



# TAKE IT SLOW

Best practices showcase of sustainable, slow and smart products and services in tourism



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## ADVENTURE TOURISM

Adventure tourism is a type of tourism which usually takes place in destinations with specific geographic features and landscape and tends to be associated with a physical activity, cultural exchange, interaction and engagement with nature. This experience may involve some kind of real or perceived risk and may require significant physical and/or mental effort. Adventure tourism generally includes outdoor activities such as mountaineering, trekking, bungee jumping, rock climbing, rafting, canoeing, kayaking, canyoning, mountain biking, bush walking, scuba diving. Likewise, some indoor adventure tourism activities may also be practiced.

## **RDA RERA Festival "Vanka Regule"**

Festival "Vanka Regule" is a competition in extreme sports which helded at end of July in Sutivan, Brač. Disciplines such as freeride cycling, sea jumping, cross freeride cycling, free cimbling, free diving and kayaking guarantee adrenalin and fun for participants and others interested individuals. Special attraction of the festival is climbing on curch belfrys in Sutivan and Ložišće. Therefore, were organized a many workshops about adventure and extreme sports and photo exhibitions. Part of festival is "Outdoor Adventure Film Festival" and with lot of concerts and fun with urban music in the evenings.

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Obala kralja Tomislava 14, Sutivan - Croatia  
00385 98 522 775 - info@aldura-sport.hr - www.aldura-sport.hr

## **RDA RERA Sutivan - bike friendly**

This project promote cyclotourism and represent Brač island as a excellent holiday destination with more than 300 kilometers of bike trails which allow tourist to connect with culture, forgotten villages and wine&olive paths. 1026 km of the bikes path makes Brač island with most baike paths. Part of paths is mapped and showed at web page [www.dalmatia-bike.com](http://www.dalmatia-bike.com) together with local touristic offer as accomodation and other facilities. At the web page are listed bike friendly objects, events, services, bike shops, info about destination, video contents.

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## **ISTRIA REGION Istria bike & bed**

Istria Bike & Bed is a system of accommodation facilities specialized for the reception of cyclists, connected with all other related services in Istria (trails, bicycle guides, renting, transportation, bike and outdoor events...).

Accommodation facilities in the Istra Bike & Bed system are promoted through various promotional channels (Istria Development Tourism Agency IRTA, Istria County, Istria County Tourist Board with tourist associations and agencies, hotel companies, private accommodation and service providers). Any accommodation provider can participate: apartments, holiday homes, boutique hotels or hotels by meeting the following standards: safe storage for bikes and equipment; facilities for washing and drying clothes and cycling equipment; work bench including service tools; equipment for cleaning and greasing; basic set of spare parts; additional information - maps, brochures, contact details of all cyclist shops, services and agencies in Istria; offering dinner and breakfast.

IRTA - Istrian tourist development agency - Cultural and natural heritage managemant body  
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## **ISTRIA REGION Istria outdoor**

Cycling, active and outdoor tourism have been development priorities of Region of Istria when organising within IRTA Bike and Outdoor department for following activities: coordination of local tourist boards and relevant stakeholders of private and public outdoor sector; development and monitoring of outdoor offer; overall promotion of the outdoor tourism, management of specialized bike, trail and outdoor web portals; creation of promotional materials; implementation of Istra Bike & Bed project; development of criteria, standards and certificates, supervision of facilities, education of private renters; organisation of study trips and benchmarking; co-organisation of cycling events; organisation of trainings for bike guides; development of standards for cycling infrastructure and signalization; development of standards for Istra bike and Istra trails tickets; creating free public online and offline cartography; developing other outdoor offerings, including trail, trekking and climbing.

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