



ZenCycle Croatia

Yoga Retreats & Mountainbike Adventures



Trans Croatia



Trans Croatia - Island Tour

Rijeka - Split

8 stages

467 km - 7300 hm

Paved: 85% - Unpaved: 15%

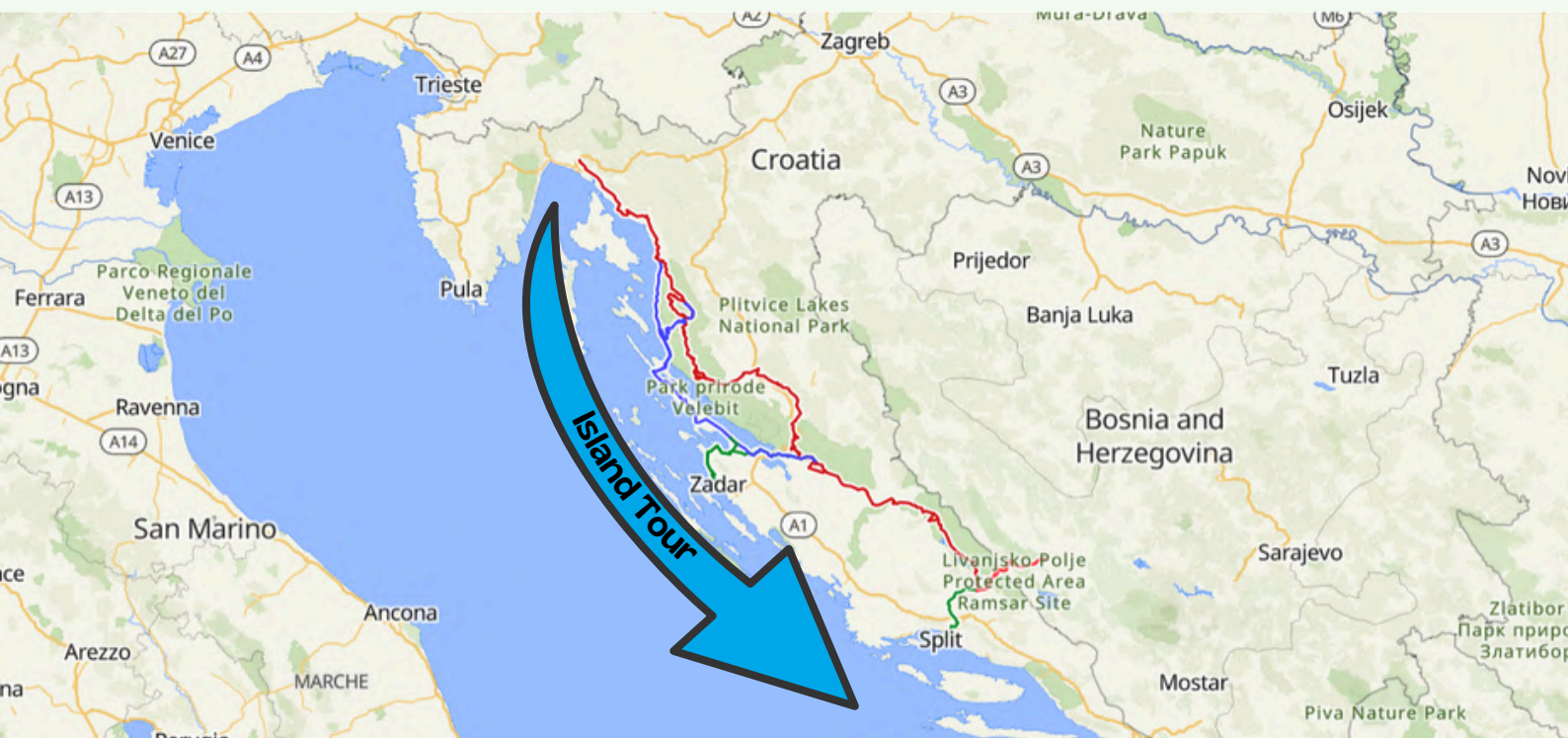
The Trans Croatia Island Tour offers an unforgettable 8-stage adventure from the bustling port city of **Rijeka** to the sun-drenched shores of **Split**, weaving through a dramatic blend of coastal beauty, highland wilderness and historic charm.

The journey begins with a ride along the rugged Kvarner Gulf, heading southeast to **Senj**, a town rich in maritime history and overlooked by the 16th-century Nehaj Fortress. From Senj, the trail climbs into the serene Velebit Mountains, leading to the quiet mountain village of **Krasno**, gateway to Northern Velebit National Park.

Then you descend toward the island-studded coast, ferrying to the lively island of Pag, with its moonlike landscapes and salt-rich heritage, finishing the day in **Novalja**. Crossing the island to **Rtina** on the mainland, the route continues through the raw beauty of the **Zrmanja** River canyon, where turquoise waters slice through limestone cliffs - an iconic sight of Croatia's interior.

From there, it heads to the historic town of **Knin**, home to one of the largest fortresses in Croatia and surrounded by scenic river valleys. The trail then winds through remote villages and green highlands to **Sinj**, famed for its traditional Sinjska Alka tournament, before a final descent through the Dalmatian hinterland to the vibrant coastal city of **Split**, where Roman history and Mediterranean energy meet.

Expect a mix of gravel paths and quiet tarmac stretches - ideal for adventurous cyclists seeking an immersive ride through Croatia's most diverse landscapes, from alpine heights to island views and ancient cities.





TRANS CROATIA

Island Tour

STAGE 1: Rijeka - Senj

- Distance: 76 km
- Paved: 70%
- Elevation: 1170 hm
- Unpaved: 30%

STAGE 2: Senj - Krasno

- Distance: 30 km
- Paved: 77%
- Elevation: 1190 hm
- Unpaved: 23%

STAGE 3: Krasno - Novalja

- Distance: 71 km
- Paved: 83%
- Elevation: 1290 hm
- Unpaved: 17%

STAGE 4: Novalja - Rtina

- Distance: 53 km
- Paved: 70%
- Elevation: 520 hm
- Unpaved: 30%

STAGE 5: Rtina - Zrmanja

- Distance: 48 km
- Paved: 96%
- Elevation: 630 hm
- Unpaved: 4%

STAGE 6: Zrmanja - Knin

- Distance: 58 km
- Paved: 100%
- Elevation: 820 hm
- Unpaved: 0%

STAGE 7: Knin - Sinj

- Distance: 73 km
- Paved: 81%
- Elevation: 860 hm
- Unpaved: 19%

STAGE 8: Sinj - Split

- Distance: 58 km
- Paved: 100%
- Elevation: 820 hm
- Unpaved: 0%

TOTAL: 467 km - 7300 hm



Trans Croatia - Highland Tour

Rijeka - Split

8 stages

475 km - 7360 hm

Paved: 81% - Unpaved: 19%

The Trans Croatia Highland Tour offers an unforgettable 8-stage adventure from the bustling port city of **Rijeka** to the sun-drenched shores of **Split**, weaving through a dramatic blend of coastal beauty, highland wilderness and historic charm.

The journey begins with a ride along the rugged Kvarner Gulf, heading southeast to **Senj**, a town rich in maritime history and overlooked by the 16th-century Nehaj Fortress. From Senj, the trail climbs into the serene Velebit Mountains, leading to the quiet mountain village of **Krasno**, gateway to Northern Velebit National Park.

From Krasno, the route continues through the heart of the Velebit range, crossing scenic mountain terrain to reach the windswept plateau of **Baške Oštarije**. From there, it descends toward the inland village of **Sveti Rok**, where the raw natural beauty of the southern Velebit gives way to dramatic karst landscapes. The trail then leads to the **Zrmanja** River canyon, where turquoise waters slice through limestone cliffs – an iconic sight of Croatia's interior.

From there, it heads to the historic town of **Knin**, home to one of the largest fortresses in Croatia and surrounded by scenic river valleys. The trail then winds through remote villages and green highlands to **Sinj**, famed for its traditional Sinjska Alka tournament, before a final descent through the Dalmatian hinterland to the vibrant coastal city of **Split**, where Roman history and Mediterranean energy meet.

Expect a mix of gravel paths and quiet tarmac stretches – ideal for adventurous cyclists seeking an immersive ride through Croatia's most diverse landscapes, from alpine heights to island views and ancient cities.





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TRANS CROATIA

Highland Tour

STAGE 1: Rijeka - Senj

- Distance: 76 km
- Paved: 70%
- Elevation: 1170 hm
- Unpaved: 30%

STAGE 2: Senj - Krasno

- Distance: 30 km
- Paved: 77%
- Elevation: 1190 hm
- Unpaved: 23%

STAGE 3: Krasno - Baske Ostarije

- Distance: 68 km
- Paved: 65%
- Elevation: 1460 hm
- Unpaved: 35%

STAGE 4: Baske Ostarije - Sveti Rok

- Distance: 67 km
- Paved: 96%
- Elevation: 370 hm
- Unpaved: 4%

STAGE 5: Sveti Rok - Zrmanja

- Distance: 45 km
- Paved: 58%
- Elevation: 670 hm
- Unpaved: 42%

STAGE 6: Zrmanja - Knin

- Distance: 58 km
- Paved: 100%
- Elevation: 820 hm
- Unpaved: 0%

STAGE 7: Knin - Sinj

- Distance: 73 km
- Paved: 81%
- Elevation: 860 hm
- Unpaved: 19%

STAGE 8: Sinj - Split

- Distance: 58 km
- Paved: 100%
- Elevation: 820 hm
- Unpaved: 0%

TOTAL: 475 km - 7360 hm



B&B/Hotel package

We always provide the best B&Bs and hotels along the road in Croatia, carefully selected for their location, service and attention to detail, ensuring a memorable and comfortable stay.

Additional nights can be booked on request



Picturesque places



Comfortable beds



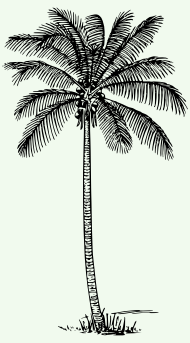
Delicious breakfast



Awesome views



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What's included

Trans Croatia B&B/Hotel Package

Start in Rijeka

Start your journey in Rijeka, a vibrant port city nestled between the Dinaric Alps and the deep blue Adriatic.



B&Bs/Hotels on route

We have selected the best and most beautiful B&Bs/hotels along the route with breakfast included in the morning.

Navigation App / GPX

Roadbook with POI and detailed route description. Use of 'Komoot' App or GPX for your own navigation system.



24/7 bike assistance

In case of major breakdown or issues that can't be fixed by yourself, we have a 24/7 bike service ready.

Arrival & departure

If you travel by plane: airport pick-up & drop-off.
If you travel by car: return transfer to your car.



EUR 1250 per person

9 nights B&B/Hotel + breakfast
Detailed roadbook with GPX
24/7 bike assistance
Arrival & departure transfers

Eat Ride Sleep Repeat
We take care of the rest





ZenCycle Croatia



Upgrade your experience

Bike rental

€ 35-55/day

Luggage transfer

€ 300 p.p.

Luxury upgrade

Spacious room + Sea view + Pool

€ 250 p.p.

Fully guided

Technical support + Luggage transfer

€ 525 p.p.

Kayak Safari on Zrmanja River

€ 65 p.p.

Extra nights

On request

