



THE SUNNY PENINSULA IN THE MEDITERRANEAN SEA

 Self-guided tour

 Bike tour

 225-310 km

 Easy

Duration: 8 days / 7 nights

14 years and older



DESCRIPTION

Start of this bicycle tour is Trieste, the former Habsburg seaport seated at the foothills of the Karst. During the Roman Empire Trieste became a busy and rich port. After a few kilometres you leave Italy and cycle to Istria, 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. 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: • "From the Dolomites to Trieste" or • "Alpe Adria - from Villach to Trieste"

CYCLING TOUR THROUGH ISTRIA: FROM TRIESTE TO PULA

DETAILED ROUTES

📍 Day 1: Trieste

Individual arrival at the first hotel in Trieste.

📍 Day 2: Trieste – Piran/Portorôz

(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. Using the ship from Trieste to Muggia the tour can be shortened (ticket not included). The longer version leads through the „Val Rosandra“ in the back country. From Muggia both options lead along the coast.

📍 Day 3: Piran/Portorôz – 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 you 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. Umag is well-known also for the ATP tournament – „Croatia Open“, held every year. Enjoy a sightseeing tour in the evening through the medieval town with its narrow alleys and the beautiful city tower.

📍 Day 4

(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

(approx. 35 km or a day off by the sea)

You have the choice: either you visit by boat the Brijuni-islands or the Limski-channel, you enjoy your day off by the sea or visit the country land of Porec. The Brijuni-islands are twelve smaller and 2 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. Going by boat to the fjord-alike Limski-channel you might be lucky and see some dolphins. The Limski-channel is a National Park and on the coast you find mussels and oyster farms.

📍 Day 6: Porec – Rovinj

(approx. 55 km)

Have a last view over the picturesque seaport on Istria's west coast before you leave to Rovinj. The city is surrounded in the west and the south west by the Adriatic Sea. Afar the high bell tower of the Euphemia Church built on the highest spot of Rovinj, greets you. If you like you can go ahead and 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)

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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: Pula

Individual departure from Pula or possibility to extend your stay.

CYCLING TOUR THROUGH ISTRIA: FROM TRIESTE TO PULA

GENERAL INFORMATION

- **Classification:** Self-guided tour
- **Duration:** 8 days / 7 nights
- **Distance:** ca. 225-310 km
- **Starting point:** Triest
- **Arrival:**

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

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

By flight: Low cost flights to Ronchi dei Legionari airport (Trieste) or Pula. Good connections with airport shuttle bus or train (www.trenitalia.com) from Ronchi dei Legionari airport to Trieste.

- **Accommodation:**

Hotels 3***, partly 4**** category.

Attention: Tourist tax – if requested – has to be paid on the spot!

- **Parking:**

parking facilities near the station or near our rental shop (reservation not possible, to be paid on spot).

- **Rental bikes:**

- 21-gear women's or men's bicycle
- Rental bike TOP (unisex model – male model on request)
- E-bike (unisex bike, 500 W battery; range up to 100 km)

It is possible to add a rental bike disclaimer to your booking. Price is € 24/ per trekking bike and € 49/ per TOP bike/ e-bike /mountain bike. For more information we recommend to review our Terms and Conditions.

- **Transfer:**

Every Wednesday and Saturday return transfer by shuttle bus from Pula to Trieste for € 69.00 per person + € 45.00 for each own bike (reservation and payment upon booking).

INCLUDED SERVICES

- Accommodation in hotel 3***, partly 4****category
- Breakfast buffet or full breakfast
- Videobriefing
- Luggage transfer from hotel to hotel
- Well planned routes
- Detailed documents (maps, route description,

NON 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

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places to visit, important telephone numbers)

- Navigation APP
- Service Hotline during the bicycle holiday

„Included services“

CYCLING TOUR THROUGH ISTRIA: FROM TRIESTE TO PULA

STARTING DATES

Available - arrival possible Not Available Available for groups from 6 persons and on request

March

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
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May

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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31						

June

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29	30					

July

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August

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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24	25	26	27	28	29	30
31						

September

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
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13	14	15	16	17	18	19
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October

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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24	25	26	27	28	29	30
31						

PRICES

Standard

Package price in a double room	Arrive on 28/03/2026 and 31/10/2026	889 €
Package price in a double room	from 01/04/2026 to 28/10/2026	989 €
Package price high season	from 13/06/2026 to 09/09/2026	1.049 €
Single room surcharge		239 €

Additional services

Rental bike 21-gear (men) 8,7	99 €
Rental bike 21-gear (women) 8,7	99 €
own bike	0 €
Rental bike TOP (men) 8,7	169 €

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Rental electric bike 8,7

269 €

TOP bike (unisex) 8,7

169 €

Additional nights

See ebsite