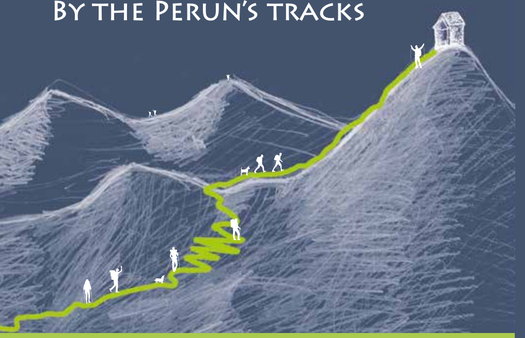
Perunovim putovima

By the Perun's tracks



Perun-ovim puto-vima

Brdo Perun kralježnica je žrnovačko-podstranskog prostora. Vizualno dominira čitavim krajobrazom – podstranskim kao pitomo zaleđe, a žrnovačkim kao moćan štit pred morem.
Zahvaljujući mreži poučnih pješačko-planinarskih putova i šetnica – duž rijeke Žrnovnice, u priobalju, duž podnožja i obiju padina brda te na vršnom brdskom grebenu – Perun je gostoljubiv i pristupačan posjetiteljima svih sklonosti i uzrasta. Putovi su tematski povezani, ujednačeno obilježeni te opremljeni odmorištima, info-pločama i vidikovcima. Obuhvaćaju zanimljivosti i mjesta koja su povijesno, kulturno i izgledom snažno obilježila brdo i njegovo okružje.
To su prapovijesne utvrde i obredne gomile, pretkršćanska svetišta, zidine i ostatci antičkih vila i prometnica, srednjovjekovne crkvice i nekropole, začudni botanički i reljefni detalji nasuprot idiličnom ugođaju maslinika i voćnjaka te fantastičan panoramski pogled s Peruna na sve četiri strane svijeta.
Stožerna točka svakako je vrh Perunsko, prastaro hrvatsko svetište, jedno od najočuvanijih praslavenskih svetišta u Europi. Iako svetišta više nema, ima božanstvenih prizora i ugođaja. Samo, popeti se mora...

By_the Perun's tracks

Perun hill is the backbone of the Žrnovnica-Podstrana area. Visually, it dominates the entire landscape – as a gentle hinterland for Podstrana and as a powerful shield against the sea for Žrnovnica.
Thanks to a network of educational hiking trails and promenades – along the river Žrnovnica, along the coast, the foothills, both slopes of the hill and on the hill's ridge – Perun is a hospitable and accessible destination for visitors of all interests and ages. The trails are thematically linked, uniformly marked, and provided with resting areas, informational boards, and viewpoints. They encompass points of interest and sites that have historically, culturally, and aesthetically marked the hill and its surroundings.
These include prehistoric fortresses and ritual mounds, pre-Christian sanctuaries, walls and remains of Roman villas and roads, medieval churches and necropolises, intriguing botanical and relief details contrasting with the idyllic atmosphere of olive groves and orchards, and a fantastic panoramic view from Perun in all four directions.
Certainly, the focal point is the peak of Perunsko, an ancient Croatian sanctuary, one of the best-preserved Old Slavic sanctuaries in Europe. Although the sanctuary exists no longer, there are divine sights and atmospheres. But, one must ascend...

01

3,5 km / 90 min

Put do Sv. Jure (Vilar)

1.1 / Put do Sv. Jure

Perun je dio kulturnog krajolika čitave Primorske kose koji je nastao sinergijom prostora i kultura koje su se u njemu smjenjivale. Na planinarskoj stazi (3,5 km), koja počinje u kanjonu Vilar, a završava kod crkvice sv. Jure na vrhu Perunskom, nailazimo na sve slojeve prošlosti, prepoznatljive u ostatcima graditeljstva i mjesnim nazivima.

1.2 / Tragovi antike – vile rustike i ceste

S brdskih visina, na kojima su živjeli ilirski starosjedioci, život se u doba antike spustio u podnožje. Osim ostataka starorimskih vila rustika na obali, tragova antike ima i u zaleđu Peruna, na položaju Lišnjak u Srinjinama te brdu Gračiću u Žrnovnici. Duž potoka Vilara vodi „Dioklecijanov put", za koji se smatra da je nastavak prapovijesnog lokalnog puta i njegove veze sa širim salonitanskim područjem.

1.3 / Gradine, gomile i svetišta

Na nekim ilirskim gradinama i utvrdama, kojih ima duž čitava Perunova grebena, hrvatski doseljenici u 7. i 8. stoljeću utemeljili su svoja svetišta. Nazvali su ih, kao i samo brdo, po bogovima kojima su ih posvetili. Nakon pokrštenja na tim su mjestima podignute crkve posvećene svetcima koji su te bogove zamijenili. Na Perunu su dvije crkve posvećene svetom Juri, jedna na Perunskom, druga na Vršini.

1.4 / Božanski boj

Središnji motiv stare vjere bio je sukob Peruna i Velesa. Perun se častio na Perunskom, a Veles je prepoznat u Zmijskom kamenu uz rijeku. Taj „božanski boj", kojim se svake godine iznova uspostavljao red u svijetu, našao je svoju kršćansku interpretaciju u legendi o sv. Juriju koji ubija zmaja. Sveti Jure, zaštitnik Poljica, u crkvi na Vršini časti se 3. svibnja, a u crkvi na Perunskom 23. travnja.

Track to St. George

1.1 / The track to St. George

The track to St. George Perun hill is part of the cultural landscape of the entire Primorska kosa slope, which emerged through the synergy of space and cultures that alternated within it. On the hiking track (3.5 km), starting in Vilar canyon and ending at the church of St. George (Sv. Jure) on the top of Perun, encountered are all layers of the past, which are recognizable in the remains of structures and local names.

1.2 / Traces of the Roman times – villae rusticae and roads

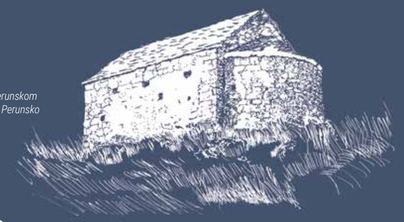
From the hilltops where the Illyrian natives lived, during the Roman époque life descended to the foothills. In addition to the remains of Roman countryside villas (villae rusticae) on the coast, there are also traces of this epoque in the hinterland of Perun, at the Lišnjak locality in Srinjine and the Gračić hill in Žrnovnica. Along the Vilar valley leads the Diocletian's Road, considered to be a continuation of a prehistoric local road and its connection to the broader Salona area.

1.3 / Hill forts, mounds, and sanctuaries

On some Illyrian forts and fortifications, scattered along the entire Perun ridge, in the 7th and 8th centuries Croatian settlers established their sanctuaries. They named them, like the hill itself, after the gods to who they dedicated them. After their conversion to Christianity, churches were erected in these places, dedicated to the saints who replaced those gods. In Perun, there are two churches dedicated to St. George (Sv. Jure), one at Perunsko and the other at Vršina.

1.4 / The divine battle

The central motive of the old faith was the conflict between the gods Perun and Veles. Perun was honoured on Perunsko, whereas Veles was recognized in the Snake Rock (Zmijski kamen) by the river. This "divine battle," which annually re-established order in the world, found its Christian interpretation in the legend of St. George killing the dragon. St. George, the patron saint of Poljica, is honoured in the church at Vršina on 3 May, and in the church at Perunsko on 23 April.



Sv. Jure na Perunskom
St. George on Perunsko

02

2,7 km / 90 min

Put iz Strožanca do Sv. Jure na Perunskom

2.1 / Put iz Strožanca do Sv. Jure na Perunskom

Živopisna pješačko-planinarska staza (2,7 km) počinje kod ušća rijeke, vodi naseljem i pokraj crkve Gospe u Siti, maslinicima i vrtovima uz ostatke antičke vile na Polači, hrastovom šumom pod stijenom V. Peruna (443 m), na kojoj su uređeni penjalište i via ferrata, te izbija na vrh Perunsko (441 m) na kojem su crkva sv. Jure i prapovijesna gradina. Presijeca je makadamski put kamenolom – G. Podstrana.

2.2 / Gospa u Siti

Neobičan naziv ovog arheološkog i sakralnog lokaliteta ne odnosi se na tragove antičke vile ni na srednjovjekovno groblje koji su na tom mjestu nađeni, nego na svetište božice Mokoš koja je u „sjedila u siti", vrsti trske koja je služila za pletivo. U 11. st. benediktinci samostana sv. Stjepana u Splitu tu podižu crkvu sv. Marije koja do danas čuva kontinuitet ne samo svetosti nego i imena Gospe u Siti.

Track from Strožanac to St. George at Perunsko

2.1 / The track to St. George

The picturesque hiking trail (2.7 km) starts at the Žrnovnica river mouth, passes through the village and by the Church of Our Lady in Bulrush (Gospa u Siti), olive groves and gardens near the remains of the Roman villa in Polača, an oak forest beneath the rock of Veliki Perun (443 m), where a climbing area and a via ferrata are arranged, to reach the peak of Perunsko (441 m) where the church of St. George (Sv. Jure) and a prehistoric hill fort are located. It intersects with the gravel road from quarry to Gornja Podstrana.

2.2 / Our Lady in Bulrush

The unusual name of this archaeological and sacred site does not refer to the traces of the Roman villa or the medieval graveyard found there, but to the sanctuary of the goddess Mokoš who "sat in bulrush," a type of plant used for weaving. In the 11th century, Benedictines from the St. Stephen Monastery in Split built the Church of St. Mary here, which to this day preserves not only the sanctity but also the name of Our Lady in Bulrush.

2.3 / Polača

Vlasnik ove impozantne vile rustike najvjerojatnije je bio Julije Auzonije, zapovjednik carske garde Ilirika i namjesnik Dalmacije. Vila se nalazi na trasi nekadašnje antičke ceste koja je spajala obalna naselja te je, sudeći prema miljokazu iz Strožanca, nakon mosta na Žrnovnici prolazila između ovog imanja i onoga kod Gospe u Siti. Lokalitet Polača zaštićen je kao kulturno dobro Republike Hrvatske.

2.4 / U sjeni hrastova

Stara hrastova šuma u podnožju Velikog Peruna idealno je mjesto za predah i podsjećanje na ulogu stabala u drevnim slikama svijeta. Hrast je u praslavenskim vjerovanjima bio „drvo svijeta" kojega je krošnja pripadala nebesniku Perunu, korijenje Velesu, a deblo nadzemlju, to jest čovjekovu svijetu. Na stijeni V. Peruna uređeno je penjalište sa smjerovima različitih težina te atraktivna via ferrata.

03

3,5 km / 80 min

Reljef 'Božanski boj', Crkva Uznesenja Blažene Djevice Marije u Žrnovnici / Relief 'The Devine Battle', Church of the Assumption of the Blessed Virgin Mary in Žrnovnica

Put prema izvoru

3.1 / Put prema izvoru

Uređena i pošljunčena pješačka staza, pogodna za djecu i odrasle, koja počinje na ušću rijeke Žrnovnice, prolazi pokraj Pete Peruna (1,7 km) te završava u središtu naselja Žrnovnica (oko 3,5 km) vodeći nas s morske obale u dubinu brdskog zaleđa. Osim u osjetno drukčiji kopneni svijet, staza nas uvodi i u svijet prastarih vjerskih predodžaba, s najvišom točkom na Perunskom, a najnižom na Zmijskom kamenu.

3.2 / Zmijski kamen

U Zmijskome kamenu, nekoć mnogo duljemu, stari su Hrvati vidjeli Perunova suprotnika zmijolika Velesa kako vijuga prema Perunovu tronu na vrhu brda, zamećući s njime „božanski boj". Svijetom, naime, vlada red ako je Perun gore, a Veles dolje, a kad se taj odnos poremeti, uređeni svijet upada u nered. Lokalitet je zaštićen kao kulturno-povijesna znamenitost iz najstarijeg razdoblja hrvatske povijesti.

3.3 / Biljni svijet

Rijeka Žrnovnica, duga svega 5,2 km, razmjerno je mirna krška rječica, s tek nekoliko brzaca i malih slapova u gornjem toku. Od raznovrsna biljnog pokrova koji se smjenjuje od njezina izvora – vegetacija stijena i kamenjara, duž obala – šume vrbe i topole te visoki tršćaci, do pjeskovita ušća – tzv. mediteranske sitine, najbolje je očuvana izvorna vegetacija uz obalu duž koje vodi pošljunčena šetnica.

3.4 / Peta Peruna

I u doba kad je Žrnovnica ljeti redovito presušivala u njezinu bi se koritu, točno pod Petom Peruna, vidjelo omanje vrelo koje nikada ne bi presušilo. Vrelo je, prema praslavenskom doživljaju svijeta, nazvano Perunić te je bilo znakom Perunove moći da vlada vodama i u doba najveće suše. Nizvodno odatle nalaze se Rakite i Blato, mjesta koja po istom vjerovanju pripadaju Velesu, koji „zapriječuje vode".

3.5 / Zeleni lug

Zeleni lug mjesto je tajanstvena susreta Perunove djece Jarovita i Mare (Morane). Predaja ga opisuje kao „livadu na zavoju rijeke" ili „mjesto oko kojeg se svila rijeka", što dobro pristaje ovom dijelu riječne obale. Jarovit i Mara, pučki Juraj i Mare, nositelji su mitologije godišnje rodnosti, poznate inače u mnogim narodima, koji svojim zagonetnim svadbenim susretom iniciraju proljetni dio godine.

Trail to the Spring

3.1 / The track to the Spring

A well-maintained gravel walking track, suitable for children and adults, starting at the mouth of the Žrnovnica river, passing by Peta Peruna (1.7 km), and ending in the centre of the Žrnovnica townlet (about 3.5 km), leads from the sea coast into the depth of the mountainous hinterland. Besides introducing us to a noticeably different terrestrial world, the track also leads us into the world of ancient religious beliefs, with the highest point at Perunsko peak and the lowest at the Zmijski kamen rock.

3.2 / The Snake Rock

In the Snake Rock (Zmijski kamen), rock once much longer, ancient Croats saw Veles, the Perun's snake opponent, winding towards the Perun's throne on the hilltop, initiating a "divine battle" with him. According to their belief, the world is in order as long as Perun is above and Veles below, but when this balance is disrupted, the ordered world falls into chaos. The site is protected as a cultural-historical monument from the earliest period of Croatian past.

3.3 / The flora

The Žrnovnica river, just 5.2 km long, is a relatively calm karst river, with only a few rapids and small waterfalls in its upper course. Of the original flora along its banks, ranging from rocky and stony terrain near its spring, through willow and poplar forests along its banks, to sandy estuaries – the so-called Mediterranean marsh-plant area, the best preserved is the original vegetation along the coast, provided with a gravel promenade.

3.4 / Peta Peruna

Even when the Žrnovnica regularly dried up in summer, under the Peta Peruna locality, there was always a small spring that never ran dry. According to the old Slavic worldview, the spring was named Perunić and was a sign of the Perun's power to control waters even in times of severe drought. Downstream from that point are Rakite and Blato, places that, according to the same belief, belong to Veles, who "blocks the waters."

3.5 / Green Grove

Green Grove (Zeleni lug) is the site of the mysterious meeting of the Perun's children, Jarovit and Mare (Morana). The tradition describes it as a "meadow by the river band" or "place where the river curves". Jarovit and Mara, also known as Juraj and Mare in the folk tradition, are bearers of the mythology of annual fertility, existing in many cultures, who with their marital encounter initiate the springtime.

3.6 / Žrnovnica – ishodište putova

Smještено u zaleđu Peruna te odsječeno od morske obale, splitsko naselje Žrnovnica doživljava se kao zasebna organska cjelina. Iz središta mjesta polazi nekoliko tematskih staza i šetnica kojima se obilaze naselje i njegovo okružje. U neposrednoj je blizini i Župna crkva Uznesenja BDM, s reljefom „Božanski boj", a arheološki lokalitet Gračić i crkva sv. Mihovila nalaze se oko 1,5 km od središta naselja.

3.6 / Žrnovnica – the tracks starting point

Located in the hinterland of Perun and cut off from the sea coast, the Split environs settlement Žrnovnica is perceived as a separate organic entity. Several thematic tracks and promenades start from its centre, allowing visitors to explore the townlet and its surroundings. In the immediate vicinity is the parish church of the Assumption of the Blessed Virgin Mary, with the relief Divine Battle, while the archaeological site of Gračić and the Church of St. Michael (Sv. Mihovil) are about 1.5 km from the townlet centre.

04

4,9 km / 90 min

Dioklecijanov put

4.1 / Od Žrnovnice do Srinjina

Udolinom između brda Sridivice i Peruna povremeno teče potok Vilar. Korito potoka sa sjevera prati put koji kao prirodna poveznica spaja okolne antičke i prapovijesne lokalitete te je vjerojatno, a to sugerira i njegov mjesni naziv, bio dijelom prastare prometne mreže. U zidu obiteljske kuće na zapadnom kraju puta uzidan je reljef ilirskog boga Silvana, jedan od 20-ak prikaza toga boga na prostoru Delmata.

4.2 / Perunova cesta i Dioklecijanov put

Osim antičkog Dioklecijanova puta, udolinom Vilara pruža se i suvremena asfaltirana prometnica. Moglo bi se reći da se njezin službeni naziv Perunova cesta prirodno uklopio u mrežu toponima kojima su hrvatski doseljenici prije nešto manje od tisućljeća i pol obilježili ovaj kraj, doživljavajući ga u svjetlu svojih običaja i vjerovanja, od kojih su neka zadržana i nakon pokrštenja u 7./8. stoljeću.

4.3 / Vilar

Od rodnih vinograda koji su nekoć prekrivali blage padine Sridivice, na sjevernoj strani Vilara, preostali su jedino suhozidi. Lozama više nema nikakva traga. Slično se, izgleda, dogodilo i s vilama koje su, makar u mjesnoj mašti, nekoć plesale ovom udolinom, a stanovale su visoko pod oblacima, u prapovijesnom „Vilanjskom gradu" na Vršini. Osim u sugestivnom nazivu Vilara, ni njima više nema traga.

4.4 / Sveti darivatelji

Crkvica sv. Nikole podignuta je u 12. st. na ulazu u udolinu Vilara, blizu puta, potoka i pasišta, odnosno na mjestu koje upućuje na funkcije boga Velesa. Naime, Veles je podzemni bog, pastir pokojnika, onih s „druge strane rijeke", te bog stoke i darivatelj svakog blaga, zbog čega je upravo sv. Nikola, biskup, darivatelj i zaštitnik putnika, njegova česta kršćanska zamjena.

4.5 / Careva posla

Dioklecijan je, kaže legenda, pokraj izvora u Srinjinama, na zasad neistraženom antičkom lokalitetu Lišnjak, imao posjed s velikim ribnjakom. Tu se dolazio opuštati, ali je katkada dovodio i kćer Valeriju, koja mu je svojim temperamentom zadavala dosta glavobolje. Jednoga će dana istraživanja na Lišnjaku možda potvrditi ono što pučka predaja o Dioklecijanu i „njegovim poslima" već stoljećima „zna".

4.6 / Na poljičkim vratima

Dioklecijanov put spaja Srinjine, najzapadniji katun Srednjih Poljica, i Žrnovnicu, koja s njima graniči. U izvornoj širini očuvan je samo u Srinjinama, koje su potpuno „poljičke" te čuvaju prastare hrvatske običaje, ali i one starije koji su u Poljica stizali drugim putevima. Dioklecijanov put, koji je dug niti pet kilometara, premošćuje tako vremensku udaljenost od gotovo dva tisućljeća.

Diocletian's Road

4.1 / From Žrnovnica to Srinjine

Through the valley between the hills Sridivica and Perun, the Vilar stream occasionally flows. The stream's bed, at its norther side, is followed by a road, as a natural connector, linking the surrounding Roman and prehistoric sites and was probably, as suggested by its local name, part of the Roman road network. In the wall of a family house at the western end of the road, a relief of the Illyrian god Silvanus is embedded, one of about twenty representations of this god in the Delmat tribe area.

4.2 / Perun's Road and Diocletian's Road

In addition to the Roman Diocletian's Road, a modern asphalt road stretches through the Vilar valley. It could be said that its official name, Perun's Road, naturally fits into the network of toponyms by which the Croatian settlers marked this area over almost a thousand and a half years ago, experiencing it in the light of their beliefs and customs. Some of these were retained even after their conversion to Christianity in the 7th/8th century.

4.3 / Vilar

From the native vineyards that once covered the gentle slopes of Sridivica, on the northern side of the Vilar valley, only drystone walls remain. There is no trace of vines anymore. Similarly, it seems that the fairies, that once danced through this valley in local imagination and inhabited high in the clouds, in the prehistoric Vilanjski Grad on Vršina, have disappeared as well. Besides the suggestive name of Vilar (vila - Croatian for fairy), there is no trace of the fairies anymore.

4.4 / Sacred donors

The church of St. Nicholas (Sv. Nikola) was built in the 12th century at the entrance to the Vilar valley, near the road, stream, and pasture, ~~or~~ at a location that suggests the functions of the god Veles. Namely, Veles is an underground god, a shepherd of the deceased, those "across the river", and the god of cattle and the giver of all wealth, which is why St. Nicholas, a bishop, giver, and protector of travellers, is his frequent Christian substitute.

4.5 / The Emperor's businesses

According to a legend, Diocletian had an estate with a large fishpond near the spring in Srinjine, at ~~the as~~ yet unexplored Roman site of Lišnjak. He used to come there to relax, but sometimes he also used to bring along his daughter Valeria, who caused him a lot of headaches with her temperament. One day, research at Lišnjak may confirm what folk tradition has "known" for centuries about Diocletian and "his businesses".

4.6 / At the gates of Poljica

The Diocletian's Road connects Srinjine, the westernmost hamlet of Srednja Poljica, and Žrnovnica, which borders it. Its original width is preserved only in Srinjine, completely preserving ancient Croatian customs still living in Poljica, as well as even older ones that reached Poljica by other routes. The Diocletian's Road, barely five kilometres long, bridges the temporal distance of almost two millennia.

05

3,5 km / 80 min

Put do Gornje Podstrane preko Babine stine

5.1 / Put do Gornje Podstrane preko „Babine stine"

Ugodna pješačko-planinarska staza (3,5 km), koja s Jadranske magistrale vodi do Gornje Podstrane, a opremljena je odmorištima i info-pločama, idealna je za brzi „bijeg u prirodu". Staza prolazi pokraj groblja, potom uz maslinike i vrtove, a pri kraju se križa s „Putem maslinika". Babina stina i golemi prastari hrast dvije su prirodne zanimljivosti na stazi kod kojih se vrijedi zaustaviti i odmoriti.

5.2 / Babina stina

Naziv stijene upućuje na značenje koje je neolitički čovjek pripisivao ovakvim megalitima. On ih je, naime, često i uz rituale posvećivao boginji „velikoj majci", ili „babi". „Babe" redovito stoje kod izvora vode ili blizu potoka. Izvor Kapljuč nalazi se oko 500 m sjeveroistočno, a potok teče neposredno ispod ove stijene. Lokalitet je vjerojatno bio uključen i u praslavensku sakralnu topografiju.

5.3 / Čuvar tradicije

Premda se hrastova šuma očuvala duž gotovo čitave dodirne zone južnih vapnenačkih stijena i fliša, gorostasi poput ovog stabla veoma su rijetki. A kako je riječ o hrastu koji raste usred obrađenih površina i u blizini izvora, opravdano je pretpostaviti da su se mještani rado okupljali u hladovini njegove krošnje koja se tako i „nagledala" žuljevitih ruku i „naslušala" mudrih besjeda i šaljivih razgovora.

Track to Gornja Podstrana via Babina stina

5.1 / The track to Gornja Podstrana via the Babina stina locality

A pleasant hiking trail (3.5 km) leading from the Adriatic Highway to Gornja Podstrana, provided with resting areas and information boards, is ideal for a quick "escape into nature." The trail passes by the cemetery, then along olive groves and gardens, towards the end intersecting the Trail of Olive Groves. Babina stina rock and the huge ancient oak are two natural attractions along the trail, worth stopping and resting.

5.2 / The Old Hag's Rock

The name of the Old Hag's Rock (Babina stina) refers to the significance that Neolithic man attributed to such megaliths. He dedicated them, often along with rituals, to the goddess "great mother" or "baba" (hag). Such rocks regularly stand near water springs or close to streams. The Kapljuč spring is located about 500 meters northeast, and the stream flows directly below this rock. The site was probably also included in the Old Slavic sacred topography.

5.3 / Guardian of tradition

Although the oak forest has been preserved along almost the entire contact zone of the southern limestone cliffs and flysch, giants like this tree are very rare. And since this oak tree is growing amidst cultivated areas and near a water source, it's fair to assume that the locals gladly gathered in the shade of its canopy, which also "saw" many calloused hands and "heard" many wise words and humorous conversations.

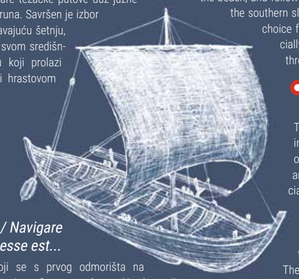
06

2,5 km / 70 min

Put do Gornje Podstrane iz Sv. Martina

6.1 / Put do Gornje Podstrane

Nezahtjevna pješačko-planinarska staza, koja povezuje središte naselja Sv. Martin s eko-etno selom Gornjom Podstranom, duga je oko 2,5 km. Počinje divljostinjak metara od antičko-srednjovjekovnog središta mjesta, preko puta plaže, te prati stare težačke putove duž južne padine Peruna. Savršen je izbor za osvježavajuću šetnju, osobito u svom središnjem dijelu koji prolazi borovom i hrastovom šumom.



6.2 / Navigare necesse est...

Pogled koji se s prvog odmorišta na brdskoj stazi pruža na podstranski akvatorij zaslužuje posebnu pozornost. Slijeva nadesno vide se Brač, Šolta, Drvenik i Čiovo te ulaz u Kaštelanski zaljev. Da je plovidba Jadranom bila važna u svim vremenima dokaz je i sporazum o mirnoj plovidbi koji su 839. g. u Sv. Martinu potpisali hrvatski knez Mislav i mletački dužd Petar Tradonik. Jer, ploviti se mora...

6.3 / Perun i Gornja Podstrana

Od svih ilirskih i hrvatskih naselja na Perunu opstala je samo Gornja Podstrana. Nekoć je bila središtem općine; danas je zaštićena kao eko-etno selo. Krase je velika barokna crkva, zvonik te društvena zgrada Čitovnica s prostranim dvorištem, vidljivi već i s obale. Na grebenu iznad sela vide se, s istoka prema zapadu, obredna gomila Pišćenica (471 m), crkva sv. Jure na Vršini te vrh Križ (533 m).

Gornja Podstrana from St. Martin

6.1 / The track to Gornja Podstrana

An undemanding hiking trail, connecting the centre of the Sv. Martin village with the eco-ethno village of Gornja Podstrana, about 2.5 km long. It starts about two hundred meters from the Roman-medieval centre of the village, opposite the beach, and follows old peasants' trails along the southern slope of Perun. It's a perfect choice for a refreshing walk, especially in its central part passing through pine and oak forests.

6.2 / Navigare necesse est...

The view from the first resting area on the hillside track overlooking the Podstrana archipelago deserves special attention. From left to right, you can see Brač, Šolta, Drvenik, and Čiovo islands, as well as the entrance to the Kaštela Bay. The fact that navigation on the Adriatic was important in all times is evidenced by the Peaceful Navigation Treaty signed in 839 in Sv. Martin by the Croatian Duke Mislav and the Venetian Doge Pietro Tradonico. Because, navigare necesse est - one must navigate...

6.3 / Perun and Gornja Podstrana

Of all the Illyrian and Croatian settlements on Perun, only Gornja Podstrana has survived. It was once the centre of the municipality; today it is protected as an eco-ethno village. It is adorned with a large baroque church, a bell tower, and the social building, Čitovnica (reading room), with a spacious courtyard, visible even from the coast. On the ridge above the village, you can see, from east to west, the ritual mound Pišćenica (471 m), the church of St. George (Sv. Jure) at Vršina, and the peak Križ (533 m).

Savjeti za posjetitelje

HR

- Provjerite vremensku prognozu prije odlaska.
- Ponesite kartu područja i kompas ili GPS uređaj.
- Provjerite zahtjevnost kako biste bili sigurni da je prikladna za vašu kondiciju i iskustvo.
- Nosite udobne i čvrste planinarske cipele s dobrim prijanjanjem.
- Obucite se slojevito kako biste mogli prilagoditi odjeću promjenama temperature.
- Ponesite kapu, sunčane naočale i kremu za zaštitu od sunca.
- Ponesite dovoljno vode, najmanje 2 litre po osobi.
- Ponesite hranu poput orašastih plodova, voća i sendviča.
- Informirajte nekoga o vašem planu puta i predviđenom vremenu povratka.
- Planirajte povratak tako da se ne vraćate po mraku.
- Nosite prvu pomoć i znajte kako je koristiti.
- Ostanite na označenim stazama.
- U slučaju nezgode nazovite 112.
- Sve svoje smeće ponesite natrag sa sobom.
- U prirodi ostavite samo svoje tragove.

Planinarenje je prekrasna aktivnost koja pruža priliku za uživanje u prirodi i tjelesnu aktivnost. S ovim savjetima, vaša će avantura biti i ugodna. Sretno planinarenje!

Advices to visitors

EN

- Check the weather report before starting.
- Take a map of the area and a compass or GPS device.
- Check how demanding your track is to make sure it meets four fitness and experience.
- Wear comfortable and strong, well gripping, hiking boots.
- Dress in layers, so you can adjust your clothing to temperature changes.
- Take a cap, sun glasses and sun cream to protect you from the Sun.
- Take sufficient water, at least 2 litres per person.
- Take some food, like nuts, fruit and sandwiches.
- Tell someone your tracking plans and the expected time of return.
- Do not plan returning in the dark.
- Take a first aid kit and learn how to use it.
- Stay on marked tracks.
- In case of an emergency, dial 112.
- Tae all your litter back with you.
- In the nature leave only your footsteps.

Mountain hiking is a beautiful activity offering opportunities to enjoy the nature and physical activities. Following these advices, your adventure will be safe and pleasant. Have a nice hiking!

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visitpodstrana.hr
#visitpodstrana

Split
Tourist Board of Split
TURISTIČKA ZAJEDNICA

PODSTRANA
Turistička zajednica Općine Podstrana
Tourist Board of the Municipality of Podstrana

CROATIA Full of life

SREDNJA DALMACIJA
Turistička zajednica
Splitsko-dalmatinske županije

ŽRNOVNICA

ZA TOČNU NAVIGACIJU SKENIRAJTE QR KOD
FOR PRECISE NAVIGATION, SCAN THE QR CODE

01 Put do Sv. Jure (Vilar)
Track to St. George

02 Put iz Strožanca do Sv. Jure na Perunskom
Track from Strožanac to St. George at Perunsko

03 Put prema izvoru
Trail to the Spring

04 Dioklecijanov put
Diocletian's Road

05 Put do Gornje Podstrane preko Babine stine
Track to Gornja Podstrana via Babina stina

06 Put do Gornje Podstrane iz Sv. Martina
Gornja Podstrana from St. Martin

ZAHOD 591
MOŠNICA
OMIŠ
OMIŠ
PIŠCENICA
JESENICE
OBREDNA GOMILA
471
CRKVA SVJETE I ROKA
VRŠINA
GORNJA PODSTRANA
MUTOGRAS
CRKVA SV. MARTINA (STELLA LUCIUS ARTORIUS CASTUS)
VILANSKI GRAD
SV. JURE NA VRŠINI
CRKVA BEZGRIJEŠNOG ZAČEĆA BDM
E=505280 m
N=4815126 m
SV. MARTIN
Put maslinika
KRIŽ 533
6.3
6.1
6.2
5.3
STRAŽNICA
CRKVA SV. FABIJANA
ŽUPNA CRKVA GOSPE OD ZDRAVLJA
BABINA STINA
PERUNIĆ 448
GRBAVAC
E=504421 m
N=4815996 m
5.2
5.1
SRINJINE
GORNJE SITNO
CRKVA PORODENJA BDM
4.6
E=507906 m
N=4817336 m
4.5
4.4
CRKVA SV. NIKOLE
SRIDIVICA (MARKOVAĆA)
1.1
1.3
VELIKI PERUN 443
PODSTRANA
4.3
E=506465 m
N=4817840 m
1.2
SV. JURE
1.4
2.4
PERUNSKO 441
VIA FERRATA PENJALIŠTE CLIMBING
Put starog sela
4.2
NUGAL
VILAR
PERUN
Put Perunskog vidikovca
VILA RUSTICA POLAČA
2.3
ŽUPNA CRKVA GOSPE U SITI
STROŽANAC
2.1
2.2
E=502745 m
N=4818147 m
STOBREČ
CRKVA SV. MIHOVILA
E=505198 m
N=4819203 m
4.1
E=504630 m
N=4819775 m
3.6
ANTOLIČIN MLIN
ZMIJSKI KAMEN
3.2
E=502515 m
N=4818343 m
3.1
MOSOR
(Planinarska kuća "Lugarnica")
ŽUPNA CRKVA UZNESENJA BDM
3.5
PRIGVIĆE
PETA PERUNA
3.4
3.3
SPLIT
MOSOR
(crkvica Sv. Fabijana i Sebastijana)
KOREŠNICA
PRIVOR
CRKVA SV. ANTE

Rijeka / Potok
River / Stream
Planinarska staza / Makadam
Hiking track / Macadam road
Planinarske staze
Hiking tracks
Pješačka staza
Walking path
Šetnica
Promenade
Asfaltirani putovi
Asphalt roads