Walking on Croatia's Istrian Coast



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Guided Walking Holidays	Croatia	4 & 6	752kg CO2

HOLIDAY OVERVIEW

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 YOU'LL LOVE

- 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

WHAT'S INCLUDED

- 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

ITINERARY - ITINERARY

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 - Buje - Grožnjan

Distance: 6 miles (9.5km)

Total ascent: 460 feet (140m)

Total descent: 360 feet (110m)

Our walk starts at Buje, also called the guard of the northern Istria. From Buje we walk on a disused railway track, passing over a bridge and through two tunnels built for the old Parenzana railway. We'll walk toward Grožnjan where there's time to explore this medieval town and enjoy the views.

Option 2 - Grožnjan - Završje

Distance: 9 miles (14½km)

Total ascent: 790 feet (240m)

Total descent: 790 feet (240m)

Our walk starts at Grožnjan, walking on the disused Parenzana railway track, towards Zavrsje. Taking a circular route, we follow paths back to the Grožnjan.

Day 7 Pazin Rocks and Waterfalls

Option 1 - Pazin Paths and Waterfalls

Distance: 4.5 miles (7km)

Ascent: 265 feet (80m)

Descent: 360 feet (110m)

We start at the village of Dušani and head towards Zarečki Krov. Walking along the Mill Valley to Pazinski Krov, we'll pass several waterfalls before ending end our journey in the medieval city of Pazin. Mentioned in an adventure novel (Mathias Sandorf) by Jules Verne, this hillside town is home to wow-factor panoramas over a limestone canyon.

Option 2 - Pazin and the Mill Valley

Distance: 7 miles (11km)

Ascent: 850 feet (260m)

Descent: 1,050 feet (320m)

Our longer option also starts in Dušani. Picking up the Mill Valley trekking route, we'll pass the waterfalls of Zarečki Krov and Pazinski Krov. Arriving into Pazin, we will see the 12th century castle and walk on the path alongside the gorge where the Pazinčica River flows below, admiring the impressive rock formations.

Day 8 Departure Day

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

DAILY WALK OPTIONS



Gentle walking grade 4

The most active Gentle grade, with longer walks, some ascent, and possible steps, stiles, or off-path uneven ground. Typically, 6-7 miles (10-12km) with around 1,000ft (300m) of ascent.



Moderate walking grade 6

Longer full day walks with more ascent and varied terrain. Good fitness and agility are needed. Typically, 9-10 miles (15-16km) with around 1,500ft (460m) of ascent.

ACCOMMODATION

4-star Valamar Riviera Hotel

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 2 local restaurants that offer a contrast in ambiance, the Sv. Nikola - set along the harbour promenade with its scenic views of Sveti Nikola Island and set in the old city Casa Manzolin - a renovated old house which offers a warm and intimate atmosphere. From our hotel Guests can also use the water shuttle to enjoy the pool at the sister Valamar Isabella. Please note it is a 15-minute walk to the Hotel Riviera from the coach drop off point outside the historic centre.

TRIP INFORMATION

EU Walking Safety

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.

VACCINATIONS & HEALTH

Vaccinations & health information

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel.

As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure.

Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting.

For further country-specific health advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

PASSPORTS & VISAS

Passport & Visa information

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice.

Passport Requirements

This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long.
We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues.

If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website.

Visa Requirements

Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling.
British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website:
https://www.gov.uk/foreign-travel-advice

ESSENTIAL INFORMATION

Packing list

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)
- Swimcap (compulsory in Itialian resorts)
- 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 (excluding Bhutan, Georgia and India)

JOINING INSTRUCTIONS (WITH FLIGHTS)

With flights

Book your holiday 'with flights' and you can choose to depart from selected UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email 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)

Without flights

If you are booking on a land-only basis, you can join the group transfer at an additional cost. To do so, your arrival and departure times must be in line with the scheduled group flight timings. Guests travelling at different times will need to arrange their own transfers. Please contact us before booking to discuss the available options and costs.

USEFUL INFORMATION

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so before you travel.

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

Drinking Water

Drinking Water

Standards for drinking water vary widely around the world. In many destinations, tap water may not be safe to drink, brush your teeth with, or use for making ice. Where advised, you should drink only bottled or treated water and ensure that bottle seals are intact before use. If bottled water is unavailable, water should be boiled or filtered.

Staying well hydrated is particularly important in hot climates and during active holidays. Carry water with you and drink regularly.

If you are unsure about local water safety, check official country-specific health advice before travel, or ask your accommodation or local guides for guidance once you arrive.

Holiday Tips for Istria Guided Walking Holiday

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

TRIPNOTE VALIDITY

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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