



**Italy- Slovenia-Croatia -Gravel Bike Tour from Trieste to Pila (2025)**

**7 Days/ 6 Nights**

**Self-Guided**



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 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](http://www.okcycletours.com) Toll Free 1-888-621-6818 Local 613-702-5350**

**TICO Ontario Registration No: 50022848**



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## **ITINERARY**

### **DAY 1 ARRIVAL in Trieste**

Independent arrival in Trieste. The remainder of the day is at leisure to explore Trieste. Overnight in Trieste

### **DAY 2 BIKING FROM TRIESTE TO BUJE – 51-74 km / 31 miles**

At 09 am we have a welcome briefing and those who have ordered bike rental will get fitted with our bikes and other equipment. To avoid cycling with traffic in Triest we suggest to take a ferry from Triest to Muggia, departure times are: 10:10am and 11:20, duration 30 minutes. Price per person+bike EUR 5.80

Today Parenzana takes all along Piran Bay through Portorož and Lucija towns to saltworks of Sečovlje. The Sečovlje salts flats are the northernmost salt flats in the Mediterranean. The salt is produced in the traditional way based on a 700-year-old method that harmonizes man and nature. You can visit it's museum. After you cross Slovenian - Croatian border Parenzana will take uphill along the trail where you can enjoy the view on the whole bay with saltworks and the alps in the background. After passing by Savudrija - Salvore train station. Following Parenzana train along the road and passing through once important villages of Buje region you are getting to you hotel where you can enjoy in Istrian specialties such as truffles and Istrian prosciutto. Overnight in hotel in Buje region.

### **DAY 3 BIKING ON PARENZANA RAILWAY FROM BUJE TO MOTOVUN – 57 km / 36 miles**

After breakfast you 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, located today 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 railway. After passing through several tunnels, over old bridges, you can stop on many fascinating view points between the medieval town of Buje, Grožnjan and Motovun before reaching Motovun. Stop in Grožnjan, the city of artist. After you saw its galleries and viewpoints you can pass through magnificent rolling landscapes and lively Istrian vineyards. After passing through several tunnels, over old bridges you can stop on many fascinating view point before reaching the village of Livade, the truffle center of the world where you can taste and buy some products with truffles. In front of Livade on a hill is the town of Motovun where is your hotel. Overnight in Motovun.

### **DAY 4 BIKING ON PARENZANA RAILWAY FROM MOTOVUN TO POREČ – 50 km / 31 miles**

Overlooking the Mirna River valley, lies surely the most famous and attractive Istrian medieval town of Motovun-Montona. This captivating hilltop town is one of the characteristic symbols of the Istrian interior. The Romanesque-Gothic bell tower with a crenulated crown from the 13th century, standing next to the Parish Church of St. Stephen from the 17th century, dominates the town's historic core. In the central square is the Romanesque Municipal Palace, the largest secular building in Istria of that period surrounded by many other historic buildings. Passing the tunnel under the city of Motovun Parenzana will take you towards Poreč through Vižinada village. You will pass by Nova Vas village where

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you can visit Baredine Cave. Following the trail along the vineyards you will reach Poreč. This is a town where you can find material and spiritual evidences of great cultures at every step. Ride along the old city center where you will find the Roman Forum, magnificent palaces from different historical periods, and to top it all, the famous Euphrasian Basilica (Euphrasiana). Overnight in hotel in Poreč.

#### **DAY 5 – BIKING FROM POREČ TO ROVINJ – 61km / 38 miles**

Breakfast. A marsh, rare birds, a cursed city, an abandoned monastery, buried pirate treasure, a deep bay, a cave with a primitive man and a hermit, an ancient solar observatory – all this you can find on our bike trail of Captain Morgan. After riding along the coastline we reach Vrsar, a romantic fishermen village where the famous Casanova came back even two times. Our bike ride continues through the magical forest Kontija with a panoramic view of the beautiful landscape of the Lim bay, passing by the old Benedictine abbey at Kloštar and to the 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 centre 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 your hand palm. Overnight in Rovinja area.

#### **DAY 6 – BIKING FROM ROVINJ TO PULA – 42 km / 26 miles + OPTIONAL RIDE TO CAPE KAMENJAK 37 km/ 23 miles**

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.

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## DAY 7 DEPARTURE

After breakfast departure.

### Route



Total distance: 284 km / 178 miles

Departures: Any day in a week

Grade: moderate (This holiday requires cyclist with better level of fitness who are occasional cyclist. Cycling days are longer and higher hills are possible. Distance for a day are 50 km to 74 km)

### PRICES AND AVAILABILITY

This tour is available to start on any day of the week from 15th of March to 15th of November.

Prices are in EUR per person sharing a double/twin room. *All prices subject to confirmation on booking*

	15.03.-19.04.	20.04.-19.06.	20.06.-19.09.	20.09.-15.11.
<b>CLASSIC HOTELS 3*</b>	<b>940</b>	<b>1080</b>	<b>1140</b>	<b>1040</b>
Single supplement classic	320	360	380	340
Supplement solo traveler classic Supplement solo traveler classic (if traveling alone, to be added on tour price in a double/twin room)	560	610	630	590
<b>PREMIUM HOTELS 4*</b>	<b>1320</b>	<b>1520</b>	<b>1690</b>	<b>1480</b>
Single supplement	660	770	880	770
Supplement solo traveler classic Supplement solo traveler classic (if traveling alone, to be added on tour price in a double/twin room)PREMIUM	910	1040	1150	1020

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**INCLUDED:**

- info meeting
- 1 x overnight in Triest
- 1 x overnight in Buje
- 1 x overnight in Motovun
- 1 x overnight in Poreč
- 1 x overnight in Rovinj
- 1 x overnight in Pula
- 6 x breakfasts
- Information package including detailed route description (map and road book), vouchers, luggage tags
- luggage transport between accommodations
- 24/7 emergency number
- Use of App – offline navigation with information about POI's

**NOT INCLUDED:**

- travel and bike insurance
- arrival and departure from Istria
- transfer from airport to hotel and re-tour (can be organized)  
lunches, dinners and drinks
- bike rental with equipment

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**BIKES AVAILABLE FOR RENTAL:** *additional models on request*

**Gravel bike Giant Revol 0 or similar**

The lightweight ALUXX-quality aluminium frame with lightweight Advanced-Grade carbon fork will win you over, whether you're just starting out or have been cycling for a while. Since control is key, the Giant OverDrive steerer tube provides solid and precise steering, while the compliant D-Fuse handlebar provides a smooth riding experience and the D-Fuse seatpost absorbs vibrations for comfort and stability on bumpy roads. A mix of hard-wearing GRX600 and 810 components give you superior shifting and braking performance, even in bad weather and on poor surfaces. Finally, a wheelset specifically designed for use in all weather and unpredictable terrain, and fitted with 38c tyres.



Gears: 1x11 GRX

This bike is available in following frame sizes: S, M, L, XL

Brakes: hydraulic disk brakes

Equipment: cycle computer, water bottle holder, saddle bag containing spare tube, tyre lever and tools, hand pump, lock.

AVAILABLE PEDALS: flat pedals, SPD pedals

Bike hire for 5 days      EUR 190,00 PER BIKE

extra day                      EUR 35,00

GPS rental                    EUR 45,00 for 5 days

CLIPLESS PEDALS – SPD   EUR 15,00 for 5 days

Rear bag                      EUR 18,00 for 5 days

Extra equipment included in bike rental: map holder, helmet.

Equipment: cycle computer, water bottle holder, saddle bag containing spare tube, tire lever and tools, hand pump, lock.

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### **Hardtail mountain bikes**

Our hardtail mountain bikes Giant Talon came 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

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.

AVAILABLE PEDALS: flat pedals, SPD pedals

Bike hire for 5 days      EUR 120,00 PER BIKE

extra day                      EUR 22,00

GPS rental                    EUR 45,00 for 5 days

CLIPLESS PEDALS – SPD EUR 15,00 for 5 days

Rear bag                      EUR 18,00 for 5 days

Extra equipment included in bike rental: map holder, helmet.

Equipment: cycle computer, water bottle holder, saddle bag containing spare tube, tire lever and tools, 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 SyncDrive 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 EnergyPak battery is integrated into the frame and can



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be easily removed for charging. And the RideControl 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 SyncDrive Core, Akku Giant Energypak 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.

AVAILABLE PEDALS: flat pedals, SPD pedals

AVAILABLE PEDALS: flat, toe cages, clip less pedals

1 week	EUR 200,00 PER BIKE	GPS rental	EUR 45,00 for 5 days
extra day	EUR 35,00	CLIPLESS PEDALS – SPD	EUR 15,00 PER WEEK
Rear bag	EUR 18,00 for 7 days		

Extra equipment included in bike rental: map holder, helmet.

Equipment: cycle computer, water bottle holder, saddle bag containing spare tube, tire lever and tools, hand pump, lock.

**This is a partner tour.**