

Cycling Magical Istria

Trip Code: SGIS

Version:



CYCLE



SELF-GUIDED



LEISURELY



HIGHLIGHTS

- Delight in delicious Croatian cuisine and sample Istria's world famous truffles
- Discover the history of Porec and admire the mosaics at its UNESCO World Heritage Site, the Euphrasian Basilica
- Cycle through olive groves and vineyards by day then enjoy a glass of excellent local wine in the evening

- Cycle to Oprtalj, the most picturesque hill-top village in Croatia, and admire the views over Istria
- Lose yourself in the narrow, cobbled streets of Rovinj's old town and admire its colourful houses and lavish Baroque architecture

AT A GLANCE

- 6 days cycling and sightseeing
- Daily departures
- Join at Buje / End in Rovinj

ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Enjoy an explosion of Istrian culture as you cycle the northwestern peninsula of Croatia from Buje to Rovinj, in a region that offers surprises at every turn. Scenic towns rise from the hills, with cobblestone streets overlooking sun-drenched vineyards and rows of spindly olive trees playing host to a day-dreamy Mediterranean life. Sun-soaked coastal towns set alongside shimmering waters offer opulence and charm to rival the French and Italian Rivas. On this one-week self-guided cycling tour you will ride through the magnificent vineyards of Buje, sample the famed truffles of Motovun first hand, and discover the rich cultural history of Porec with its mix of Roman, Byzantine and Venetian influences. Round off your trip by losing yourself in the charming fishing port of Rovinj, 'the Pearl of the Adriatic', where you can toast to fantastic week of cycling.

Each day you will cycle an average of 50km with around 500m of ascent through picturesque landscapes where the hills are framed by rivers, through vineyards and olive groves, with plenty of time to hop off your bike and the sights enjoy along the way. Staying in a fabulous selection of small 3-star and 4-star hotels, you can be sure of a warm welcome and a comfortable place to rest your head each night. Not to mention, being on a bed and breakfast basis means you can enjoy the many fantastic restaurants the region has to offer each evening. We recommend trying the traditional *Fuzi Tartufima*, a popular Istrian speciality consisting of Fuzi pasta, butter, and shaved white Istrian truffles - yum!

Is this holiday for you?

If you love the peace of the countryside and the opulence of Venice then you will fall in love with Istria. This trip is the perfect introduction to Istria for anyone who enjoys being out and about on two wheels, with daily rides of around 30 to 50km and a plethora of sightseeing along the way. In addition, you have the option to upgrade to an e-bike which is useful for the sometimes challenging ascents to the hilltop villages. Istria has the perfect blend of Italian and Croatian flair meaning you can look forward to plenty of delicious cuisine and a warm laidback atmosphere as you adopt the idyllic Istrian lifestyle, cycling from one picture perfect hilltop village to another. If you love to be by the sea and enjoy a swim along the way then you can look forward to the rides along the coast with views across the Adriatic, a perfect setting for a midday swim.

Itinerary

Version:

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your route notes
- Istria guide book
- Luggage transfers
- 27 gear bike hire including helmet
- Bike accessories hire (pannier, saddle bag, milometer, bike lock, pump, repair kit, inner tube)
- Welcome briefing
- Navigation App and GPX tracks available

What's not Included

- Travel insurance
- Bike helmet
- Travel to Buje
- Travel from Rovinj
- Public buses and taxis
- Visas (if applicable)
- Tourist taxes may apply and are usually 1-2 Euros per person per night
- Some meals as described in the Meal Plan
- Personal equipment
- Any e-bike upgrades
- Any additional activities/excursions indicated as optional

Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

Please discuss this further with our Sales Team who will be happy to assist in picking the best trip for your family.

Joining Arrangements & Transfers

Your trip starts at your hotel in Buje. All of our self-guided holidays are sold on a Land Only basis, allowing you the flexibility to choose the travel method that best suits you. The nearest airport is Trieste Airport, however you may find that Venice Marco Polo Airport has better flight connections from some UK regional airports. Please note, you may wish to fly into one of these airports and then fly out of Pula Airport.

If you are flying into Trieste Airport you can take a train from the airport to Trieste Centrale station (departures every 30 minutes, taking around 30 minutes) and then travel onwards by bus to Buje.

If you are flying into Venice Marco Polo Airport you can take the bus from the airport to Venezia Viale Stazione (departures every 20 minutes, taking around 20 minutes), then a train from Venezia Mestre Stazione to Trieste Centrale station (departures hourly, taking around 1.5 hours), then travel onwards by bus to Buje. It is just a few minutes' walk between the Viale and Centrale stations in Venice.

Important: whilst it is possible to travel from Trieste Centrale to Buje on public transport (bus), departures are often limited to just once daily, taking around 1 hour. We find that www.rome2rio.com provides useful up-to-date information when planning journeys abroad on public transport.

With this in mind, we recommend adding a private transfer (takes around 1.5 - 2 hours) to your trip to help provide a more relaxing start to your holiday. Please ask our Sales Team for details.

Your trip ends in Rovinj, with Pula being the nearest airport. From Rovinj you can take the bus to Pula Central Bus Station (several departures daily, taking around 45 minutes), then from there take the shuttle bus to Pula Airport (several departures daily, see <https://airport-pula.hr/en/passenger-info/shuttle-bus/>, taking around 45 minutes). Please see www.rome2rio.com to find the latest timetables.

Alternatively, we can arrange a private transfer at the end of your trip. Rovinj to Pula Airport takes around 45 minutes - please ask our Sales Team for details.

Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your trip.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

In Istria you'll find a harmonious blend of flavours from Central Europe and the Mediterranean - and from Italy in particular due to its close proximity just across the Adriatic Sea. There is something to tantalise everyone's taste buds and from a bounty of fresh seafood thanks to the country's vast coastline to pizzerias in most towns along the coast, you can also look forward to tasty stews, goulashes, pasta dishes, as well as plenty of fresh salads.

Istria is famed for its truffles, with most dishes incorporating some element of truffle such as *Fuzi Tartufima*, a simple yet very tasty truffle pasta dish. Other Istrian specialities include *Istarska Jota*, a hearty pork stew, perfect after a busy day exploring.

If, like us at KE, you have a sweet tooth you can also look forward to *Fritule* - small doughnut-like treats - with your coffee, or perhaps a *Kremsnita*, a tasty custard and vanilla slice. After all, part of the fun of a self-guided trip is stopping for tasty delights whenever you wish.

Accommodation

For this trip we have hand-picked a great selection of small 3-star and 4-star hotels, many of which are in the traditional Istrian style to help immerse you into the wonderful culture of this region. Each has been chosen for its great location and warm hospitality to help you relax at the end of a busy day exploring. Your accommodation is in double or twin rooms on a bed and breakfast basis, with each hotel offering a great buffet breakfast to fuel you for the day ahead, and giving you the flexibility to eat lunch and dinner out at one of the many excellent restaurants according to your tastes.

It is possible to arrange additional nights' accommodation if you would like to enjoy this enchanting region a little longer. Please speak to one of our Sales Team for more information.

During high season you may be booked into an alternative accommodation of a similar standard in the area.

Bike Hire

Standard hybrid bikes come with 27 gears and 28" wheels, and all come equipped with a pannier for your daily essentials, a saddle bag with repair kit and inner tube, a milometer, bike lock, and pump. We include a rental helmet with your bike on this trip however we strongly recommend that you bring your own helmet with you for the best comfort.

The bikes provided for this trip come in two different frame types - male bike frame (sizes 49cm / 52cm / 55cm / 58cm / 61cm) and female bike frame (sizes 43cm / 48cm / 53cm). Please request the specific bike frame and size that you would like via our Sales Team.

We also recommend packing a gel seat for extra comfort, or a pair of padded cycling shorts, as whilst there are plenty of opportunities to stop and explore it is always nice to have some padding for a comfortable ride.

Upgrade to an E-bike

If you are looking for a bit of extra support whilst in the saddle, you can upgrade to an e-bike to make your ride even more leisurely.

Equipped with a battery and motor, these electric bikes give you a helping hand whilst you are pedalling, making it easier to climb hills, and travel further with less effort and more comfort.

E-bikes are available on this holiday at an additional supplement of £115. Please request this upgrade option from our Sales Team at the time of booking.

Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your ride. We ask that you please ensure that each piece of your luggage is under 20KG and that your luggage is ready for collection in the morning on the day of each hotel change. You will also need a daypack to carry your daily essentials with you whilst you are riding.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates (*see Health & Vaccinations below*), **and visas for your holiday.** Please ensure that you check the [FCDO](#) for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

Severe Allergies

Please inform our KE Sales and Support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

Currency

The unit of currency in Croatia is the Euro.

Preparing for your Holiday

The advantage of a self-guided cycling holiday is that you decide the pace. Having said this it is always sensible to get some additional exercise before going on an active holiday. After all, the fitter you are the more enjoyable your cycling will be. You should be comfortable with cycling 35 to 55km and up to 700m ascent a day on quiet country lanes and roads. We advise you to dust off your bike and head out on a few rides before your holiday to help make your holiday more enjoyable. We also offer e-bike upgrades for those seeking to make the journey more leisurely.

Climate

Istria has warm dry summers, mild winters, and a mostly dry climate, making it an excellent place to go exploring by bike. Temperatures average 20 - 25 degrees centigrade in spring and autumn, and summers are quite hot with temperatures averaging 30 - 35 degrees centigrade from mid-June to mid-August.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

SelfGuided Cycling Equipment List

- Cycling shorts
- Cycle helmet
- Functional base layer
- T-shirts

- Scarf
- Hat
- Windproof jacket
- Fleece / extra layer
- Rain protection
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack
- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Handlebar mount that is compatible with your smartphone
- Power bank
- Waterproof phone cover
- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics

Land Only Information

Please note that our 'from' price listed is based on 4 persons on twin or double occupancy, however we can quote for any number of travellers including solo travellers - contact our Sales Team for a quote.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights' accommodation before or after your self-guided trip - please ask our Sales Team to find out more about this.

Our Sales Team will be happy to provide you with a quote for scheduled flights, or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

We offer some transfers to your accommodation from the nearest airports - please refer to the 'Joining Arrangements & Transfers' section for further details for this trip.

Why Choose KE

Why KE?

Lose yourself in the Istrian dream on this one-week self-guided cycling holiday, safe in the knowledge that we have taken care of all the arrangements for you. We have included standard bike hire in the cost of your trip so you can relax knowing that this is all taken care of for you. E-bike upgrades are available.

Please Note This document was downloaded on 24/12/2025 and the trip is subject to change