

# Istria Guided Walking Holiday

**Tour Style:** European Centre Based

**Destinations:** Croatia & Mediterranean

**Trip code:** ITLCL

2 & 4



## HOLIDAY OVERVIEW

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Explore the beautiful, unspoilt green hills and winding coastal paths of the Istrian peninsula. This stunning area offers a wonderful history and has many similarities to neighbouring Italy, with pretty hilltop towns surrounded by vineyards and olive groves. Walks will reveal a Roman ceramics production plant, a Bronze Age settlement and even some dinosaur footprints! The free day provides an ideal opportunity to explore Porec's 6th century UNESCO listed Euphrasian Basilica or to visit nearby Pula, a coastal city which is home to a wealth of Roman architecture including a well-preserved amphitheatre.

## WHAT'S INCLUDED

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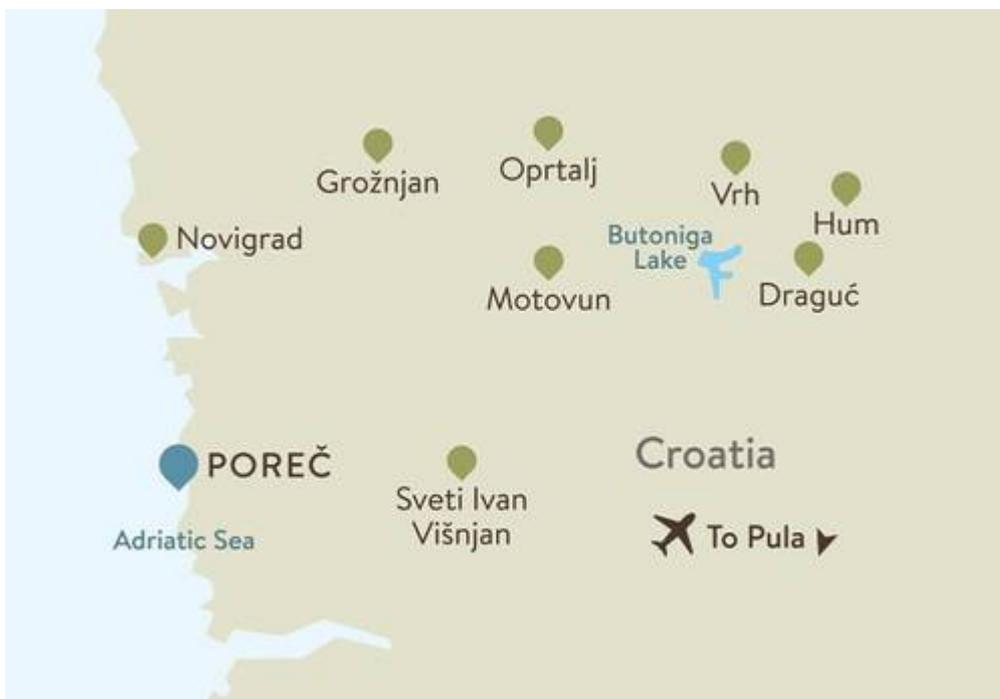
- A full programme of guided walks with 2 options every walking day
- All transport to and from walks
- The services of experienced HF Holidays' leaders
- "With flight" holidays include return flights from the UK and hotel transfers
- 7 nights' en-suite accommodation.
- Half board – 7 buffet breakfasts and 7 evening meals

## HOLIDAYS HIGHLIGHTS

- Pretty hilltop towns and waterfalls
- Vineyards, olive groves and unspoilt green countryside
- Enjoy wonderful Istrian cuisine and wines
- Discover historic Poreč and swim in the shimmering waters of the Adriatic

## TRIP SUITABILITY

This is a level 2 and level 4 graded Activity, Easier walks: 5 to 8 miles (8 to 13km) on good paths with some steep descents and rocky sections. Up to 1,200 feet (360m) of ascent in a day. Harder walks: 6 to 10 miles (9½ to 16km) with some steep ascents and descents, and some very rocky sections. Up to 2,200 feet (660m) of ascent in a day.



## ITINERARY

### Day 1: Arrival Day

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

### Day 2: Views Of The Adriatic Coast North Of Poreč

Today, both walks discover the coastline to the north of Porec.

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

**Distance:** 6 miles (9½km)

**Total ascent:** Negligible

**In summary:** Starting from the marina in the quiet seaside village of Červar Porat we follow the flat coastline

losing count of the number of delightful beaches, all inviting us to take a dip. We take a rest on the tip of Cape Busuja and admire the mellow Adriatic view. Eventually, we reach Poreč where we can visit the old city, a cultural monument in itself, and walk back to the hotel.

**Highlight:** Views of the glistening Adriatic.

## Option 2 - What Did The Romans Do For Us?

**Distance:** 10 miles (16km)

**Total ascent:** Negligible

**In summary:** On this walk we find that the Romans were very busy in this part of Istria, establishing one of the largest (and best preserved) ceramic production plants in the Western Mediterranean and we view its remains. Following the coast southward, from St Marina we visit bays, beaches and headlands and when the old city of Poreč comes into view, we appreciate that this area has a centuries long history of trade and commerce.

**Highlight:** The distant view of Poreč

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

Both of our walks will explore the area around Motovun, a pretty hilltop town.

### Option 1 - Vineyards To Motovun

**Distance:** 5 miles (8½km)

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

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

**In summary:** Starting from a bridge over the River Mirna, we 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 make our final ascent to the much-visited town via an ancient stairway to enter it as travellers over the centuries have done.

**Highlight:** The stunning distant view of this romantic town.

### Option 2 - Motovun And The Parenzana

**Distance:** 7½ miles (12km)

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

**In summary:** After following a similar route to Option 1, we make a sharper ascent of the valley side to reach the Parenzana, a disused railway track following an unlikely route through the rolling hills and now much used by walkers and cyclists. After visiting Motovun we descend through woods and fields with delightful views over the neighbouring valley.

**Highlight:** Observing Motovun slowly getting larger as we approach much as pre-motorised travellers would have done.

## Day 4: Istria's Southernmost Tip – Premantura And The Kamenja Peninsula

Follow a stunning coastal route on the southern tip of Istria.

## Option 1 - Dinosaurs Walked This Way

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

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

**In summary:** Istria's modern motorway speeds us to the jewel on the southern coast – the Kamenja Peninsular. We 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 finish our adventure in the old village of Premantura.

**Highlight:** Are those really dinosaur footprints?!

## Option 2 - Fossils Galore

**Distance:** 8½ miles (13½km)

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

**In summary:** Starting from the quiet village of Pomer, we cross a long tidal causeway before ascending onto the spine of the Kamenja peninsular. Despite our modest height the views are spectacular and the history of this location even more so. This leads us onto the peninsular proper where we pick up the Option 1 track.

**Highlight:** Two vantage points are visited, each giving 360° views of the amazing seascapes.

## Day 5: Free Day

Each week there is a free day offering an opportunity to relax around the hotel or visit local places of interest.

**Poreč:** Discover the fascinating history of this ancient city. Alternatively, enjoy one of the many boat trips offered at the harbour side. Even a high-speed catamaran day trip to Venice is possible! Or simply take a dip in the sea.

**Pula:** The capital of Istria has been described as Croatia's Best Kept Secret. It has spectacular Roman remains including an amphitheatre built to house 20,000 spectators, the only remaining Roman amphitheatre in the world with a complete circle wall. It is easily reached by public bus.

**Our hotel** can arrange a large number of activities and sports from tennis to biking to snorkelling in addition to offering a selection coach trips to attractions in Istria.

## Day 6: Istria's Ancient Hill Towns

Walk inland on the Istrian peninsular to discover some characterful hill towns.

### Option 1 - Završje To Oprtalj

**Distance:** 6½ miles (10km)

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

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

**In summary:** Three hill towns to visit today all very different in character. The first Grožnjan is a thriving centre for tourists, the second, almost deserted and decaying, the third is more of a working town. We use our bus to visit Grožnjan then begin our walk at Završje taking the Parenzana (disused) railway track over its dramatic course to make our final ascent to Oprtalj.

**Highlight:** The contrasting fortunes of the three towns and the reasons for it.

## Option 2 - Grožnjan Via Završje To Oprtalj

**Distance:** 9 miles (14½km)

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

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

**In summary:** Our walk starts at Grožnjan and after an exploration of the town we follow roads and tracks high above the Mirna Valley passing through tiny farming communities. We arrive at Završje, surrounded by vineyards and follow behind Option 1 walkers, over 3 viaducts and through 3 tunnels on the old railway line.

**Highlight:** Wondering at the engineering feats which created the railway.

## Day 7: Along The Coast To Rovinj

Follow the coast to the south of Porec.

### Option 1 - The Golden Cape

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

**Total ascent:** Negligible

**In summary:** After walking through a large camping complex, we follow the beautiful Adriatic coast northwards to Cape Zlatini. A forest park was established here in the 19th century encouraging tourism in the area for the first time. There are wonderful outlooks over numerous small nearby islands and, as we round the cape, the ancient hill city of Rovinj makes a dramatic appearance. We complete our pilgrimage there and take a closer look at its antiquities.

**Highlight:** The view of Rovinj from Cape Zlatini, the Golden Cape.

### Option 2 - A Bronze Age Settlement And An Italianate City

**Distance:** 9 miles (14½km)

**Total ascent:** 200 feet (60m)

**Total descent:** 280 feet (80m)

**In summary:** We start by making a brief ascent to a vast, remarkably intact, Bronze Age site who's wonderful 360° view gave the occupants good warning of hostile visitors. Descending through pleasant farmland we reach the coast and trace the footsteps of the Option 1 walkers.

**Highlight:** Sparkling seaward views flecked with small islands.

## Day 8: Departure Day

We hope to see you again soon.

## ACCOMMODATION

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### Valamar Crystal Hotel, Croatia, Istria

This modern spacious hotel enjoys a seafront location nestled amongst the trees, yet is only a short coastal stroll from bustling, historic Poreč, which provides a wonderful base to explore when we return from our walks. All of

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our bedrooms have balconies with views over the hotel gardens.

## Accommodation Info

### Rooms

The hotel consists of 223 spacious and bright en-suite bedrooms which offer:

- Air conditioning
- Satellite television
- Room safe
- Free Wi-Fi
- Mini-bar fridge
- Heating

### Facilities

As a guest, you can enjoy the use of:

- Wi-Fi throughout the hotel
- Fitness centre
- Seafront gardens
- Sun terrace
- Bike rental
- Tennis courts
- Outdoor pool

### Food & Drink

Our holidays at Poreč are Half Board with extensive an buffet breakfast and 3-course international buffet evening meal.

### Your Evenings

The friendly atmosphere of our Guided Walking holidays continues into the evening.

Enjoy a glass of wine or beer whilst listening to your leaders outlining the next day's walks. Or just relax in the hotel bar or on the terrace outside chatting with your fellow guests.

## TRAVEL DETAILS

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### Address

Valamar Crystal Hotel  
Brulo 2  
52440  
Poreč  
Croatia

Tel: 00385 52 465 000

### THE HASSLE FREE OPTION

Book your holiday 'with flight' from Gatwick or Manchester to Pula airport. For flight times and prices please see the Dates & Prices tab.

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If you choose this option we automatically include return transfers between the airport and the hotel. The coach transfer takes approx 45 minutes to the Hotel Kristall.

## THE FLEXIBLE TRAVEL OPTION

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

If you choose this option, transfers are not included in the price. However, below are some suggestions to help you reach your destination:

- We can book you a seat on the HF Holidays' transfer coach from Pula airport. This is timed to meet the HF Holidays' flights\* (provisional flight times can be found on the dates and prices tab or you can call us on 020 8732 1220 for more information). Cost per single journey is £48.50
- Why not let us book you a private taxi transfer - price on request  
Transfers must be pre-booked. Please call 020 8732 1220 for more details

\* Please note that HF Holidays is not responsible for your onward travel if you fail to meet the transfer coach

## USEFUL HOLIDAY INFORMATION

### 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.

Your walking leaders: HF Holidays' leaders are a pivotal feature of our Guided Walking holidays. During the day they will guide you on the walks in a caring and considerate way, showing you places of interest en route. All our leaders have been selected on an intensive residential course so you can relax and enjoy your holiday knowing that you are in safe hands. Our leaders welcome your comments on the holiday survey; constructive suggestions for things that they might do differently are very helpful. We take pride in the quality of our holidays and work closely with all our providers to ensure our holidays meet your expectations. If for any reason you are not satisfied with any element of your holiday, our leaders are the best people to help.

## Useful Information

### Language:

Croatian

### Currency:

Croatian Kuna

### 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.

### Tap water:

Is considered safe to drink, but if you prefer, bottled mineral water can be purchased from the hotel or local supermarkets.

### 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

## HOW TO BOOK

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When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday: 9am – 1pm Sunday & Bank Holiday Monday: closed

### PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

### NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £30 per person per holiday. Alternatively, full membership is available from £100 – visit [hfholidays.co.uk/membership](http://hfholidays.co.uk/membership) for details.

### BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

### **MANAGE MY BOOKINGS**

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

### **YOUR FINAL BALANCE**

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

### **TRAVEL INSURANCE**

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit [hfholidays.co.uk/insurance](http://hfholidays.co.uk/insurance)

### **PEACE OF MIND**

#### **ATOL:**

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website [atol.org.uk](http://atol.org.uk)

#### **MEMBER OF ABTOT:**

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

#### **TRIP NOTE VALIDITY**

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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## PRICE GUARANTEE

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We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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