

Cycling Holiday in Istria

8 DAYS / 7 NIGHTS, APPROX. 220 – 275 KM

BOOKING CODE: ES-HRTP7

DAILY ROUTE LENGTH ●●●●●

TOPOGRAPHY ●●●●●



Along the green coast from Trieste to Pula

From Eur 889,-



Your tour

This cycling holiday in Istria begins in the most north-easterly corner of Italy on the Adriatic coast. In one week you will be exploring the western coast of this peninsula. After a short stay in Slovenia, you will cycle from Trieste to Pula. Along the way you will pedal past expansive beaches and many well-known bathing areas. You will also get to know the rather isolated hinterland of Istria. The harbour towns originated as Roman settlements and are rich in unique, century-old architectural monuments. Karst hills and vineyards shape the contrasting landscape of Istria. The Mediterranean lifestyle with delicious food, wonderful wines and the time to enjoy it make this cycle tour complete – and is one of our insider's tips.

Itinerary

Day 1	Individual arrival in Trieste
Day 2	Trieste – Piran / Portorož, approx. 35 km and boat trip or 65 km
Day 3	Piran – Umag / Novigrad, approx. 35 – 60 km
Day 4	Umag – Poreč, approx. 40 / 20 km
Day 5	Round trip from Poreč, approx. 35 km or day off
Day 6	Poreč – Rovinj, approx. 55 km
Day 7	Rovinj – Pula, approx. 55 km
Day 8	Individual departure

Travel time

Season A	28.03.	31.10.
Season B	29.03. – 12.06.	12.09. – 30.10.
Season C	13.06. – 11.09.	

Arrival Wednesday and Saturday 28.03. – 31.10.2026
The season is dictated by the arrival date.

Services

- 7 nights with breakfast, national 3* / 4*-level
- Luggage transport from hotel to hotel to Pula, max. 1 piece of luggage per person, max. 20 kg / piece
- Cycle route description with maps (1 x per room)
- Service-Hotline (7 days, 08.00 a.m. – 08.00 p.m.)

Not included services

- Citys or visitors tax, if payable
- Boat trip Trieste – Muggia

Basic price per person

Doubleroom, Season A	889,-
Doubleroom, Season B	989,-
Doubleroom, Season C	1049,-
Additional fee single room	239,-

Additional night prices per person

Pula DBL / BB	85,-
Pula SGL / BB	125,-
Trieste DBL / BB	89,-
Trieste SGL / BB	139,-

Additional services per person

E-bike / Pedelec*	329,-
Rental bike (21-gear)*	125,-
Return transfer excl. bike (Wednesday, Saturday)	69,-
Return transfer incl. bike (Wed, Sat)	115,-

*including rental bike insurance

Exemplary hotel list

Triest	Victoria Triest	https://www.hotelvictoriatrieste.com/de/
Piran / Portorož	Hotel Piran	https://hotel-piran.si/de/
Umag / Novigrad	Aminess Laguna Umag/Novigrad	https://www.aminess.com/de/aminess-laguna-hotel
Poreč	Hotel Flores Poreč	https://flores-hotel-porec.hotel-mix.de/
Poreč	Hotel Flores Poreč	https://flores-hotel-porec.hotel-mix.de/
Rovinj	Villa Dobravac Rovinj	https://www.villa-dobravac.com/Zimmer
Pula	Park Plaza Arena Pula	https://www.arenahotels.com/de/hotel/park-plaza-arena

Child reduction on basic price

Due to the challenging stages, we do not recommend this trip for children.

Languages Travel documents

→ German, English, Italian

Additional note

- All bookings are on request.
- Return trip to Trieste: Optional by minibus (Wednesdays and Saturdays), reservation required, duration approx. 2 hours, must be specified when booking.
- Twin / double rooms / separate beds are only occasionally available. We treat requests as non-binding customer requests, if above mentioned room types are a booking condition, it must be mentioned as a condition at the time of booking.

Equipment of our rental bikes

- Replacement tube (1 x per room)
- Bike lock (1 x per room)
- handlebar bag (1 x per room)
- Air pump (1 x per room)
- Waterproof pannier

Journey to Trieste

- Nearest airports: Trieste, Pula
- Train station: Trieste

Parking in Trieste

- Paid parking at the train station, payable on site. No reservation possible through Radweg-Reisen.

Travel documents

- Travel document dispatch to the arrival hotel, hotel list and arrival information in advance by e-mail

Stages description

Day 1: Individual arrival in Trieste

Trieste awaits you with significant sights and wonderful hospitality. Because of its location where numerous trade and cultural routes cross, a number of different influences can be seen in this harbour town. Roman architecture adjacent to Austrian-Imperial buildings create a special flair. Your booked rental bikes are waiting for you in the hotel.

Day 2: Trieste – Piran / Portorož, approx. 35 km and boat trip or 65 km

Shortly after Trieste, you reach the country's border and cycle through well-known seaside places such as Koper and Izola along the Slovenian Riviera. We particularly recommend the slightly longer route through the hinterland. It takes you through the Val Rosandra, a very popular destination for mountain climbers and history lovers. Today's destination is idyllically located on a headland.

Day 3: Piran – Umag / Novigrad, approx. 35 – 60 km

Shortly after starting today's route you reach the saltworks of Sečoljve. In the summer, salt is mined here according to the old traditional methods. Next, you leave Slovenia again and cycle through the slightly hilly countryside of the Croatian part of Istria. Your destination, the

small harbour town of Umag, was built upon the remains of a Roman settlement, which can still be seen in the centre of the town. If you stay in Novigrad, you cycle further along the Croatian Mediterranean coast.

Day 4: Umag – Poreč, approx. 40 / 20 km

Following the line of the coast, today's section first takes you to Novigrad. The town stands on the remains of an antique settlement at the mouth of the Mirna to the Adriatic Sea. The historic centre is on an island, which did not used to be connected to the main land and is surrounded by a city wall from the 13th century. In Porec, you should definitely visit the Euphrasian Basilica with its rich mosaics.

Day 5: Round trip from Poreč, approx. 35 km or day off

You've got a whole range of trips to select from today. If you feel like exploring Istria's hinterland, then hop on to your bike. By boat, you can sail off to the Brijuni islands national park. This group of islands is known for its rural beauty. On another boat trip you can visit the fjord-like Limski channel. Or you can enjoy a relaxing day at the beach...

Day 6: Poreč – Rovinj, approx. 55 km

Today you'll be cycling along the longest section of the route. After the Limski Channel you arrive in Rovinj. The former fishing village is built on a hill that extends into the sea and is surrounded to the west and south-west by the Adriatic Sea. The bell tower of the Baroque Euphemia Church can be seen from all directions. Make sure you don't miss going to Golden Cap, Zlatnirt.

Day 7: Rovinj – Pula, approx. 55 km

To complete your tour, today you will be cycling to the south-west tip of the Istrian peninsula. You'll have birdsong in your ears as you cycle through Park Palud. Your destination, Pula, the largest town in Istria, looks back on a 7000-year history. Walk through the historic quarter and discover the many Roman monuments. The town's landmark is its amphitheatre, built by Kaiser Augustus.

Day 8: Individual departure

After breakfast you start your individual return journey home or extend your stay.