



SLOVENIA & CROATIA

THE ALPS TO ISTRIA
BY BIKE, SEA KAYAK, & FOOT
8-DAYS

Buckle up for an outdoor multi-sport adventure from Slovenia to Croatia. We begin with an unmatched trekking experience in Triglav National Park, known for its brilliant waterfalls, gorges, and turquoise lakes. Here we overnight in a mountain hut, surrounded by nature in the Julian Alps. Next we make our way to Croatia on bikes – cycling past vineyards, castles, and small villages. Once in Istria, we explore by bike, kayak, and foot, witnessing the region's geological beauty and turbulent history. This whirlwind itinerary showcases the best of Central Europe's mountain and coastal excitement.

Day 1

LJUBLJANA

Arrival

Your adventure will begin in Ljubljana. Upon arriving in Ljubljana, make your way to your hotel in the old part of the city. Your stay is in a comfortable boutique hotel in Ljubljana. Upon arrival at your accommodation, you'll receive confirmation of your start time the following day.

Accommodation: Hotel

Meals: none

Day 2

BOHINJ - JULIAN ALPS - TRIGLAV NATIONAL PARK

Trekking

After a hearty breakfast, we set off to Triglav National Park, a nature reserve known for its numerous gorges and waterfalls. We will drive to one of the trailheads and begin a full day of trekking high above the village of Bohinj. The path ascends high through an evergreen forest, eventually reaching the heart of the craggy Julian Alps. We tramp along soft golden pastures filled with curious cows following our path. We reach the highest elevation of the day at a viewpoint of the Seven Triglav lakes. It is a spectacular panorama of turquoise waters, limestone peaks, and giant boulders scattered across the surrounding area. Set in the middle is our mountain hut, where we spend the night in dormitory-style lodging.

Hiking Duration: 6 hours

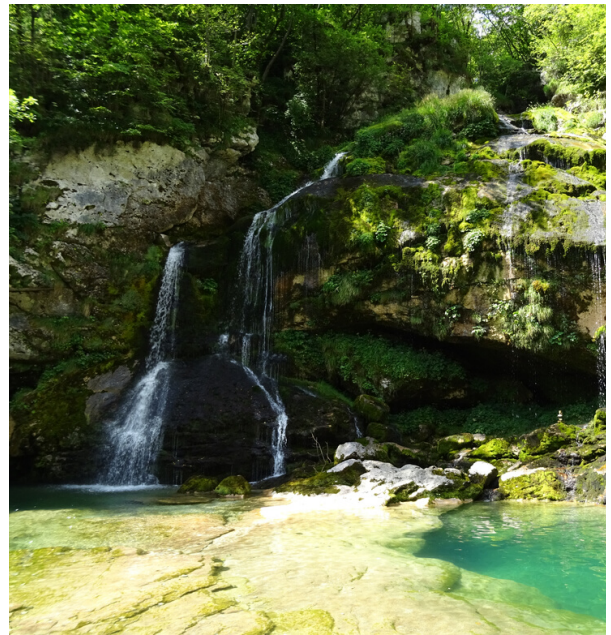
Hiking Distance: 8 km / 5 mi

Ascent: +1,100 m (3,609 ft)

Descent: -150 m (490 ft)

Accommodation: Cabin

Meals: Breakfast, Lunch, Dinner



Day 3

JULIAN ALPS - TRIGLAV NATIONAL PARK - BRDA

Trekking

We start the day with a high-energy breakfast at the mountain hut, then lace up our hiking boots for a second day traversing through the pristine Triglav National Park to Bohinj Valley. We meander along undulating paths with wide-open views of the green pastures and surrounding Julian Alps. The final part of the trek is through an evergreen forest. After the trek, we transfer by car two hours to Brda, a land of castles, vineyards, and small white churches, often situated on the top of the hills overlooking the village. Overnight in a comfortable hotel in Brda.

Hiking Duration: 5.5 hours

Hiking Distance: 7 km / 4 mi

Ascent: +100 m (330 ft)

Descent: -1,300 m (4,265 ft)

Accommodation: Hotel

Meals: Breakfast, Lunch

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Day 4

SLOVENE TUSCANY - ITALY - BRDA

Biking

This morning we rise early, feast on a healthy Slovenian breakfast, and hop back on our bikes. Today we are cycling on e-bikes through the Brda wine region known as "Slovenian Tuscany." Electric bikes are popular in Europe and they will help us tackle the hills while giving us time to admire our surroundings. We'll pedal from village to village experiencing the natural and cultural heritage of this area. The farm roads here crisscross the national borders between Slovenia and Italy, and we'll journey from one country to the other tasting wines from both sides as we go. Overnight at the same hotel in Brda.

Biking Distance: 23 km / 14 mi

Biking Duration: 4 – 5 hours

Ascent: +700 m (2,297 ft)

Descent: -700 m (2,297 ft)

Accommodation: Hotel

Meals: Breakfast, Lunch, Dinner



Day 5

POKLON (CROATIA) - UČKA - BUZET

Hiking

After breakfast, we will transfer to Poklon where we begin hiking to the top of Učka mountain, which is the biggest mountain in Istria at an altitude of 1401m (4596 ft). The path is through an oak and chestnut forest that provides a refreshing hike on hot summer days. Reaching the summit (Vojak) is worth the extra climb as the view is a stunning panorama over Kvarner Bay, including coastal towns and mountains in the background. If visibility is really clear, we'll be able to look out towards Venice and the Alps. We'll rest for a picnic lunch before descending the same way back down to Poklon before transferring back to the hotel in Buzet.

Hiking Distance: 7 km / 4.5 mi

Ascent: +479 m (1,571 ft)

Descent: -479 m (1,571 ft)

Accommodation: Hotel

Meals: Breakfast, Lunch, Dinner

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Day 6

GROZNJAN - MOTOVUN

Biking

After breakfast, there is a short 30 minute transfer to Groznan, one of the area's most interesting medieval hilltop towns.

Groznan is a jewel in the heart of Istria, with a 14th century medieval Venetian fortress, sitting atop a hill, towering over the Mirna river valley below. From Groznan, we proceed biking along the legendary route of the Parenzana, a former narrow-gauge railway line which travels deeply into the Istrian peninsula, connecting from Porec to Trieste and to 33 Istrian cities. Passing through magnificent rolling landscapes and lively Istrian vineyards, this journey is referred to as the railway of wine. During a pleasant and exciting ride from the charming medieval town of Groznan to Motovun, we will pass through many tunnels, over old bridges and stop along the way in a few places to take in the incredible views. Our bike ride finishes at a wine cellar where we will have the opportunity to taste white (Malvazija) and red (Teran) Istrian wines, accompanied by Istrian hams and cheeses. Our day's biking adventure will then end in Motovun, an ancient little Istrian town located atop a 277 m / 90 ft high hill. Tonight, dinner will be on your own but your guide will help you with suggestions. Overnight in a comfortable hotel in Motovun.

Biking Distance: 26 km / 19 mi

Biking Duration: 3 hours

Ascent: + 440 m (1,440 ft)

Descent: - 530 m (1,740 ft)

Accommodation: Hotel

Meals: Breakfast, Lunch

Day 7

LIM FJORD - VRSAR

Sea Kayaking

After breakfast there will be a short 20 minute drive to Lim, where we will start our sea kayak adventure along the protected area of Lim fjord. We will enjoy paddling along the bay, with its steep banks, passing beside the cultivation of mollusks and fish to the end of Lim Bay. While paddling, we will make a stop at a beach to swim, snorkel and have a picnic lunch on one hidden beach. This part of the adventure ends in the small fisherman town, Vrsar, where we will take a transfer to our last destination, Porec. Porec's centuries of history is clearly visible as you walk around the town's squares and streets, especially in the old town core. Luxurious palaces of former noble families have become galleries and museums, though some continue to be occupied by people. Some of Porec's town squares date back to the period of the Roman Empire. Our Istrian adventure will ultimately come to an end this evening in Porec, with a final farewell dinner in a local restaurant. Overnight in a comfortable hotel in Porec.

Sea Kayaking Distance: 14 km / 9 mi

Sea Kayaking Duration: 3 hours

Accommodation: Hotel

Meals: Breakfast, Lunch, Dinner

Day 8

POREC - LJUBLJANA AIRPORT

Departure

You will be transferred back to Ljubljana for your flight home. Please make sure you book a flight that departs after 5:00pm. Depending on your flight time, you may have time to explore this lovely city once more in the evening before your international flight back home or onward within Europe.

Meals: Breakfast

NOTE about Ascent/Descent numbers:

The ascent/descent numbers are usually generated using Ride with GPS. The numbers are TOTAL ascent/descent for the day and these numbers do not suggest altitude. There are usually multiple small ascents and descents added up throughout the day to reach this total ascent/descent for the day. (While our numbers are generally consistent with Ride with GPS, depending on the mapping technology used, numbers may vary).



TRIP INCLUSIONS

Trip Includes

Meals as indicated, all accommodation (twin shared), internal transportation, mountain bikes, airport transfer on day of departure (please make sure your departure flight is after 5:00pm on day 8 of the trip) and English-speaking guides.

Not Included

International airfare, airport taxes, gratuities, airport transfer on arrival, meals not indicated, and items of a personal nature.

*We can add transfers upon request as an additional service booking.

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