

## ISTRIA: TRIESTE - PULA

The sunny peninsula in the Mediterranean Sea

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DIFFICULTY: easy - medium

DURATION: 8 days / 7 nights

DISTANCE: approx. 190 - 310 km

## DESCRIPTION

Start of this bicycle tour is Trieste, the former Habsburg seaport seated at the foothills of the Karst. At the time of the Roman Empire, Trieste developed from a small, insignificant town into a rich port city. After a few kilometres you leave Italy and cycle to Slovenia and Croatia. This sunny peninsula in the Mediterranean Sea is characterised by little picturesque fisher villages, small towns on the karst hills, vineyards and valleys. Let yourself be surprised from the charms of a landscape rich in contrasts and the various colours of Istria.

## CHARACTERISTICS OF THE ROUTE

The bicycle route through Istria runs slightly hilly. The tour is suitable for children from the age of 14.

We suggest you this tour as an additional after one of the following cycling tours:

- Dolomites Trieste
- Alpe Adria: Villach Grado/Trieste

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## A DAY BY DAY ACCOUNT OF THE ROUTE

#### Day 1: Arrival

Individual arrival at the starting-hotel in Trieste.

#### Day 2: Trieste – Piran / Portorož (approx. 35 km or approx. 65 km, depending on the variant)

After a few kilometres you say goodbye to Italy. In Slovenia you cycle mostly on cycling paths through famous bathing resorts like Koper (Capodistria) and Izola (Isola d'Istria) to Piran (Pirano) or Portorož (Portorose), a spa town on the Slovenian Riviera. The tour can be shortened by using the ship from Trieste to Muggia (ticket <u>not</u> included). The longer variant leads through the Val Rosandra valley in the back country and then from Muggia along the coast too.

## Day 3: Piran / Portorož – Umag / Novigrad (approx. 35 – 60 km)

You pass the salt gardens of Sečovlje, where they produce sea salt on huge areas through natural evaporation, and cycle over the border to Croatia. Travelling through the Croatian part of Istria, the biggest peninsula of the Adria, slightly hilly to Umag, which historic centre was built on the relics of a Roman colony.

## Day 4: Umag/Novigrad - Poreč (approx. 20 - 40 km)

From Umag you cycle slightly hilly to Novigrad or Cittanova. This medieval town surrounded by a battlement wall is seated on the water mouth of Mirna. Then you cycle to Poreč, the most important coastal city on Istria's west coast. We suggest visiting the Euphrasian Basilica, which is on the UNESCO World Heritage list.

## Day 5: Poreč (approx. 35 km or day off by the sea)

You have the choice: either you visit the Brijuni islands and the Limski channel by boat or you enjoy your day off by the sea or you visit the country land of Poreč. The Brijuni islands are twelve smaller and two bigger islands; the main island Veli Brijun was used by the Yugoslav statesman Tito as summer residence. Today the islands are National Park and only Veli Brijun can be visited by the public. A boat trip to the fjord-like Limski channel with its shimmering blue water is also inviting. If you are lucky, you may see some dolphins. The Limski channel is a National Park and on the coast you find mussels and oyster farms.

## Day 6: Poreč - Rovinj (approx. 55 km)

Have a last view over the picturesque seaport on Istria's west coast before you leave to Rovinj – your today's stage destination. The city is surrounded in the west and the south west by the Adriatic Sea. Go ahead, if you would like to cycle to Zlatni rt (also known as Golden Cape), a peninsula, where you find a park in a nature reserve.

## Day 7: Rovinj - Pula (approx. 45 - 55 km)

The last day on your "expedition" in Istria leads you to Pula on Istria's south-west point. Pula is the oldest town of Istria and its commercial and cultural centre. Enjoy your last day of the tour, amongst various antiquities and the mighty Roman amphitheatre in the centre of Pula.

## Day 8: Departure

Individual departure or possibility to extend your stay.

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## GENERAL INFORMATION

Classification of the cycle tour: self-guided tour

Duration: 8 days / 7 nights Distance: approx. 190 – 310 km

Starting point: Trieste

#### **ARRIVAL**

By car: Via the Tauern motorway to Villach and over the border crossing Arnoldstein to Udine and Trieste.

By train: Via Salzburg and Villach to Trieste (Trieste centrale). Timetables: www.deutschebahn.de, www.oebb.at, www.trenitalia.com

By plane: Airports Ronchi dei Legionari in Trieste or Pula. There are good bus (airport shuttle) or train connections from airport Ronchi dei

Legionari to Trieste. Timetables: www.trenitalia.com

## **ACCOMMODATION**

Hotels in 3-, partly 4-star-category // Attention: Tourist tax - if requested - has to be paid on the spot.

#### PARKING

Depending on the first hotel, either parking facilities directly at your hotel or hotel parking garage. Reservation of the parking area/parking garage not possible; payable on the spot. Paid parking options near the train station

#### **TRANSFER**

Every Wednesday and Saturday: Return transfer from Pula to Trieste by shuttle bus  $- \in 69,00$  per person  $+ \in 39.00$  per own bike (reservation and payment upon booking).

## **RENTAL BIKES**

- 21-gears women's or men's bicycle
- Rental Bike TOP (UNISEX bike men's bike upon request)
- E-bike (UNISEX bike, 500 W battery; range up to 100 km)

## **INCLUDED SERVICES**

- · Accommodation in hotels in 3-, partly 4-star-category
- Breakfast buffet or full breakfast
- Video briefing/Information video about the cycling tour
- Luggage transfer from hotel to hotel
- Well planned routes
- Detailed documents (maps, route description, places to visit, important telephone numbers)
- Telephone service hotline for the entire tour
- Navigation app

## NOT INCLUDED SERVICES

- Arrival to the starting point of the tour
- Departure at the end of the tour
- Drinks, tourist tax and all extras
- Lunch, Dinner
- Not mentioned entries
- Rental bikes and travel insurance
- All not expressly mentioned under the item "Included services"

## STARTING DATES 2025

#### ARRIVAL

Every Wednesday and Saturday: 29/03/2025 (first available date) to 01/11/2025 (last available date)

DISABLED DATES (no start possible!)

27/07/2025 up to and including 20/08/2025

NON SCHEDULE ARRIVAL DATES

Minimum of 5 persons upon request!



# PRICES 2025

SELF-GUIDED TOUR	
Package price per person in a double room incl. breakfast – Season 1*	€ 829.00*
Package price per person in a double room incl. breakfast – Season 2**	€ 919.00**
Package price per person in a double room incl. breakfast – Season 3***	€ 998.00***
Single room surcharge, per person	€ 239.00
ADDITIONAL SERVICES	
Rental Bike	€ 99.00
Rental Bike TOP	€ 169.00
E-bike	€ 269.00
EXTRA NIGHTS IN TRIESTE	
Per person and night in a double room incl. breakfast	€ 89.00
Single room surcharge, per person	€ 49.00
EXTRA NIGHTS IN PULA	
Per person and night in a double room incl. breakfast	€ 85.00
Single room surcharge, per person	€ 39.00

We suggest travel insurance. Changes in the offer as well as errors, printing errors and arithmetic errors reserved!

<sup>\*</sup> Season 1: arrival dates 29/03/2025 and 01/11/2025

 $<sup>**</sup> Season 2: arrival \ dates \ from \ 30/03/2025 \ up \ to \ and \ including \ 13/06/2025 \ and \ from \ 13/09/2025 \ up \ to \ and \ including \ 31/10/2025 \ and \ from \ 13/09/2025 \ up \ to \ and \ including \ 31/10/2025 \ and \ from \ 13/09/2025 \ up \ to \ and \ including \ 31/10/2025 \ and \ from \ 13/09/2025 \ up \ to \ and \ including \ 31/10/2025 \ and \ from \ 13/09/2025 \ up \ to \ and \ including \ 31/10/2025 \ and \ from \ 13/09/2025 \ up \ to \ and \ including \ 31/10/2025 \ and \ from \ 13/09/2025 \ up \ to \ and \ including \ 31/10/2025 \ and \ from \ 13/09/2025 \ up \ to \ and \ including \ 31/10/2025 \ and \ from \ 13/09/2025 \ up \ to \ and \ including \ 31/10/2025 \ and \ and$ 

<sup>\*\*\*</sup> Season 3: arrival dates from 14/06/2025 up to and including 12/09/2025