

## 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. 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:** **\$2435** per person (twin share lower deck)  
Upper deck supplement from **\$440** per person  
Single cabin supplement on request

**Departs:** 18 April; 2, 16, 30 May; 13, 27 June; 5, 19 September; 3, 17 October 2025

**Premium Plus E-Bike from:** **\$3630** per person (twin share lower deck)  
Upper deck supplement from **\$440** per person  
Single cabin supplement on request

**Departs:** 25 April; 9, 23 May; 6, 20 June; 4, 18 July; 1, 15, 29 August;  
12, 26 September; 10, 24 October 2025

**Mid/High season supplements:** From **\$350 - \$705** per person on Premium Plus cruise  
Applies 9 May to 4 July and 15 August to 10 October 2025

**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, bike insurance (available for additional cost), bike helmets (mandatory – we recommend you bring your own, some available aboard, must be requested beforehand), transfers to/from Omišalj. E-bikes can be booked on the Premium tour at extra cost (on request).



**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.*

*This tour is guided, but there is the option of riding independently using GPS maps and tracks (available on request) on your smartphone.*

### **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 Rijeka or 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 @ 30km**

Over breakfast we cruise from Cres to Pula on the Istrian Peninsula. We cycle a picturesque route around Pula via the charming towns of Galižana and Vodjnan. On returning to Pula we can take part in 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 – Poreč**

**cycling @ 40km**

Another breakfast whilst cruising, this time a scenic cruise to Vrsar, the town where Casanova supposedly found temporary refuge from the pursuing husbands of his lovers. We cycle along the Limski Canal to the rural hinterland township of Kloštar then on to Poreč. The town has a lively vibe with its long promenade and shopping streets. The famous Euphrasius Basilica with its magnificent early Christian mosaics is worth a visit and there is also plenty of time to go for a swim and relax in the afternoon. We spend the night in Poreč.

### **Day 4: Poreč – Novigrad**

**cycling @ 60km**

In the morning we ride a portion of the Parenzana Trail, a cycle track along an abandoned railroad line which runs from just outside Trieste through Slovenia to the Istrian peninsula. The Parenzana Trail takes us to the famous artists' village of Grožnjan, 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, 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.

### **Day 5: Rovinj**

**cycling @ 20km**

We sail to Rovinj during breakfast. We anchor here and cycle through the sprawling green wilderness of the local park and past picture-postcard bays where we can stop for a swim. After a pleasant and relaxing morning we return to the boat and have free time before a guided walk through the town. Rovinj is a picturesque medieval town with narrow, winding laneways and a distinctly Italian feel. In the evening perhaps have a cocktail at one of the waterside bars. We stay in Rovinj overnight.

### **Day 6: Rovinj – Fažana – Rabac**

**cycling @ 35km**

Cycle along the coast, mainly on natural paths and through forests, to Fažana, a fishing village with a delightful harbour and splendid promenade lined with colourful houses. We board the boat and cruise to Rabac, a small resort town located on a beautiful bay on Istria's east coast, with a very scenic harbour. It boasts several gorgeous Blue Flag beaches with white pebble shorelines and crystal-clear turquoise waters, plus numerous lively cafés, restaurants and bars for an evening beverage.

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



### Day 7: Rabac - Njivice - Omišalj

**cycling @ 45km**

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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