

## WORTH SEEING

### Church Sveti Martin

(cesta Svetog Martina) – more a chapel than a church, small, but precious (first time mentioned in the year 839 after Christ) and very close to the sea

### Cindrov-Palais

(Jurasova 1, p 00385 98 618 868, [www.villa-cindro.hr](http://www.villa-cindro.hr)) – this stone house of the 17th century is one of the most beautiful houses in town. There is a lovely Mediterranean park around the house, and inside several cultural evenings are arranged during the year. Owned historically by the wealthy family of Cindor from Split, they were first mentioned in the 15th Century when the family took the house as a summer residence. The Cindors earned support for their stance Turkish assaults between the 15th and 17th centuries. The family received their land in Podstrana as thanks. **Good to know:** *It is possible to rent apartments in the villa itself – f. e. Apartman Plavi (blue apartment) or Apartman Zuti (yellow apartment) – you can spend the night surrounded by history!*

### Double Church Sveti Antun i Sveti Roko

(Ulica Ante Starčevića) – Built in the 17th century, this church has fascinating and unique architecture

### Gornja Podstrana

(Old town of Podstrana) – the locals call this part of town „Stara Podstrana“ („stara“ meaning „old“), with its tiny alleys and picturesque streets! The view from the old part down to the sea and the islands Brač, Čiovo, Šolta and Hvar and to the town of Split, is unforgettable



Double Church Sveti Antun i Sveti Roko



Mladen Bartulović  
Town Manager

### Welcome!

*As the town manager of Podstrana, each guest that chooses us as a holiday destination makes me happy. Podstrana offers you all you need for your holiday – a varied cultural history, an unforgettable nature experience. I hope you enjoy your stay and our natural prosperity – and I hope you will keep Podstrana in best memories!*

### Dear Guests of Podstrana!

*In the name of the Tourist Board of Podstrana I welcome you from my heart! I am very pleased that you chose our little Mediterranean paradise on the foot of Mt Perun! It's a honour for us and encourages us in our touristic work. We give everything so that you may enjoy this precious place! The Tourist Board and my staff are there for you at any time!*



Zdravka Švenda  
Director of the  
Podstrana Tourist  
Board

### Dear Vacationers!

*No matter if you are guest in our hotel or simply using one of our services– we welcome you wholeheartedly. Our beaches, restaurants, bars, clubs, wellness center, our harbour and everything that is signed „Le Meriden Lav“, is available for you at any time you want! Take a look at our offers and feel the lion's power of our hotel – „Lav“ is the croatian word for „lion“! We took the name from the former hotel owner – and also the special power!*



Duje Božiković  
Hotel Manager  
„Le Meriden Lav“

### Dear Guests!

*Spending your holiday here in Podstrana means that you also bring the world to our little town – and you will be part of our world as well. Feel at home in Podstrana – we, the natives of this town, open our doors for you and share our beautiful home with you! I hope you will keep Podstrana in your heart!*



Romeo Perišić  
Local & Apartment  
Rental

## FACTS

### Dalmatia & Podstrana

• Dalmatia is a region on the eastern coast of the Adriatic, in the south/southeast of Croatia

• In Dalmatia there are **942 islands**, which add up to **78 percent** of all Croatian islands

• The center of Dalmatia is the town **Split** (around 4,1712 million inhabitants)

• The **dog breed Dalmatian** got its name from this region

• Podstrana is about **11,5 square kilometres large** with 2 kilometres latitude

• The panorama is dominated by the white mountain **Perun**; the highest point of Perun is called Kriz (spell it „creesh“), 533 metres above sea

• Most of Podstrana's coast consists of **beach** (8 kilometres)

• In the **summertime** the sea temperature rises to 23-24 degrees, while in the **wintertime** to 13 degrees

• The climate of Podstrana is called **„Olive Climate“**, referring to its mild winters, hot summers. During the whole year there are at most 7 days below zero, while during the summertime there are 46 days with more than 30 degrees



## Restaurants



### Restaurant Jure

Sveti Martin 2; ☎ 00385 21 330 163; [www.restoran-jure.hr](http://www.restoran-jure.hr); open: 10-0h  
You will not get closer to the sea at any other place! The cosy Jure puts tables even on the beach



### Restaurant Amigos

Grljevačka 126; ☎ 00385 21 336 070; [www.amigos.hr](http://www.amigos.hr); open: 7-0h  
Restaurant and hotel! In this restaurant we would recommend the griddle



### Konoba Argola

Croatia ulica Don Petra Cara 205; ☎ 00385 99 355 0800;  
Facebook: [konoba.argola](https://www.facebook.com/konoba.argola); open: 15-23h  
Traditional Croatian food and delicious wines - rustic design and with a terrace overlooking a beautiful view of the sea



### Hotel San Antonio

Grljevačka ulica 30; ☎ 00385 21 336 111; [www.hotel-sanantonio.com](http://www.hotel-sanantonio.com)  
This stylish 4-star-hotel directly by the sea offers typical Mediterranean specialties. Its restaurant, Kuzina, offers a great breakfast buffet a lovely beach bar



### Konoba Pizzeria Perun

Jurasova ulica 1; ☎ 00385 21 780 829;  
Facebook: [konoba.perun](https://www.facebook.com/konoba.perun); open: 15-23h  
The cosy pizzeria got its name from Mt Perun. The style is rustic and outside you will find a lovely terrace, as well as a playground for kids



### Hotel Split Podstrana

Sirožanačka ulica 20; ☎ 00385 21 420 420; [www.hotelsplit.com](http://www.hotelsplit.com); Restaurant L'Aroma open: 7-24h, Terrasse open: 14-24h  
The terrace of the restaurant – called „Sunset Terrace“ – is phenomenal: illumined by LED lights, Sunset terrace has a truly magical atmosphere



### Restaurant & Catering Arkada

Poljičkih knezova 13; ☎ 00385 21 333 299; [www.arkada.hr](http://www.arkada.hr)  
Perfect for groups (up to 10 persons), with a nice terrace & exquisite catering



### Pizzeria Fabio

Poljičkih knezova 1a; ☎ 00385 21 333 448; Facebook: Pizza Fabio; open: 7-24h  
Pizza that tastes like made in Naples – also the Cevapci are great



### Hotel/Restaurant Eden

Sirožanačka cesta 76; ☎ 00385 21 453 630;  
[www.hoteleden-split.com](http://www.hoteleden-split.com); open: 16-24h  
Small, but exquisite restaurant with elegant atmosphere – wine experts will fall in love with the offers in the bar



### Hotel Sunce

Grljevačka 146; ☎ 00385 21 330 183/188; [www.hotelsunce.com](http://www.hotelsunce.com); open: 12-23h/Beach Bar 11-23h  
Luxurious terrace with sea view



### Pizza Restaurant Mario

Sveti Martin 4; ☎ 00385 21 330 888; [www.ppmario.hr](http://www.ppmario.hr); open: 8-24h  
In the center of Podstrana and also at the sea, the waiter serves the meal to the beach chair



### Konoba Carevi Dvori

Don Petra Cara 202; ☎ 00385 98 983 8708; open: 8-24h  
A typical croatian stone house – and typical dishes as well



### Hotel Neva

Cesta Mutogras 26; ☎ 00385 21 330 655;  
[www.hotel-neva.com](http://www.hotel-neva.com); open: 24 Std  
Really fantastic terrace with view to the sea, exquisite menu – and also a beautiful hotel



### Speisen im Hotel Le Meriden:

#### Restaurant Leonis

Grljevačka 2a; ☎ 00385 21 510 100; Facebook: Restaurant Leonis; open: 10-24h  
The restaurant is popular for the seafood – and very family-friendly!



### Restaurant 7 Palmi

Grljevačka 2a; ☎ 00385 21 500 830; [www.lemeridenlavsplit.com](http://www.lemeridenlavsplit.com); open: 8-23h  
Nice grill restaurant between seven palm trees



### Restaurant Conlemani

Grljevačka 2a; ☎ 00385 21 500 830; [www.lemeridenlavsplit.com](http://www.lemeridenlavsplit.com); open: Mo-Fr 17-23h; Sa/So 12-23h  
Croatia meets Italy – fine offers with view to the harbour



### Restaurant Spalatum

Grljevačka 2a; ☎ 00385 21 500 100; [www.lemeridenlavsplit.com](http://www.lemeridenlavsplit.com); open: 6.30-10.30h & 18.30-21.30h  
In the morning you enjoy espresso and snacks, in the evening it's the best place for a drink



### Restaurant Pivnica

Grljevačka 2a; ☎ 00385 21 500 530;  
[www.lemeridenlavsplit.com](http://www.lemeridenlavsplit.com); open: 17-23h  
The best of croatian cuisine, served in a traditional ambience



### Cocktail- & Bistrobar „Life's A Beach“

Sirožanačka Cesta 12b; ☎ 00385 21 333 818; Facebook: Life's a Beach  
Cocktail & Bistrobar; open: 9-24h  
The best club sandwich in Dalmatia – and also good seafood



### Restoran Dioklecijan

Grljevačka 115; ☎ 00385 21 330 490; Facebook: Restoran Dioklecijan; open: So-Sa 15-23h  
Croatian restaurant with traditional seafood and meat – very good quality!



### Fast Food

#### Fast Food Čvrčak

Jurasova ulica 2; ☎ 00385 98 189 3186;  
Facebook: Fast Food Čvrčak; open: Mo-So 10-24h



#### Fast Food Bili Pivac

Jurasova ulica 970; ☎ 00385 99 201 3333;  
Facebook: Bili Pivac; open: So-Di 10-24h  
Quick, fresh and tasty food – both Fast Food Restaurants offer the perfect menu for take-away; Bili Pivac is very popular for the chicken sandwich!

## MAP LEGEND



### Bus stop



### Cash point

Gospe u Siti 2  
Grljevačka 30  
Franje Tuđmana 1



### Supermarket



### Post office

Franje Tuđmana 1



## Beaches

• The **Riviera** of Podstrana is 8 kilometres long – perfect for families, couples, singles – everybody!

• **Pebble beaches** – some very quiet, others with various sportive activities



**Strožanac** (northern part of Podstrana) – the beach is placed between the harbour and Hotel Split. There is a paddleboat rental and the Tourist Board is also nearby



**Main Beach** (at the hotel Le Meriden Lav) – fine pebble beach with some rugged parts – at the Marina Lav you can book sailing trips, boat trips, diving trips and rent a Jetski

## Riviera



**Grljevac** (beside the beach Sveti Martin) – beautiful beach where you can rent sunbeds and enjoy a beach bar



**Grbavac** – long beach, perfect for sunbathers



**Sveti Martin** (below the church Sveti Martin) – a beach that falls out flatly, perfect for little children. Sunbathers may find the small piers perfect for catching the sun, and nearby you will find several coffee bars and restaurants



**Mutogras** (southern part of Podstrana) – small beach with built sunbathing areas; be advised, you might want to seek shade under the trees as the sun is very glaring due to the cement



# Podstrana

in English



crömedia



## SMALL VOCABULARY

**Yes:** da

**No:** ne

**Thank you:** hvala (chwała)

**Please:** molim

**Good morning:** dobro jutro

**Hello:** dobar dan

**Hello & bye:** bok

**Good evening:** dobra večer (wetsche)

**Good night:** laku noć (hotsh)

**How do you do?:** Kako si (ssil)

**How do you do (Mr./Mrs)?:** Kako ste

**What's your name?:** Kako se zoves (ssse sowesh)

**What's your name (Mr./Mrs)?:** Kako se zovete

**Sorry/excuse me:** Oprostite, oprostite (Mr/Mrs)

**Excuse me, where is ...?:** Oprostite, gdje je ...

**Hotel:** hotel (chotel)

**Room:** soba (ssobal)

**Restaurant:** restoran

**To eat:** jesti

**To drink:** piti

**Bread:** kruh (kruch)

**Mineral water:** mineralno

**Wine:** vino

**Beer:** pivo

**Meat:** meso

**Fish:** riba

**Bill:** racun (ratshun)



TOURIST BOARD  
PODSTRANA  
Davora Jurasova 2  
21312 Podstrana  
☎ 385 21 333 775  
email: [info@visitpodstrana.hr](mailto:info@visitpodstrana.hr)  
[www.visitpodstrana.hr](http://www.visitpodstrana.hr)



PODSTRANA



## North-West

**Stobreč** (17 min. by car) – a very family-friendly place near the town of Split, with many lovely beaches perfect for families with small children

**Split** (17 min. by car) – the heart of Dalmatia: Walking through the old town, which is placed inside the ancient walls of the Diocletian's palace (a World Heritage site), is a must for visitors



**Daniela Bemelmans-Leventić**  
product manager

„The river Zrnovnica runs between Podstrana/Stozanac and Stobreč – there is a beautiful walking route (around 4 kilometres) from Podstrana in the direction of the town of Zrnovnica. At the end of the walk stands the restaurant Tratoria Mlin (mlin is Croatian for „mill“), which offers great Croatian delicacies. The restaurant Stari Mlin („old mill“) is also only steps away and is great for a more special occasion; with a reservation, you can enjoy the traditional Croatian „peka“ there. „Peka“ refers to a grill pan on which the hot coal is placed – a very slightly different and tasteful method of grilling fish and meat.“

**Restoran Stari Mlin, Žrnovnica, open daily 12-0h, reservation under: ☎ 00385) 21 553 702**

## NATURE

**Gornje Sitno**, which is part of the Mosor Mountains, is a recreation area for the Dalmatian people – and also for tourists: it's a great place to energise while spending time in the outdoors. The Mosor is also well-known by professional climbers. In fact, several members of the local climbers club have already been to the top of Mount Everest!

### Long trails ...

... to the Veliki Kabal (1339 metres), the highest peak of the Mosor  
... to the Vickov stup („witshkof stup“, 1325 m), which is the most popular peak among locals  
... to Sveti Jure (1319 m), where you can visit a Roman Catholic chapel built in honor of St George

... to the star-village Mosor – in the observatory you will get a spectacular and unforgettable view of the stars

Opening times of the observatory: Fr/Sa evening, no registration affordable  
**Price:** 10 Kuna = etwa 1,15 GBP; [www.zvjездano-selo.hr](http://www.zvjездano-selo.hr)

### Walking tours:

**From Podstrana to Žrnovnica** – following the River Zrnovnica 4 kilometres to the village of Zrnovnica. On the way you will find a horse camp where tours to the mountains on horseback are organized. The old mill „Stari Mlin,“ which still functions, is also worth a look

**Inside Mosor** – the quickest way to the mountains leads from the playground Petricevic, beside of the restaurant Diokletian (Grjevačka 115), up to the cemetery; it is a one hour walk to Gornja Podstrana and 15 minutes from there to the summit cross

**For those who would enjoy even more walking:** head towards Staro Selo Jesenice (45 minutes). In this village, stopping at the Konoba Bojso is a must: great view of the sea, great seafood, and if you like, you can meet the donkey who lives there! The donkey is the national animal of Croatia (Croatian: magarac)

**For professionals:** From the village Gornje Sitno a long trail (10 kilometres) leads to peaceful nature

### Cottages & camps:

**Cottage „Umberto Girometta“** (870 m., behind Žrnovnica) – offers an unforgettable view of the Adriatic Sea; the owner purchases fresh goods from villages far away every day – with a donkey, in the traditional Dalmatian way! The cottage is specially recommended for a visit to families with children

• **Gastronomical recommendation: Pašćafajol** – a type of soup made with noodles and beans, served with meat or sausages

• You can also **stay for the night** in the cottage (price: 60 kuna = 6,9 GBP per person, children sleep there for free (80 beds)

• **Campground** some 100 metres away

• **Walking tours from the cottage:** 4 hours to Veliki Kabal, 1,5 to 2 hours to the other peaks

• **Journey to Mosor by car:** from Podstrana to Žrnovnica and then to Gornje Džito

• **Journey to Mosor by bus:** from Zrnovnica by bus line 28

**Beach Walks** – possible from one side of Podstrana to the other, which is marked by the Cafe Porat

*Cafe Porat, Cesta Svetog Martina 18, opening times: every day 10 a.m. to 0 p.m.)*

### For explorers:

**Dripstone cave Vranjača** – on the south-west side of Mosor. One can get there either by car or by foot from the village Dugopolje

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## North

**Gornje Sitno** (25 min. by car) – welcome to adventure land! Here you can discover the typical Croatian landscape; take a walk or rent a bicycle! There are beautiful routes to the Veliki Kabal (1339 metres), which is the highest top of the Mosor mountains (25 kilometres from Split to Omis)

**Sinj** (40 min. by car) – welcome to the Middle Ages and to one of the most popular places of pilgrimage in Croatia! Every year in August there is a big medieval fair, perfect for both grown-ups and children! At the beginning of August there is also a feast honoring the Blessed Virgin Mary – the Croatian tradition is to walk to Sinj on that day and attend mass for the own family, for health – or simply for Mary

## They know where to go: LOCALS GIVE THEIR PERSONAL PODSTRANA-HINTS



**Tonči & Lucijana Mikuličić**

manufacture for oils, liquors & marmalade

„We live at the beginning of the long street that leads to the oldest part of Podstrana – and this is the walk we favour when we want to relax. Gornja or Stara Podstrana offer a spectacular view of the Adriatic Sea, the islands and the town of Split. Another 15 minutes down this road, you reach the Mosor mountains and the summit cross of the mountain Perun. Here the air is always fresh – even in the hottest summertime! And there are several walking tours that are suitable for children“



**Mira Litrić**

hairstresser, studio „M“ at Mall of Split

„In my free time I like to be active – which is most easy on the central beach of Podstrana, where the hotel Le Meridien Lav is placed. There you'll find great options for diving. And if you like it faster, then try the jetskiing there!“



**Daniela Marić Banje**

„Soparnik“ gourmet expert

„If I am looking for peace, I take a walk in the mountains high above Podstrana – here you find pure nature and lovely walking routes. When seeking sun, I prefer to go to „my“ beach, which is called Sveti Martin, situated directly below the church Sveti Martin. Several boat bridges invite you there to lay comfortably in the sun“

## SPORTS

### Via Ferrata

Climbing and enjoying the view – that is what the Via Ferrata stands for. It is a brand new project in the mountains above Podstrana, on the mountain Perun. A perfect climbing course, it is also recommended for children. Climbers are secured by premium steel chains, each individual receives a safety helmet. The Via Ferrata is an exciting adventure!

The route goes from Split to the Mosor and the Biokovo Mountains. The project is planned for a distance of 300 metres.

### Sports & Sea

The Marina Lav offers sailing and boat trips to the islands, where you can also find diving opportunities and a Jet Ski rental

Marina Lav  
Grjevačka ulica 2a  
(exactly at the hotel Le Meridien Lav)

### Fun with horses

The horse camp, Konjička udruga Dalmacija Equino, is placed in the idyllic village of Zrnovnica, exactly by the river – a very special place that kids will love.

You can take a trip with the horses – or simply enjoy looking at them!

Konjička udruga  
Dalmacija Equino,  
Žrnovnica  
(in front of the  
Tjesemirova ulica)  
☎ 00385 97 714 6180  
[dalmacijaequino.com](http://dalmacijaequino.com)  
Facebook: [dalmacijaequino](https://www.facebook.com/dalmacijaequino)  
Opening times: every day  
from 10 a.m.



### For more information:

Tourist Board  
Podstrana  
Davora Jurasa 2  
T 00385 21 333 844  
[visitpodstrana.hr](http://visitpodstrana.hr)

PD Perun  
Podčeline 19  
☎ 00385 21 333 844

## TASTE

In the outback of Podstrana you will find many orchards and vegetable plantations. With such perfect climate, you can:

- Taste the **sweetest cherries of Dalmatia**
- Taste the **juiciest peaches of Dalmatia**
- and taste ... **the SOPARNIK!**

### Soparnik

For those who want to get a true taste of Podstrana, Soparnik is a must. Soparnik is a healthy, vegetarian, traditional food. Similar to pizza, it is served with chard and baked in a traditional Croatian chimney house, where the hot coal is placed directly on the pastry. Interested in trying it yourself? Here is a traditional recipe:



### INGREDIENTS:

- 1 kilo chard (clean and put in small pieces)
- 500 g flour
- 1 teaspoon vinegar
- 1-2 onions
- 1 pinch of salt
- 1 dcl sunflower oil or canola oil
- some olive oil
- some warm water

Spread the pastry with ...  
olive oil and chopped garlic

### Preparation:

- Prepare a dough mixing the flour, vinegar, oil and water, and put it for 2 hours in the fridge
- Cut the chard into pieces, clean it well and mix it with the minced onions, salt and olive oil
- Divide the dough into two halves and shape them into circles with a rolling pin
- Put the chard on one circle, leaving a small pie rand free
- Put the other circle on the one with chard
- Put the rands together and place the Soparnik carefully on a baking plate spread with olive oil
- Place it in the oven for 15 to 20 minutes at 200 degrees until the Soparnik gets a golden color
- Before serving put garlic and olive oil on its top – the best olive oil in Croatia is from the island Brač!

### Gourmet Farm Mikuličić

The AGRO ARCA AWARD is nearly as important as Michelin stars, and the family farm Mikulicic earned this international award for „Croatian Innovations“! Placed in the middle of modern Podstrana and the old area, Gornje Podstrana, the family – father and three daughters – founded a very special place for Croatian delicacies where everything is 100 percent selfmade, 100 percent biological, and of course, 100 percent delicious!

– 100% homemade

– 100% organic

– 100% tasty

### More informations

OPG Mikuličić, Cesta Don Petra Cara 79a  
Podstrana

☎ 00385 91 579 3780

### Good to know:

Soparnik is not only a very special food – it is also very special to work. In Podstrana you can take lessons from a real Soparnik specialist – with a certificate for the perfect preparation of the original „Poljicki Soparnik“. Her name is **Daniela Marić Banje**. She knows everything about Soparnik and would love to teach you!

### For more information

**Daniela Marić Banje, Sveti Martina 3, Podstrana**  
☎ 00385 99 831 94 96



### They offer:

- Sherry
- olive oil
- peaches
- marmalade
- oranges
- lemons
- tangerines
- all kinds of spices
- liquors – such as Breskva-liquor, which is made from peaches, as well as other rare dalmatian delicacies including liquor from dates, myrtle and artichoke

The Mikuličić farm offer tastings of olive oil and liquors and sell their products locally

## STORIES

• Dalmatia is full of Roman traces, yet in Podstrana you can also discover pre-Roman ruins as well; near the white mountain of Perun you will find the typical round ruins and walls of the Illyrians, who settled here in the 7th and 8th century BC

• Is a journey of almost 2000 years of history not enough? Then take a look at the little, but precious church of Sveti Jure, which also predates the Romans

• Ancient times in the center of a modern town – inside the church of Sveti Martin you will find fragments which are 2000 years old

### THE LEGENDS OF PODSTRANA

#### Has King Arthur been here?

The church of Sveti Martin contains writings that mention the name „Lucius Artius Castus“. Artius ...? Maybe it was just the name of a popular veteran who lived here in former times. But what if somebody much more popular was actually being referred to here? The insignia mentioned in the text, like the „Sword of Justice“ or even the „Round Table“ inspire imagination: Could it really be that the legendary King Arthur was here?

#### The Heritage of the Prince

In the year 1014, Podstrana was part of Poljica, which was headed by prince who worked ambitiously in support of his vision of democracy. The Prince of Poljica was eminently respectable at his time – even the strong and powerful Republic of Venice respected him. One of the most popular books on justice, „Utopia“ by Thomas More (1478-1535), is based on the model of how the prince organized social life in the Poljica. Thomas More, the powerful counsellor to King Henry VIII, was deeply respected philosopher and statesman until he refused loyalty to Henry VIII, for which Henry had him executed

#### The God of Thunder Fights

Perun is not only the name of the white mountain of Podstrana, but also the name of the most powerful god in Slavic mythology. Perun is the God of Storm, Thunder and Lightning. His symbols are the Iris, the axe and the oak tree. At the foot of the mountain, parts of statues have been discovered. According to the legend, there was a big fight between Perun and his opponent, the god Veles (God of Fertility and Magic, protector of creature and harvest). Veles wanted to establish himself as the highest god of all and changed his form to a snake and a dragon – but in the end Perun threw a millstone at him and defeated thus was able to him. The statues at the foot of the mountain are said to be the remnants of this great fight

#### The Woman of Stone

At the waterside promenade of Podstrana, past the tennis courts of the hotel Le Meridien Lav, there is a very specially formed rock. It's called „Zenska pravda“, or „female justice“. Legend tells that a woman once came to this place after a big dispute with her husband. Without looking where she was going in her distress, she slipped and fell into the sea. Heartbroken, her husband wept and prayed the whole night and the next day, waking up on the promenade, he saw the rock, which looked to be his wife. Can you see her, too?