellent training opportunity for MTB cyclists, thanks to its steep sections and sections.



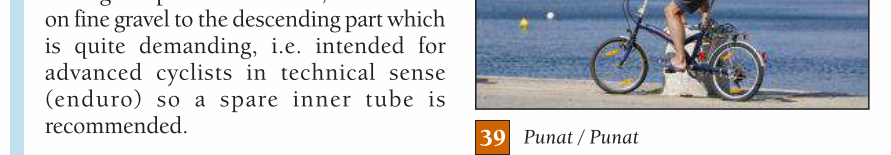
30 Tri križi (Three crosses)

### 3.2 PUNAT - TRI KRIŽI - POD VELIM VRHOM - BUKA - PUNAT



Još jedna kratka, ali atraktivna staza koja daje uvid u pravi otočić leš. Od centra Puna krećete najprije asfaltnom cestom do makadamskog uspona, nagiba ponegde veće od 20%. Nakon što dosegnete najvišu točku, staza se nastavlja lijepim makadama do dna spusta koji je prilika za napuštanje, odneseno predviđanje 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. It is intended for advanced cyclists in technical sense (enduro) so a spare inner tube is recommended.



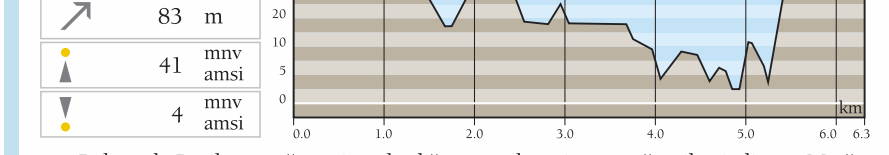
30 Punat / Punat

### 5.1 PUNAT - TRI KRIŽI - ULIKA - MARINA - PUNAT



Laguna biciklistička ruta pospoda je za obitelji s djecom. Krće od Puna, jednog od najvećih turističkih središta u smjeru Malinske. Punat je i srednje maslinarstva, stoga ne propustite posjetiti galeriju Toš - prostor u kojem su se nekada masline mljele ručno, a danas vrijedni galerijski prostor. Nezaobilazan lokalitet je i otočić Košljun u kojem su redovima ujednom stajale satnari brojne vjetrovi. Staza će vam pružiti mogućnost istraživanja bogate kulturno-povijesne baštine otoka.

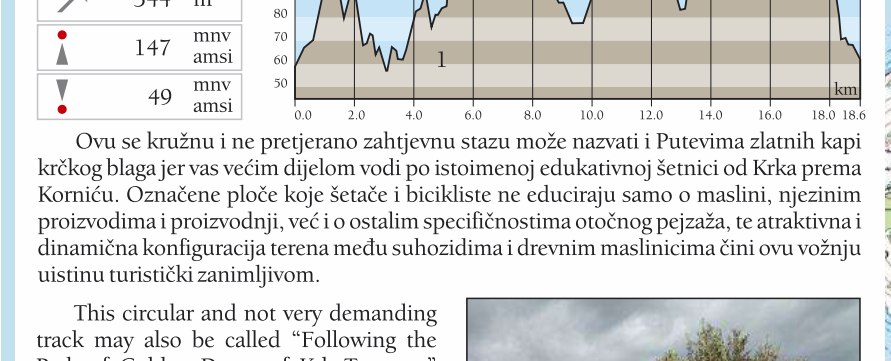
An easy cycling route appropriate for families with children. It starts in Punat, one of the largest tourist centers, towards Malinska. Punat is also the center of olive growing so do not miss the visit to gallery Toš space where olives used to be ground manually, today a valuable gallery. You mustn't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



34 Sv. Dunat / St. Dunat

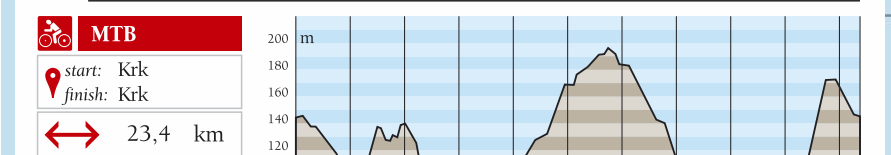
### KRK

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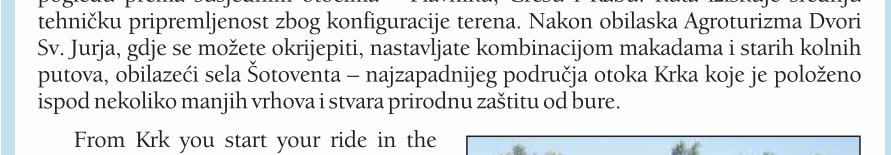
Položak Prniba savršeno je odrednice za rekreativce, početnike i djecu. Mreža makadamskih cesta koje su većim dijelom vodili poslojnim poduhvatima šetnje od Krka prema Kormićima. Omeđene ploče koje sećaju i bicikliste ne odražavaju samo o maslini, njegovim proizvodima i protovjetroj, već i ostalim specifičnostima otočnog pejzaža, te atraktivna i dinamična konfiguracija terena među subuhodima i drvenim maslinicima čini ovu izuzetno zanimljivu.

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 and dynamic configuration among drywalls and ancient olive groves.



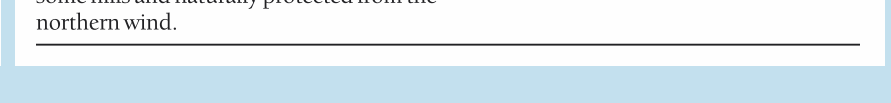
35 Maslinici Olive groves

### 9 KRK - DVORI SV. JURJA - NENADICI - KOSICE - KRK



U ovom krugu krećete kroz maslinike uspinjajući se prema njegovoj zaleđu i uživajući u pogledu prema susjednim otocima - Plovanju, Cresu i Rabu. Ruta iziskuje srednju tehničku pripremljenost zbog konfiguracije terena. Nakon obilaska Aguriturizma Dvori Sv. Jurja, gdje se možete okupirati, nastavljate kombinacijom makadama i starih kolnih putova, obilazite sela Sotovec - najljepšim pogledom na otok Krk koji je položeno ispod nekoliko manjih vjehova i stvara prirodnu zaštitu od bure.

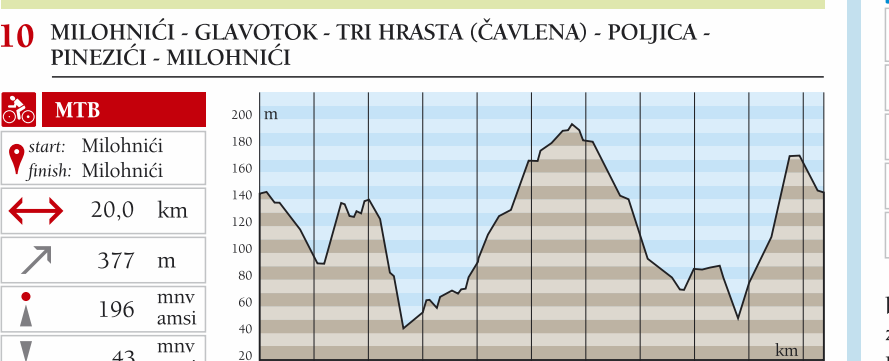
From Krk you start your ride in the olive groves ascending to its hinterland and enjoying the view of neighbouring islands - Plovanje, Cres and Rab. The route requires average technical aptitude due to the configuration of the terrain. After a tour of the agricultural tourist estate Dvori Sv. Jurja,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



32 Kimpri

### KRK

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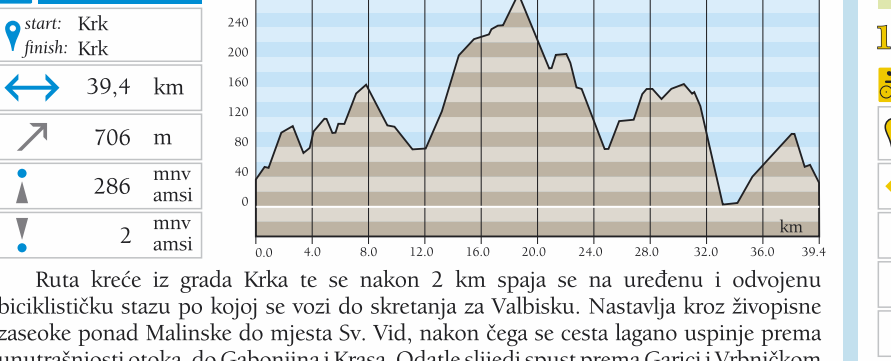
Atraktivna kružna staza namijenjena je MTB rekreativcima koji vole dinamičnu konfiguraciju s kombinacijom makadama i starih kolnih putova. Obilazite sela Sotovec, najljepšim pogledom na otok Krk koji je položeno ispod nekoliko nevelikih vjehova i stvara prirodnu zaštitu od bure, vidjet ćete višestoljetne hrastove i revitalizirane krčke kolce.

Attractive circular track intended for MTB recreational cyclists who prefer a dynamic configuration with a combination of gravel paths and old carriage ways. Going around Sotovec, the most western 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 revitalized krk-pods.



16 Čibava sv. Krištopusa Church of St. Christogonus

### KRK - OSTROBRADICI - SV. VID - KRAS - KAMPELJE - KRK



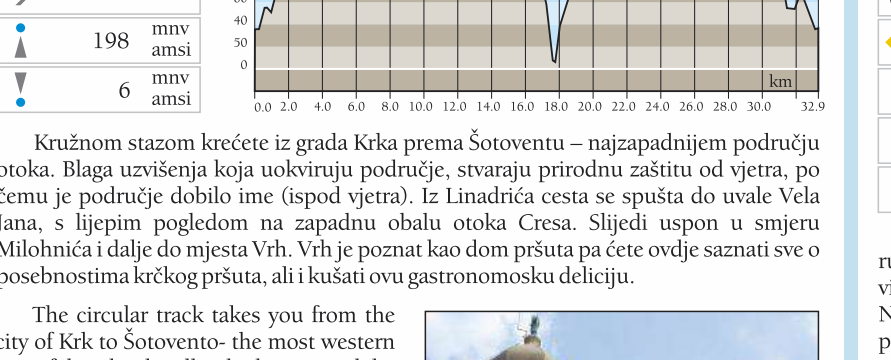
Ruta kreće iz grada Krka te se nakon 2 km spušta se na uređenu i odvođenu biciklističku stazu koja se vodi do skleranja za Valsuklu. Nastavlja kroz izopisne zaseoke ponad Malinske do mjesta Sv. Vid, nakon čega se cesta lagano uspinje prema unutrašnjosti otoka, do Gabojnina i Krasa. Odatle slijedi spust prema Gancici i Vrhnicom polju do Puntarske drage i lokaliteta Dunat. Po biciklističkoj stazi, uz maslinike i pogled na Puntarsku dragu očišćenom Košljunom, 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 Valsuka. It continues through picturesque villages above Malinska, to the village of Sveti Vid. After that the track gently ascends to the heart of the island, to Gabojnina and Kras. The descent leads to Gancica and Vrhnik 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 Košljun, you will return to the city of Krk.



37 Park glagolice, Gabojnina Glagolitic Park, Gabojnina

### KRK - KOSICE - BAJČIČI - BRZAC - LINARĐIČI - VRH - KRK



Kružnom stazom krećete iz grada Krka prema Sotovecu - najljepšim području otoka. Blaga završenja koja uslovljavaju područje, stariji prirodni zaštitu od vjeha, po čemu je područje dobilo ime (ispod vjeha). Iz Linarđića 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 će ovdje saznanj sve o poslovnosti krčkog pršuta, ali i kušati ovu gastronomsku deliciju.

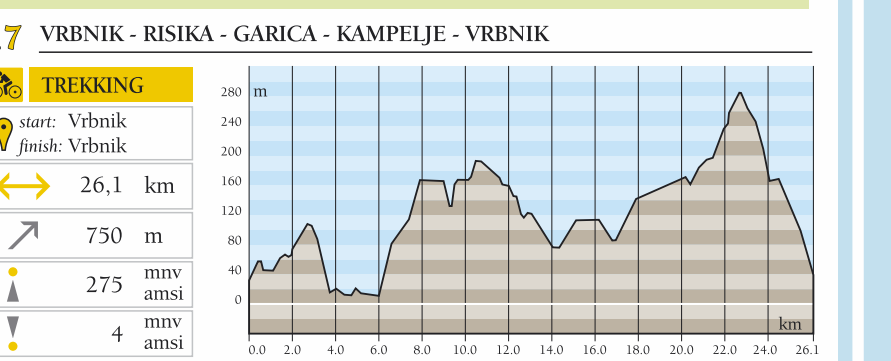
The circular track takes you from the city of Krk to Sotovec - the most western part of the island. Hills which surround the area form a natural protection from wind, which is reflected in the name of this area (under wind). From Linarđići the road descends towards Milohinič and further on to Vela Juna,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



38 Krcna kuharalja Krk cathedral

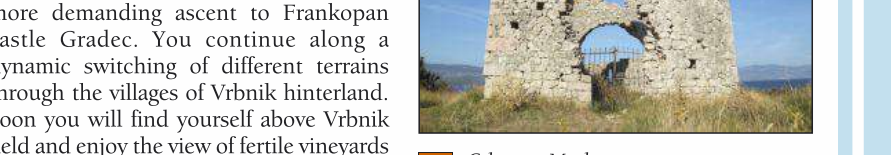
### VRBNIK

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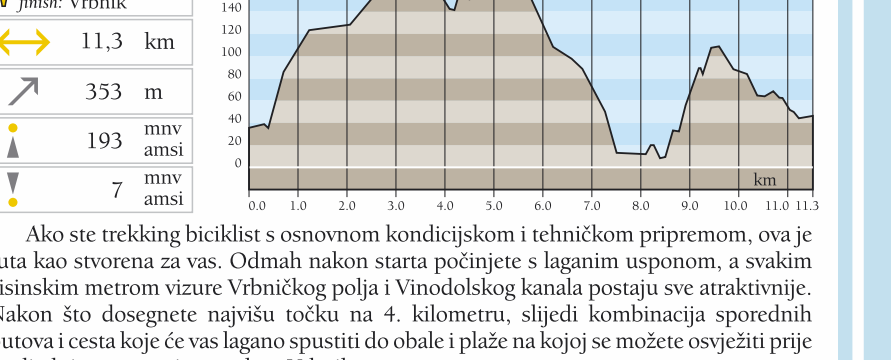
Staza koja pruža panoramski pogled na polje zlatne vrhničke zlatine namijenjena je tekking biciklistima umjerene kondicije pripremljenosti. Nakon starta u Vrblniku i početkom zagrijavanja uz samu obalu, slijedi zahajevij uspon prema franjevačkom bašću Gradec. Nastavljaše dinamičnom izvornom terena kroz mjesta vrhničkog zaleđa, nakon čega će se ubrzo naći uzad Vrblničkog polja uživajući u pogledu na rodne vinograde i točnu puna općevinsku.

This track offers a panoramic view of the field of Vrblnička Zlatina vine and is intended for trekking cyclists of moderate physical aptitude. After the start in Vrblnik and initial warm-up by the sea, there is a more demanding ascent to Franjevački bašću Gradec. You continue along a dynamic switching of terrain through the villages of Vrblnik hinterland. Soon you will find yourself above Vrblnik field and enjoy the view of fertile vineyards and, so many times celebrated in songs, the town of Vrblnik.



27 Čibava sv. Marka Church of St. Mark

### 18 VRBNIK - RISIKA - SV. MARAK - VRBNIK



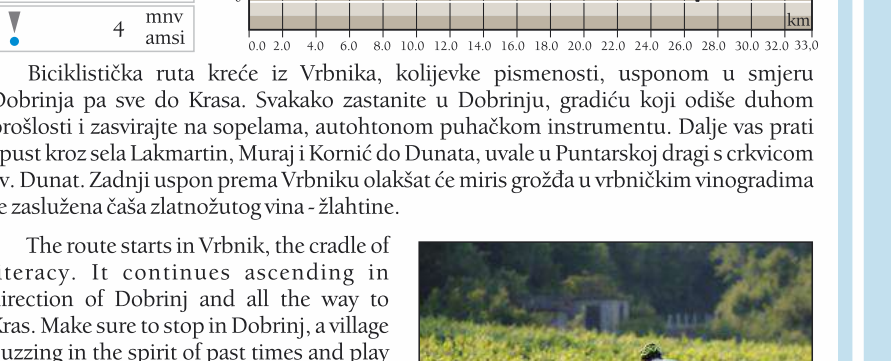
Ala ste trekking biciklisti s osnovnom kondicijom i tehničkom pripremljenosti, ova je ruta kao savršena za vas. Odmah nakon starta pećinere s laganim usponom, a svakom visinskim metrom vjeha Vrblničkog polja i Vinodolskog kanala postaju sve atraktivnije. Nakon što dosegnete najvišu točku na 4. kilometru, slijedi kombinacija sporetnih putova i cesta koje će vas lagano spuštati do obale i plaže na kojoj se možete osvježiti prije posljednjeg uspona i povratka u Vrblnik.

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 Vrblnik 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 Vrblnik.



29 Vrblnik / Vrblnik

### 56 VRBNIK - RISIKA - DOBRINJ - KRAS - KORNIC - VRBNIK



Biciklistička ruta kreće iz Vrblnika, kuljebaše plemenitosti, usponom u smjeru Dobrinja pa sve do Krasa. Svakako zadržite u Dobrinju, gradici koji odlično duhom prošlosti i završajte na sopelema, autotonom puhačkom instrumentu. Dalje vas prati spust kroz sela Lakarnina, Murj i Kornić do Dunata, uvale u Puntarskoj drage i obilazak sv. Dunat. Zadržaj uspon prema Vrblniku otklače će misli gradova u vrblničkim vinogradima te zaslažena čaša zlatnozlogovina - Zlatina.

The route starts in Vrblnik, the cradle of literature. It continues according in direction of Dobrinj and all the way to Kras. Make sure to stop in Dobrinj, a village buzzing in the spirit of past times and play sopele, the autochthonous wind instrument. The descent takes you through the villages of Lakarnina, Murj and Kornić to Dunat in Puntar bay with a church of St. Dunat. The last ascent towards Vrblnik will be made easier by the aroma of grapes in Vrblnik vineyards and a well-deserved glass of golden wine - Zlatina.



30 Vrblnik polje Vrblnik field

#### MOLIMO VAS DA:

- ne berete bilje, smokve i grčevlje
- ne palite vatru
- ne bacate otpad
- ne lovitte životinje, kukce i ptice
- ne rusite i presačete subuhode
- zadržavate vata (čaršavke) za sobom
- ne uziminate ovce, divlje životinje i ptice

**OPREZ!** Na pojedinim rutama možda ćete susresti vozila i šetače. Biciklističkim rutama vozite se na vlastitu odgovornost.

**U slučaju nesreće nazovite 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.**

Mjerilo 1 : 31 500

Scale 1 : 31,500 / Maßstab 1 : 31,500 / Scala 1 : 31,500

Ekvivalencija 10 m / Equivalent 10 m