

# Walking on Croatia's Istrian Coast

**Tour Style:** Guided walking

**Destination:** Croatia

**Trip code:** ITLCL

2 & 4



## HOLIDAY OVERVIEW

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Explore the vineyard-covered hills, pastel-coloured seaside villages, and scenic coastal paths of Croatia's Istrian peninsula. Located in the northwest corner of the country, this region has a fascinating past, plus a food scene similar to neighbouring Italy. Discover hilltop towns surrounded by vineyards and olive groves, be wowed by Bronze Age settlements and ancient Roman ruins, and enjoy free time to visit nearby gems such as Poreč's UNESCO-listed Euphrasian Basilica or the seaside town of Rovinj, known as the Pearl of Istria.

## WHAT'S INCLUDED

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- Return flights from London Gatwick, including baggage and transfers (flights available from other airports - price may vary)
- A choice of 2 guided walks per day with local leaders (on walking days)
- HF Holidays Tour Manager
- 7 nights' accommodation in Poreč
- 7 breakfasts & 7 dinners
- All in-destination transport

## HOLIDAY HIGHLIGHTS

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- Visiting pretty hilltop towns and waterfalls
- Passing vineyards, olive groves and unspoilt green countryside
- Enjoying wonderful Istrian cuisine and wines
- Discovering historic Poreč and seascapes of the clear waters of the Adriatic
- Taking in the scenery around the Kamenjak National Park and peninsula coastline

## TRIP SUITABILITY

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This is a level 2 and level 4 graded Activity, Easier walks: 5 to 7 miles (8 to 11km) on good paths with some steep descents and rocky sections. Up to 1,200 feet (360m) of ascent in a day. Harder walks: 7.5 to 9 miles (12 to 14.5km) with some steep ascents and descents, and some very rocky sections. Up to 1,640 feet (500m) of ascent in a day.



## ITINERARY

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### Day 1: Arrival Day

Welcome to the Valamar Riviera Hotel. Unpack and settle in.

### Day 2: Views Of The Adriatic Coast

#### Option 1 - Beach, Bays And Capes

Distance: 6 miles (9½km)

Total ascent: Negligible

Starting from the hotel, we'll follow the flat coastline south from Poreč, passing a number of delightful beaches, all inviting us to take a dip. We'll take a rest at a green lagoon and admire the Adriatic views. On the way

back, we'll reach Poreč where we can visit the old city, before walking back to the hotel.

## Option 2 - Beaches, Bays And Capes

**Distance:** 8.5 miles (13km)

**Total ascent:** Negligible

This walk follows the same route as option 1 but extends things with a longer walk along the coast before returning to Poreč.

## Day 3: On The Paths Of History To Motovun

### Option 1 - Vineyards To Motovun

**Distance:** 5 miles (8½km)

**Total ascent:** 1,200 feet (360m)

**Total descent:** 600 feet (180m)

Starting from a bridge over the River Mirna, we'll pass through woodland skirting the river before ascending the side of the valley. A view of our objective, the mediaeval hill-top town of Motovun, suddenly and dramatically appears before us as we pass through vineyards. We'll make our final ascent to the much-visited town via an ancient stairway to enter it as travellers over the centuries have done.

### Option 2 - Motovun And The Parenzana

**Distance:** 7½ miles (12km)

**Total ascent:** 1,200 feet (360m)

After following a similar route to option 1, we'll make a sharper ascent of the valley side to reach the Parenzana, following a disused railway track through the rolling hills popular with cyclists and walkers. After visiting Motovun we'll descend through woods and fields with delightful views over the neighbouring valley.

## Day 4: Istria's Southernmost Tip – Kamenjak Peninsula And Pula

### Option 1 - Dinosaurs Walked This Way

**Distance:** 7 miles (11km)

**Total ascent:** 400 feet (120m)

Istria's modern motorway speeds us to the jewel on the southern coast – the Kamenjak Peninsula. We'll hike over the limestone on the rugged western coast, reach the breathtaking viewpoint on the southern tip and return on the gentler shores of the eastern side with its tempting beaches and bays. We'll finish our in the old village of Premantura before a guided tour of historic Pula– a coastal city which is home to a wealth of Roman architecture including a well-preserved amphitheatre built to house 23,000 spectators. It's the only remaining Roman amphitheatre in the world with a complete circle wall.

## Option 2 - Fossils Galore

**Distance:** 8½ miles (13½km)

**Total ascent:** 700 feet (220m)

Starting from the quiet village of Premantura, a small fishing and tourist town, we'll cross onto the spine of the Kamenjak Peninsula. Despite our modest height the views are spectacular and the history of this location even more so – you may even spot the fossilised remains of dinosaur footprints. This leads us onto the peninsula where we pick up the option 1 track and round off with a guided tour of ancient Pula.

## Day 5: Free Day

Each week there is a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently, or visit local places of interest. Options include:

### Poreč

Discover the fascinating history of this ancient city. Alternatively, enjoy one of the many boat trips offered at the harbour. High-speed catamaran day trips to Venice are possible.

### Rovinj

Known as the Pearl of the Istrian Peninsula, this is one of the Croatia's prettiest cities. It's home to romantic cobbled streets plus a charming harbour in the Old Town. Rovinj is around 40 minutes' drive by bus or taxi.

## Day 6: Istria's Ancient Hill Towns

### Option 1 - Triban - Grožnjan - Završje

**Distance:** 6½ miles (10km)

**Total ascent:** 900 feet (270m)

**Total descent:** 700 feet (210m)

Today our walk starts from the small village of Triban. From here, we'll walk down to the old disused Parenzana railway path. On the way, we'll cross a bridge and head through two tunnels built for the Parenzana railway. It's then on towards Završje on a circular path back to the small city of Grožnjan. We'll visit this medieval town and enjoy wonderful views over the inner part of Istria.

### Option 2 - Buje – Grožnjan - Završje

**Distance:** 9 miles (14½km)

**Total ascent:** 1,400 feet (420m)

**Total descent:** 1,100 feet (330m)

Our option 2 walk starts at Buje, also called the guard of the northern part of Istria. From Buje, we'll follow the same route as option 1 walkers on the disused railway track. We'll make our way towards Završje on a circular path back to the small city of Grožnjan. We'll visit this medieval town and enjoy wonderful views over the inner part of Istria.

## Day 7: Pazin Rocks And Waterfalls

### Option 1 - Pazin Paths And Waterfalls

**Distance:** 5.5 miles (9km)

**Total ascent:** 980 feet (300m)

We'll begin in medieval Pazin. Mentioned in an adventure novel (Mathias Sandorf) by Jules Verne, this hillside town is home to wow-factor panoramas over a limestone canyon, an impressive 12th century castle, and the Pazin Cave. We walk on the path alongside the gorge where the Pazinčica River flows below, admiring the vertical rock formations. From the castle we pick up the route of Mill Valley, stop by the waterfalls of Pazinski and Zarečki Krov, and head back to Pazin.

### Option 2 - Pazin And The Mill Valley

**Distance:** 8 miles (13km)

**Ascent:** 1640 feet (500m)

Our longer option starts from the quaint village of Dušani, as we then walk the path picking up the Mill Valley trekking route. We'll pass the waterfalls of Zarecki and Pazinski Krov, then continue towards Pazin. In historic Pazin we'll see the 12th century castle and from the bridge can view the incredible gorge known as Pazin Cave.

## Day 8: Departure Day

Transfer to the airport for your return flight to the UK.

## ACCOMMODATION

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### Valamar Riviera Hotel - Croatia, Istria

The Valamar Riviera boasts an enviable location on the picturesque promenade of Poreč, just steps away from bustling old town. Rooms have a refined elegance and come with all mod cons. Facilities include an outdoor terrace perfect for alfresco drinks. Our evening meals will be taken at the sister property, Valamar Hotel Isabella, on the nearby island of Sveti Nikola, with a complimentary shuttle boat departing from just outside our hotel. Guests can also use the shuttle to enjoy the pool and beach here too. Please note it is a 10-minute walk to the Hotel Riviera from the coach drop off point outside the historic centre.

## USEFUL HOLIDAY INFORMATION

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### Joining Instructions (With Flights)

Book your holiday 'with flights' and you can choose to depart from a range of UK airports\* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email [reservations@hfholidays.co.uk](mailto:reservations@hfholidays.co.uk)

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

## Joining Instructions (Without Flights)

Alternatively, tailor your journey to suit you by booking your holiday 'without flights' and you'll have the freedom to book your own flights from your local airport.

\*Subject to availability

## Essential Information

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

### Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

### Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags
- Rubbish bags
- Insect repellent

### Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device

## Trip Information

We are committed to running our Guided Walking holidays in a safe manner and your co-operation with this is much appreciated. No outdoor activity can be 100% risk free; however, if you take sensible precautions and adhere to your leaders' instructions, your holiday will be both safe and enjoyable. On the first evening of your holiday (dependent on arrival time), the leaders will give a short talk about safety on the walks – we would ask

everyone to attend.

**Walking as a group:** Our leaders always consider the safety of the group as a whole, and will show more caution over potential risks (such as bad or exceptionally hot weather) than an individual or couple might make on a private outing. Walks may be modified or cancelled following the leaders' assessment of the day-to-day situation. Your leaders will refuse to accept any guest whose clothing, equipment, behaviour or walking ability is considered unsuitable, and where it could affect the safety and enjoyment of other guests on the proposed walk. It is your responsibility to follow the leader's guidelines, for the benefit and safety of the group as a whole. If you leave the group, then your leader will no longer have responsibility for you. For safety reasons, we stipulate a minimum party size of two guests in addition to the leader. First aid: In line with current practice, each leader carries a group first aid kit but is not able to supply any 'medication', including aspirin, paracetamol, antihistamines and antiseptic cream.

**Hydration:** In warm weather it is very important to keep hydrated. You will need to carry a minimum of two litres of water with you on walks, more during hot weather or on more demanding walks. One good way of hydrating is to use a two litre hydration pack which allows drinking without constant stopping. This can then be filled up from additional water sources as required. Your leader will inform you of the possibilities for replenishing your water during the walks.

**Your health:** It is essential that you describe on your guest registration form any health condition or disability you may have. The leaders will treat this confidentially and may be able to take it into account on the walks; for example, by not delaying lunch if they know they have someone with diabetes in their party.

## Useful Information

### Language:

Croatian

### Currency:

Euro

### Changing money:

There is an ATM machine in Porec where you can obtain money.

### Electricity:

220 Volt AC with round two pin plugs; you will need an adaptor for any appliances brought from the UK.

### Telephone code:

If the international number you wish to call starts with a 0, you must drop the starting digit when dialling the number.

To dial a UK number 0044

To dial a Croatian number 00385

## Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so, and advise us of the insurance company and policy number.

We work with Campbell Irvine to provide you with competitive single and annual multi-trip insurance. Please see our website for more information and details of how to contact them for a quote:

<https://www.hfholidays.co.uk/about-us/booking-information/insurance>.

For more information about healthcare abroad and its costs, please visit: <https://www.nhs.uk/using-the-nhs/healthcare-abroad/>.

## TRIP NOTE VALIDITY

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These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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