



★★★★★ (7)

Istria

THE SUNNY MEDITERRANEAN PENINSULA.

The starting point of this walking holiday is Trieste, the former Habsburg seaport located at the karst foothills in Friuli-Venezia Giulia. During the Roman Empire Trieste developed from a relatively small insignificant town into a busy and affluent seaport. Only after a few kilometres you leave Italy again and are on course via Slovenia to Istria. This sunny mediterranean peninsula is mainly characterised by picturesque little fishing villages, small towns located on karst hills, vineyards and mediterranean valleys. Be amazed by the charm of this contrasting landscape and Istria's blaze of colours.

Details of the hiking holiday in Istria

You hike from Trieste to Muggia on old railway tracks. Already the first stop at Strmec Castle offers you a picturesque view of the Istrian peninsula. On the third day you leave Italy and make your way to Koper in Slovenia. Next to the state border you can see a car-free old town with impressive magnificent buildings. Do you actually know what Piran is known for? For the Sečovlje salt marshes. On huge areas sea salt is obtained by a natural evaporation process. This salt does not taste like the conventional one you get in the supermarket. Rather it gives your food that certain extra kick. On the fifth day of your hiking holiday you have reached the third country, Croatia. The Croatian part of Istria is slightly hillier than the previous sections. So lace up your hiking boots and let your gaze wander over the vineyards!

Highlights of the walking holiday in Istria

- **The Parenzana:** The former narrow-gauge railway, which ran from Trieste via Koper, Portorož and Buje to Porec, was shut down in 1935. Today you can hike on the former routes far away from car noise and traffic chaos.
- **Porec and its cultural treasures:** The town of Porec in Istria should be a fixed point on your hike. Take a little more time to explore the city. Above all, the Eurphrasius Basilica is particularly worth seeing. It is also a UNESCO World Heritage Site.

Worth knowing about hiking in Istria

Moderate walking with the sun on your face – that is what you can experience on the Istrian peninsula. In addition to the three countries Italy, Slovenia and Croatia, the eight-day holiday leads you through slightly hilly terrain. You have to reckon with a distance of 10 to 20 kilometres per day. But with a basic fitness level, each stage should be easily manageable for passionate hikers.

Our tip: This Eurohike hiking holiday can be perfectly planned as a follow-up hiking tour on the Alpe-Adria-Trail from Cividale to Trieste. If you have any further questions, the Eurohike travel specialists will be happy to provide you with any information you need.

Walking



8 Days / 7 Nights



Self-guided Tour



Minimum number of participants: 2 persons

To the online version



Itinerary

DAY

1

Arrival in Trieste

DAY

2

Trieste – Pesek

Today's hiking day leads you out of the harbour town Trieste. After a short journey to the start of the tour you walk leisurely along the old railway route through the mixed woodlands of the Val Rosandra all the way to the hamlet Pesek. The valley is interesting for various reasons: apart from traces of prehistoric settlements you find the only river of the province here, carrying water all year round. On top of that it is characterised by a diverse vegetation.



approx. 4 hours



14 km



310 m



180 m

DAY

3

Pesek – Muggia

Along the initial section you walk once again through the stunning Val Rosandra. You walk past the village of Bagnoli della Rosandra, from where you also get to marvel at the Roman aqueduct. You proceed through little villages forever getting closer to the sea until Aquilinia. By public transport you finally reach Muggia.



approx. 4 to 5 hours



14 km



220 m



630 m

DAY

4

Muggia – Koper

You leave the tiny fishing village Muggia with its lovingly groomed old centre and continue to Ankaran. Soon you leave Italy and cross the border over to Slovenia. Pine forests offer lots of shade and again and again also views onto the numerous bays and the Mediterranean Sea. In the afternoon by bus to Koper. Capodistria, another name for this town already awaits you with all its magnificent buildings and you enjoy a relaxing end to the day in the car-free historic centre.



approx. 4 to 5 hours



16 km



330 m



320 m

DAY
5*Koper – Piran*

You always proceed along the sea into the ancient fishing town of Izola and then onwards to Piran, the birthplace of Giuseppe Tartini, a famous Italian violinist and composer, the town centre is strongly characterised by Venetian influences. Take a stroll through the alleyways featuring Venetian palaces or enjoy the atmosphere on the Piazza Tartini in the centre of Piran.



approx. 4 to 5 hours



16 km



200 m



170 m

DAY
6*Piran – Motovun*

In the morning Transfer from Piran to Grožnjan, a popular meeting place for musicians from all over the world. Every summer their classical concerts taking place here featuring young musicians. From Grožnjan you walk all the way to Livade. Today's Day Finish towers high up on top of a hill and is already visible from afar!



approx. 5 hours



18 km



290 m



320 m

DAY
7*Motovun – Poreč*

The final day on your expedition through Istria leads you to Poreč. Starting from Motovun you hike to Vizinada, from there a shuttle bus takes you to your Day Finish. Already from afar the Euphrasius-basilica is visible, which is now a UNESCO World Heritage site and is definitely worth a visit. Enjoy a relaxing end to your hiking holiday with a nice glass of wine on one of the squares in the historic centre Poreč.



approx. 3 to 4 hours



13 km



150 m



150 m

DAY
8*Departure or extension*

Tour character

The terrain from Trieste to Poreč is slightly hilly. You walk on well-maintained hiking paths, forest paths, paths across meadows and along the coastline. For the daily tours only a basic fitness level is required. We recommend this tour also as a follow-on tour of the Alpe-Adria-Trail from Cividale to Trieste.

Prices and events

Place of arrival: Trieste

Season 1

01.04.2023 - 30.06.2023 | 10.09.2023 - 04.11.2023 |
Arrival saturday

Season 2

01.07.2023 - 15.07.2023 | 27.08.2023 - 09.09.2023 |
Arrival saturday

Istria, 8 days, HR-ISWTP-08X		
Base price	799.00	889.00
Surcharge single room	205.00	205.00

Category: 3***- and 4****- hotels, as well as beautiful B&Bs

Additional nights

Place of arrival: Trieste

Season 1

Apr 1, 2023 - Jun 30, 2023 | Sep 10, 2023 - Nov 4, 2023 |
Arrival saturday

Season 2

Jul 1, 2023 - Jul 15, 2023 | Aug 27, 2023 - Sep 9, 2023 |
Arrival saturday

Trieste		
Double room p. P.	89.00	89.00
Surcharge single room	35.00	35.00
Porec		
Double room p. P.	89.00	89.00
Surcharge single room	35.00	35.00

Prices per person in EUR

Services and infos

Services

Included:

- Accommodation as already mentioned
- Breakfast
- Luggage transfer
- Welcome briefing (German, English)
- Transfers according to program
- Carefully elaborated route description
- Detailed travel documents 1x per room (German, English)
- GPS data available
- Service hotline

Optional extras:

- Transfer from Poreč to Trieste every Saturday available, cost per person EUR 45. Reservation required, payable in advance.

Infos

Arrival / Parking / Departure:

- By train to Trieste.
- Trieste, Pula or likewise Venice or Treviso airport. From there by train or bus to Trieste.
- Parking: public parking spaces in Trieste, approx. EUR 10 to EUR 25 per day. No reservation possible in advance.
- Return journey by bus from Poreč to Trieste in approx. 2.5 hours (www.nomago.si)

Things to note:

- Tourist tax, if due, is not included in the price
- Bus ride Ankaran – Koper, approx. EUR 4 per person
- Special dates for groups of min. 5 people on request
- Further important information according to the package travel law can be found [here!](#)

Contact & booking

Do you still have questions about the tour? We are happy to help and look forward to your inquiry.



Verena Winkler, Travel specialist



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Book now

