

## CROATIA – ISTRIAN PENINSULA

8-days / 7-nights PREMIUM or PREMIUM PLUS island cruising and coastal cycling

**E-BIKE OPTION**



Istrians call their peninsula the 'heart of Europe' – where the cultures of central Europe and the Mediterranean meet. On this one-week tour we discover the natural beauty and the long and varied history of this region. The coast was once held by the Republic of Venice, while the medieval Kingdom of Croatia governed inland; then over the centuries the region changed hands, from the Holy Roman Empire to the Hapsburgs to the Napoleonic Kingdom of Italy to the Austrian Empire to fascist Italy during the war. After World War II the peninsula was incorporated into Yugoslavia. Today a sliver of the peninsula provides Slovenia with its short coastline while the lion's share of Istria is in Croatia. These influences show in the architecture, food, and culture of the peninsula.

Bike and Boat cruises combine easy to moderate cycling with island cruising, allowing partners of different abilities and interests to holiday together (trips are just as interesting for leisure cyclists or enthusiasts). Unpack once and return 'home' each night to a comfortable cabin with your own bathroom. These cycling cruises offer the opportunity to explore beautiful countryside and historic cities sampling wine and local produce in the company of like-minded cyclists. Tours are conducted in English but passengers include a mix of different nationalities - including English, German, French, Italian or Dutch adding to the cultural enjoyment of the tour.

**Premium cruise from:** **\$2420** per person (twin share lower deck).  
**Upper deck Supplement:** \$265 per person  
**Single cabin supplement:** Lower deck: \$775 Upper deck: \$1160

**Departs:** 10, 24 May; 7, 21 June; 30 August; 27 September 2024

**Premium Plus E-Bike from:** **\$3575** per person (twin share lower deck)  
**Upper deck supplement from:** \$440 per person  
**Single cabin supplement:** Lower deck: \$1160 Upper deck: \$1545

**Departs:** 19 April; 3, 17 May; 14, 28 June; 12, 26 July; 9, 23 August; 6, 20 September; 4, 18 October 2024

**Mid/High season supplements:** \$175 - \$350 per person on Premium Plus cruise  
Applies 17 May to 14 June and 23 August to 20 September 2024

**Includes:** 7 nights in comfortable cabin with ensuite shower/toilet, 2 nights full board (breakfast, lunch and dinner), 5 days at half board (breakfast and either lunch or dinner), English/German speaking tour guide, guided cycling tours and excursions as described in the itinerary, hire of hybrid touring bicycle (E-bike hire is included on the *Premium Plus E-Bike* cruise only), overview-maps for the daily tours (available on board).

**Not included:** Personal expenses, gratuities, local fees, drinking water and port taxes (approximately €60 per person paid to captain), meals taken ashore, drinks, bicycle insurance (available for additional cost), transfers to/from Omišalj. E-bikes can be booked on the Premium tour at extra cost (on request - limited availability).

**Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations**



**Suggested itinerary:** *Cruising and cycling are subject to change at the discretion of the captain and cycle tour guide depending on weather and local circumstances. On occasion the tour may be conducted in reverse.*

**Premium Plus E-Bike** tour may have a slightly different itinerary, with longer cycling distances and faster pace.

### Day 1: Arrive Omišalj - Cres

Plan to arrive at Omišalj at 2:00pm to check in and meet the crew and your fellow guests. Ask about transfers to Omišalj from Zagreb (at extra cost). After settling into our cabins, we cruise to the idyllic island of Cres. Take a stroll through the Venetian influenced old town with its beautiful alleys and many churches. If the weather permits, we can stop for a refreshing swim along the way.

### Day 2: Cres – Pula

**cycling @ 20km**

After breakfast, we cycle from the harbour in Cres to the lighthouse before returning to the boat to sail to Pula on the Istrian Peninsula. Enjoy a guided tour of the old town and find out more about the Roman past of the 'secret capital of Istria'. Its impressive ancient monuments include the famous amphitheatre reminiscent of the Colosseum in Rome, the Temple of Augustus and the Golden Gate.

### Day 3: Pula – Vrsar

**cycling @ 40km**

We begin our day exploring Pula before continuing to Galizana, Vodnjan and on through the fishing village of Fažana. We return to the boat at Pula and enjoy a scenic cruise to Vrsar with the chance for a swim break at the Limski Fjord. We spend the night in Vrsar, the town where Casanova supposedly found temporary refuge from the pursuing husbands of his lovers!

### Day 4: Vrsar - Poreč

**cycling @ 30km**

From Vrsar, we cycle along the Limski Canal to Kloštar in the rural hinterland of the peninsula. After stopping for a break and delicious local meal, we continue to Poreč, where we spend the afternoon exploring the charming old town with its beautiful buildings and visit the Euphrasian Basilica with its early Christian mosaics.

### Day 5: Poreč – Novigrad - Rovinj

**cycling @ 60km**

In the morning we follow the "Parenzana", an abandoned railroad line, which leads us to the famous artists' village of Grozňjan, a medieval jewel in the Istrian hinterland. Explore the romantic alleys, flower-filled squares and natural stone houses. It is easy to see why this picture-perfect town, squeezed on a small peninsula surrounded by blue sea, is a haven for artists from all over the world whose work can be admired in the numerous galleries in town. In the afternoon, we cycle through the countryside via Buje to Novigrad, where we board the boat, with the chance for a quick swimming break, before continuing onwards to Rovinj, where the boat is anchored overnight.

### Day 6: Rovinj – Fažana – Rabac

**cycling @ 40km**

Cycle along the coast mainly on natural paths and through forests to Fažana, a delightful harbour and splendid promenade lined with the colorful facades of houses. Afterwards, continue to Pula, where our boat will take us across to Rabac, located on a picturesque bay on the east coast of Istria. Enjoy gorgeous white pebble beaches, crystal clear waters and a beautiful harbor.

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### Day 7: Rabac - Njivice - Omišalj

**cycling @ 40km**

Sail to the island of Krk for our last cycling day. Krk is the largest of the Croatian islands, home to the refreshing white wine made from Zlahtina grapes, indigenous to Croatia and now only grown on Krk. Cycle from Njivice to Omišalj. Visit the bay of Soline, known for its mineral-rich, rejuvenating mud, offering an opportunity for a very informal spa treatment! Back in Omišalj we enjoy a festive farewell dinner in the company of our fellow travelers, crew and guides.

### Day 8: Departure day

Tour ends in Omišalj after breakfast at 9.00am.

**Fitness requirements:** These cycling routes require a basic level of fitness achieved through regular cycling. The routes can have an elevation gain of 200 - 1000m. The daily cycling routes of 20 - 70km cover undulating terrain with plenty of time for stops as required. We cycle mostly on sealed roads (quiet outside main holiday periods), gravel tracks and forest paths. We offer this as a Bike & Boat cycling tour however, you can decide each day if you want to cycle with the group and guides, ride independently using the maps provided, or take a break from cycling and relax onboard the boat.

#### Premium



#### Premium Plus E Bikes



**Outdoor Travel** offers **Bike & Boat** cruises to many areas of Europe including other parts of **Croatia**, the **islands of Greece**, the Lycian Coast of **Turkey**, and in Italy. Bike & Barge cycling cruises are available on the canals and rivers of Europe including the Seine, Loire Valley and Burgundy or Provence in **France** and on the 2-week route between Paris and Bruges through WW1 battlefield and memorial sites in northern France. Inn-to-inn cycling is also available in Germany, Austria, Italy, Switzerland, Australia and New Zealand – ask for details.

**Contact the experienced staff at Outdoor Travel for more details and reservations:**

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