

CLIFF BLUE: 23 KM/720m+

START/FINISH: Sali - marina

ROUTE: Marina - Krstovica - Magrovica bay - Jaz bay - Grpaščak fort - Gmajno polje - Tripuljak bay - Mir bay - Cliffs - Skrača - lake Mir - Mir bay - Tripuljak bay - Gmajno polje - Jaz bay - Magrovica bay - Dolac - St. Mary church - Lokva - finish line in Marina

Short description:

From the start point run straight uphill, after cca 300m turn left, follow the road markings on asphalt road for 300 meters and then turn to the right. Follow markings on cemented path, once you come to crossroads go right (uphill) then after 150 meters turn left to macadam path (run another 200 meters) which leads you to the main road. Cross the main road to macadam path, this path goes across the hill again to asphalt road, you'll continue following it straight to Magrovica bay. Follow the road markings on asphalt road all the way to get to Jaz bay where you'll make a sharp turn to the right towards Grpaščak fort. From the fort Grpaščak you'll run down on footpath to macadam path (turn right) where from you'll follow path markings to Mir bay (which is the finish point for BAY MIR GREEN 10KM category). Next to restaurant turn to the right and follow the path towards cliff where you'll turn left. Markings will lead you to Skrača (CP3) where you have to turn left and continue to follow left side of Lake Mir. Then you'll turn to the left on cemented path that goes back to Mir bay. Once arrived to the bay turn left and run on coastal line straight forward. After 1.5 km you'll arrive to path made of stones. After you finish stone path you'll arrive to asphalt road (go straight forward), follow the markings towards Jaz bay. There is large crossroads, turn left, after 20 meters turn right. Continue running on asphalt road to Magrovica bay where you go straight again. After arrival to stone path, proceed straight and you're arriving to main asphalt road where you have to turn on the right. Run another 1.5km downhill and turn left. Next to church turn right to narrow pathway and run straight to Lokve. From Lokve markings will guide you thru olive garden and football field. There you'll turn left and arrive to asphalt road where you'll turn left again and proceed towards finish line (in marina).

Important annotations:

- Please pay attention to safe running and crossing main traffic roads, as well as running over the cliffs. Please prepare your personal belongings in advance if you wish organizer to watch on them during the race. Personal belongings will be handed to us during race registration.

CONTROL POINTS

CP 1/CP5: Magrovica bay

CP 2: Grpaščak fort

CP 3: Skrača – next to Lake Mir

CP 4: Mir Lake

CP 6: Finish line – Sali (in marina)

REFRESHMENT POINTS:

RP 1/RP4: Magrovica bay (water, iso drink)

RP 2: Grpaščak fort (water, iso drink, fruits, snacks)

RP 3: Mir bay (water, iso drink, fruits, snacks)

RP 5: Finish line – Sali (water, lunch, cookies and sweets)