



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

Croatia – Mountain Bike Through Unexplored Istria (2025)
Individual Self-Guided Tour
8 days / 7 nights



Join us in exploring the former narrow gauge railway line Parenzana, which was turned into a true attraction for cyclists! You will be thrilled with the small picturesque towns, and landscapes dotted with old villages through which you pass. Sweeping into beautiful valleys with forests and rivers framing them and then emerging onto the slopes of the hills, the beauty of the nature will take your breath away. Take a short break and soak up the abundance of peace and greenery. On this interesting trip you will pass through tunnels, over bridges and viaducts, between olive groves and vineyards that give this area special charm. The medieval hill towns of Grožnjan and Motovun will delight you as much as the pristine nature of the protected areas of Lim Bay, the ornithological reserve at Palud and Cape Kamenjak Rt Kamenjak). Do not miss unique Poreč and the former Roman colony of Pula, and feel the magical spirit of the past there.

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9
www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350



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Itinerary Day to Day

Day 1: Arrival in Istria

Info meeting with tour representative at 7 pm at the hotel reception area where you will be provided with the package including hotel vouchers, bicycle with all equipment, maps and a road book.



Day 2: Biking Momjan Muscat Trail 43 km

After breakfast, enjoy the breathtaking landscape of the terrace - styled vineyards which resemble an image on the front page of a holiday guide to Tuscany. You can indulge your senses in the area of Buje, a real polyphony of fragrances and tastes. After we have walked along the paved streets of the historical centre of Buje, we continue downhill, following the trail that will lead us through Bibali, Krug and Smilovici until we reach Momjan – a magnificent place located at an altitude of 270 meters with impressive ruins of the medieval citadel built on a rock. Visiting one of most popular wine cellar you will have opportunity to taste world's best Muscat – that from Momjan. Overnight in Buje area.

Day 3: Biking Parenzana Trail 73 km

After breakfast we will start biking (on macadam) on the legendary route of the Parenzana, the former narrow gauge railway line which penetrates deeply into the Istrian peninsula connecting 33 Istrian towns between Porec and Trieste, which today are located on the territory of even three states. Passing through magnificent rolling landscapes and lively Istrian vineyards, it will become obvious why it was also known as the wine railroad. After passing through its several tunnels, over old bridges you can stop on many fascinating view points between the charming medieval town of Grožnjan and Vižinada before



reaching Poreč. Poreč is the town where you can find material and spiritual evidences of great cultures at every step. Ride along the old city center and you will find the Roman Forum, magnificent palaces from different historical periods, and to top it all there is the famous Euphrasian Basilica (Euphrasiana). Overnight in Poreč area.



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Day 4: Biking the Trail of the Istrian Malvasia 57 km

The ride along this trail is particularly pleasant because you are riding along the coastline with beautiful bays where you can enjoy the breathtaking Mediterranean landscape with green vineyards and olive groves and taste homemade food, wine, brandy and honey produced in this area. Continuing along the trail, you will reach Višnjan, a little place that vaunts an astronomical observatory ranked among the five most important observatories in the world. Once here, if you have found your guiding star, or if you have refreshed yourself with a glass of excellent homemade wine we can continue our ride towards Poreč where our adventure has, actually, began. Overnight in Poreč area.

Day 5: Biking Trail of Captain Morgan 62 km

A marsh, rare birds, a cursed city, buried pirates treasure, a deep bay, a cave with a primitive man and a hermit, an ancient solar observatory, an abandoned monastery - all this you can find on our bike trail of Captain Morgan. After riding along the coastline we reach Vrsar, a romantic fishing town situated on a hill where the famous Casanova came back twice. Our bike ride continues through the magical forest Kontija with a panoramic view of the beautiful landscape of the Lim bay to ruins of the medieval town Dvigrad. Just to stir your imagination - you are now in an area where many legends and mysteries based on historical events still live on: that of Dvigrad devastated by the plague because of an ancient curse, of the buried treasure of Captain Morgan's pirates near the village named after him



(Mrgani), of the cave where the remains of the primitive man were found and where, as legend has it, St. Romuald used to live as a hermit in the Middle Ages. Passing Kanfanar and the hill Maklavun, an astral-archaeological site – tumulus from the Bronze Age we will finish this day in Rovinj. Called also little Venice, Rovinj is a typical Mediterranean seaside resort which will seduce you with its extraordinary beauty. In the dense tissue of the old city center there are numerous magnificent palaces from different historical periods and today most of them host a gallery or an art studio. If you follow numerous chimneys of Rovinj and narrow meandering streets you will come in front of the baroque church of St Eufemia, the greatest monument in the city from which you can admire a magnificent view of the Mediterranean almost in the palm of your hand. Overnight in Rovinja area.



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Day 6: Biking Brioni Rivera Trail 42 km

After breakfast we start riding along the coastline towards Pula. Riding through the ornithological reserve Palud with rich variety of ornitho – fauna, a unique place where you can hear the chirping of even 215 different bird species we reach Fažana. Situated on a low coast, well protected from the open sea by the enchanting Brioni archipelago (nowadays a national park) and surrounded by vineyards and olive groves in the hinterland, Fažana was well known already in ancient Roman times. Which city is situated on seven hills, has a magnificent Amphitheater and is not Rome? The answer is – Pula. No, it is not a mistake – you are, indeed, in front of Pula, the largest city in Istria. Pula is an enchantress with thousand appearances which has been casting spell on its visitors for

centuries. This day we finish visiting the old city with the Sergius' Triumphal Arch (from the end of the 1st century B.C. and the beginning of the 1st century A.D.) and famous Arena, a Roman amphitheater (from the 1st century B.C.). Overnight in Pula area.

Day 7: Biking Orchids Trail 40 km

After we start the last biking tour along well intended coast to Cape Kamenjak, surrounded by the 30 km long coast with numerous gulfs, bays and white beaches washed by the crystal clear blue – green sea we reach ancient Mutila, nowadays Medulin. On the way we can find 22 types of orchids including the endemic specie "Serapias Istriaca" (the Istrian orchid), see the so-called "islet - plate" where the dinosaur's footprint has been preserved or find the remains of luxurious Roman villae rusticae. Overnight in Pula area.



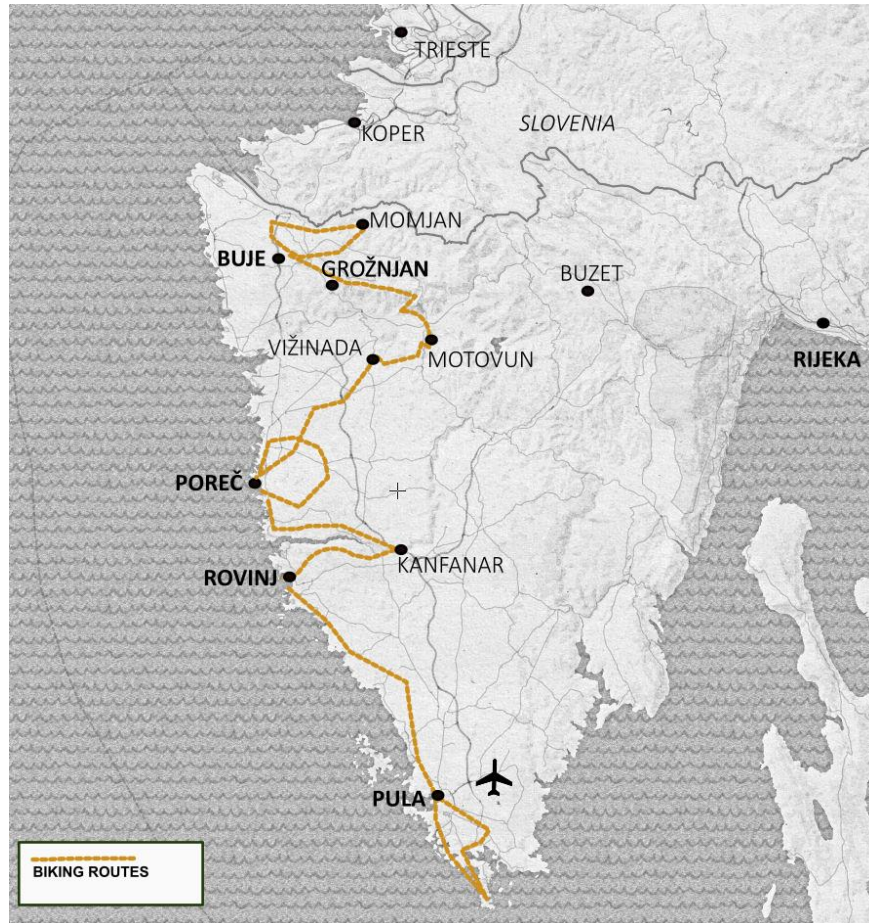
Day 8: Departure

After breakfast transfer to Poreč or the Pula airport



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Route



Technical Characteristics:

Tour Profile: Average. For this trip you should be in a moderate physical condition.



Distance: 301 km

Travel Season: Departure daily from March 15 to November 15

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Price per Person: *all prices subject to confirmation on booking*

	March 15 – Apr 19	April 20 – June 19	June 20- Sept 19	Sept 20-Nov 15
Double Occupancy Classic Hotel	€920	€1070	€1160	€1010
Supplement Single Room Classic Hotel	€380	€420	€440	€400
Supplement Solo Traveler Classic Hotel	€520	€570	€580	€540
Double Occupancy Premium Hotel	€1330	€1540	€1750	€1450
Supplement Single Room Premium Hotel	€720	€830	€960	€820
Supplement Solo Traveler Premium Hotel	€880	€1010	€1150	€980
Mountain Bike Rental	€150			
e- mountain bike rental	€265			
GPS Rental per week	€50			

Accommodation:

Classic Hotels: Selection of 3* hotels
Premium Hotels: Selection of 4* hotels

Included:

- Info meeting
- 2 x overnight in Buje
- 2 x overnight in Poreč/Vrsar
- 1 x overnight in Rovinj
- 2 x overnight in Pula
- 7 x breakfast
- Information package including detailed route description (map and road book), guide book about Istria, luggage tags and vouchers
- Luggage transport between accommodations
- 24/7 emergency number
- Navigation app

Not Included:

- Travel and bike insurance
- Arrival and departure from Istria
- Transfer to and from airport to hotel (can be organized)
- Lunches, dinners and drinks
- Bike rentals with equipment



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Bikes

Mountain Bike, Giant Talon



Our hardtail mountain bikes come in 5 different frame sizes and 27,5" and 29" wheels. Built on a lightweight ALUXX aluminum frame that features classic hardtail design plus the balanced riding characteristics of larger diameter 29-inch wheels, Talo is a great choice for XC terrain. The frame geometry is specifically designed for its wheel size and a 100mm suspension fork. It's a confident ride that's perfect for ambitious riders who want to take their off-road skills to the next level. Gears: 3x9 Shimano Alivio/Deore, chainring 22-30-40, cassette 12-36

Extra equipment included in bike rental: 1 side panier waterproof 20 liter, 1 handlebar bag or map holder, helmet. Equipment: cycle computer, water bottle holder, saddle bag containing spare tube, tire lever and tools, rear rack, hand pump, lock.

E-MTB: GIANT TALON E+ 3

With a lightweight aluminum frame that blends classic hardtail design with modern E-bike technology, Talon E+ 29 delivers comfort and confidence on off-road terrain. Perfect for bike paths or XC trails, it features a Sync Drive Core motor system that makes those hard climbs easier and encourages you to extend your ride time. It's designed for a 100mm suspension fork to smooth out the bumps, and its 29-inch wheels give it a stable, balanced ride quality. The side-release Energy Pak battery is integrated into the frame and can be easily removed for charging. And the Ride Control ONE control lets you adjust settings as you ride. The frame geometry is specifically designed for its wheel size and a 100mm suspension fork. Drive unit Giant Sync Drive Core, Akku Giant Energy Pak 400Wh and 500 Wh, side release (55-135 km range) Gears: Shimano M2010 9 speed, chainring 36T, cassette 11-36T This bike is available in following frame sizes: S, M, L, XL Equipment: cycle computer, water bottle holder, saddle bag containing spare tube, tyre lever and tools, hand pump, lock.

Assisting people in realizing their touring dreams worldwide is our passion.

www.okcycletours.com



TICO IS A PARTNER TOUR FOR MORE INFORMATION CONTACT

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