

# Kat's Great Adventures

Italy - Slovenia - Croatia - Istria from Trieste to Pula Bicycle Tour 2022  
Self-Guided Tour  
8 Days / 7 Nights



The 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 kilometers you leave Italy and cycle to Istria, Slovenia and Croatia. This sunny peninsula in the Mediterranean Sea is characterized 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.

## Itinerary Day to Day

### **Day 1: Arrival in Trieste**

Individual arrival at the first hotel in Trieste.



### **Day 2: Trieste – Piran/Portorôz 35 km or 65 km**

After a few kilometers you say goodbye to Italy. In Slovenia you cycle mostly on cycling paths through famous swimming 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 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 center 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: Umag/Novigrad – Porec 20 - 40 km**

From Umag you cycle – on slightly hilly terrain – 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: Porec 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 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. Going by boat to the fjord like 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 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. A far the high bell tower of the Euphemia Church built on the highest spot of Rovinj, greets you. 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.

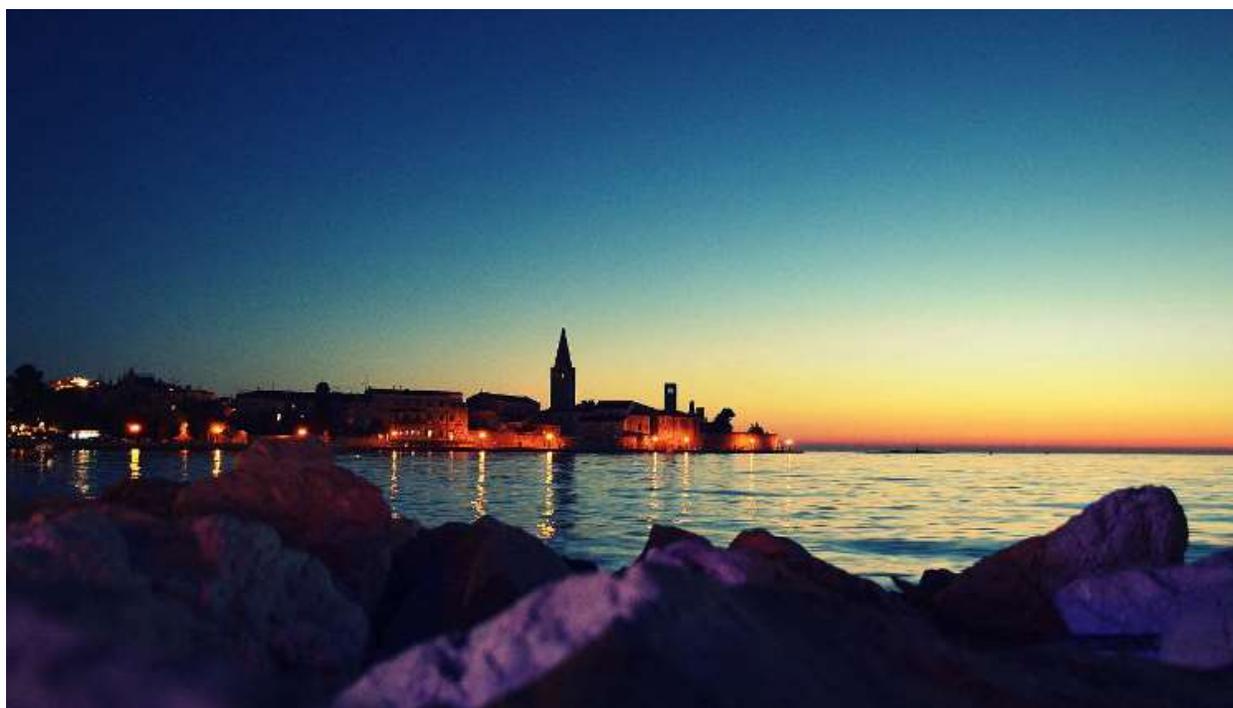


## Day 7: Rovinj – Pula 45 - 55 km

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 center. Enjoy your last day of the tour, amongst various antiquities and the mighty Roman amphitheater in the center of Pula.

## Day 8: Departure

Individual departure or possibility to extend your stay.



## Route



### Technical Characteristics:

**Route Profile:** Easy. The bicycle route through Istria runs slightly hilly. The tour is suitable for children from the age of 14.

**Distance:** 220 – 275 km

**Travel Season:** Departures Wednesdays and Saturdays from April 2 – November 5, 2022

Season 1: April 2 and November 5

Season 2: April 3 – June 17 and September 12 – November 4

Season 3: June 18 – September 11

No departures July 30 – August 21

**Price per Person:**

Double Occupancy B&B Season 1	€ 598.00
Double Occupancy B&B Season 2	€ 698.00
Double Occupancy B&B Season 3	€ 798.00
Surcharge Single Occupancy	€ 169.00
Rental Bike (21 gear)	€ 89.00
Rental TOP bike (21 gear)	€ 129.00
Rental Electric Bike	€ 189.00
Extra Nights Trieste Double Occupancy B&B	€ 79.00
Extra Nights Trieste Single Occupancy B&B	€ 114.00
Extra Nights Pula Double Occupancy B&B	€ 79.00
Extra Nights Pula Single Occupancy B&B	€ 114.00

**Accommodation:**

Hotels of 3\* and partly 4\* category

**Included:**

- 7 nights' accommodation
- Breakfast buffet or full breakfast
- Personal tour information
- Luggage transfer from hotel to hotel
- Well planned routes
- Detailed documents (maps, route description, places to visit, important telephone numbers)
- Service hotline for during the bicycle holiday
- Navigation app, GPS data

**Not Included:**

- Visitor's tax payable locally
- Transfer: Every Wednesday and Saturday return transfer by shuttle bus from Pula to Trieste for € 69.00 per person (bicycle incl. – reservation and payment upon booking).



## Bikes

### Hybrid Bike

Mens Trekking Aluminum, with water bottle holder, Shimano Alivio/Deore 21 gear freewheel, Royal saddle, size S-XL  
Women's Trekking Shimano Alivio/Deore, 21 gear freewheel, Royal saddle, step-through frame, size S-XL



### TOP Bike



Aluminum frame with bottle holder, with shock absorbing forks, Shimano Deore XT 10x3 gears and Shimano oil disk XT breaks, size S-XL

### Electric Bike



Step through frame, Bosch Performance Line Motor, 8 gear, range performance: approx. 200 km (using middle/constant speed)