Walking Dubrovnik and The Dalmatian Coast

Trip Code: SGDK

Version: SGDK Walking Dubrovnik and The Dalmatian Coast

WALK & TREK	SELF-GUIDED	2 LEISURELY

HIGHLIGHTS

- Walk along quiet walking trails for far reaching views over the Dalmatian Coast
- Enjoy spending two nights within the tranquil Mljet Nation Park
- Taste the local produce of Ston with a wine tasting at the end of your walk in the surrounding

countryside
- Experience Dubrovnik's history brought to life on a guided tour of the city

AT A GLANCE

- 6 days walking and sightseeing
- Daily departures
- Join at Dubrovnik

ACCOMMODATIONS & MEALS

- 6 Breakfasts
- 3 nights Hotel
- 4 nights Guesthouse

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Step into the living artwork that is the Dalmatian Coast, with its magnificent pallet of yellow stone set against lush green vegetation and the vibrant blue Adriatic Sea. This part of Croatia is renowned for the UNESCO city of Dubrovnik, spectacular islands including Mljet and Lupod, and its deep-rooted history. On this one-week self-guided walking holiday we have ensured you can relax and soak in all this fantastic region has to offer, including wine tasting in Ston after having walked through the nearby vineyards, a night's stay in the National Park of Mljet, a guided tour of Dubrovnik, and a final night in the golden valley of Konavle. Walking up to 16km a day on tranquil island trails, and along inviting waterfronts and rural gravel tracks, you will have plenty of time to enjoy a swim or a stop at an inviting café along the way.

Each night you will stay in a small family run hotel or guesthouse on a bed and breakfast basis allowing you the flexibility to dine out and sample the local cuisine such as the world-renowned oysters on the Peljesac Peninsula, the creamy goats cheeses on Mljet, and the wines of Konavle. With airport transfers included, you can be sure we have everything taken care of for you, so that you can relax and enjoy your holiday.

Is this holiday for you?

Whether you are a foodie, a history buff, or you are looking for your first self-guided walking holiday this is a great trip for you. Utilising the ferries you can enjoy island hopping and peaceful walks of up to 16km with up to 400m ascent, along coastlines to seductive beaches or under the shade of woodlands to fantastic panoramic views. Staying on the islands of Mljet and Lupod as well as in Dubrovnik and Konavle provides the perfect balance of sightseeing, walking and culture.

Itinerary

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DAY 1

Arrive in Dubrovnik, transfer to spectacular Ston, and dive straight into Croatia's delights.

Arrive at Dubrovnik airport and be greeted by your driver, keen to welcome you to Croatia. A short transfer takes you to the picture-perfect Peljesac Peninsula and the medieval town of Ston, your home for the next two nights. An impressive 5.5km defensive wall links the town to the small dreamy town of Mali Ston that you will have the chance to explore the next day.

Peljesac is a region renowned for its spectacular beaches, delicious shellfish, and excellent wines. Depending on the time of your arrival, we recommend checking into your hotel then grabbing your swimming costume and heading out to sample the local delights. Perhaps relax at the bay and take a dip in its inviting salt pools, then head to a waterfront restaurant to try some of the famed Ston Bay oysters, reckoned to be amongst the best in the world, accompanied by a glass of local sparkling wine. Alternatively, if you would prefer to stretch your legs, why not explore the historic walls, the largest fortification in Europe, and lose yourself in the sunny car-free town centre before dinner?

Accommodation
Hotel

DAY 2

Soak up the culture of Mali Ston, enjoy coastal views, follow the Napoleonic Road, and enjoy a wine tasting.

Waking refreshed from your first night in Dalmatia, your walk today allows you to explore the picturesque Ston valley and the treasures it produces. First, you will walk to Mali Ston - translated as 'Little Ston' - and although it may be small, its gastronomic offering is mighty. Mali Ston is famous for the mussels and large flat oysters that thrive in the narrow channel separating the peninsula from the mainland, so be sure to try some whilst you are in the region!

Next, following the historical Napoleonic Road, your route will take you inland into the wine producing region with its green terraced vineyards - a real contrast to the crumbling yellow stone architecture and vibrant blue coastline. Reaching the highpoint of your walk, your efforts are rewarded with panoramic views over both valleys below, with vineyards to one side and Ston and the coast to the other. Returning along the Napoleonic Road, you make your way back to Ston to spend another evening in this enchanting town and sample the local wines with a wine tasting.

Meals: **B**

Accommodation	Ascent	Descent	Distance
Hotel	400M	400M	16KM

DAY 3

Journey to Mljet and be seduced by its charming National Park and picture-perfect lakes.

This morning you say farewell to Ston and take a short transfer to the nearby port of Prapratno, from where you will take the ferry to the lush green island of Mljet, dubbed 'the most seductive island of the Adriatic'. A short transfer then takes you to Pomena, your home in the National Park for the next two nights. Mljet really is an island of tranquillity, offering a shaded haven as you explore its Mediterranean forest trails or take a dip in its two saltwater lakes - Malo Jezero (the small lake) and Veliko Jezero (the big lake). Checking into your accommodation, you can soon head out to explore the magnificent National Park for yourself. Your route will take you along the shoreline of the beautiful Veliko Jezero Lake, complete with the tiny picture-perfect Saint Mary's Island that is home to a Benedictine Monastery.

As you wander along you will notice that the lakes appear to change colour throughout the day, from crystal blue in the morning to emerald green in the evening. Following the lakeshore path, you will have the opportunity to hop on a boat to discover Saint Mary's Island for yourself before returning to the lakeshore and exploring the bay of Uvala Lokvica where you might enjoy taking a dip. Then it is time to retrace the shoreline back to Pomena. Saint Mary's Island may be very small, however it is well known for its olives and goats cheese, so you can look forward to sampling some of its delicacies in one of the local restaurants in Pomena this evening.

Meals: **B**

Accommodation	Ascent	Descent	Distance
Guesthouse	270M	270M	14KM

DAY 4

Hike Montokuc Peak to sit on the summit of Mljet, rewarded by breathtaking views of the Adriatic.

Enjoy breakfast in the serenity of Mljet as Pomena awakens, before the day visitors from Dubrovnik begin to arrive in the harbour to enjoy this magnificent island. Today's walk will take you to the highpoint of the island where you can revel in its beauty from a new perspective. Making your way through the narrow streets, you pass the last house in town and begin your hike up to Montokuc Peak beneath the cool shade of the forest - each clearing providing a perfect frame for the views over the island and sea below. Approaching the top, you will see a viewpoint perched on a rock waiting to welcome you to 360-degree

vistas - be sure to have your camera handy!
When you have finished soaking up the views, you begin to make your way down the serpentine path towards Veliko Jezero lakeshore, before heading away from the lake to the town of Soline, nestled at the edge of the National Park. You will have time to enjoy a refreshing drink and perhaps a bite to eat before making your way across the island to return to Pomena where you can once again delight in the laidback atmosphere of the town after the day visitors have left and local life resumes.

Meals: **B**

Accommodation
Guesthouse

Ascent
320M

Descent
320M

Distance
14KM

DAY 5

Sail to Dubrovnik, explore the city, and have its history brought to life with your very own guide.

This morning you leave Mljet and set sail for Dubrovnik. Whether you're a Game of Thrones fan, a lover of history, or an architecture buff, Dubrovnik will charm you with gems hidden around every corner.
Arriving in the Lapad Quarter, you can check into your accommodation and then the morning is yours to enjoy. You may opt to explore the nearby park and harbour, or ride the cable car for fantastic views over Dubrovnik's Old Town and the islands that dot the vibrant blue Adriatic Sea. Alternatively, if like us you are keen to delve into the history of the old town, why not walk the city walls (not included; around €50pp). Rated Dubrovnik's top attraction, and being one of the key factors qualifying the city for UNESCO status, these walls have defended the city's inhabitants since the 13th century and, whilst no longer used for their original purpose, the vantage points they provide are simply spectacular.
In the afternoon, you will be joined by your own private city guide who will help bring the city's vibrant history to life as you explore the magnificent Gothic, Renaissance, and Baroque architecture, and point out some of the city's best-kept secrets.

DUBROVNIK SUMMER FESTIVAL: During the months of July and August, the city hosts a world-renowned festival with music, theatre, and dance performances for all ages at various locations around the city. For more information visit www.dubrovnik-festival.hr.
2025 dates: 10th July - 25th August.

Meals: **B**

Accommodation
Hotel

DAY 6

Explore nearby Lopud Island and take a dip in the Adriatic at Sunj Beach.

After a busy day in the city, today you will explore the nearby island of Lopud. After breakfast you will catch the ferry to this small, car free island that is known for its picturesque bay and one of the best beaches near Dubrovnik, so be sure to pack your swimming costume. Your walk will take you along a pretty waterfront before heading inland to enjoy far-reaching views from St Ivan's Church and the remains of a fortress that once kept watch over the island. Making your way to the far coast, you reach popular Sunj Beach, said to be one of the best beaches around Dubrovnik. On the way to the beach, you have the option to extend your walk to visit the island's eastern cape for views across to the neighbouring island of Kolocep and the Dalmatian mainland. You might then opt to enjoy a swim or a picnic at Sunj before heading to the island's north coast, where you can soak up the atmosphere of the waterfront and perhaps enjoy a refreshing drink in one of the inviting cafes before catching the ferry back to Dubrovnik. In the evening, you can immerse yourself in the atmosphere of Lapad or take the short ride into Dubrovnik Old Town to enjoy the city by night.

Meals: **B**

Accommodation Guesthouse | **Ascent** 360M | **Descent** 360M | **Distance** 12KM

DAY 7

Be enchanted by the Konavle Valley as you discover quaint watermills beneath rugged mountains.

The final walk of your week takes you to the picturesque farming region of Konavle, known as 'The Golden Valley of Dubrovnik' because its lands are so fertile. Sandwiched between Dubrovnik and the Montenegrin border, Konavle's rich countryside is dotted with old farmhouses and quaint old watermills. After breakfast, you will take a short transfer to the sleepy Konavle village of Gruda where you will check into your accommodation and then begin your walk. Following quiet gravel tracks and paths, your route will take you along the Ljuta River, leading you to the old wooden watermills and welcoming restaurants of Ljuta Town - the perfect lunch stop and an opportunity to enjoy some traditional fayre. As you meander through the valley accompanied by views of the nearby mountains towering above the fertile valley, today's walk will have a very different feel to the hustle and bustle of Dubrovnik and the island hopping earlier in the week. Your route then leads you back to Gruda where you will spend the final night of your holiday in the peace of the countryside.

Meals: **B**

Accommodation Guesthouse | **Ascent** 140M | **Descent** 140M | **Distance** 12KM

DAY 8

Departure Day.

Enjoy a relaxed breakfast and perhaps explore a little more of lovely Konavle before being transferred to the airport for your onward journey.

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- A transfer from Dubrovnik Airport on arrival
- A transfer to Dubrovnik Airport on departure
- Luggage transfers
- Transfers to/from your walks as per itinerary
- Ferry tickets as per itinerary
- Wine tasting on Day 2
- Dubrovnik city tour on Day 5
- GPX tracks supplied

What's not Included

- Travel insurance
- Travel to/from Dubrovnik Airport
- Visas (if applicable)
- Tourist taxes may apply and are usually under 3 Euros per person per night
- Some meals as described in the Meal Plan
- Public buses and taxis
- Entrance fee for Mljet National Park (approx. 25 Euros per adult; discounts for children)
- Personal equipment
- Any additional activities/excursions indicated as optional

Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

Please discuss this further with our Sales Team who will be happy to assist in picking the best trip for your family.

Joining Arrangements & Transfers

This trip starts and ends at Dubrovnik Airport. All of our self-guided holidays are sold on a Land Only basis, allowing you the flexibility to choose the travel method that best suits you. For this trip we have included a return transfer for you from Dubrovnik Airport, which offers great connections from UK regional airports.

Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

As you might expect, cuisine on the Dalmatian coast has quite a Mediterranean feel, with strong influences from Greece and Italy – especially Venice. Our mouths are watering already! Following peasant cooking traditions, good quality local ingredients such as vegetables, nuts, cereals, dairy products, and meat and fish, are cooked in simple yet imaginative ways to produce delicious meals. Home-made pasta, gnocchi (Njoki), risotto (Rizot), and polenta (Palenta) dishes served with fresh local produce, focaccia (Pogaca), and a dried meat rather like prosciutto (Prsut), all display the Italian influence, as does the use of local olive oil and herbs and spices such as oregano, bay, sage, rosemary, marjoram, nutmeg, cinnamon, cloves and the rinds of oranges and lemons. The aromas alone are food for the senses!

Being so close to the catch of excellent seafood from the Adriatic, this really is the place to enjoy fish and seafood dishes. Perhaps you'll enjoy a tasty fish stew (Brudet if you like it spicier, or Popara for a milder flavour) with a lovely chilled glass of local white wine? If seafood really is your thing then be sure to try the internationally acclaimed Ston Bay oysters, widely agreed to be amongst the best in the world. You can hardly get them any fresher, coming straight from the sea to your table. Oysters have been farmed here since the 17th century and are at their best when eaten raw on ice in their shells, drizzled with a few drops of lemon juice. They are especially good when washed down with a glass of local sparkling or white wine. If oysters are a step too far for you, the mussels around this coast are also exquisite, so order Buzara instead. If the more unusual appeals to you, why not try a black risotto (Crni Rizot). Common and well loved throughout Croatia, you are perfectly placed on the coast to sample this dish of rice cooked with olive oil, herbs, spices and locally caught cuttlefish - the ink from which gives the dish its dark inky colour. Cheese fans won't be disappointed either, with some lovely creamy goats cheeses produced in the region too.

Those with a sweet tooth will be in their element as there are plenty of interesting desserts and other delights to enjoy as you fuel your adventures. Rozata is not to be missed – a dessert likened to a Dalmatian version of creme caramel or flan made using rose water instead. Other tempting delights include Mantala – a cake from Konavle made with red grape must from a local grape variety, cloves, cinnamon, and nutmeg. For something fruity you might like Arancini – this one isn't at all like rice balls of the same name found in Italy - here it is a fragrant snack made from sugared orange or lemon peel. Or, how about Klasuni - moon-shaped cookies from Korcula filled with a nut, orange marmalade and rosewater paste. This is only a snapshot - why not visit the area and experience the region's flavours yourself?

Accommodation

We have especially chosen a lovely selection of small, family run 2-star and 3-star guesthouses and hotels for their great locations and warm hospitality. All the accommodations offer comfortable ensuite bedrooms and atmospheric communal areas including a bar, gardens or a terrace, and offer delicious breakfasts to help fuel your days of exploring. In the evenings you can look forward to enjoying dinner out at one of the nearby restaurants.

It is possible to arrange additional nights' accommodation before or after your trip, either in Ston, Konavle, or Dubrovnik. So if you wish to have a little more time relaxing on the coast or exploring the city, please just ask our Sales Team for more information.

Baggage Allowance

You and your main luggage will be transferred between each of your hotels according to the daily itinerary described. We ask that you please ensure that each piece of your luggage is under 20kg. You will also need a daypack to carry your daily essentials with you while you are walking.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Croatia is the Euro.

Preparing for your Holiday

The advantage of a self-guided walking holiday is that you decide the pace however getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable your walks will be. The walks take you through shaded woodlands, along beautiful coastal paths and country dirt roads. You should be comfortable with walking 3 to 4 hours for consecutive days with ascents up to 400m per day. We suggest that you try to fit in a number of daily walks in hilly countryside before your trip and its always a good idea to spend some time walking in the footwear you are going to use on this holiday.

Climate

Thanks to the influence of the Mediterranean, Croatia's Adriatic coast and islands have a mostly dry climate with warm dry summers and mild winters, making this region an excellent place to explore on foot. The hottest months are June, July, and August when temperatures can reach up to 30 degrees centigrade, ideal if you like the heat yet rarely feeling 'too hot'. Spring and autumn are perhaps best for walking, with milder temperatures averaging around 20 degrees centigrade.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Dubrovnik and the Dalmation Coast - Lonely Planet
- Game of thrones fans will no doubt recognise landmarks in Dubrovnik where many scenes were filmed.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Self Guided Equipment List

- Hiking boots with good-grip soles
- Hiking socks

- Long / short hiking trousers
- Functional base layer top and leggings
- T-shirts
- Fleece / extra warm layer
- Windproof jacket
- Waterproof jacket
- Waterproof trousers
- Hat, gloves, and neck gaiter
- Sunscreen
- Sunglasses
- Sunhat
- Small first aid kit inside your rucksack
- Water bottle or hydration pack
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover
- Camera (and batteries / memory card)
- Reusable sealable picnic boxes for picnics
- Reusable cloth bag for shopping to avoid the use of plastic bags

- Walking poles
- Headtorch with spare batteries
- Personal wash kit
- Your self-guided route notes
- Rucksack (approx. 20L)

Land Only Information

Please note that our 'from' price listed is based on 4 persons on twin or double occupancy, however we can quote for any number of travellers including solo travellers - contact our Sales Team for a quote.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights' accommodation before or after your self-guided trip - please ask our Sales Team to find out more about this.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

Our Sales Team will also be happy to provide you with a quote for scheduled flights from your nearest regional airport (where possible). Flight prices are subject to change depending on availability and seasonality. Flight prices will only be confirmed to you when all services have been arranged and confirmed for your requested dates.

Why Choose KE

Why KE?

We have created the perfect mix of the best walking, sightseeing, and tasting of local delights on the Dalmatian Coast to really bring this sparkling destination to life.We have even included airport transfers, a wine tasting, and a city tour of Dubrovnik so you can be sure to get the most out of your trip.

Please Note This document was downloaded on 14/11/2026 and the trip is subject to change