# CANYONING I FF SEA KAYA





## EXTREME ADVEN' KING CANYONING







Experience the best adventure tour in Croatia. Extreme canyoning gives you a deeper and more challenging experience of the Cetina River canyon. It is the combination of walking, hiking, sliding down the rapids, swimming in crystal clear natural water pools, walking through the tunnels and rappelling near a 55m waterfall. It also includes some cliff jumps up to 10 meters high (optional) and rappelling another 20m cliff. All you need for this trip is adventuristic spirit and you are ready for an extreme canyoning expedition!

Activity duration: 3h, Transfer duration: 45 min

Price: 450 HRK (60 €)

Transfer: 100 HRK (14 €) Split – Zadvarje (both ways)

Included: Long neoprene pants and jacket, life vest, helmet, insurance, professional guides.

Tips: Bring a swimsuit, towel, and some kind of sports shoes.





etina

### Sea Kayaking



Experience the beauty of the crystal clear Adriatic Sea, paddle along the coast of the tranquil Žrnovnica River, taking in incredible scenery of green fields against the looming Mosor Mountain Ridge. Or check out Epetium, one of the oldest cities on the Dalmatian coast. Kayaking is a great relaxing activity that allows you to get to hidden beaches where you can enjoy snorkeling, swimming, paddling and stopping to grab a nap in the sun on the beach away from all the crowds.

Activity duration: 3h, Transfer duration: 15 min

Price: 250 HRK (34 €)

Transfer: 30 HRK (4 €) Split – Starts from: Hotel Split Beach, Podstrana

Included: Sit on top kayak, paddle, life vest, mask and snorkel, insurance, cliff jump (optional).

Tips: Bring a swimsuit, towel, camera, sun cream, water







lgor

Iris

Iris Adventures is adventure tour company from Split, Croatia, specialized in organizing one-day adventure activities. Founders of company are Iris and Igor who dedicated their entire lives in exploring, guiding and developing adventure tours at this area. Both of them with more than 15 years in this job were working for different companies leading groups and presenting Croatian outdoor tourism. In 2012 they decided to open their own company to promote Croatian outdoors in the best possible improved way, on highest safety level and to show to the people hidden and wild beauties of our country. Iris is passionate mountain climber, with 5 ascents on Himalaya mountain on peaks higher than 8000m, Kilimanjaro Africa, Mont Blanc... and Igor is experienced rock climber with a passion for big walls, he is also fastest windsurfer in Croatia.

The passion and adrenaline to make the best of the best have always been our main motivation to push the limits and discover new things..... And now even more, because we want to share with YOU our experience and unique style of life.



Meeting point Split: Prokurative Square (Trg Republike) Long stairs next to caffe bar «Bellevue» Coordinates: 43°30′31.7″N 16°26′10.7″E

Meeting point Zadvarje: INA Gas station - Hrvatskih branitelja Coordinates: 43°25′60.0″N 16°53′33.4″E

Meeting point Podstrana: Hotel Split Beach Coordinates: 43°29'12.6"N 16°32'51.3"E

For organized transport, you need to book in advance.



#### Cliff jumping & Deep water soloing

Take a ride with us to hidden cliffs, try different jumps from 2 to 10m height and then climb out from the sea to do some more! Deep water soloing (DWS) is a discipline where the climber climbs from the sea level without any climbing gear except climbing shoes that we provide you with. Any wrong move and you are back in the water with a big splash! This discipline gives you an adrenaline rush and it's great fun.

The climbs range from really easy to difficult ones and jumps vary from 2 to 10m height.

Activity duration: 3h, Transfer duration: 10 min

Price: 250 HRK (34 €)
Included: Transfer from Split (Riva), quide, climbing shoes, insurance

Tips: Bring a swimming suit, towel, sun cream, water, camera

Starts from: Split City meeting point





### Rock Climbing





Just a half hour drive from Split there are 12 climbing areas with more than 400 routes waiting for you to discover. It doesn't matter if you are a beginner, expert or just need a climbing partner, you can always count on us. We can organize climbing in the city of Omiš which is a half hour drive from Split in the Cetina River canyon. It's an amazing place to climb and it's very suitable for beginners. Routes are up to 25m high and grades from the easiest to the hard ones. No previous experience is needed.

Activity duration: 3h, Transfer duration: 30 min

Price: 350 HRK (47 €)

Transfer: 75 HRK (10 €) Split – Omis (both ways)
Included: Climbing gear, insurance, licensed instructor

Tips: Wear something comfy (preferably shorts that cover your knees)





#### Hiking



#### HIKING

There are not many places where you can enjoy the sea view while climbing a mountain! Seize the opportunity to climb the 1339m peak of Mosor Mountain or 533m peak of Perun Hill. Enjoy the great view of the Adriatic Sea and the islands as well as the beautiful landscape of the Dalmatian countryside. Discuss the various route options with your guide from easy to advanced. Escape from the city crowd and be a part of nature.

Activity duration: 3-6 h, Transfer duration: 30 min

Price: 250-400 HRK (34-54 €) Transfer : 75 HRK (10 €)

**Included:** Professional mountain guide, insurance **Tips:** Bring a hat, camera, water and some snack



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