

Walk 27 (Rab): FRUGA FOREST FROM AUTOKAMP SAN MARINO NEAR LOPAR

Distance: 8km/4.8mi; 2h10min

Grade: easy-moderate, with approximately 165m/541ft ascent; on paths, tracks and trails; way-marked and signposted

Equipment: see page 39; walking poles.

Refreshments: available at Autokamp San Marino and in Lopar

Transport: 🚗 Drive from Rab town to the T-junction on the edge of Lopar and turn right towards SAN MARINO; turn right again 0.9km further on towards AUTOKAMP SAN MARINO. There is a car park on the right in front of

the entrance. 🚗 from Rab town to Lopar and San Marino (see Transport, page 134); alight on the bend where the Autokamp is to the right.

Nearest accommodation: San Marino, Lopar, Rab town

Shorter walk: Šuma Fruga; 4km/2.4mi; 1h16min. Easy, with 125m/410ft ascent on paths, tracks and trails; equipment and transport as for the main walk.

Follow the main walk to Šuma Fruga (38min mark) then retrace steps to the start, for superb views of the coast and islands.

This walk ventures onto the open, breezy plateau on the northern reaches of the elongated southeast to northwest ridge reaching from one end of Rab to the other. It's a walk ended with remarkable contrasts — from shady pine forests at the start, through laurel woodlands to the hardy, stunted juniper and thornbush of the uplands; from fertile



Paradise beach from the Fruga forest path

pastures and olive groves to the rocky 'moonscape' of the exposed plateau. The northeast coast is exposed and rocky, to the southeast it's wooded and sheltered. The wide views embrace nearby islands and mainland mountain ranges. Along the way, you can look forward to a refreshing swim at famous Paradise beach, prominent in the view on the way up.

Start out by walking through **Autokamp San Marino**: follow the narrow road closest to the right-hand (northwestern) boundary fence. Go through a gate and turn left across a **bridge** to a signposted path junction (**8min**). Bear left following **walkers' routes 1, 2, 8 and 11** along a trail through pines; it climbs steadily and soon leads into the open with superb views of Paradise beach below and the islands of Krk and treeless Goli Otok. Continue up to another signposted junction (**38min**) and turn left (**routes 1 and 2, 3 and 5**). The large sign nearby, 'Šuma Fruga', marks a boundary of **Fruga forest**. Turn left again at the next, unmarked junction (**40min**). Within a minute bear right with **routes 6, 8 and 11**. The trail bends right to a flat open area; continue almost directly ahead, up a slight rise. The trail becomes clear again through shady laurels. At an intersection, turn right along **route 6 (1h1min)**.

Soon you reach an open grassy area with a stone wall on the left: bend left at the corner of the wall and left again in front of a transverse wall, then go right (where a track branches off left) around the end of the wall. Shortly, at a T-junction, turn right. Walk up to the crest, cross a shallow valley and gain height again, with superb views west to Supetarska Draga harbour, the small island of Maman and its satellites. Turn right at another T-junction, to follow **routes 8 and 13 (1h36min)**. The rough track undulates slightly to a crest where it becomes more of a trail. The descent starts now, on the northern side of the watershed. Drop steeply to a gully, then go up and around a bend to traverse above cultivated fields. Bear left at a T-junction (**2h**) and descend fairly steeply, around a sharp bend, then swing right at the corner of a stone wall, to the gate in the **Autokamp San Marino** fence (**2h10min**).



Source: Smand map 20a; Rab (1:25,000)