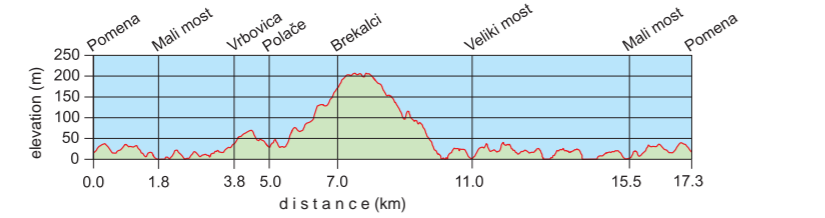


CYCLING MAP OF THE ISLAND OF MLJET



**Route 1** Pomena → Small lake → Small bridge → Pier → Vrbovica → DC120 road → The Swiss way → Breklaci → Great lake → Great bridge → Small lake → Pomena

Circular route: 17.3 km; Total ascent: 542 m;  
Cycling route surface: asphalt 11.2 km, 64.7 %; macadam: 6.1 km, 35.3 %;  
Bicycle/e-bike rental locations: Pomena, Polače, Vrbovica, Small bridge (Mali most), Sobra  
Note: The demanding macadam section of the Swiss way and a descent through stony ground and serpentine to the Great Lake. The route is marked with signs as "Trail F" of the Mljet National Park.  
Detours from the route: ● ● ● ● ● to the viewpoints on the floating dam in the Soline channel and Vrata od Solina  
Elevation profile of the route 1:



**The magic of two salt lakes and the Soline Channel**  
From Pomena, the most developed tourist destination on the island and the former part of the village of Govedari, the route ascends along the DC120 road and after 1.1 km turns right onto a gravel road and descends to Small Lake (Malo jezero), then left along the road by the lake to Small Bridge (Mali most). It continues through the picturesque hamlet of Babine Kuće to the Pier (Pristanište), then left to Vrbovica, from where it first ascends past the cemetery with the church of St. Mary, then turns left downhill along a section of the footpath to the DC120 road. Before crossing the DC120, the route sharply turns right onto a gravel road called the The Swiss way, which ascends 1.8 km to the Breklaci pass. At the marked intersection in the forest, it sharply turns right, ascends briefly, and then descends to Great Lake (Veliko jezero), where it continues left along the asphalt road by the lake to Great Bridge (Veliki most). From here, it is possible to deviate from the route by 1 km to the viewpoint on the

floating dam in the Soline channel behind the settlement of Soline. Crossing the Great Bridge, you come to the south side of the Great Lake, from where beautiful views of the islet of Saint Mary (Sv. Marija) with the monastery and church are offered. It is also possible to deviate from the route by 1.4 km to the viewpoint Vrata od Solina. Along the road by the lake, the route leads to Small Bridge and returns to the north side of the Small Lake, where it completes the circle along a gravel road by the lake and uphill to the DC120 road, which returns to Pomena.



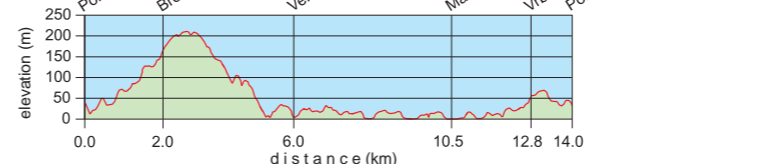
View of the Small and Great Lake in the Mljet National Park



The islet of St. Mary with a monastery and a church on a Great Lake

**Route 2** Polače → The Swiss way → Great lake → Great bridge → Janik → Small bridge → Pier → Vrbovica → Polače

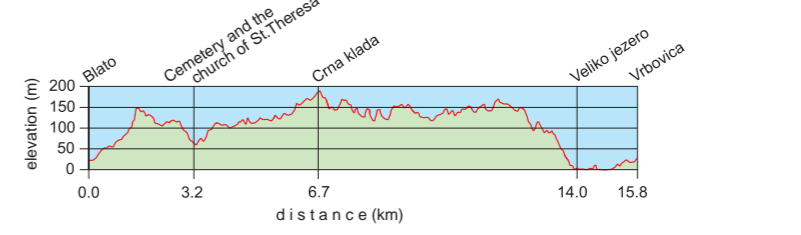
Circular route: 14 km; Total ascent: 460 m;  
Cycling route surface: asphalt 8.5 km, 60.7 %; macadam 5.5 km, 39.3 %;  
Bicycle/e-bike rental locations: Pomena, Polače, Vrbovica, Small bridge (Mali most), Sobra;  
Note: A demanding macadam section of the Swiss way and a descent through stony ground and serpentine to the Great Lake. The route is marked with signs as "Trail G" of the Mljet National Park.  
Elevation profile of the route 2:



**Centuries-old palace and green pine forest above the lakes**  
The route starts from the village of Polače, the oldest inhabited place on the island of Mljet, known since the 3rd century for its Roman palace, from which it derives its name. Today, the history of the place is best depicted by the "Educational Trail of the ancient Polače", with a total length of 1 km. Above the village, the macadam road called the Swiss way begins from the main road DC120, from which the route ascends to the forest pass Breklaci. From there, it sharply turns right and after another ascent, begins the descent to Great Lake (Veliko jezero). Upon reaching the asphalt road, the route leads left along the lake to Great Bridge (Veliki most). Crossing the bridge, the route comes to the south side of the lake from where there are beautiful views of the islet of Sveta Marija (Saint Mary), the Benedictine monastery and church. Along the southern shore, the route leads to Small Bridge (Mali most), then right, passing numerous interesting viewpoints and rest areas with benches for a short rest in the shade, and through the picturesque lakeside village of Babine Kuće. Upon reaching the Pier (Pristanište) the route leads left to Vrbovica – the main entrance to the Mljet National Park, from where it returns to Polače, first ascending by road, and then descending via a footpath with a rocky terrain past the "Guvna" (traditional grain threshing site) to the centre of the picturesque coastal village of Polače.

**Route 3** Blato → Church of St. Theresa → Crna Klada (DC120) → Veliko jezero → Vrbovica (entrance to the National Park/parking lot)

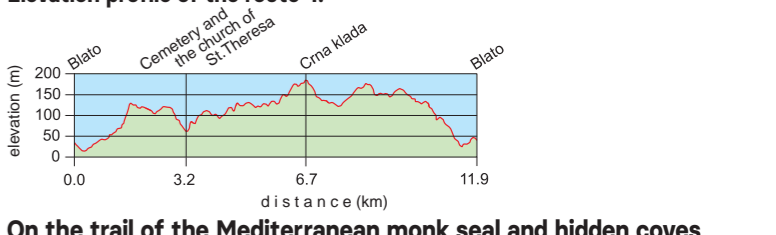
Linear route: 15.8 km; Total ascent: 623 m;  
Cycling route surface: asphalt 5 km, 31.6 %; macadam 10.8 km, 68.4 %;  
Note: The most demanding part of the route is the descent from Crna Klada along the Hljev and Montokuc peaks, and then the serpentine to Veliko jezero. The route is marked with signs as "Trail H" of the Mljet National Park.  
Elevation profile of the route 3:



**From two swamps to two salt lakes**  
The route starts from the picturesque village of Blato and leads uphill along the narrow local road towards Kozarica. From the road, there are attractive views of two out of four Mljet marsh habitats (swamps) called "blatine". First, the freshwater Blatina in the spacious field of Blato and then another one in Kozarica, called Slatina with brackish water as it is connected to the sea by a channel. From the road pass, the route descends to the intersection with the cemetery and the church of St. Theresa, where it continues left along a gravel road (3.5 km) towards DC120, gradually ascending through the forest, past the fertile Ivanje polje (field), entering the area of the Mljet National Park. At the pass Crna Klada, it reaches the main road DC120, turns right, and soon after left from DC120 onto a gravel road with a barrier. It leads along a winding road through the forest, past the peaks of Hljev and Montokuc, and then descends via switchbacks to Great Lake (Veliko jezero). The route continues right along the asphalt road by the lake with opportunities to rest at rest areas in the shade of Aleppo pines. Upon reaching The Pier (Pristanište), the route leads right to the Vrbovica parking lot where it ends. Here, transportation back to the starting point can be arranged, or one can return by the same or a different route.

**Route 4** Blato → Church of St. Theresa → Crna Klada (DC120) → along the DC120 → Blato

Circular route: 11.9 km; Total ascent: 369 m;  
Cycling route surface: asphalt 8.3 km, 69.7 %; macadam 3.6 km, 30.3 %;  
Note: The most demanding part of the route is the descent from Crna Klada along the Hljev and Montokuc peaks, and then the serpentine to Veliko jezero. The route is marked with signs as "Trail H" of the Mljet National Park.  
Elevation profile of the route 4:



**On the trail of the Mediterranean monk seal and hidden coves**  
The route starts from picturesque Blato, dominated by a large field with remnants of vineyards and vegetable gardens, while nearby marshy meadows, reeds, and bulrushes are a popular habitat for numerous bird species. From the church of St. Peter and St. Paul in the cemetery, where the oldest oak tree on the island is located, the route ascends via a narrow road, only 3 metres wide, to the pass. Along the way, viewpoints with benches and information boards on the marsh habitats, called "blatine", in Blato and Kozarica allow a short break for photography. On the descent from the pass, there is an intersection with the cemetery and the church of St. Theresa, where the route leads left onto a gravel road. It is possible to deviate from the route to the nearby village of Kozarica, located 900 m away, with a beach, campsite, and bulrush in a fertile field. The route continues for 3.5 km along a forest road, past the fertile Ivanje polje (field), to the entrance of the Mljet National Park at the Crna Klada pass. It then continues left along the main island road DC120 towards Blato, with the option to deviate from the route 1.1 km to the village of Ropa, with a campsite and the chapel of St. Anthony. The rocks with caves below the village are a natural habitat for the Mediterranean monk seal (Monachus Monachus). The route returns to picturesque Blato via the DC120 road and ends at the bocce court in the centre of the picturesque village.

# THE ISLAND OF MLJET

**Welcome**  
to "Green Island" – the most wooded island of the Adriatic Sea and the largest in the Dubrovnik archipelago. Lush and verdant, Mljet is ideal for both active holidays as well as relaxed escapes in nature.  
The eight cycling routes presented on the map – six circular and two linear – are guided by an intricate network of asphalt and macadam roads. They present the perfect opportunity to explore the island by bike or on foot.  
Along the way, discover Mljet's storybook coastal villages, bays and beaches. Uncover the rich history of the island's interior with its small settlements, vast fertile fields, olive groves and marshes. Marvel at the panoramic views from its hills and passes and take in the primeval wilderness of island and mountain landscapes strewn with endless forests of Aleppo pine and holm oak.  
The Mljet hiking trail (MPO) spans 43 km and together with other walking paths and educational trails across the island provides an invitation to explore the ways of the past, the island's heritage and the hidden beauties of its flora and fauna.  
Get on your bicycle or put on your hiking shoes and head out for an island adventure. Move fast yet slow enough to take in the enchanting scents of the sea and pine trees. Enjoy the sound of island silence and allow Mljet to make you smile.

**The Mljet hiking trail (MPO)**  
Opened in 2012, from Pomena to Sobra in a total length of 43 km, presents the beauty of the island of Mljet to all nature lovers. It can be done in 3-4 days in four sections (17-24 hours of hiking):  
Section 1: Pomena-Govedari – 4 to 5 hours  
Section 2: Govedari – Blato – 7 hours  
Section 3: Blato – Rogovići – Babino Polje – 6 hours  
Section 4: Babino Polje – Veliki grad – Sobra – 6 hours  
The entire route is marked with hiking signs (markings) and equipped with stamps at a total of 20 checkpoints (KT):

KT 1 Pomena, 0 m	KT 7 peak Montokuc, 235 m, -viewpoint on the lakes in the NP	KT 11 Strmica, 111 m	KT 17 Veji kok, 395 m
KT 2 Posušni Borovac, 26 m	KT 8 Zle stijene, 243 m	KT 12 Dubovca, 177 m	KT 18 Na vrh Peskarije (To the top of Peskarija), 302 m
KT 3 Crjene stijene, 126 m	KT 9 peak Veliki Planjak, 392 m, -mountain house/nut	KT 13 Vrh od dola, 260 m	KT 19 Opor dolac, 175 m
KT 4 Lengja, 0 m	KT 6 peak Veliki Gradac, 157 m	KT 14 Špilja Ostaševica, 217 m	KT 20 Sobra, 0 m
KT 5 Mjendeli, 91 m	KT 10 vrh Grabova glava, 384 m, the highest peak of the island of Mljet	KT 15 Rogovići, 353 m	
KT 6 peak Veliki Gradac, 157 m		KT 16 peak Veliki grad, 514 m, the highest peak of the island of Mljet	

..... Continuation of the MPO section from Sobra to Saplnaruna in a total length of 21 km, marked hiking trail under development.

**Walking paths and educational trails:**

- 1 Kozarica trail - Križice cove - Tatnica cove, 5 km
- 2 "Austrian road" above Sobra to road DC120, 850 m
- 3 Babino Polje (from the parish church of St. Paul) - Odysseus Cave, 1.4 km
- 4 Podškoi - Velika Saplnaruna - Mala Saplnaruna - Blace bay, 2.3 km
- 5 "Olive Route" - Maranovići - Babino Polje, 14.1 km

**Sign interpreter**

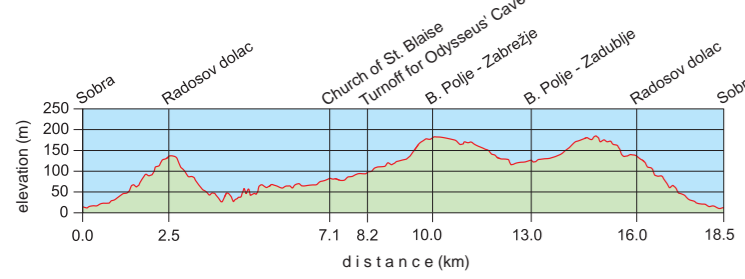
Cycling route 1	The beginning and end of the route	Rent-a-bike	Sleep climb - lesser and greater	Cyclists, beware! - section along the main road	MPO The Mljet hiking trail (MPO)	Walking path / Educational trail	DC120 Asphalt (state) road	Unpaved, gravel road	Distance between points in KM	Bridge
Cycling route 2	Deviation from the cycling route	Public bike repair station	Steep downhill - lesser and greater	Rest area with table and bench	KT1 Pomena-Sobra	Border of the National Park	Local asphalt road	Ways, paths	Stairs	Parking
Cycling route 3					Checkpoint (KT1-KT13)					Dock for ships and catamarans
										Beach
Settlement/Village	Bushes	Cemetery	Mountain top with elevation	Panoramic spot, viewpoint	Chapel, shrine, crucifix	Monastery	Palace, castle, tower	Archaeological site	Tourist information	Hotel
Forest	Spring	Well	Cave	Church	11 Cemetery	Monument	Private accommodation	Restaurant, pizzeria, tavern	Pharmacy	Private accommodation rental facilities
										Coffee bar
										Health center/Ambulatory
										Fire brigade
										Post office
										Supermarket / Grocery store
										Lighthouse
										Dock for electric ships
										Floating dam

**Map scale**  
500 0 500 1000 m



## Route 5 **Sobra → Babino Polje → Sobra**

**Circular route:** 18.5 km; **Total ascent:** 597 m;  
**Cycling route surface:** asphalt 12 km, 64.9%; macadam 6.5 km, 35.1%;  
**Detours from the route:** ●●●●●  
 - 0.4 km branch off on a narrower concrete footpath to Odysseus' cave  
 - 4 km to Sutmihojska cave with a pebble beach from the Mirogoj cemetery  
**Elevation profile of the route 5:**



**Via olive trees and dry stone walls to Odysseus' cave**  
 From the bay in Sobra, the route follows the road along the sea and family houses to the hairpin turn, then turns left and uphill to the junction with DC120, where it continues right towards Pomena. The road gently ascends to Radosov dolac with views of the marsh habitat Blatina. At the top of the ascent, the road turns left into a pine forest onto a dirt road, where at the first Y-intersection, the route immediately continues right onto the "Olive Road" towards Babino Polje and Odysseus' Cave. The road offers views of the open sea, and as you enter the interior of the island, views of numerous olive groves and dry stone walls and Babino Polje open up. You reach the 15th century church of St. Blaise with a cemetery, where the church of St. Pancras from the 11th century is located, and nearby are Sotnica (Court) and the Knežev dvor (Rector's Palace) with an ethnographic collection. The route continues straight on the dirt road through the olive groves to the turnoff for Odysseus' Cave. The attractive ride along the olive mill, through olive groves with views of the open sea and the island of Lastovo, continues further as the route gently ascends towards Babino Polje. At one of the intersections, there is a

sharp turn right to the viewpoint and the church of St. Spas (510 m away), while the route continues straight to the junction with DC120. At the intersection, the route continues right along the campsite and immediately left along Zabržje Street, passing by the church of St. Luke and the Volunteer Fire Department of Babino Polje, then along the church of Our Lady of the Hill from the 17th century to the centre of Babino Polje with the parish church of St. Paul, where you can refresh and rest at the café-pizzeria. The route continues to the end of the village, then along the wide road past the church of St. Andrew to the junction with DC120, where it turns left back to Sobra. On the way back, "send a kiss" from the "Blow a Kiss from Mljet" photo spot, and a well-deserved refreshment awaits at the bay in Sobra.



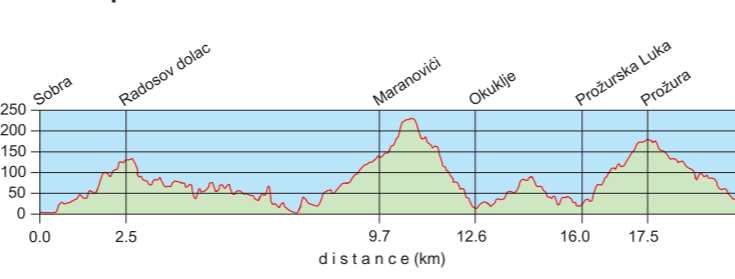
Interior of the church of St. Blaise with altar



Odysseus' cave

## Route 6 **Sobra → Maranovići → Okuklje → Prožurska Luka → Sobra**

**Circular route:** 21 km; **Total ascent:** 866 m;  
**Cycling route surface:** asphalt 11 km, 52.4%; macadam 10 km, 47.6%;  
**Detours from the route:** ●●●●●  
 - 250 m to the church of St. Anthony the Abbot, Maranovići  
 - 220 m to the church of St. Nicholas, Okuklje and viewpoint  
 - 30 m of waterfront in the picturesque bay of Okuklje  
 - 150 m of waterfront in the picturesque bay of Prožurska Luka  
 - 470 m to the historic town of Prožura with three medieval churches and the Kaštio tower  
 - 1.1 km to the ferry port Zaglavac, Sobra  
**Elevation profile of the route 6:**



**A combination of medieval and fishing settlements**  
 From the promenade in Sobra, the route follows the road along the sea and family houses to the hairpin turn, then turns left and uphill to the junction with DC120, where it continues right towards Pomena. The road gently ascends to Radosov dolac with views of the marsh habitat Blatina. At the top of the ascent, the road turns left into a pine forest onto a dirt road, where at the first Y-intersection, the route continues left onto the "Olive Road" towards Maranovići. From the road, there are beautiful views of the open sea and the island of Brinjstovac. The terrain is undulating, mostly downhill with several short ascents, towards the picturesque village on the slope of the hill. It passes through the area of former olive groves, and at the marked intersection, it turns left towards Maranovići. This is followed by a challenging ascent of about

15 km to reach the DC120 road, where the route turns right and after 50 m left and uphill towards Okuklje to the pass on the road. After the pass, there is a steep descent with two hairpin turns. On the descent along the road near the viewpoint with a bench, there is Galičnjak cave, the longest cave on Mljet with a length of 130 m, and slightly lower is the turnoff to the church of St. Nicholas (17th century), the most beautiful viewpoint in Okuklje. At the roundabout at the entrance to the village, the route leads left along a road towards Prožurska Luka (3 km), while a break is possible at the picturesque circular-shaped bay. Upon entering Prožurska Luka, an old, picturesque fishing village, also suitable for rest and refreshments, there is a climb of 16 km to the junction with DC120 from where the marsh habitat Blatina can be well seen. Descending along DC120 for 3.2 km, you reach the turnoff for the centre of Sobra and end up at the bay where you can refresh yourself in local taverns.



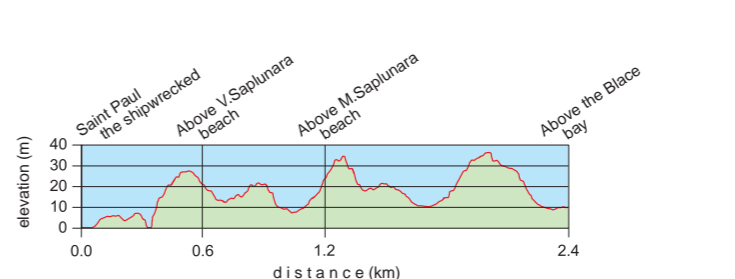
Church of St. Anthony the Abbot in Maranovići



Coastal village of Prožurska Luka

## Route 7 **Podškojci → Velika Saplnara → Mala Saplnara → Blace bay**

**Linear route:** 2.4 km; **Total ascent:** 71 m;  
**Cycling route surface:** asphalt 1.3 km, 54.2%; macadam 1.1 km, 45.8%;  
**Elevation profile of the route 7:**

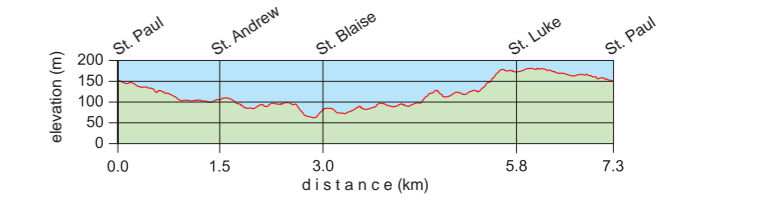


### Splendor of pine trees and three sandy beaches

This short but salty biking, and why not walking, route leads through the attractive wooded-sandy southernmost area of the island of Mljet. It can also be called a route for lovers of sand, sandy soil, and sandy beaches, but also an abundance of sea and pine trees. From the bay and the tourist settlement of Podškojci along the "Pinja" road, the route leads to the bay and the beach of Velika Saplnara. The road is named after the indigenous species of pine, Pinja, which is widespread precisely in this sandy, eastern part of the island of Mljet. In the bay of Podškojci, there is a memorial chapel with a wooden statue of Saint Paul the shipwrecked, and according to tradition, the apostle Saint Paul experienced a shipwreck not far from Saplnara. From the attractive sandy beach of Velika Saplnara with catering options, the route leads along the asphalt road along the Fit Trail of Saplnara towards the sandy beach of Mala Saplnara, where immediately after turning right into the pine forest, a dirt road gives beautiful views of the open sea and small islands all the way to Blace bay. Blace bay with another sandy beach, due to its beauty and deep deposits of sand (sand dunes) where several rare and endangered plant species live, has been protected since 1965.

## Route 8 **Parish church of St. Paul → Church of St. Andrew → Rector's Palace → Church of St. Blaise & St. Pancras → Chapel of Our Lady of the Hill**

**Circular route:** 7.3 km; **Total ascent:** 188 m;  
**Cycling route surface:** asphalt 4.3 km, 59.0%; macadam 3 km, 41.0%;  
**Detours from the route:** ●●●●●  
 - 760 m to the church of St. John the Baptist (12th-14th century)/ viewpoint  
 - 510 m to the church of St. Saviour (12th-14th century)/ viewpoint  
**Elevation profile of the route 8:**



### Sacred treasures and viewpoints of Babino Polje

The starting and ending point of the circular route is the parish church of St. Paul (built in the 20th century) in Babino Polje, from where it heads to the church of St. Andrew (12th century), then briefly along the main road DC120 to the left turn towards Rector's Palace (16th century) with the Ethnographic Collection Biskup, and past the sites of Old creek, Sotnica (Court), and the churches of St. Blaise (15th century) and St. Pancras (11th century) at the cemetery. From St. Blaise, you can divert from the route to the church of St. John the Baptist, which also offers a beautiful viewpoint. Further, the route leads along the "Path of Olives," atmospherically pleasant, through cultivated fields with dry stone walls and olive groves overlooking the picturesque Babino Polje, as well as the attractive highest peak of the island of Mljet - Veliki grad (514 m). The route passes by the ruins of Fiječina house (16th century), as well as the turn-off for Odysseus' Cave (accessible via a 400 m footpath), and an oil mill and olive groves. It follows the marked turn-off from the route to the church of St. Saviour, a beautiful panoramic spot overlooking Babino Polje. The route then gently ascends to the Mirogoj cemetery and joins the DC120, where after the campsite, it turns left towards the Health Centre and pharmacy, and the chapel of St. Luke on Zabržje Street. It passes by the Babino Polje Volunteer Fire Department, the chapel of Our Lady of the Hill (17th century), and ends in a circular manner at the parish church of St. Paul and a café-bar-pizzeria with one of the most beautiful panoramas of Babino Polje.

# THE ISLAND OF MLJET

View of the open sea and the islands of Lukovac and Seka od Lukovca

The sandy coves of Saplnara and Blace

Parish Church of St. Paul, Babino Polje

Church of St. Andrew, Babino Polje

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Disclaimer: It is the responsibility of every cyclist to remain vigilant at all times during the ride, whether it's concerning the route itself, pedestrians, or other forms of traffic on the route, and the potential collision/accident due to the shared use of space. Cyclists should always ride with care for their own safety as well as the safety of all other route/road users. Mljet Tourist Board does not assume responsibility for loss, damage, or injuries that may occur along any route or road marked on the map. Use at your own risk.

**Five recreational and hiking trails of the Mljet National Park:**

Recreational trail A:  
Pomena - Pomena, 8.7 km

Recreational trail B:  
Polače - Polače, 12.2 km

Recreational trail C:  
Pomena - Polače, 5 km

Mountaineering trail D:  
Polače - Polače, 14.8 km

Mountaineering trail E:  
Pomena - Pomena, 13.5 km

**Sign interpreter**


**Map scale**