

## CROATIA – THE ISTRIAN PENINSULA

8-day / 7-night one-hotel **GUIDED** walking tour with a choice of easy to challenging guided walks daily



Croatia's Istrian peninsula, in the northwest corner of the country, has a fascinating past, beautiful coastal scenery, and a food scene similar to that of neighbouring Italy. The peninsula boasts hilltop towns surrounded by vineyards and olive groves, as well as Bronze Age settlements and ancient Roman ruins. We walk through unspoilt green countryside, with views of the clear Adriatic Sea, and explore Cape Kamenjak and the peninsula's coastline. On this guided walking tour we are based in the historic seaside town of Poreč and there is free time to visit the seaside town of Rovinj, the 'Pearl of Istria', or Poreč's UNESCO World Heritage-listed Euphrasian Basilica. Istria has its own unique cuisine, a delicious blend of Mediterranean, Austro-Hungarian and Balkan influences. Be sure to try *pršut* (air-dried Istrian ham), fresh seafood from the Adriatic, and Istrian white truffles, along with local wines such as the aromatic white Malvasia and robust reds Refosco and Teran.

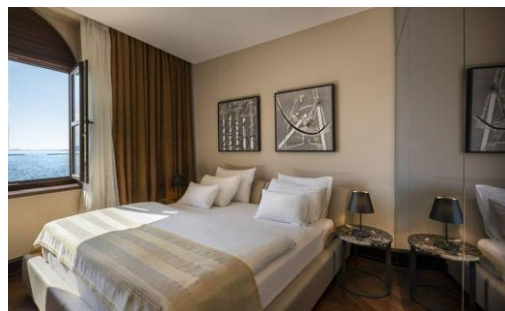
**Cost from:**      **\$4210** per person twin share      Single room supplement from \$1050  
Mid / high season supplements from **\$250 - \$400** per person on selected departures

**Departures:**      26 May,   2, 9 June,   8, 15 September,   2026

**Tour includes:**      7 nights in comfortable hotel room with ensuite bathroom, 7 breakfasts, 7 dinners, experienced walks leaders offering a choice of two levels of guided walks on 5 days with one free day midweek, local transport to/from the walks.

**Not Included:**      Meals and drinks not mentioned in the itinerary, personal expenses, transport or activities on your free day. Airport transfers from Pula at set times can be pre-booked at extra cost, ask for details.

**Accommodation:** The **Valamar Hotel Riviera** is a 4-star hotel in an excellent position on Poreč's promenade, just steps away from the bustling old town. Facilities include a stylish lounge bar and outdoor terrace perfect for alfresco drinks. There is a free boat shuttle to the island of Sveti Nikola where you can make use of a private beach and the pool at the hotel's sister property. *On occasion we may use an alternative property of similar standard and location.*



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

**Trip Grading:** Walk moderate to longer distances on well-defined paths. Sections of hilly or upland areas and may have sections of rough or steeper terrain. Will require reasonable fitness. Choice of easier walks of 8-11km with ascent up to 360m or harder walks of 12-15km with up to 500m ascent in a day.

A typical European centre-based walking holiday offers a choice of up to two guided walks each day. You choose the walk that best suits your ability and fitness. Walks leaders make the final decision on which routes are offered; each evening they will brief you about the walks for the next day and answer questions you may have.

**Suggested itinerary (Routes are determined by the walk leaders each day and are subject to change):**

**Day 1: Arrival day**

Arrive at the hotel in Poreč in time for dinner. Ask about transfer at a set time from Pula airport at extra cost.

**Day 2: Views of the Adriatic Coast**

Leaving from our hotel, we follow the flat coastline south from Poreč on a shorter or longer walk. We pass by a number of delightful beaches where we can have a refreshing swim, and rest at a green lagoon with views of the Adriatic. We have time to explore the old city of Poreč before returning to our hotel.

**Day 3: Motovun**

Beginning at a bridge over the River Mirna, we pass through forest and gain views of the medieval hilltop town Motovun. We walk via vineyards to the ancient stairway ascending to Motovun, to enter it as travellers have done for centuries. The harder walk will also take in a section of the Parenzana, once a railway line, now a trail for cycling and walking, spanning three countries (Italy, Slovenia and Croatia).

**Day 4: Kamenjak Peninsula & Pula**

The Kamenjak peninsula is a rugged limestone cape at the southernmost tip of Istria, with fossilised remains of dinosaur footprints, pristine beaches and hidden coves. We tour historic Pula, home to a wealth of Roman remains including a well-preserved amphitheatre, which still retains its complete circle wall.

**Day 5: Free day**

No walks are organised. You may like to take a boat trip (including high-speed catamarans to Venice) from Poreč's harbour; or visit Rovinj, an attractive small city with cobbled streets and a charming harbour in the Old Town.

**Day 6: Ancient hill towns**

We utilise the Parenzana trail, over a bridge and through tunnels, to access the hilltop towns of Završje, which was mostly abandoned after World War II, and Grožnjan, which offer extensive views over the inner part of Istria.

**Day 7: Pazin Cave and waterfalls**

The medieval town of Pazin is home to panoramic views over a limestone canyon, an impressive 12<sup>th</sup> century castle, and the incredible Pazin Cave. We tour the cave's subterranean tunnels and chambers and visit the underground lake. We also visit the two waterfalls of Pazinski and Zarečki Krov on the Pazinčica river; locals often swim in the large natural pool under the rocky overhang at Zarečki Krov.

**Day 8: Departure day**

Tour arrangements end after breakfast.



**Contact Outdoor Travel for more details and reservations:**

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