

CROATIA – ISTRIAN PENINSULA, POREČ & ADRIATIC COAST

8-day / 7-night centre-based – one-hotel group guided walking tour – a choice of walk levels each day



Often described as a more relaxed, ‘old Europe’ this walking and sightseeing holiday - amongst the unspoilt green hills of Croatia’s Istrian peninsula - offers pretty hilltop towns surrounded by vineyards and olive groves. Our guided walks follow ancient trails past crumbling ruins. We are based near the popular summer resort of Poreč in western Croatia. This historic old town which dates back to the 6th Century has much to see including the gem-studded Byzantine mosaics of the Euphrasian Basilica or the Venetian Round Tower.

The Istrian coast is the largest peninsula in the Mediterranean Sea. It was once held by the Republic of Venice whilst the medieval Kingdom of Croatia governed inland. Over the centuries, this region went through many changes including being ruled by the Romans, the Hapsburgs, the Napoleonic Kingdom of Italy and the Austrian Empire. Formerly incorporated into Yugoslavia, today the majority of the peninsula is part of independent Croatia, with a small part providing Slovenia with its short coastline. The changes over many centuries and the colourful history, reflects in the regional food on offer, the architecture, and culture. This walking holiday offers a great opportunity to uncover the secrets of the Istrian peninsula and delve into influences of past times.

Cost from: **\$2410** per person twin share Single room supplement from: \$390

2023 Departures: 6, 13, 20 May, 9, 16, 23, 30 September

Tour includes: 7 nights in comfortable hotel room with ensuite bathrooms, 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 Airport at set times are not included but they can be pre-booked at extra cost – we recommend you take these, please ask for details.

Footpath and walking information:



Easier Walks: 9 to 11km generally on good paths and tracks with some steep descents and rocky sections, with up to 360m ascent and 210m descent in a day.



Harder Walks: 12 to 16km on steeper and rougher, sometimes rocky terrain, with up to 420m ascent and 330m descent in a day.

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations



Accommodation: The **Valamar Crystal Hotel**, a modern spacious hotel, enjoys a seafront location nestled amongst the trees, yet is only a short coastal stroll from bustling, historic Poreč, and provides a wonderful base to explore when we return from our walks. The hotel offers 223 spacious and bright en-suite rooms, a large terrace, bar and outdoor swimming pool

Suggested itinerary: *the final selection of walks each day will be made by your walking leaders*

Day 1: Arrival day

Transfers at set times from Pula Airport can be organised and pre-booked at an extra cost or make your way to the hotel at Poreč in time for dinner.

Day 2: Coast around Poreč

We start our walking adventure by exploring the Croatian coastline around Poreč to uncover the magic of the Adriatic Sea and its glistening waters. Follow the beautiful coast for introductory walks to this exciting and historic region of Croatia.

Day 3: Motovun and the Parenzana

We cross the River Mirna and pass through woodland and vineyards before ascending to the mediaeval hill-top town of Motovun, entering via an ancient stairway. Option for a steep climb to the Parenzana, a disused railway track following an unlikely route through the rolling hills and now much used by walkers and cyclists.

Day 4: Premantura and the Kamenja Peninsula

We hike over the limestone on the rugged western coast of the Kamenja Peninsula, reach the viewpoint on the southern tip and return on the gentler shores of the eastern to the village of Premantura.

Day 5: Free day

Today spend the day at leisure, there are no walks organised. Perhaps take a boat trip from the harbour or spend the day exploring the historic old town of Poreč. Uncover the plethora of history including the world heritage site, the Euphrasian Basilica complex which is famous for its gem-studded Byzantine mosaics dating back to the 6th Century. Or take a bus to Pula to see the only remaining Roman amphitheatre in the world with a complete circle wall, built to house 20,000 spectators,

Day 6: Ancient Hill towns

Visit three hill towns today including Grožnjan, a thriving centre for tourists, From Završje, surrounded by vineyards, we take the Parenzana (disused) railway track over 3 viaducts and through 3 tunnels then ascend to Opatlj.

Day 7: Along the coast to Rovinj

We follow the Adriatic coast northwards to Cape Zlatini taking in views of islands and the ancient hill city of Rovinj. Or ascend to a vast, remarkably intact, Bronze Age site with 360° views.

Day 8: Departure day

Tour arrangements end after breakfast. Airport transfers at set times to Pula are available at extra cost; please ask for details when booking.

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Outdoor Travel offers guided or self-guided walks in most destinations within Europe, including the Dalmatian Coast in Croatia, in **Cinque Terre** and **Amalfi Coast** in Italy, **Provence** and the **French Riviera**, the **Cyclades Islands** in Greece and in many areas in the UK such as the popular **Coast to Coast** trail, the **Yorkshire Moors**, **Cotswolds**, **Scottish Highlands**, **Snowdonia** in Wales or the English **Lake District**. Pilgrimage walks are available on the **Camino de Santiago** from Le Puy to Santiago de Compostela in Spain, or the **Via Francigena**, the 'road to Rome'.

Contact Outdoor Travel for more details and reservations:

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